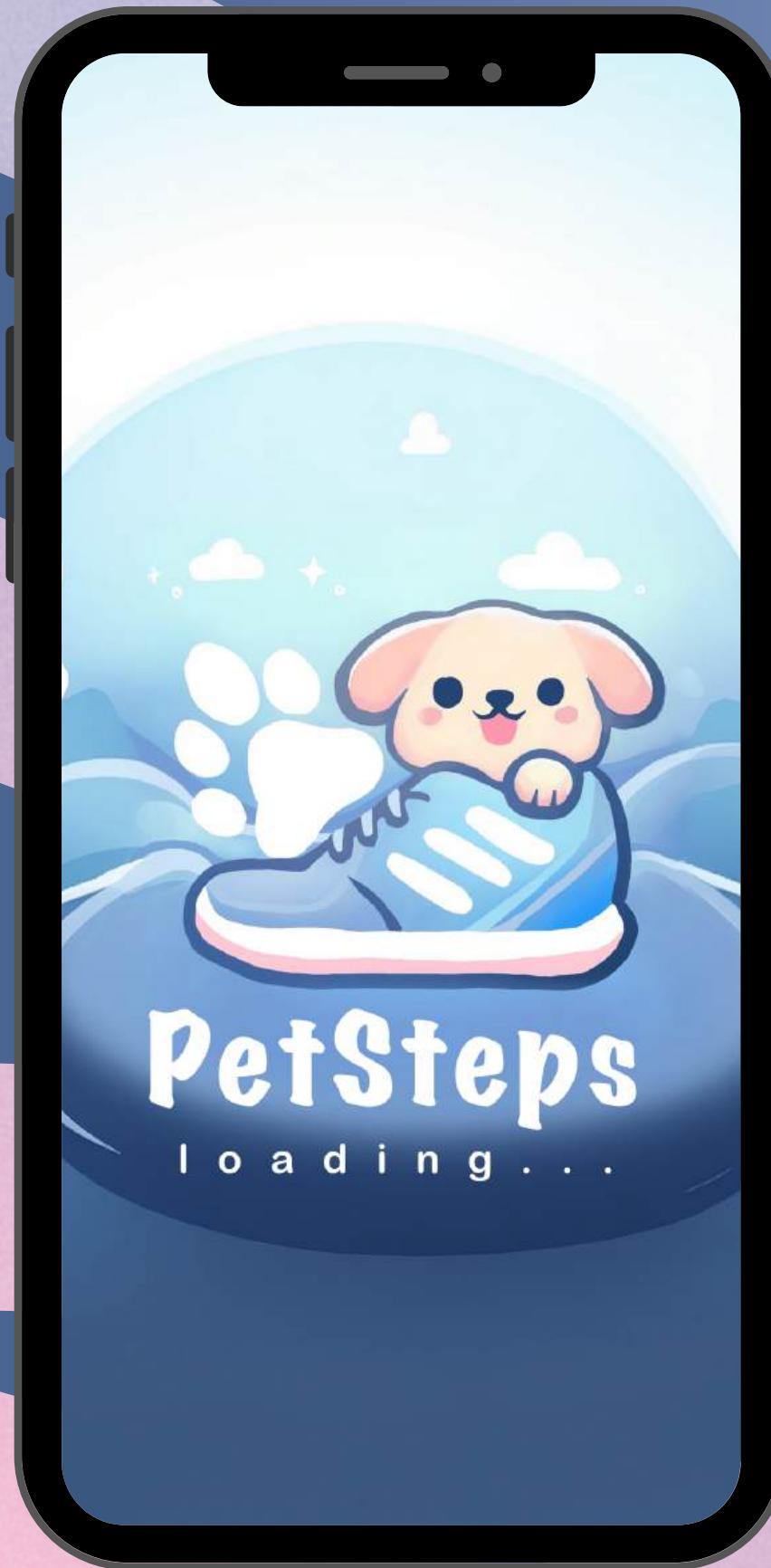


Ximing Luo & Amber Xiao



PetSteps

iOS Mobile Fitness App

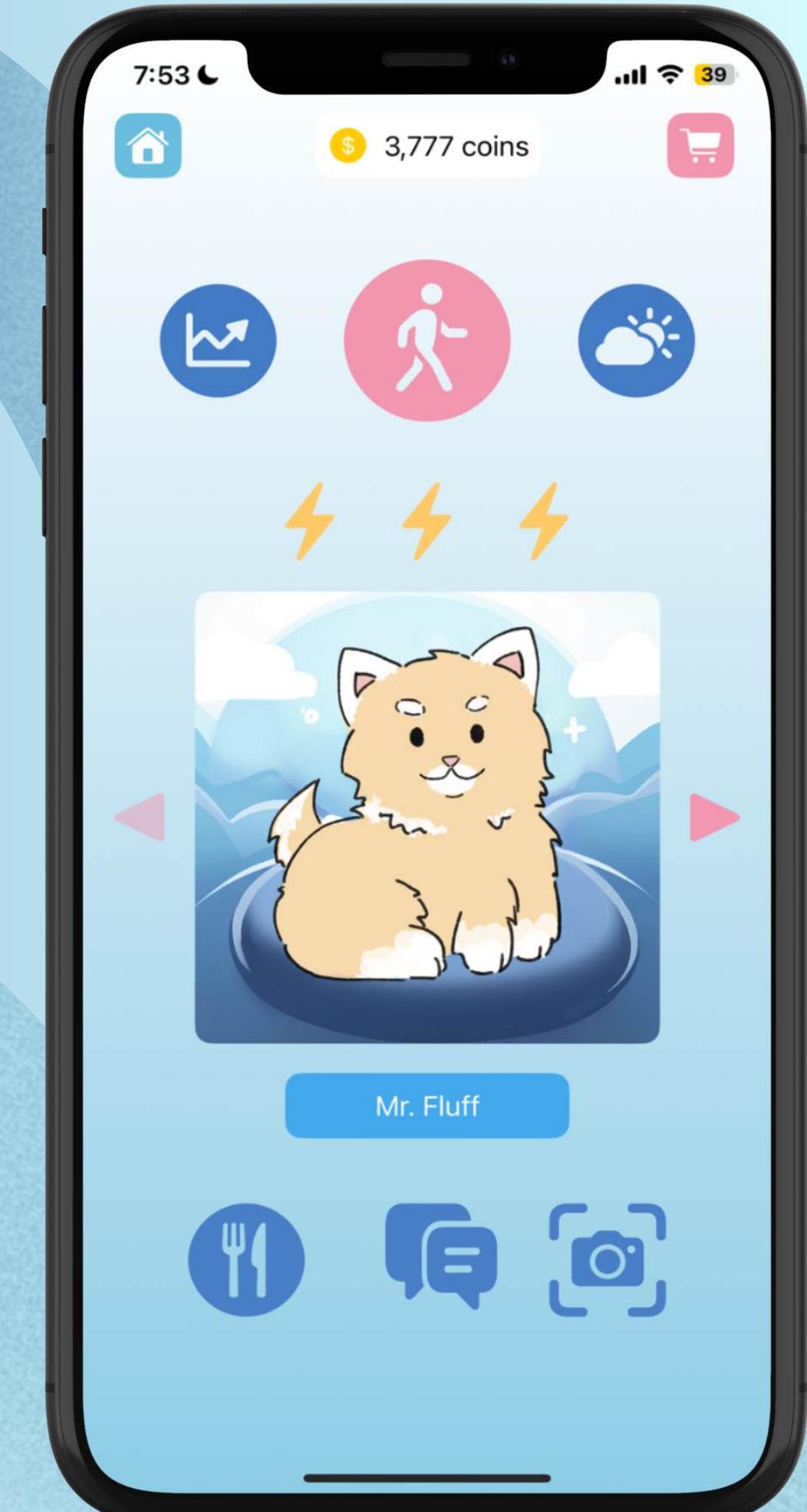
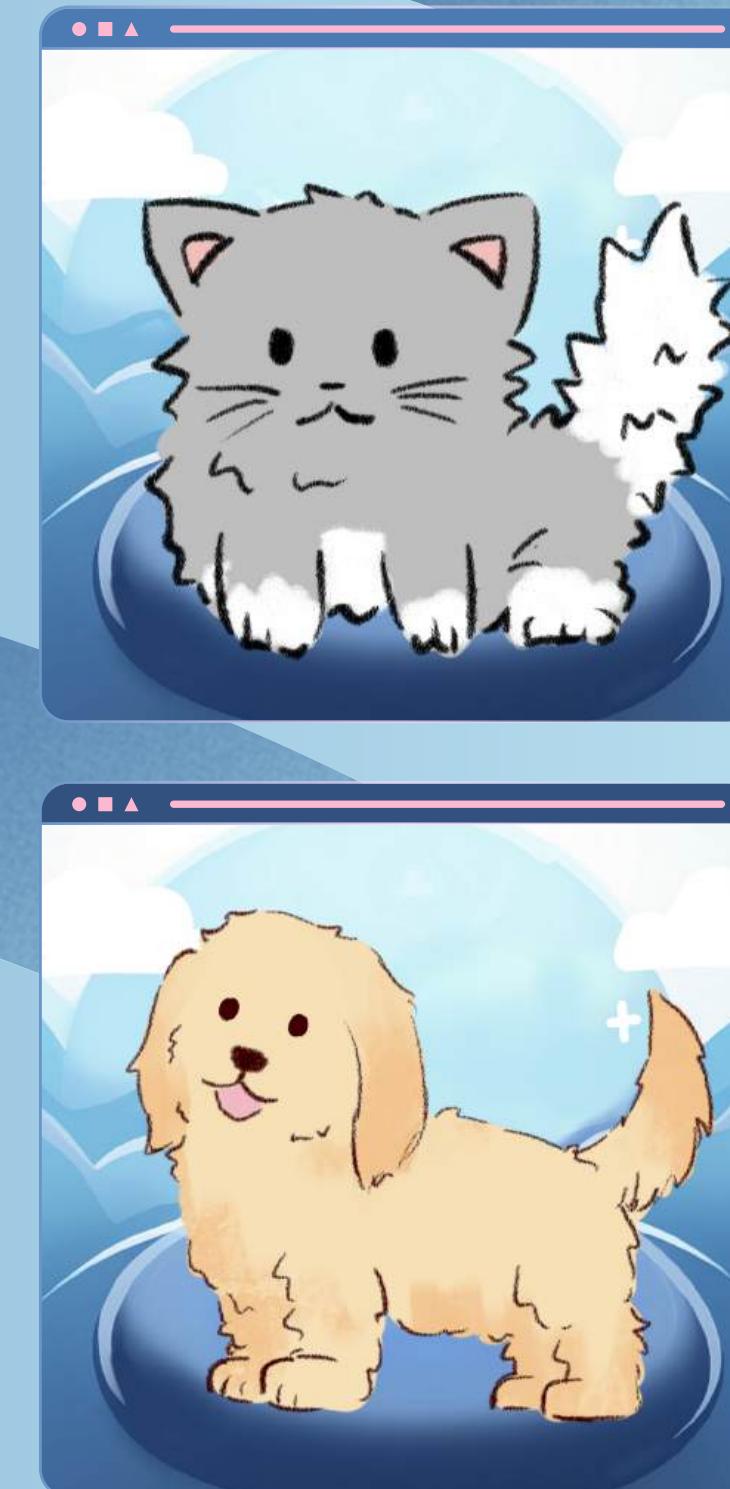
The Problem



- 81% of adolescents are not sufficiently physically active
- 1 in 3 women and 1 in 4 men do not exercise enough to stay healthy
- 38% of adults want to exercise more, but struggle to stay motivated

Our Solution

PetSteps motivates users to stay active by caring for their virtual pet by walking and staying active!

