

User Journey Map



Pierre is a runner who trains regularly and drinks a lot of water before training or races and he believes that if you train regularly or work out more, you'll get closer to your goal.

	BEFORE THE RACE	DURING THE RACE	AFTER THE RACE
ACTION	Prepare for races by training regularly and drinking a lot of water before the competitions	He runs and feels very tired, and his stomach hurt because he drank too much water	It was painful, but I ran fast and tried to finish
THOUGHT	I hope the training will help during the race	I shouldn't have drunk so much water	I'll try to improve myself next time
EMOTION	😄	😞	😓