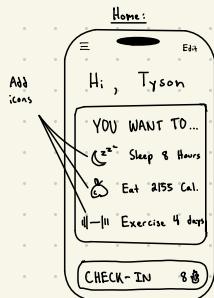


APP Name: YOU



List:

Required:

- YOUR GOALS
- YOUR HABITS
- HABIT TRACKER

Optional: [data point] TRACKER

- can include:
- Calories (kcal)
 - Carbs (g)
 - Fat (g)
 - Protein (g)
 - Body weight (lbs)

AI Coach

Process

Idea: Incorporate AI - ChatGPT when writing out goals

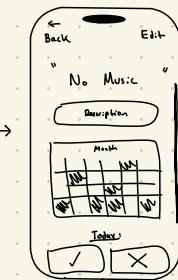
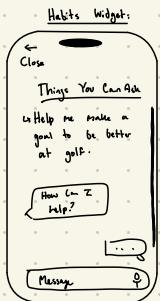
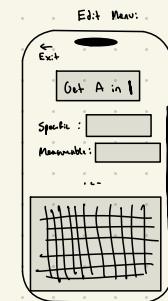
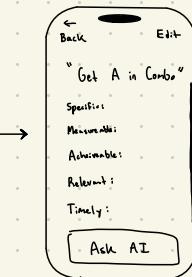
Idea: Copy Name for Subareas

Idea: Make Animations

Idea: Stats and ML on User data

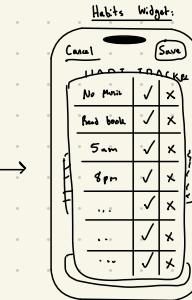
Idea: Remind to get off App

Idea: Add Notifications



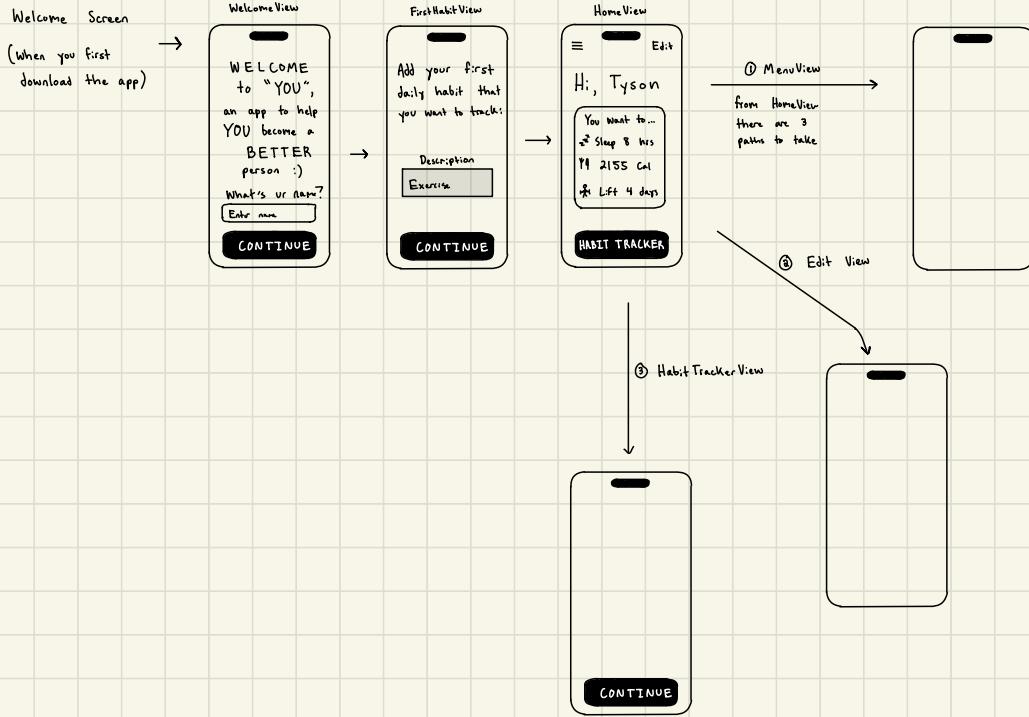
Starts off gray
Once you click green or red

Apple watch integration:

