

Mimir
ror

Autonomy

Competence

Relationship

Autonomy & Competence

Ideas for you



Goals

try every day to take 10,000 steps

read for half an hour every day

bake something delicious once a week

longboarding with each other every week



How you feel



In the game, you live in your own environment.



Face-expression

Achieved goals

wake up at 8:00 every day this week



Els is your friend become!



You took 11,000 steps today - 22/04/20



Click to open your surprise



Relationships

Play together

Share your personal QR Code with a good friend



har



Els

3 / 30 days working on her goal.

going to bed at 10:00 p.m. on weekdays.

do some longboarding with each other every week.

do a half hour of yoga



your shared goals.



notifications from app

Koen is not taking as many steps as last week.

Would you like to send him a message?

Nice going! You have almost reached your daily goal!
Keep it up!



Els is doing super well with her goal, encourage her!



Woow good job! You did it! Open the app to see what you earned.

:3

The messages you get from the app are meant to remind and encourage.

This week

You have this week
7 / 7 days on your goal
worked.



2 goals
accomplished

Along
with Els,
you took
70,000
steps this
week.



You've
spent 6
hours this
week
read

Positive
overview for
motivation

