

ONTRACK

Making you stay on track of your goals

Elevator pitch

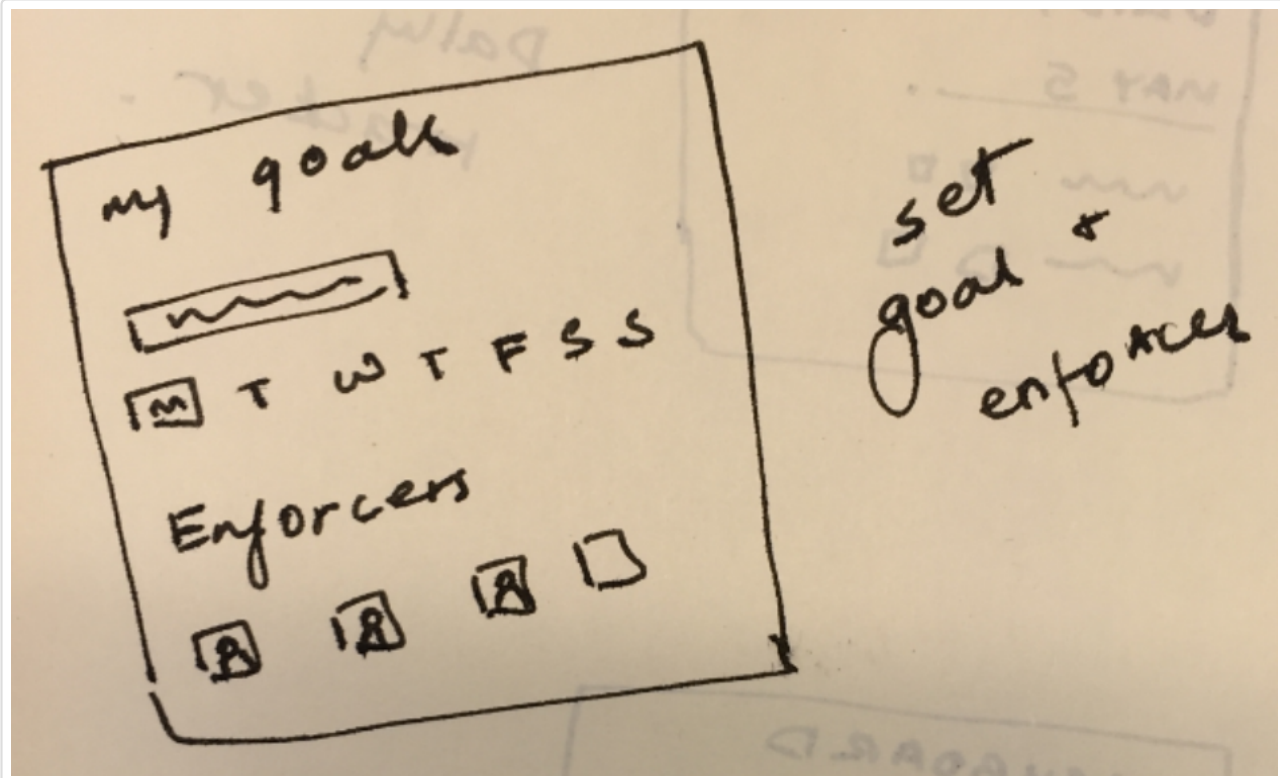
OnTrack makes sure you stick to your daily goals by contacting your coaches if you skip them. You would name 5 people who would be onboard with contacting you to get you back on the wagon. Or, OnTrack you tweet-shame you by tweeting on your behalf: 'I've now skipped the gym 3 days in a row. I am lazy!'

Notes

[< \(/IDEAS\)](/IDEAS)[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) \(/IDEAS/113/EDIT\)](/IDEAS/113/EDIT)[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) \(/IDEAS/113\)](/IDEAS/113)

SCREENS

ADD GOALS ONTRACK (/IDEAS/113)



Information displayed

On this screen, user adds the goal, what days he intends to repeat the goals on and up to 5 enforcers/coaches

Notes

[✎ \(/SCREENS/664/EDIT\)](/SCREENS/664/EDIT)

[🗑 \(/SCREENS/664\)](/SCREENS/664)

User Actions

[Add Another User Action](#)

Button text

What does the user click on?

goes to existing screen

Add Goals

(or quick add new screen)