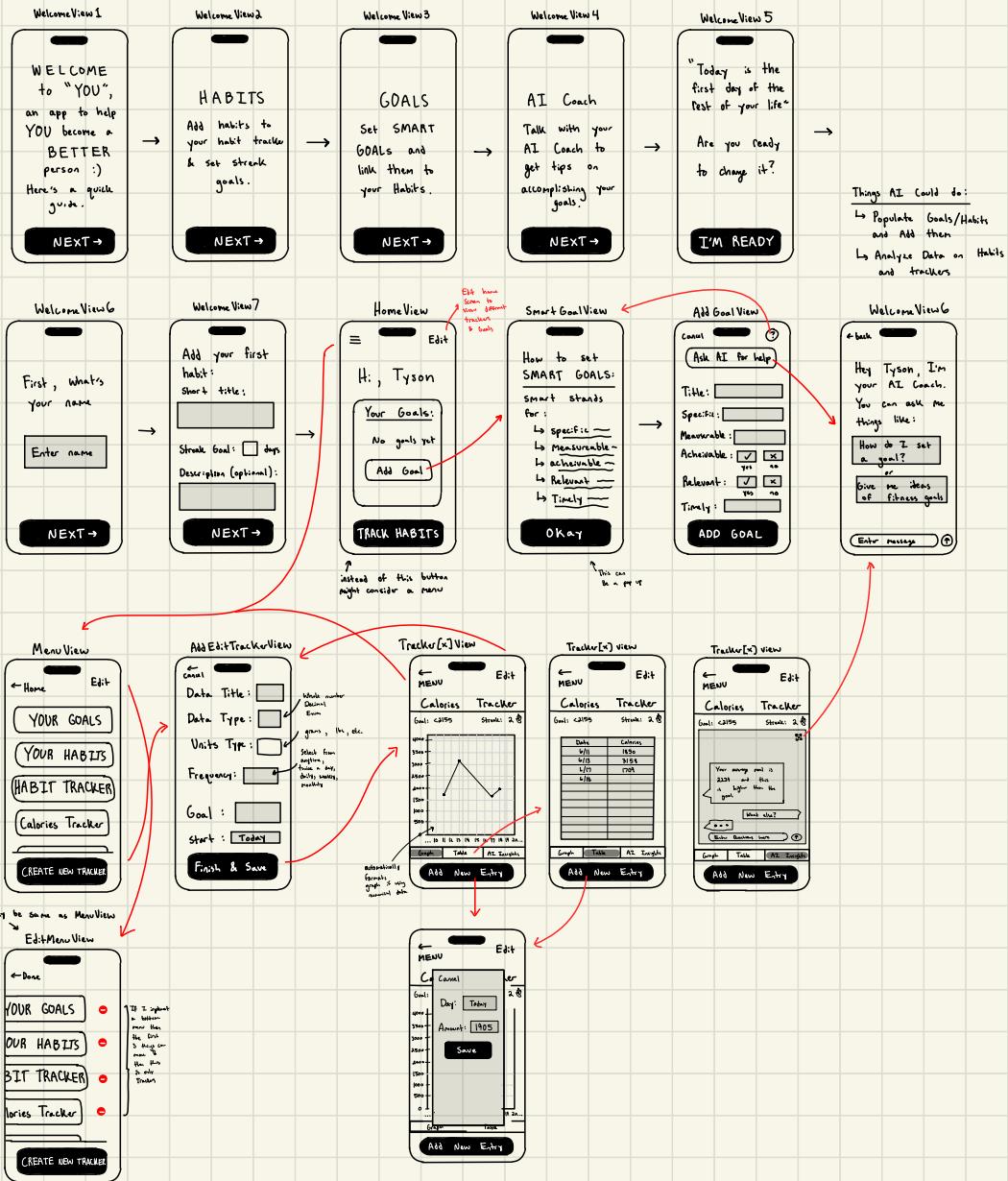


Background Blurred

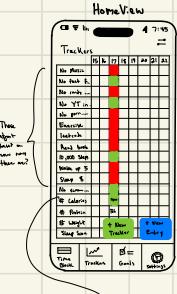
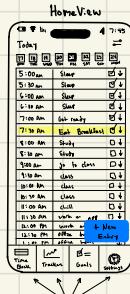
Navigation Structure:



Idea for Welcome screen progression:



Home screen ideas:

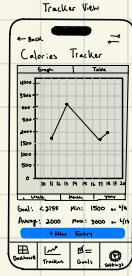


ASPIRE

Logo

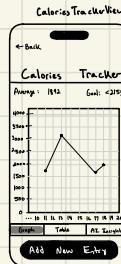


HomeView



Tracker View
Ask:

What do you aspire to do?



Blood Pressure

~~BP~~: Number or word

Unit: mmHg

Frequency: 2/days

Start 3 days ago

$$\begin{aligned} \text{June 17: } & 100 \\ \text{June 18: } & 103 \\ \text{June 19: } & 97 \end{aligned} \quad \left[\begin{array}{l} \min = 97 - \frac{100+103}{n} = 97 - \frac{203}{3} = 2 = 95 \\ \max = 103 + \frac{100+97}{n} = 103 + 2 = 105 \end{array} \right]$$

$$\text{now range} = 105 - 95 = 10$$