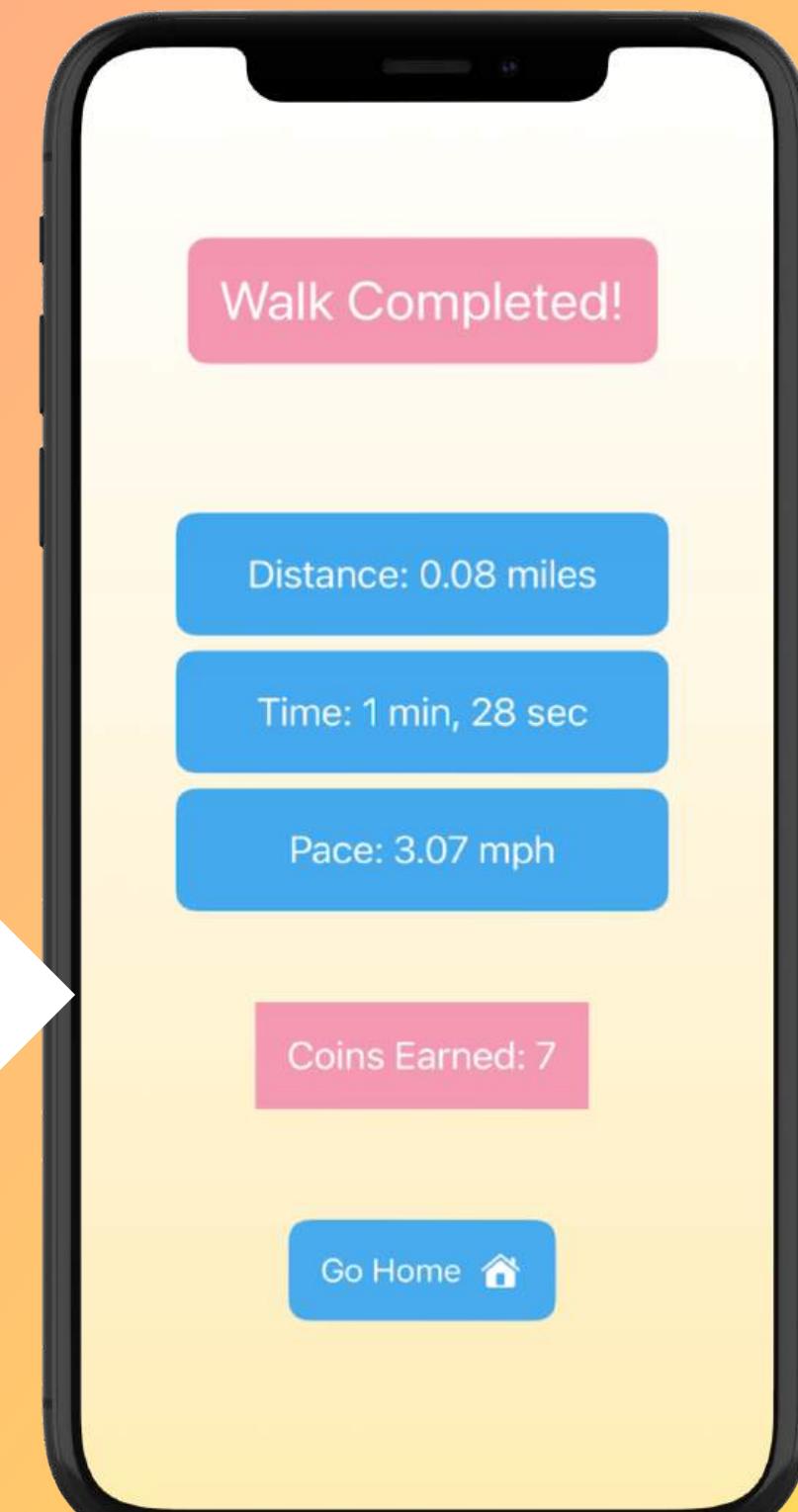
