Health Apps:
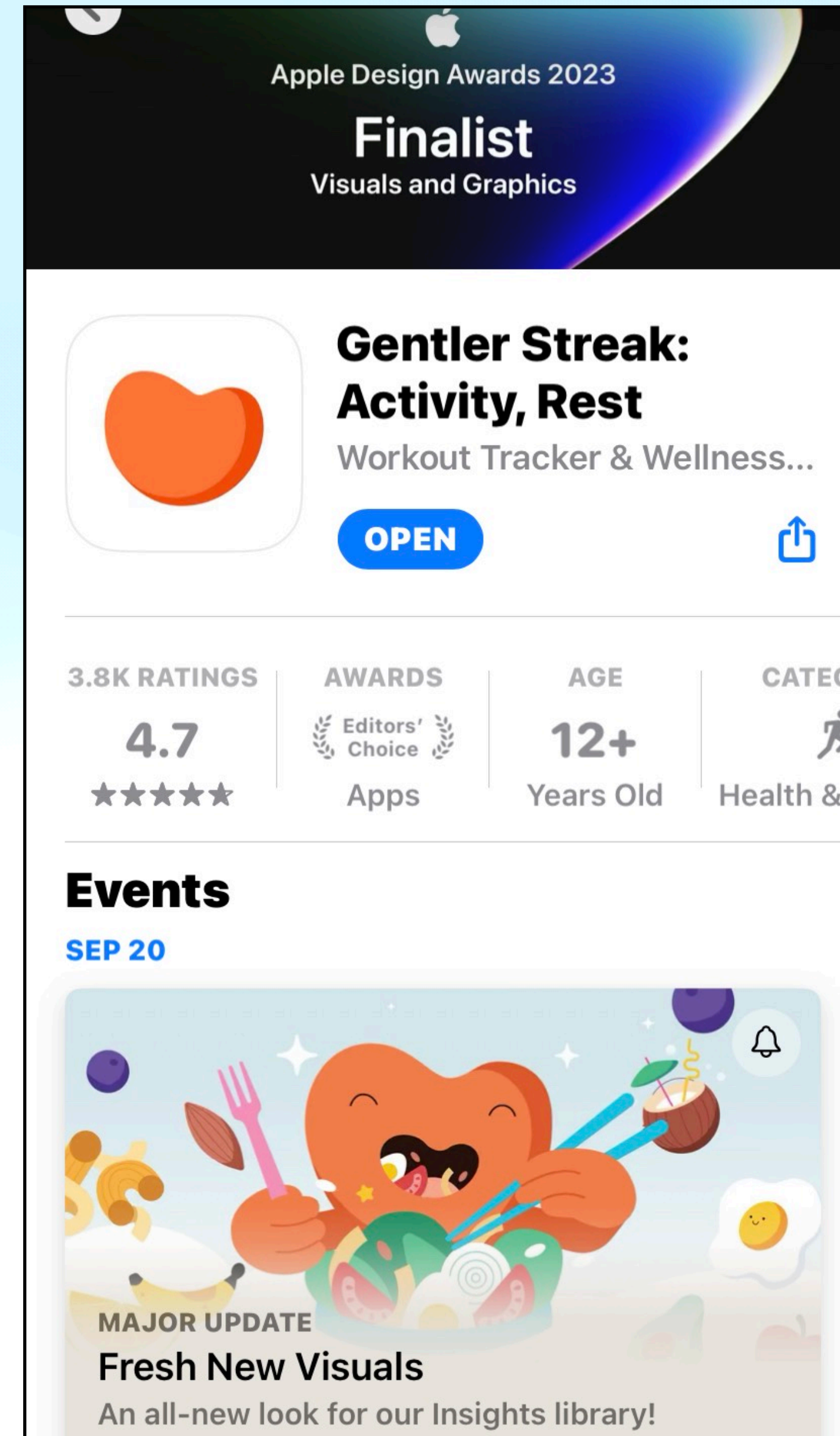
Gentler Streak

an **iPhone App**

also works on the **Apple Watch**

Uses collected Health Kit data

Bruce Mitchell   9.12.23

Apple Design Awards 2023
Finalist
Visuals and Graphics

**Gentler Streak:
Activity, Rest**
Workout Tracker & Wellness...

OPEN

3.8K RATINGS	AWARDS	AGE	CATEG
4.7 ★★★★★	Editors' Choice Apps	**12+** Years Old	Health & F

Events

SEP 20

MAJOR UPDATE
Fresh New Visuals
An all-new look for our Insights library!

THE VILLAGES
APPLE
USER GROUP

A smartwatch is NOT a medical device. The readings are for reference

2022 Apple Watch App of the Year Award

Gentler Streak

Download on the App Store

Workout and Fitness Tracker for Humans

Gentler Streak stimulates a self-compassionate approach to exercise, where recovery is as important as intensity. Find your balance and fully embrace active life done your way.

