

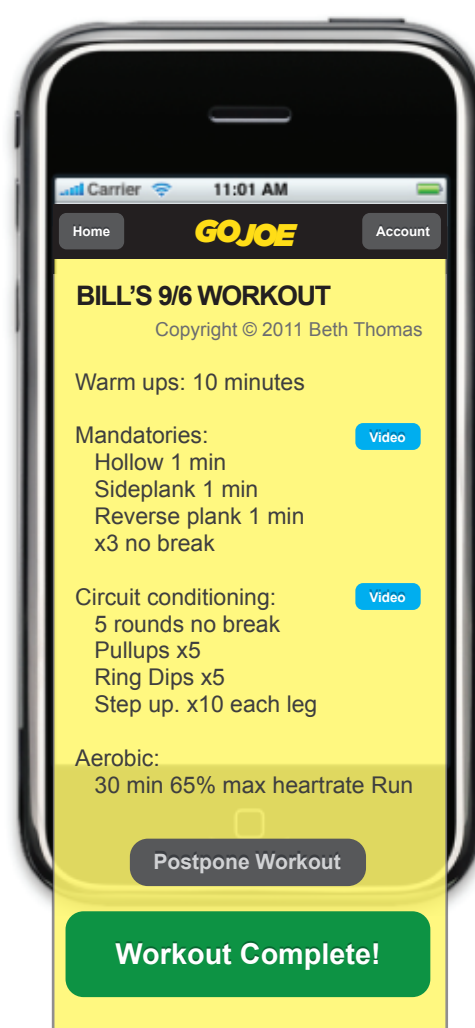
Bill gets out of the shower and gets a text...



Bill opens his phone and is taken to the text message.

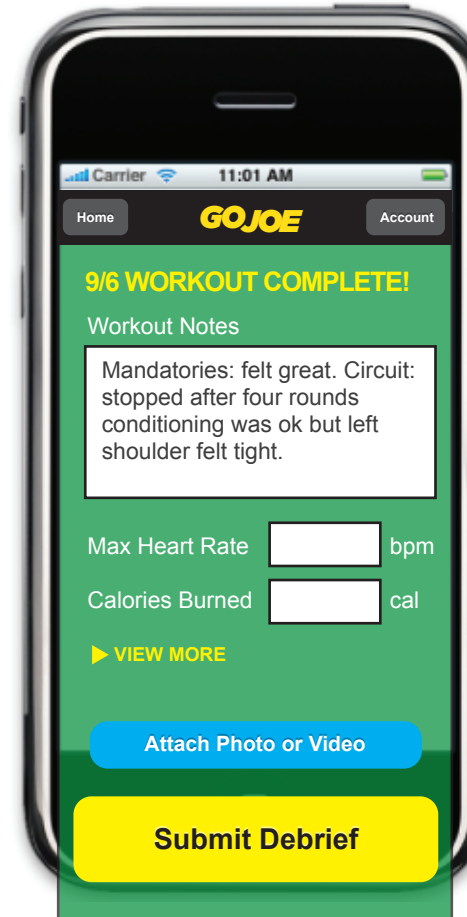


Bill clicks the website link which opens the GO JOE mobile site to details on this workout.

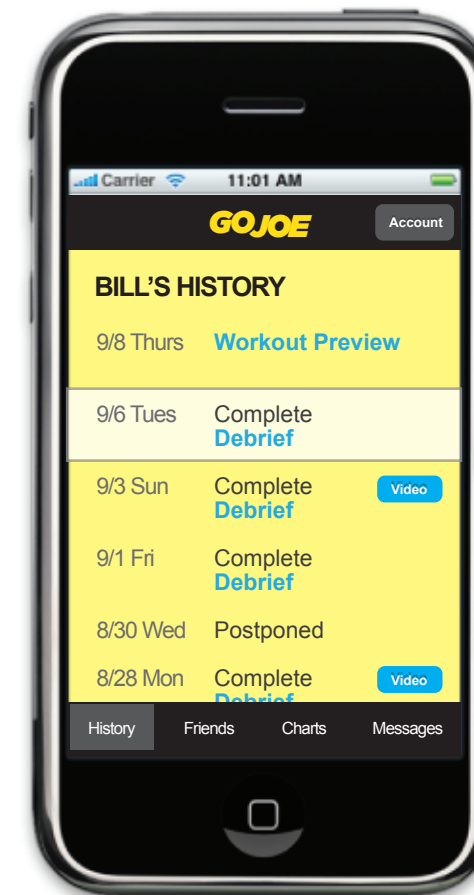


Workout complete, Bill clicks on Workout Complete.

Bill enters his debrief from the workout.



Submitting the debrief takes Bill to his Home page.



Home defaults to History, but Bill can quickly view recent messages, see updates from his friends, or view charts.

Bill gets a text from Beth later that morning.

