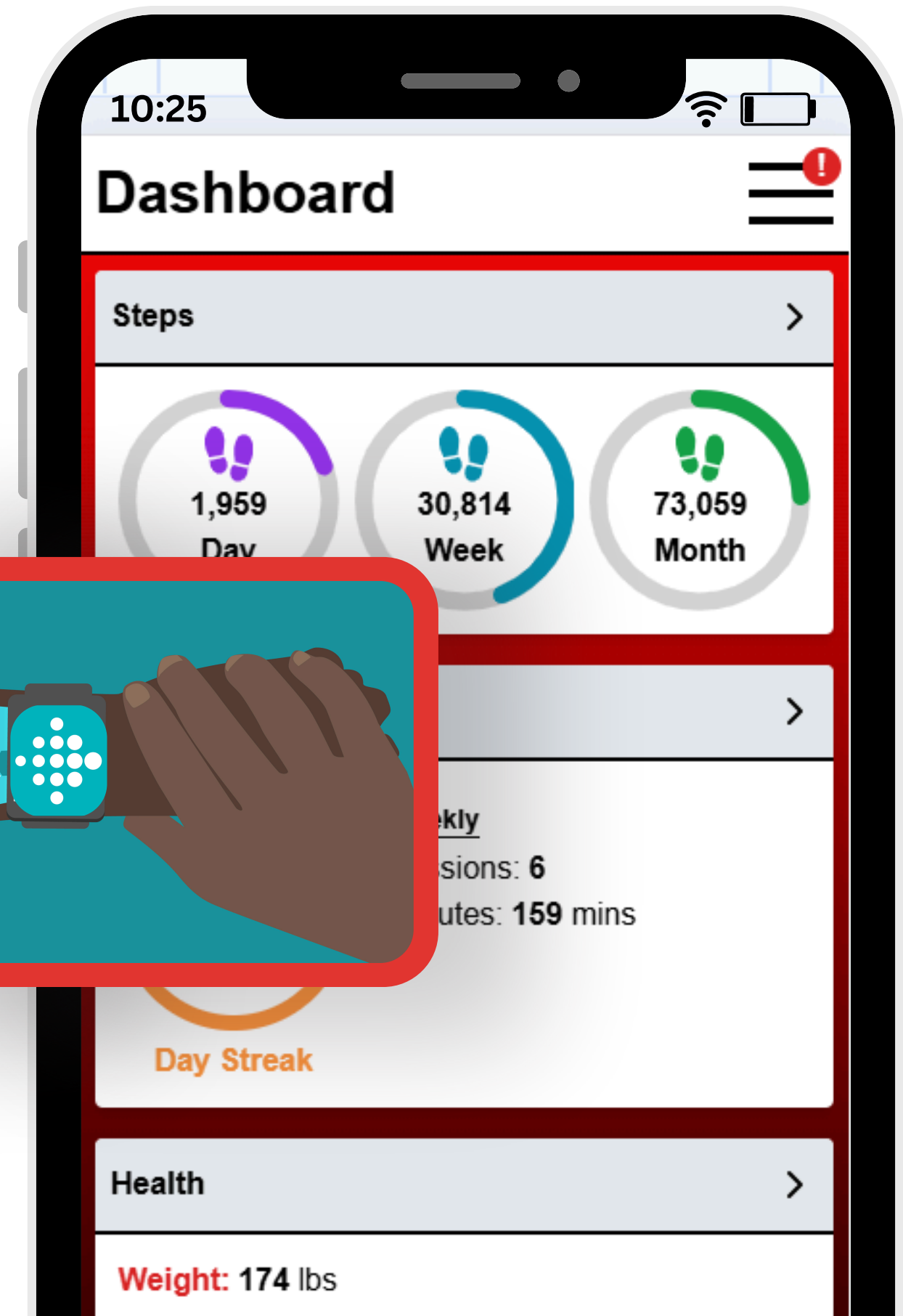
