

# Daily Dose

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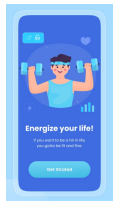
The goal of Daily Dose is to maximize efficiency and productivity in the lives of all users, allowing them to prioritize their body and mind while balancing a busy life

**Who is it for?** Anyone who would like to maximize the productivity of their day by using exercise as an outlet and tool in their life.

**What is it for?** Daily Dose provides people with a personally-tailored fitness program while working around their specific schedule

Here at Daily Dose, we want people to feel in control of their lives, like they have the ability to work around their own busy, individual schedule

# Manifesto



Everyone wants to be healthy. Whether you put in 20 hours of work per week at the gym, or haven't had a chance to go to the gym in years, everyone wants to have a fit body and a healthy lifestyle. It's very hard to get out and go to the gym when balancing things in your life such as work, family, children, social life, etc. However, Daily Dose makes working out easy. Daily Dose is a social media platform organized around exercise. Each member is given an online professional trainer who, upon signing up, will examine the workout goals you have submitted as well as the equipment you have available and formulate a personalized workout plan that fits your busy schedule and preferred difficulty level. You will fill in your daily information regarding the times you work, times you take for meals, and any other required time, such as spending time at home with your family at night, and use this information to find the optimal times for you to workout.

This does not allow for an excuse that you are simply too busy to improve your body. The social media aspect comes into play once you start adding your friends, family, and anyone else you know on the app. This allows for some friendly competition and an outside source to hold you accountable for exercising. Don't worry, only the people who you follow back can see any of your private workout information.

The notification system on the app will be the most helpful feature for people. Daily Dose will send out notifications like "It looks like you have an hour to spare! Get off your phone and go for a short run!" or "Tomorrow morning looks like a great opportunity to hit the gym! Make sure you don't sleep in, so we can get those gains!". This sort of reinforcement will keep users engaged in everyday use and will encourage them to use their free time exercising rather than scrolling aimlessly through Instagram or Tiktok. Another feature that will be available if you have friends on the app is that when another friend records a workout near some of your "free time", the app will notify you. This again promotes competition and accountability with your peers. The notifications will say something like " Kyle just finished up a workout, let's do the same! Get ready to go in 15 minutes, you'll have 40 minutes to lift". Weekly totals similar to your screen time notification will be sent out every week to notify you as to how much time you have spent improving your body and mind in the last 7 days. Daily Dose will change the lives of many people who are on the cusp of working out consistently and will lead to many people picking up exercise after finding out that they do indeed have the time hidden in their schedules. This will allow for so many people to lead more productive, more efficient lives. The whole purpose of the app is to encourage better fitness and a healthier lifestyle for those all around the world.