

PROJECT SUMMARY

My Fitness

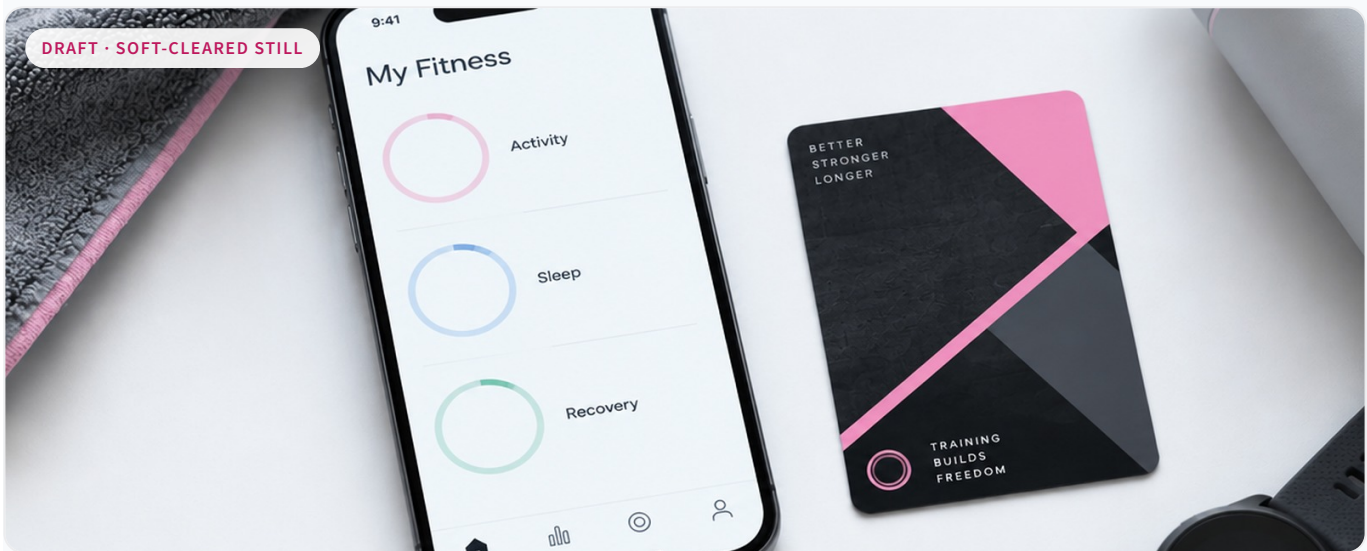
A personal digital sports card — scouting-clear in about thirty seconds, without the social noise.

Lab

iPhone app

Athlete profile

September 2026



CARD · NOT KPI THEATER

Premium card + honest scores — placeholder until a product still lands.

Family promise: keep the house joyful — rhythm, wellness, and time that stays sacred.

DRAFT · not for publish

My Fitness • what it is

LAB

My Fitness is an iPhone app that gives athletes a personal digital sports card: a clean, scouting-style profile of their sports, physical measurements, personal records, athletic strengths and progress over time. It is meant to feel like a mix of a premium trading card, Apple Health and a modern scouting report.

It is deliberately **not a social network**: no feed, likes, comments, followers, messaging, ads or recruiting outreach. Looking up and comparing athletes is for information only.

Main screens

SCREEN	WHAT IT ANSWERS
My Card	Who am I as an athlete? A flippable sports card with highlights and quick actions.
Profile	What kind of athlete am I, and what backs that up? Scores across Speed, Endurance, Strength, Explosiveness, Agility and Mobility.
Results	What was recorded, when, how, and how trustworthy is it?
History	How has my performance changed? Timeline, personal records, trends, shareable report.
Compare	How do two athlete profiles differ? Side-by-side, in neutral, factual language.

What makes it different

- **Honest data.** Every result shows its source and verification status. Users can't mark their own results "Verified"; device or video recordings count as "source documented," not independently verified.
- **No made-up rankings.** Scores are directional summaries, not national percentiles or recruiting grades. Missing data is never counted as zero.
- **Private by default.** Profiles start private and can't be found until the athlete turns that on. Exact birth dates never appear publicly.
- **School is optional.** Athletes can build a complete profile without a school, team or club, and leaving it out never lowers their scores.
- **Positive tone.** The app celebrates personal improvement and never calls an athlete weak or inferior.

Status is Lab — in development, September 2026. Source: My_Fitness_Project_Summary.txt.