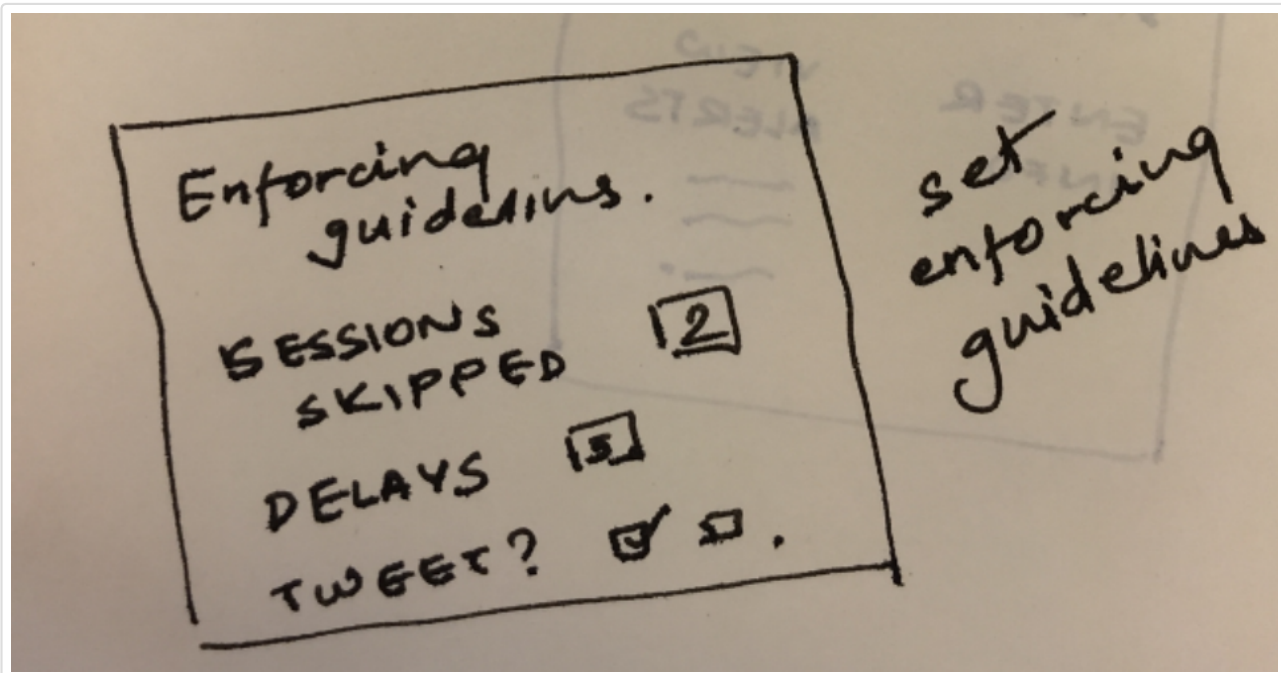
Enter a title for the new screen

Other effects

What else happens when they click? If possible, try to think in terms of Creating, Updating, or Deleting rows from tables. For example, "creates a favorite for this photo."

ADD USER ACTION

ENFORCEMENT DETAILS ONTRACK (/IDEAS/113)



Information displayed

Lets user configure criteria for enforcement. How many sessions can you skip before app informs your coaches/tweets on your behalf?

Notes

[✎ \(/SCREENS/665/EDIT\)](#)[🗑 \(/SCREENS/665\)](#)

User Actions

[Add Another User Action](#)

Button text

What does the user click on?

goes to existing screen

Enforcement details

(or quick add new screen)