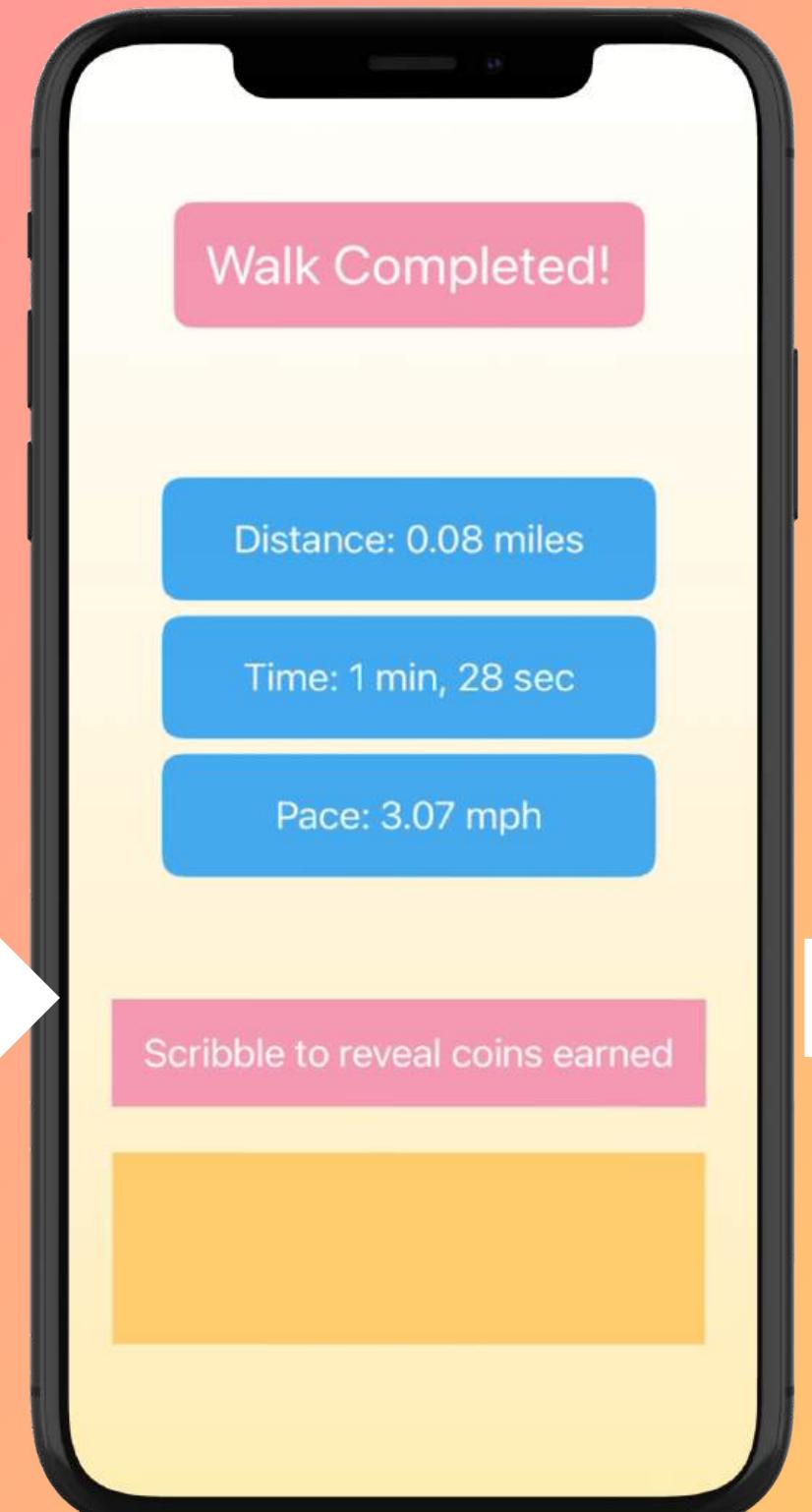
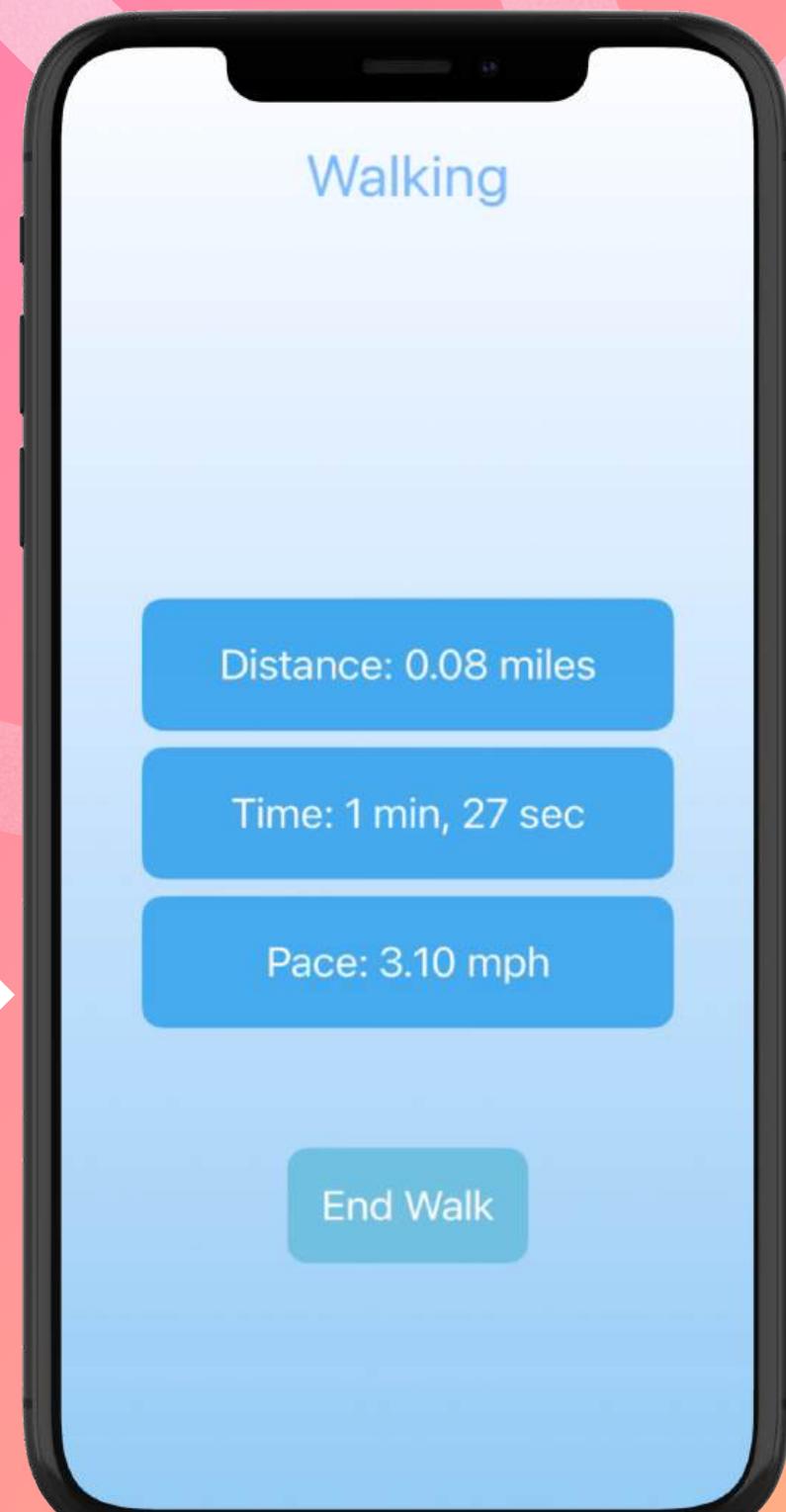
