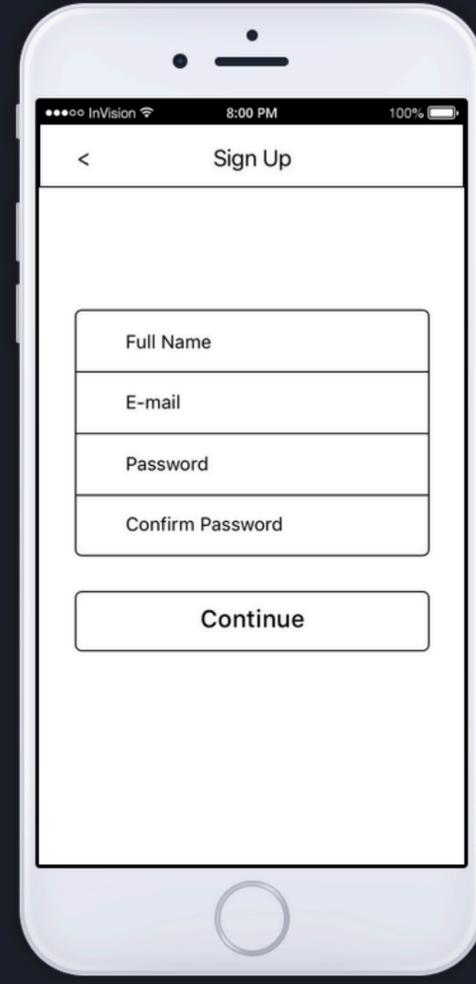
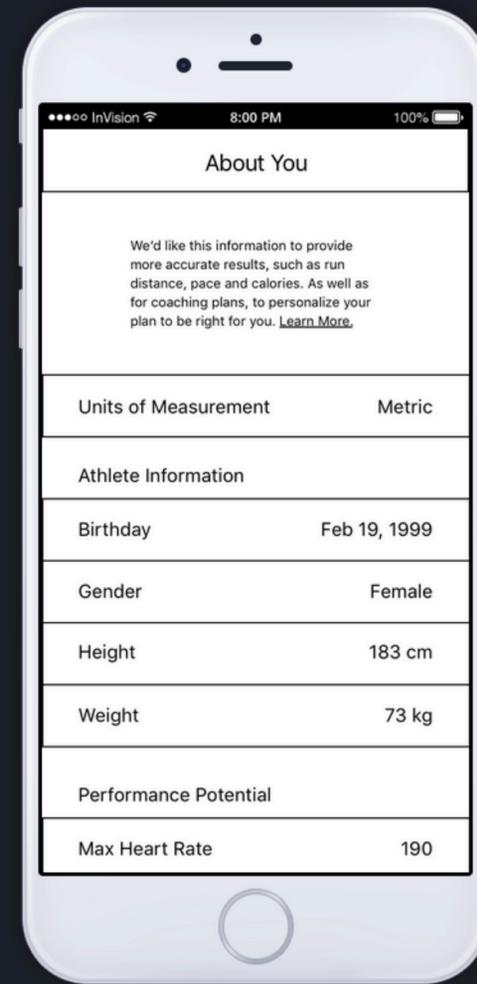


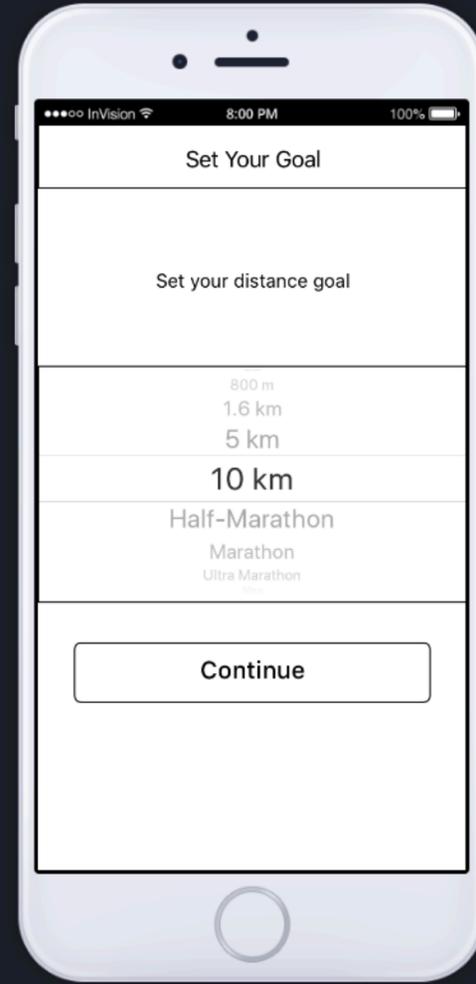
Jenny is a first time user. She was recommended the app by her friend.