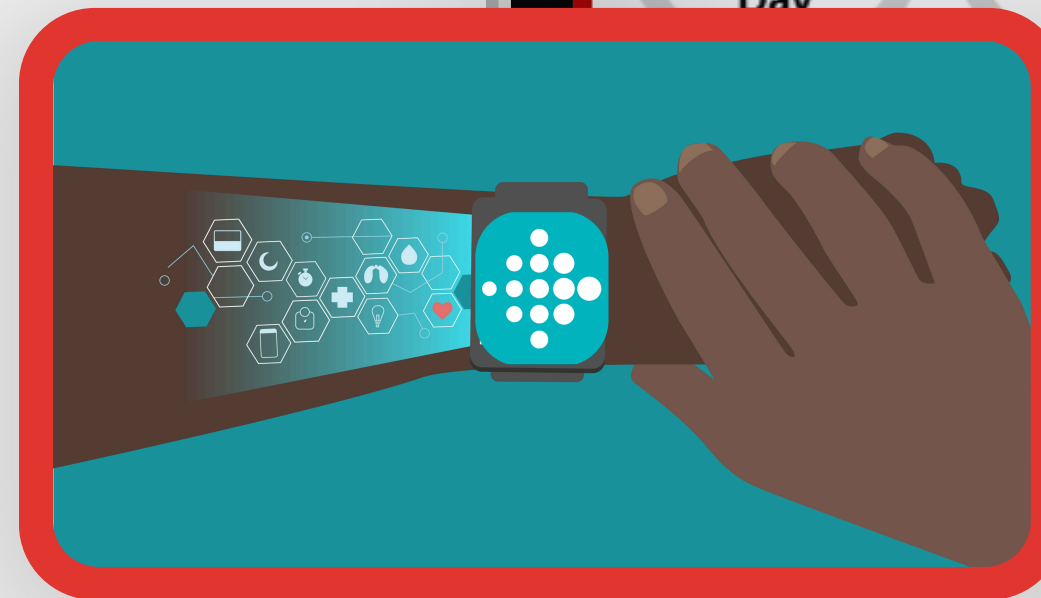