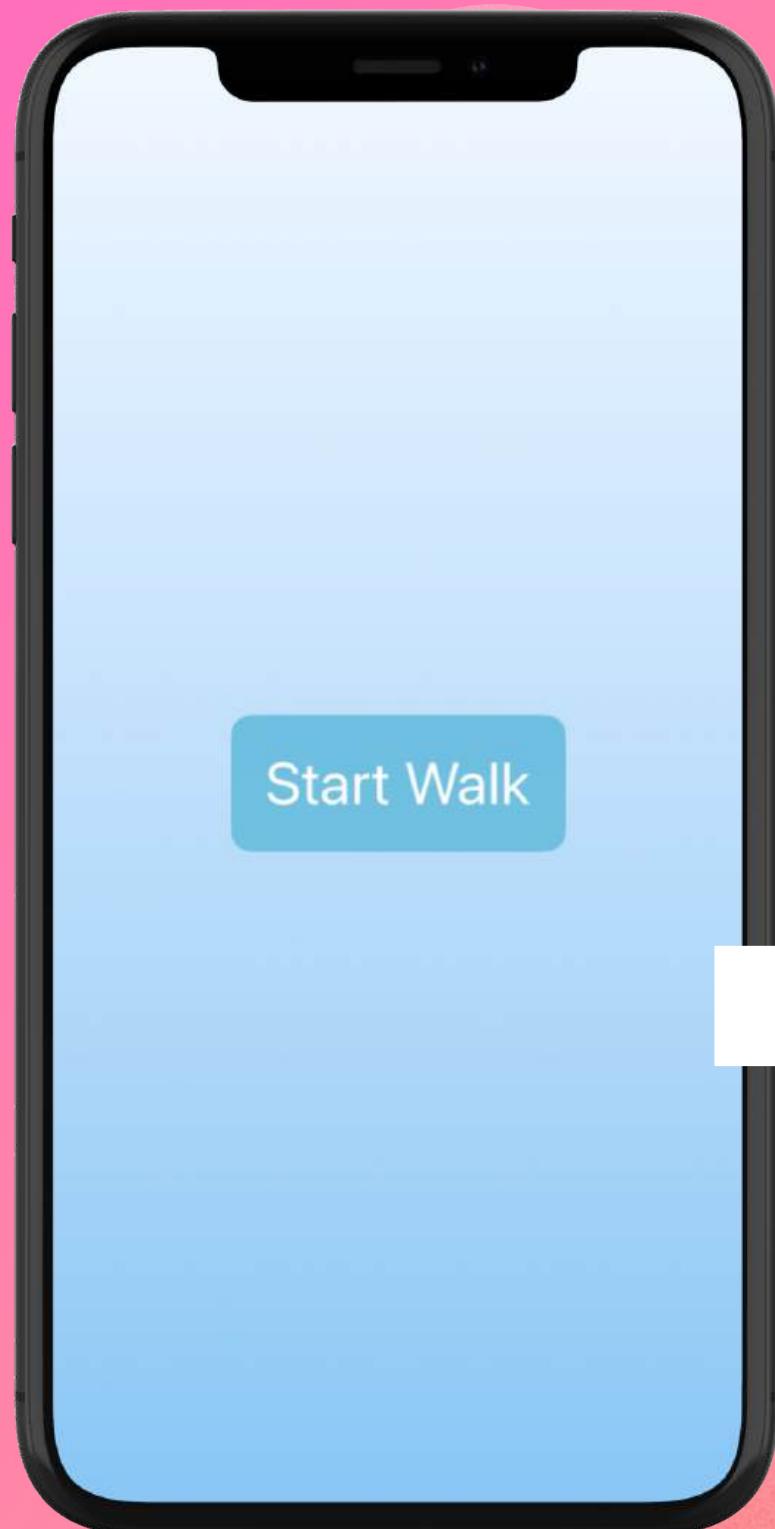