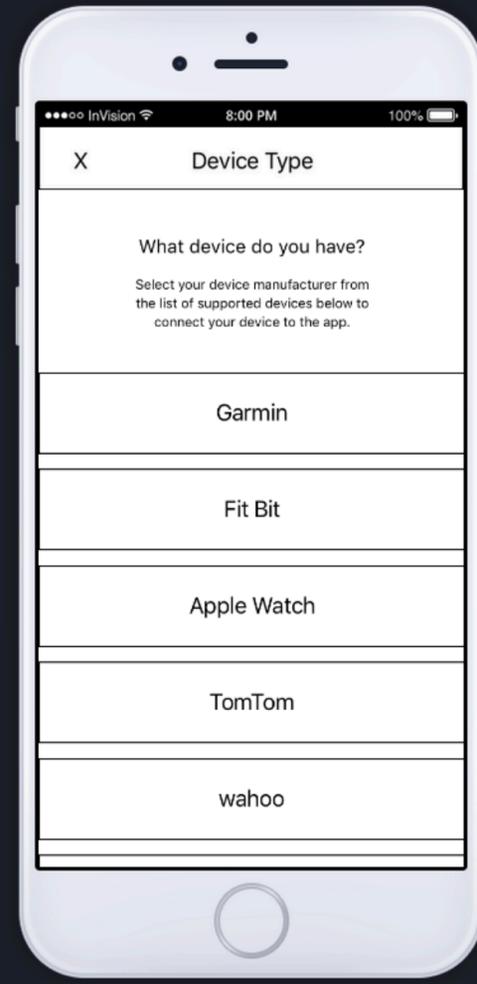
She initiates the account creation process by entering her name, email address and a password.



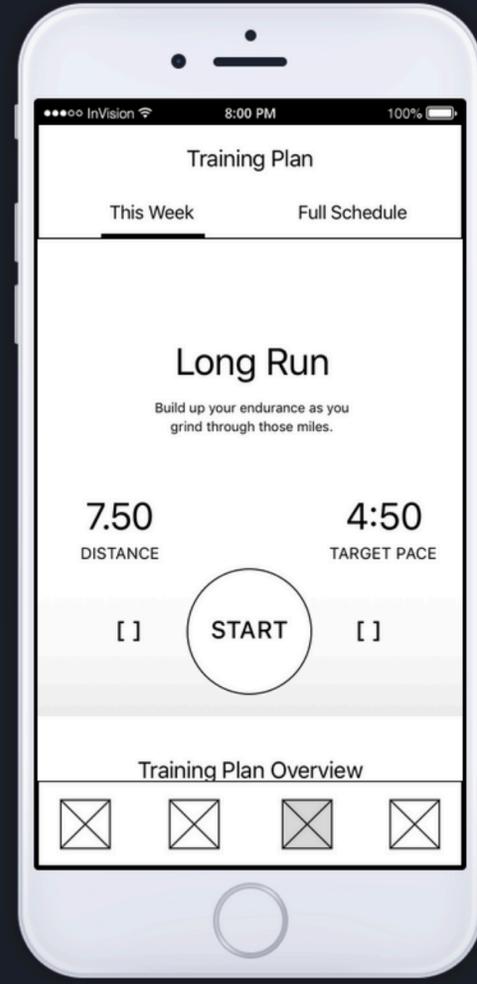
After she verifies her email address, Jenny enters her height, weight, gender, and other health information. She knows that this information is optional but will help the AI create a more personalized training plan for her.



