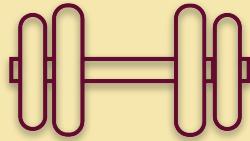


Hero's Journey App



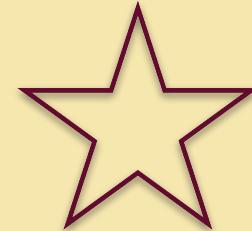
Log Workouts

- Record workouts
- Track progress
- Modify workout recommendations (due to limitations or injury)
- Add to quest progress



Chat

- Create group chats
- Discuss quest storylines
- Receive gym-wide announcements, like events and classes



Earn Achievements

- Achievements for:
 - Lifetime fitness goals
 - Attending events
 - Solo & team challenges
 - Completing quests





Quests

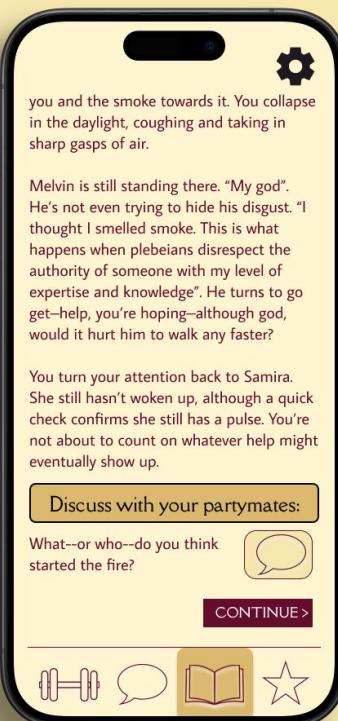
Select a Story



suggested from previous activity

Read past story beats

Read Story Beat



Heroes earn 2x progress when working out with another quest member



Workouts automatically modified for heroes with injuries/ restrictions

Work out to unlock more story

OR



Decide as a team

In most cases, multiple branches can be chosen.

There are a few decisions that are final, where heroes vote as a group before continuing.