Our Features

Walk



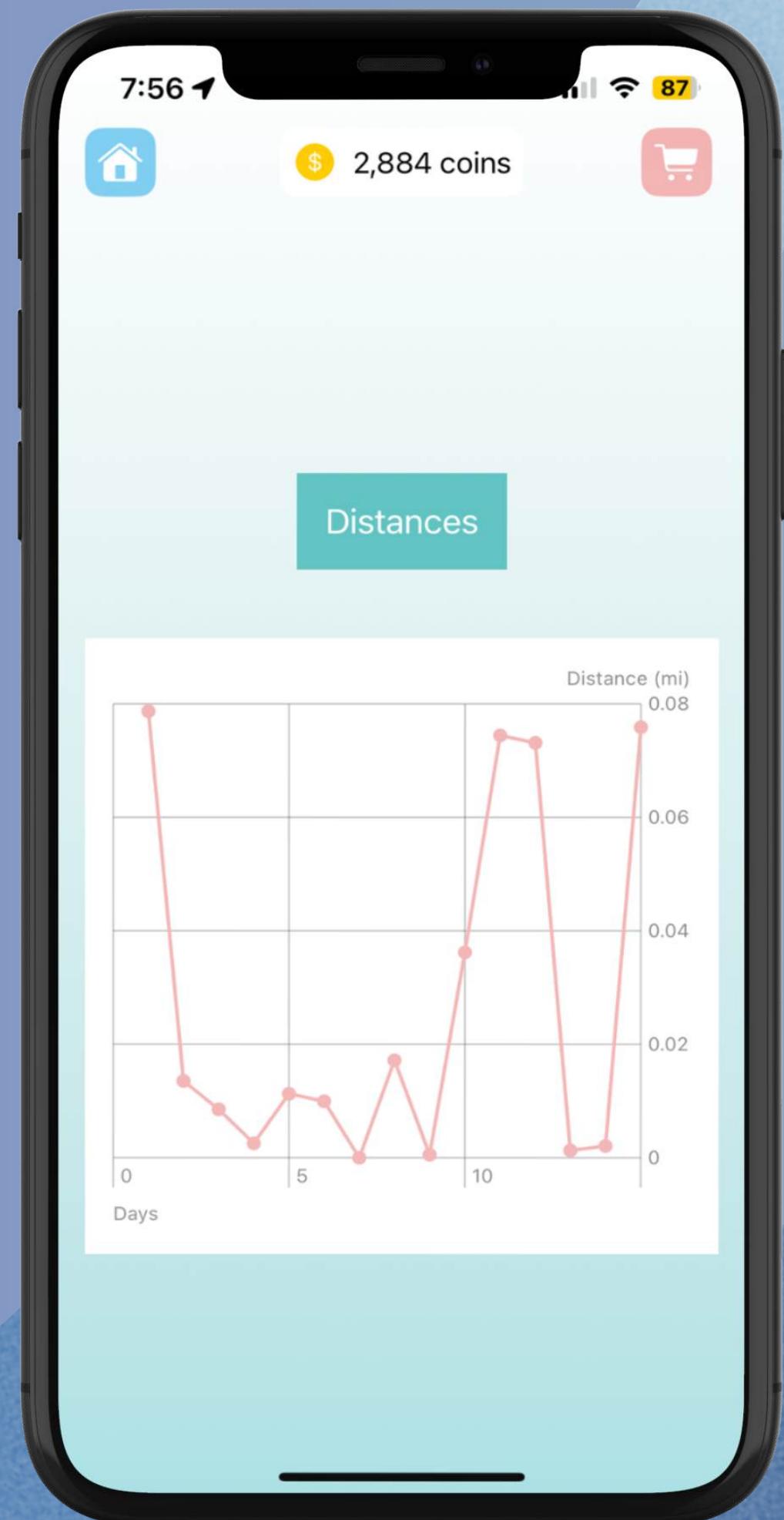
Staying active.



Statistics



Graph your walks, track your progress.



Coach Fluff



AI-Powered
fitness coach for
personal goals.

Coach Fluff, how do I train for my half marathon?

Coach Fluff's Half Marathon Training Plan

Phase 1: Base Building (Weeks 1-4)

- * Gradually increase mileage by 10-15% each week.
- * Focus on easy runs (60-70% of max heart rate).
- * Include 1-2 cross-training sessions per week (cycling, swimming, etc.).

Phase 2: Tempo Running (Weeks 5-8)

- * Introduce tempo runs: sustained efforts at 75-85% of max heart rate.
- * Start with 4-6 miles tempo runs and gradually increase distance.
- * Aim for 2-3 tempo runs per week.

Ask Coach Fluff for fitness tips! Send

* Break the race into manageable segments and focus on one at a time.
* Enjoy the experience and celebrate your accomplishment!

Additional Tips

- * Set realistic goals and don't compare yourself to others.
- * Listen to your body and rest when needed.
- * Cross-train to reduce injury risk.
- * Stay disciplined with nutrition and sleep.
- * Find a training partner or group for support.
- * Have fun with the training process!

Thank you Coach Fluff!

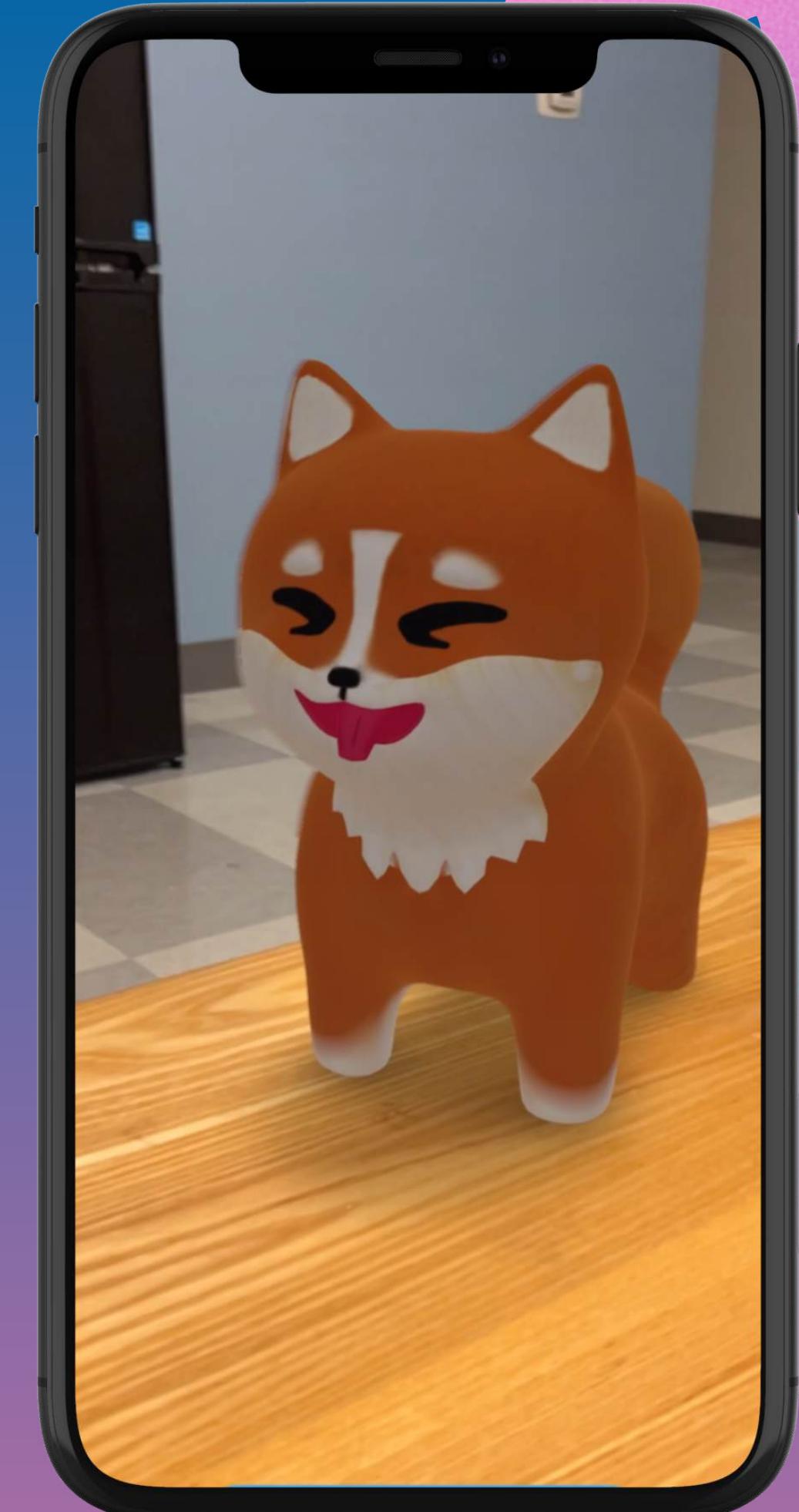
You're welcome! Remember, consistency and dedication are key to success in any training program. Stay motivated, listen to your body, and enjoy the journey. Best of luck with your half marathon!