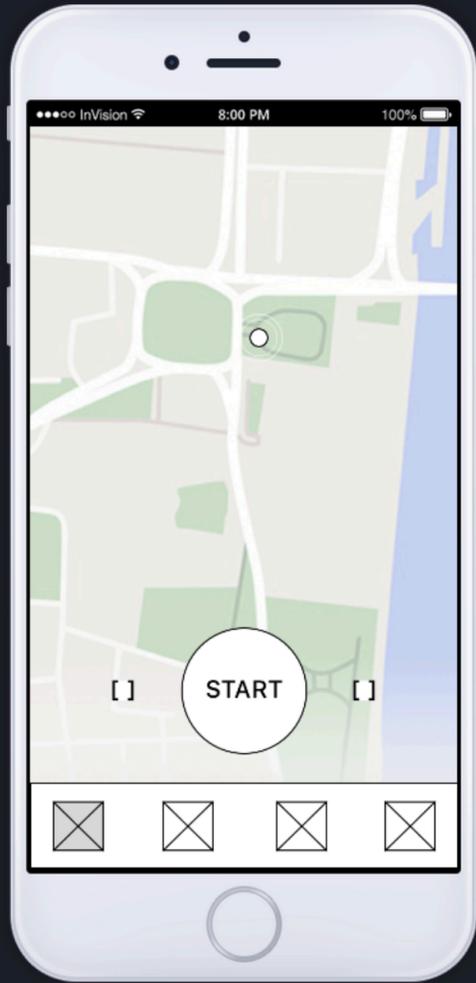
After this, Jenny enters her main training goal. Jenny's goal is to complete a 10 km race in under 34 minutes.



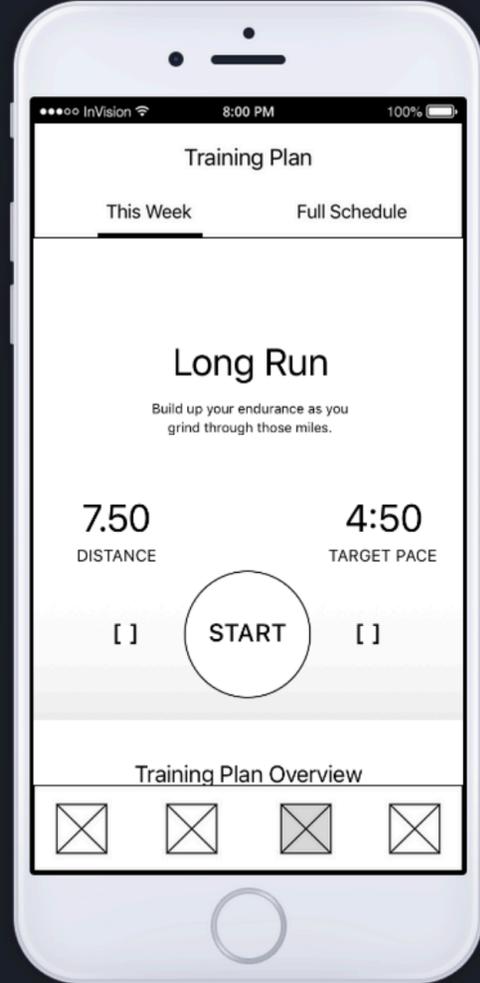
The app then prompts Jenny to give it access to Location services for GPS data and Apple Health for pertinent health data. After this the app asks if she uses any smart devices. Jenny has a Garmin running watch and connects it to the app.