M Mobile Men

Mobilemen is an app for African-American men designed to improve and maintain fitness using gamification, learning features, and exercise tracking by syncing with Fitbit devices.



Main Features



BADGES

Earn badges by interacting with the app: view lessons in the Coaching Corner, set and complete Goals, participate in Challenges, and log Steps and Exercise

Badges are worth points that you can spend in the Marketplace



COACHING CORNER

Learn about about behavior change, nutrition, and exercise. Lessons are presented as videos, written articles, and audio narration to ensure learning no matter your learning style



GOALS

Set timed goals for steps or exercise sessions and on-going health goals to change weight, blood pressure, and cholesterol



CHALLENGES

Participate in challenges against other users to earn badges and improve fitness



STEPS

Track your daily, weekly, and monthly steps by syncing your Fitbit



EXERCISE

Track your exercise using your Fitbit or log weightlifting using the custom weightlifting feature

Weight: 174 lbs

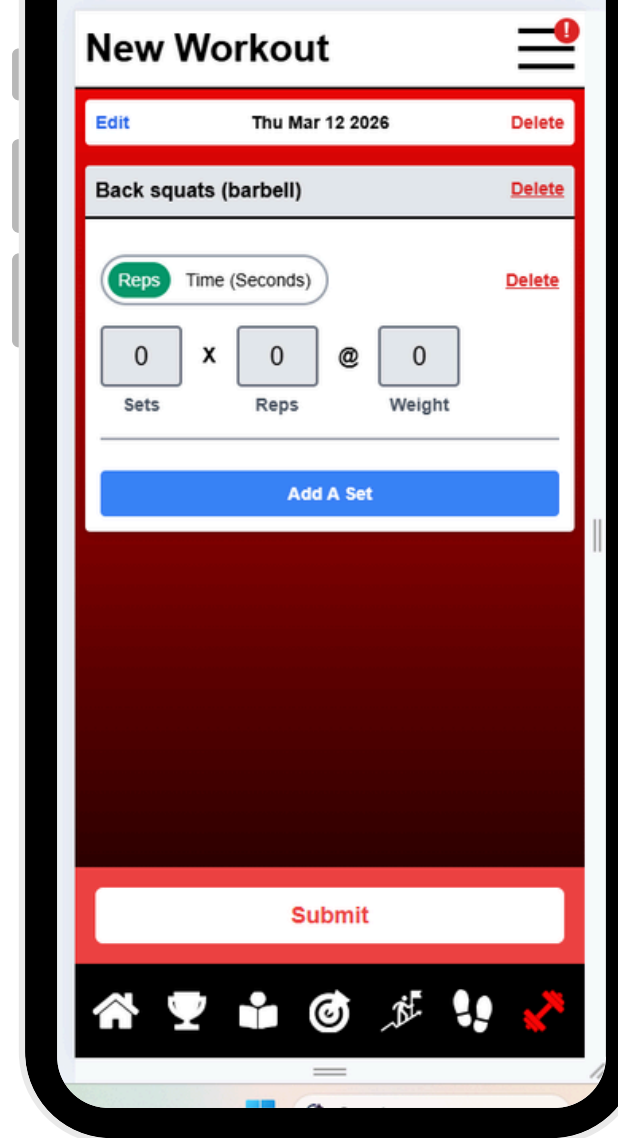
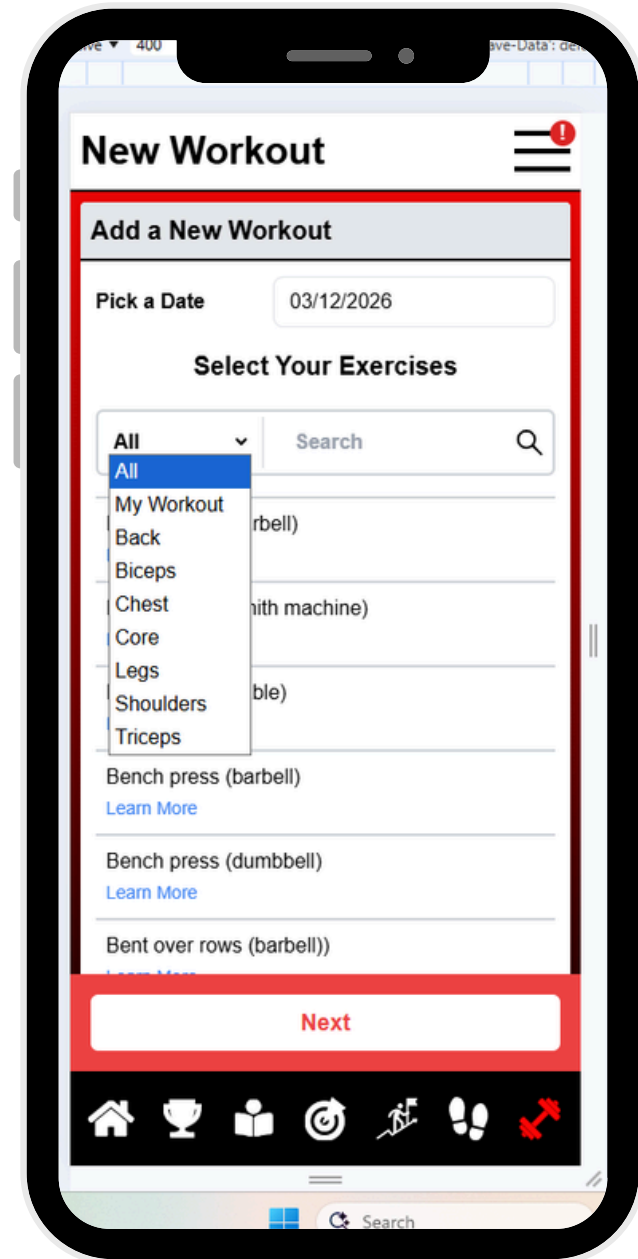
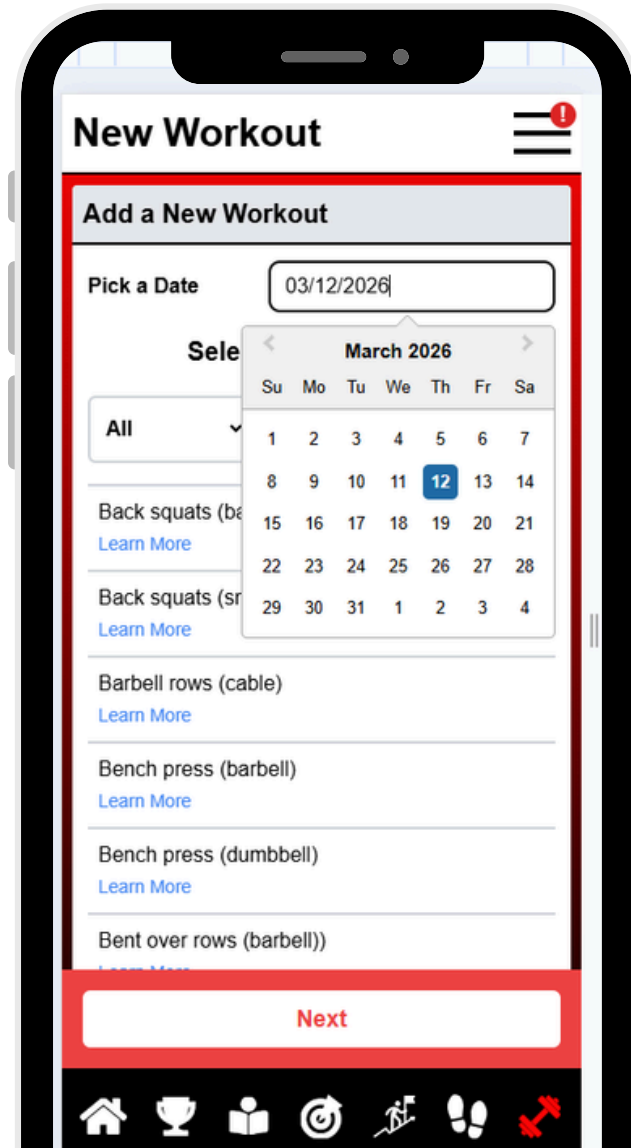
Blood Pressure: 150/72 mmHg