Ask Coach Fluff for fitness tips! Send

Augmented Reality



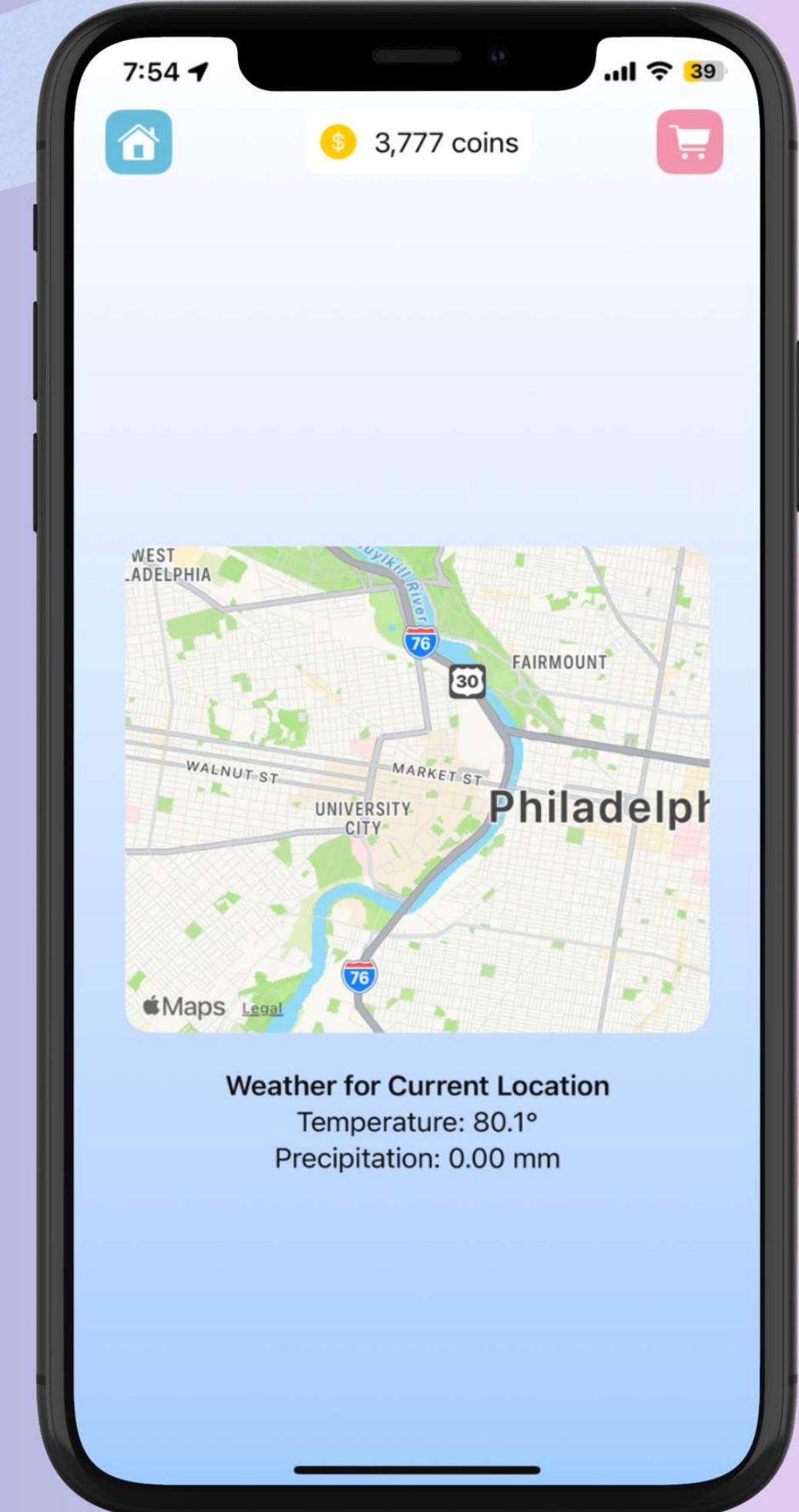
Interact with
your pet in the
real world.



