

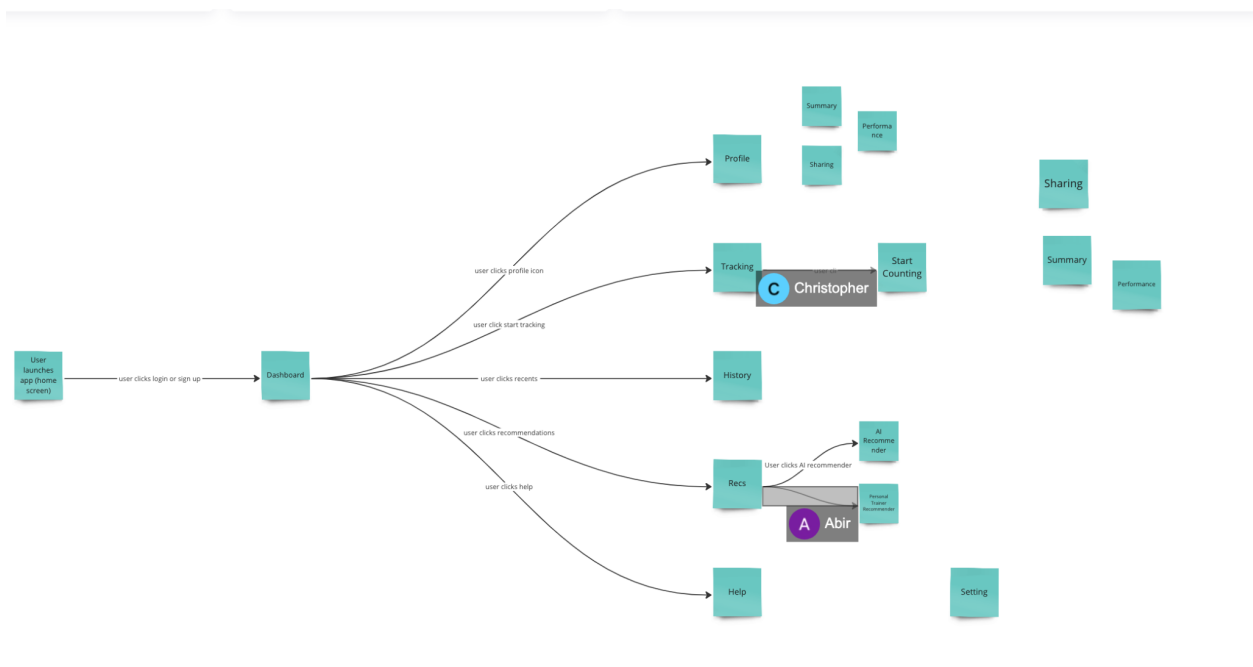
Final User Flow: https://miro.com/app/board/uXjVNdtYVYo=/?share_link_id=621895852047

Brainstorming:

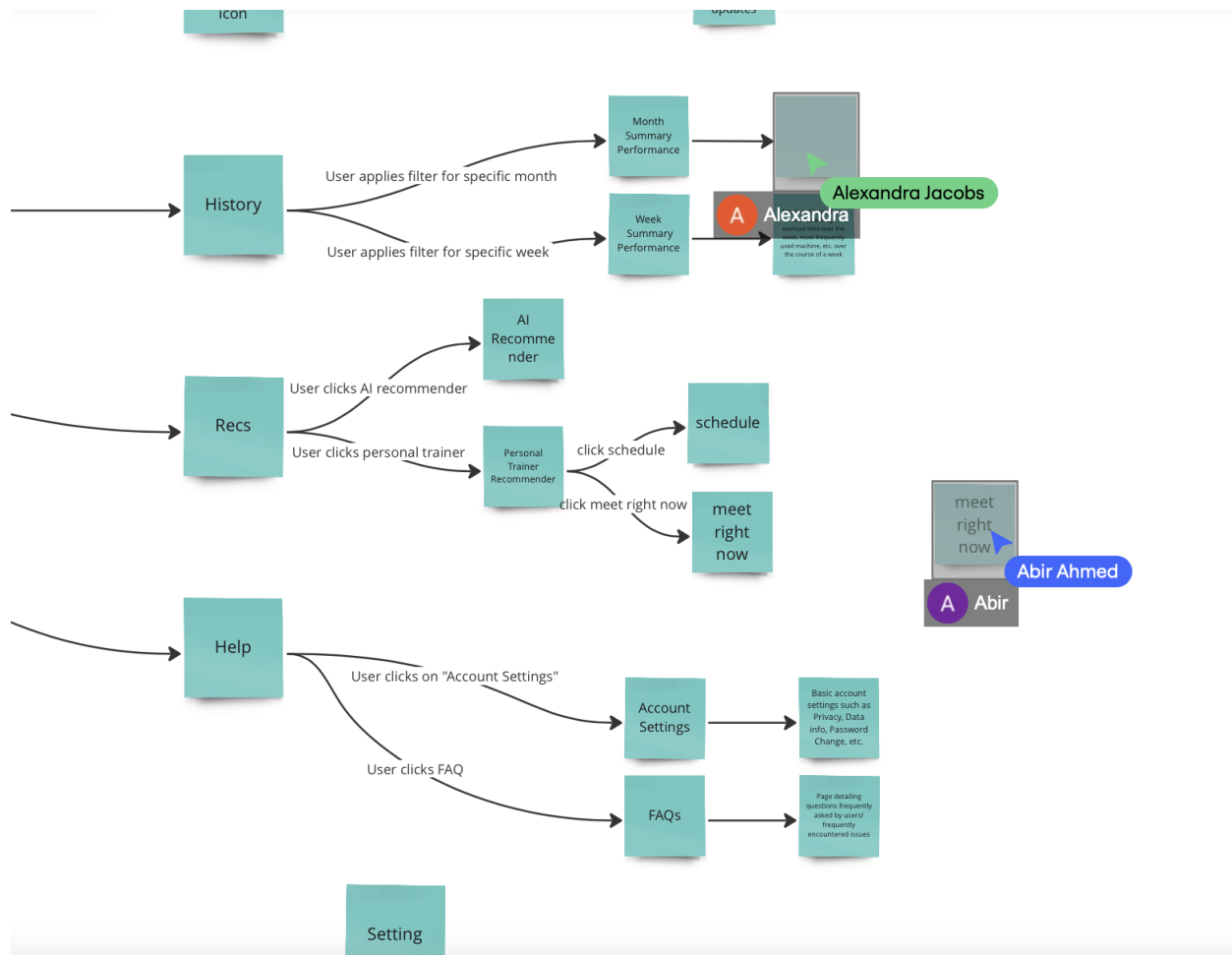
- A report that gives you what workout/fitness to do for the day using AI
 - Looking at past data
- An RFID system on an app that connects to a rep-counting machine
- An AI coach on screen that talks to you

Process:

Phase 1 - Initial interactions are presented to users once they open the application. Developing the subcategory pages that tie into each of these five main screens that users can reach. We started with high-level topics before diving deeper into the nuanced details of each page.



Phase 2 - Further developing specific endpoints of user interactions and customization features within the flow. Users can retrieve more detailed information as they dive deeper into certain pages, such as "month" versus "week" performance summaries under the "history" tab.



Contribution Report:

Abir: Dashboard, Recs

Chris: Dashboard, Profile

Lindsay: Dashboard, Tracking, History

Alex: Dashboard, Help