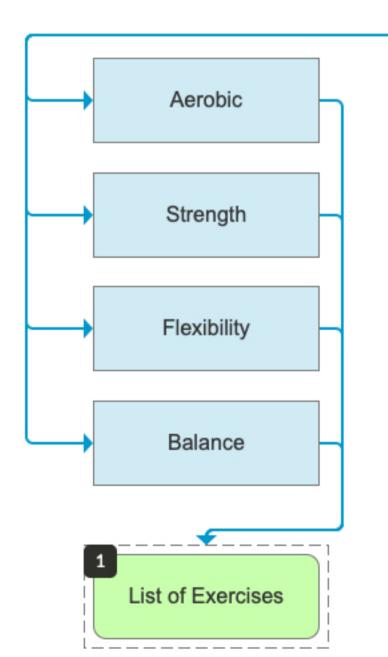# User Flows

Exercise Web App

1 As a new user, I want to learn about different exercises, so that I can figure out what is best for me.

2 As a frequent user, I want to be able to schedule exercises for working out, so that I build positive habits.

3 As a frequent user, I want to be able to earn achievements or rewards, so that I can stay motivated.

4 As a frequent user, I want to complete daily challenges, so that I can have an additional way to stay motivated.

Start

Use as Guest

Sign In

Sign Up

Account Sign In

Account Creation

Homepage

Exercises

My Profile

Daily Challenge

Schedule an Exercise

Rewards Overview

Aerobic

Strength

Flexibility

Balance

2 Confirmation of Scheduled Exercise

Task: Schedule Exercise

3 Redeem Rewards

Task: Earn Rewards

4 Daily Challenge Complete

Task: Complete Daily Challenge

1 List of Exercises

Task: Learn About Exercises

Entry	Decision	Page Path	Success