Weather



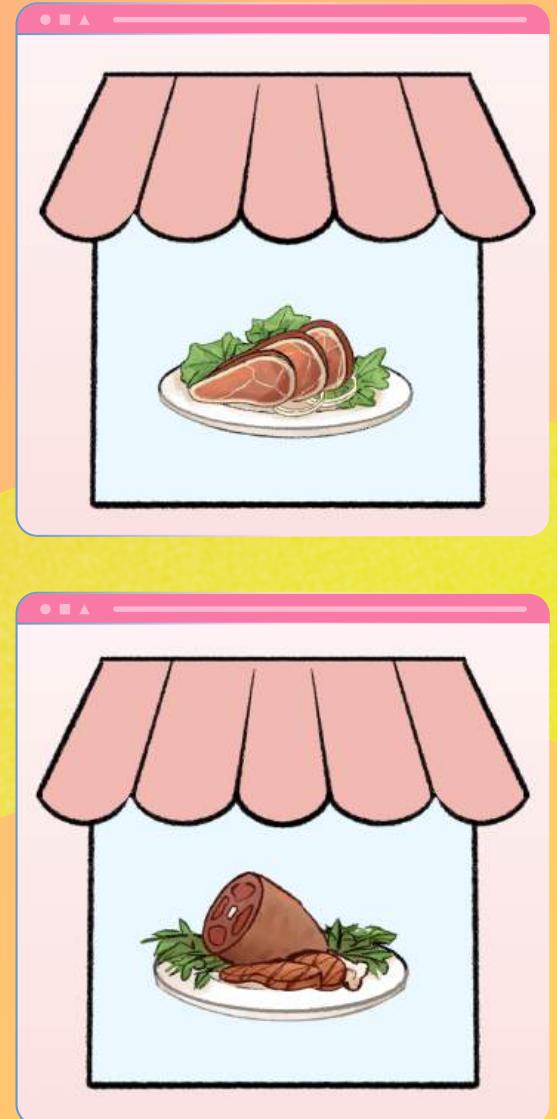
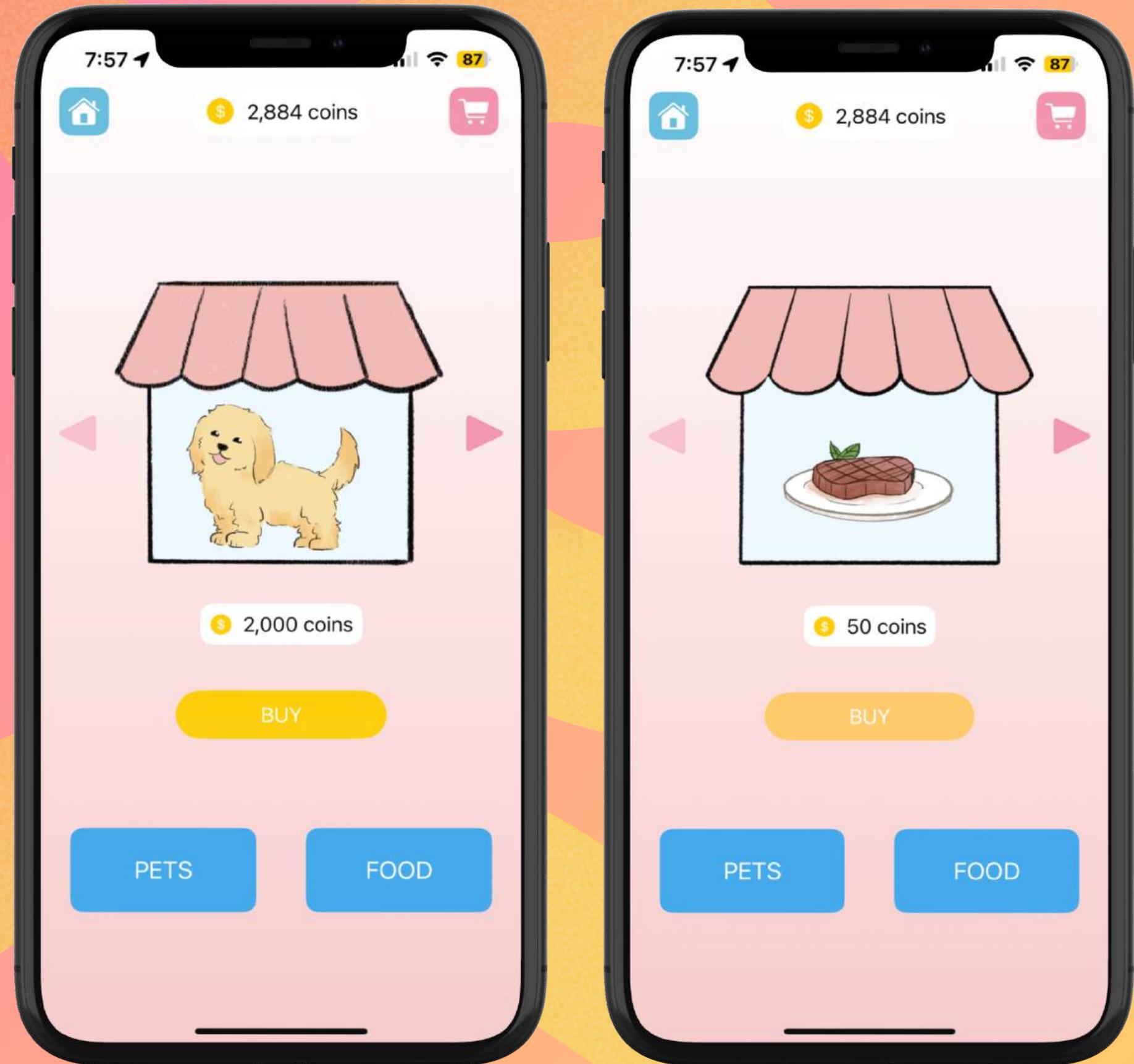
Receive real-time
location-based
weather updates.



Shop



Buy pets
and food
to care for
them.





Walk, Play,
Thrive.