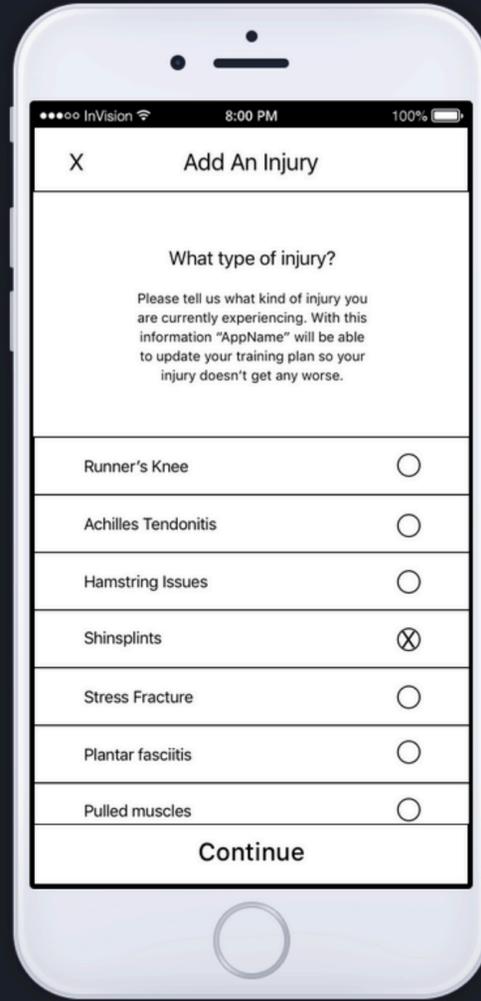
Finally the app processes Jenny's information and provides her with her own personalized training schedule.



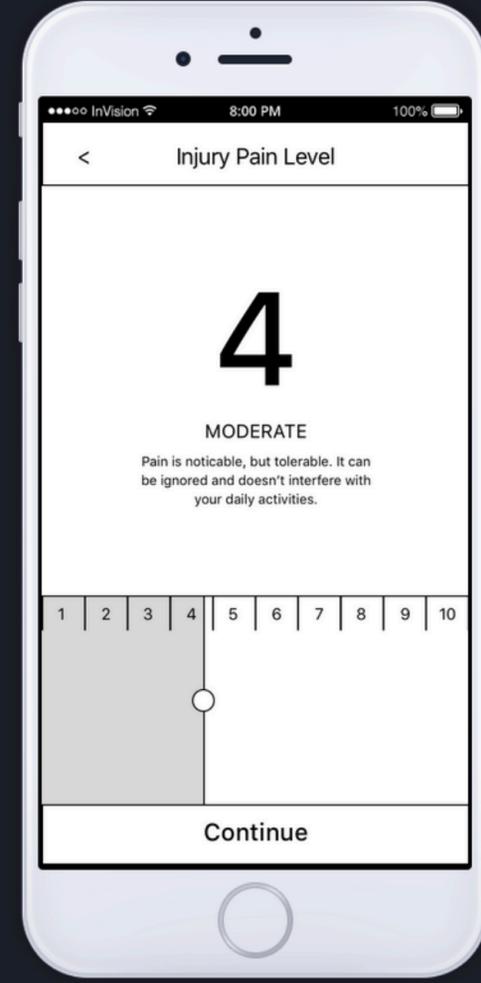
Barry injured himself during his evening workout. He opens his app so he can modify his personal training plan.



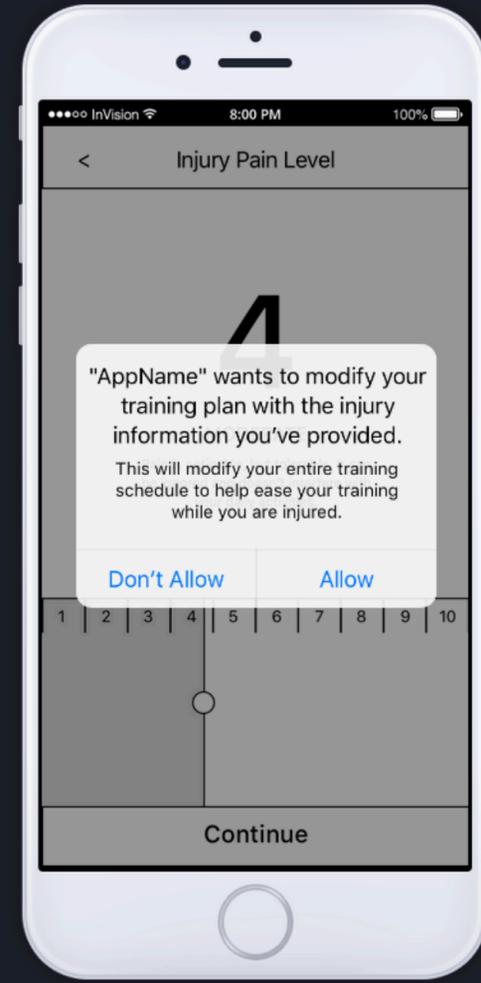
Barry opens the Training Scheduling tab and chooses the Add An Injury option.