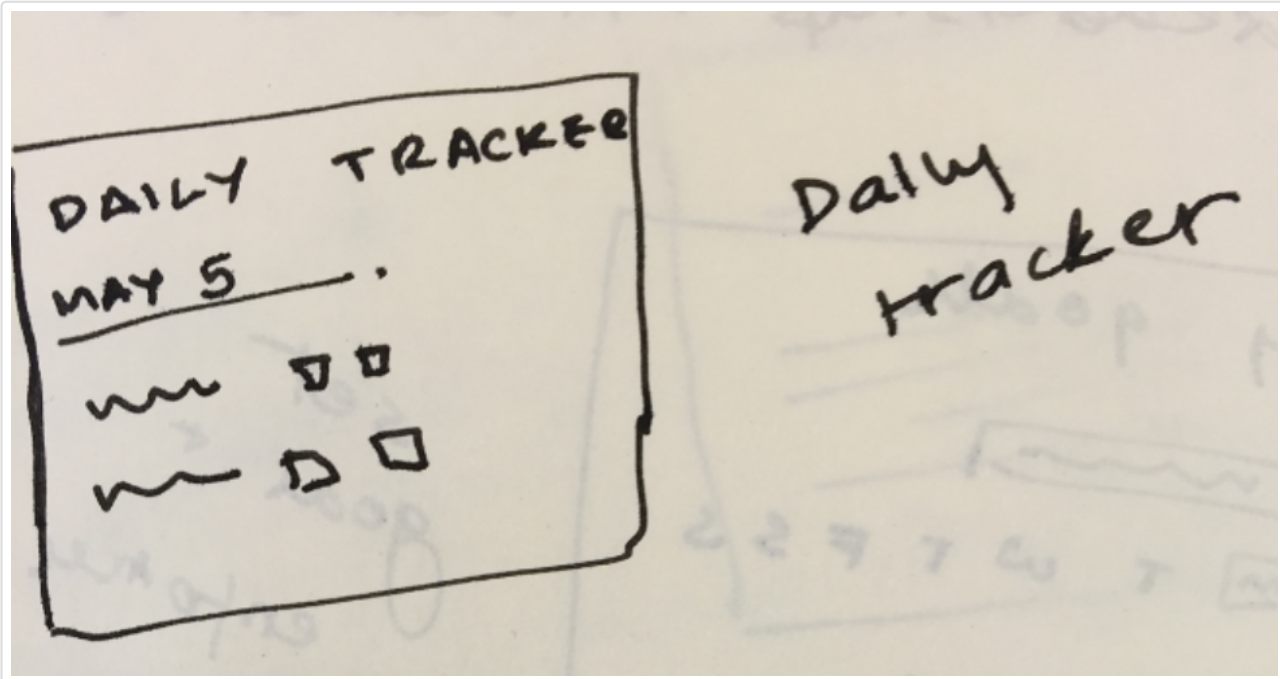
Enter a title for the new screen

Other effects

What else happens when they click? If possible, try to think in terms of Creating, Updating, or Deleting rows from tables. For example, "creates a favorite for this photo."

ADD USER ACTION

DAILY TRACKING [ONTRACK \(/IDEAS/113\)](#)



Information displayed

Lets you select what goals you've completed in the day

Notes

 (/SCREENS/666/EDIT)

 (/SCREENS/666)

User Actions

[Add Another User Action](#)

Button text

What does the user click on?

goes to existing screen

Daily Tracking

(or quick add new screen)

Enter a title for the new screen

Other effects

What else happens when they click? If possible, try to think in terms of Creating, Updating, or Deleting rows from tables. For example, "creates a favorite for this photo."

ADD USER ACTION

DASHBOARD ONTRACK (/IDEAS/113)



Information displayed

shows you your progress so far, and what 'shaming' the app has done on your behalf recently.

Notes

[✎ \(/SCREENS/667/EDIT\)](/SCREENS/667/EDIT)

[🗑 \(/SCREENS/667\)](/SCREENS/667)

User Actions

[Add Another User Action](#)

Button text

What does the user click on?

goes to existing screen

Dashboard

(or quick add new screen)

Enter a title for the new screen

Other effects

What else happens when they click? If possible, try to think in terms of Creating, Updating, or Deleting rows from tables. For example, "creates a favorite for this photo."

ADD USER ACTION

ADD ANOTHER SCREEN

SCREENS SUMMARY

Information Displayed

Add Goals

On this screen, user adds the goal, what days he intends to repeat the goals on and up to 5 enforcers/coaches

Enforcement details

Lets user configure criteria for enforcement. How many sessions can you skip before app informs your coaches/tweets on your behalf?

Daily Tracking

Lets you select what goals you've completed in the day

Dashboard

shows you your progress so far, and what 'shaming' the app has done on your behalf recently.

User Actions

◆ USER STORIES

[Add Another User Story](#)

As a

user

I want to

capability

so that

benefit

☐ Included in first draft?

ADD USER STORY

TABLES

ADD ANOTHER TABLE

Name

Enter a name for the table

We use a table to capture each of the important Things or Nouns that our application has to keep track of: users, events, tweets, courses, etc. Each row in the table represents one Thing. Try to make the table name plural, e.g. "Statuses".

☐ User accounts?

Is each row in this table an account that people sign in with? Usually, you just have one such table called "Users", but sometimes you might call them something else, like "Students" or "Drivers."

CREATE TABLE