Fasting Blood Sugar: No Data

LDL: 123 mg/dl

HDL: 109 mg/dl

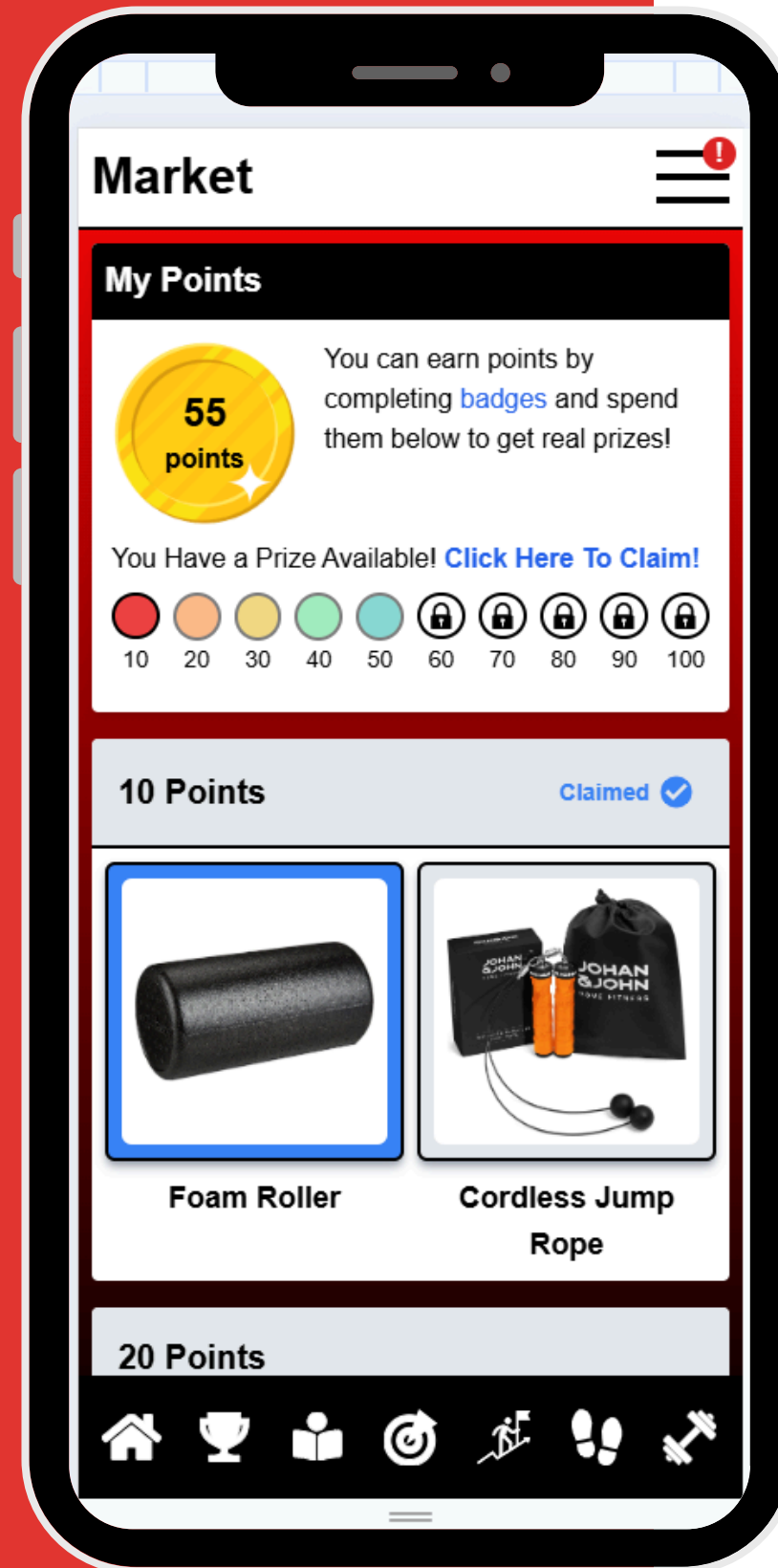




Weight Training

The Weight Training feature allows you to create customized weight training workouts not available through the Fitbit app. It also can teach you new exercises.

- 01 Use the calendar to log past weight training sessions or to plan future sessions
- 02 Find a weight training exercise by filtering by muscle group or typing terms into the search bar
- 03 Click "Learn More" on any of the weight training exercises to be redirected to a website with instructions
- 04 Add multiple sets, toggle between reps and time, and log weight used



Additional Features

- 01 The Notification page alerts users about featured articles and sends reminders about goals
- 02 Badges earned translate to points that can be used in the Market. For every 10 points earned, you have the option to choose between 2 prizes. The value of the prizes increases with number of points earned
- 03 The private Facebook board allows you to interact with other participants in the study and respond to thought-provoking prompts every week
- 04 A health metrics page allows you to keep track of your weight, blood sugar, cholesterol, and blood sugar

Application Advantages

01

Sync the app easily with your Fitbit to track logged exercises and steps

02

MobileMen is an app designed by African-American men, for African-American men. The lessons and features are specifically tailored for your demographic group