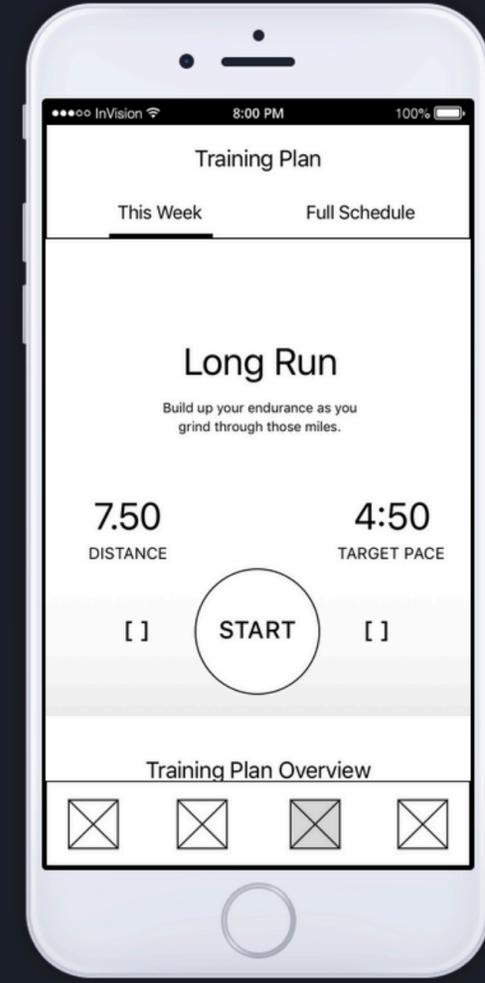
The app prompts Barry to enter the type of injury that he has. Barry tells the app that he has shinsplints.



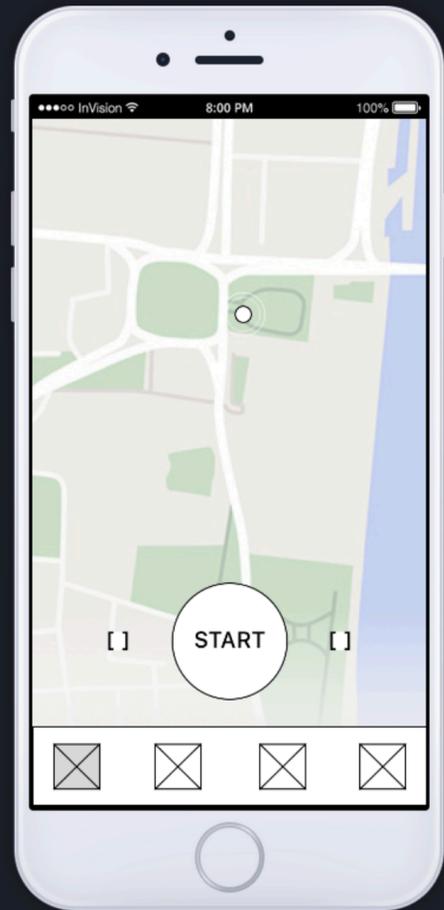
The app then prompts Barry to enter the injury's severity. He tells the app that it's a 4/10; it hurts but not too badly.



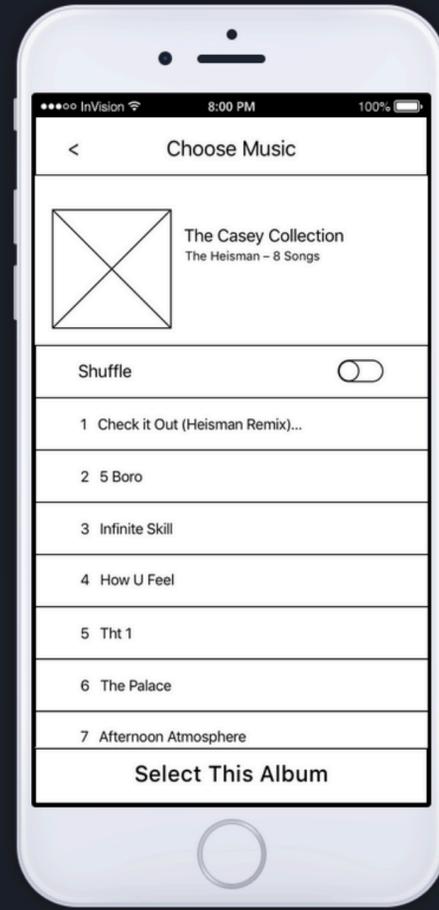
The app knows that Barry took a two month break from the app. It uses this data in conjunction with Barry's injury data in order to tabulate changes to his training plan. Before it makes these changes, it prompts Barry confirm that he



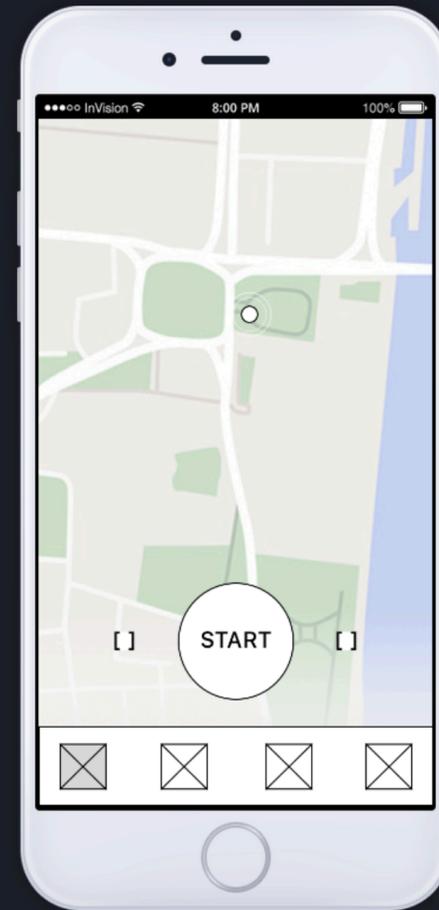
Finally the app updates Barry's information and provides him with his modified training schedule.



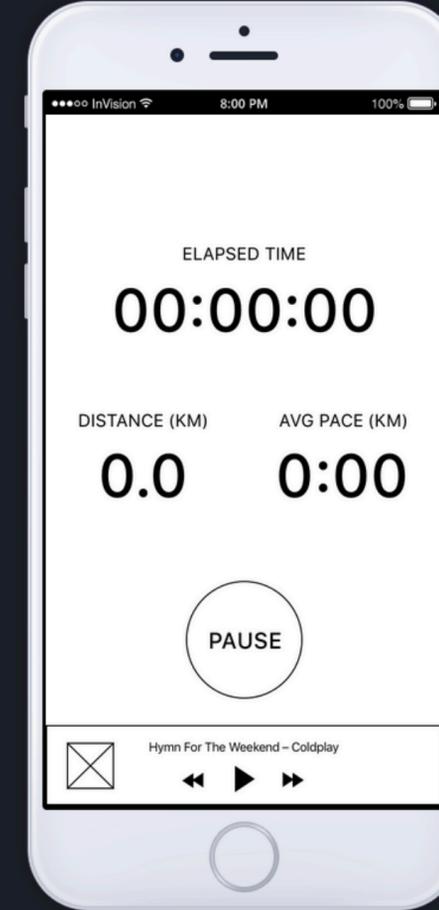
Jeff is going for his morning run.



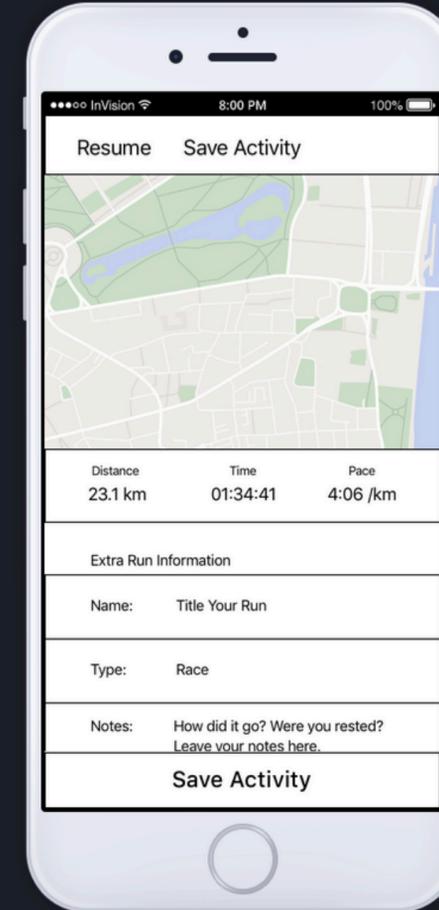
Jeff likes to listen to music while he runs. He links his Apple Music to the app and then chooses one of his lo-fi albums.



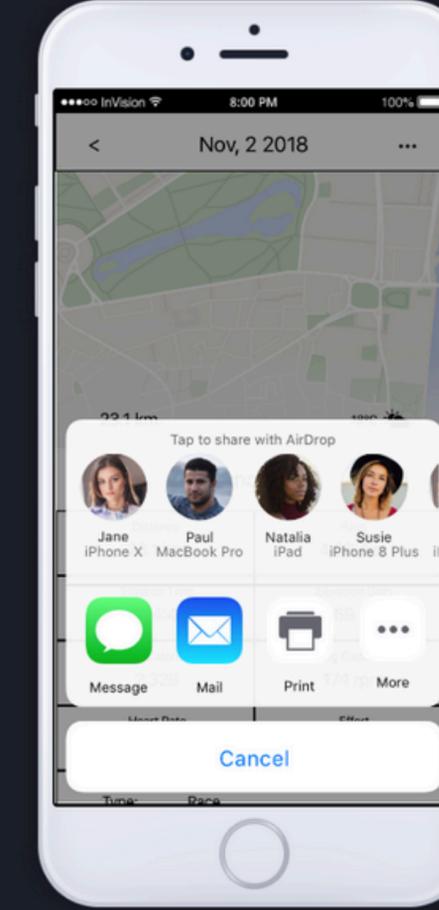
Now Jeff is ready to go. He uses the quick-start button and the 3 second countdown timer initiates.



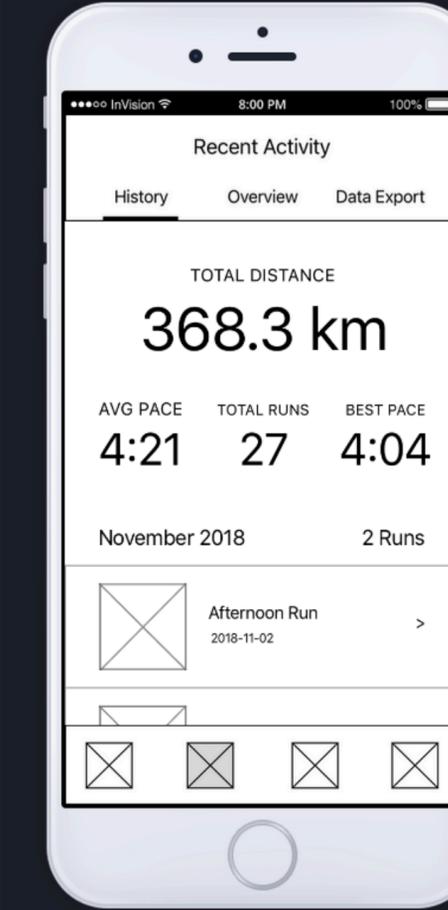
Jeff starts running his usual route. His smartphone is playing his music while simultaneously tracking his running data.



Although Jeff doesn't have a wearable device, his smartphone can adequately track the essential running metrics that Jeff wants to see.



This was a really good run, close to Jeff's personal best. Jeff exports the run's data so he can add it to a spreadsheet.



After the export is successful, the app leaves Jeff on it's Recent Activity tab.