Apple Watch App of The Year
App Store Awards 2022

Apple Design Award Finalist
2023 Visuals and Graphics

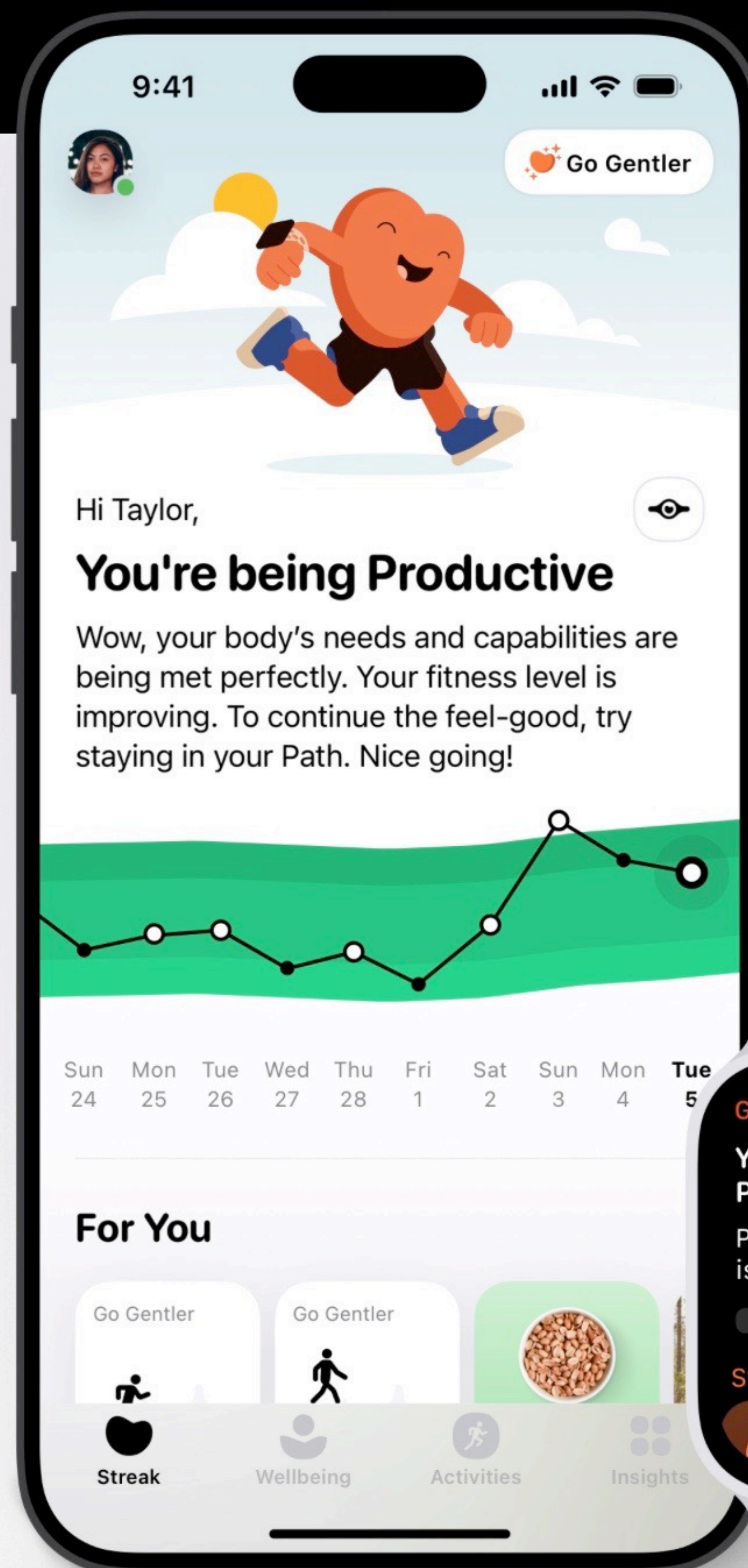**Editors' Choice**
App Store

App of the Day
App Store

Best iOS 16 Apps
App Store

New & Noteworthy
App Store

Tracker that puts your well-being first. Always.

A personal balance between fitness and rest. Gentler Streak responds to your readiness and proposes daily workout actions that keep you within healthy activity levels.

Rest and active recovery are part of the actions that keep the streak going. Follow the guidance and see your fitness improve!

The Apple Watch workout tracker has all the must-have qualities of the best app tracker and is a unique tool to control fitness on the go!

Award-winning Apple Watch workout tracker

Real-time training effect helps you adjust intensity and keep you on top of recommended intensity levels.
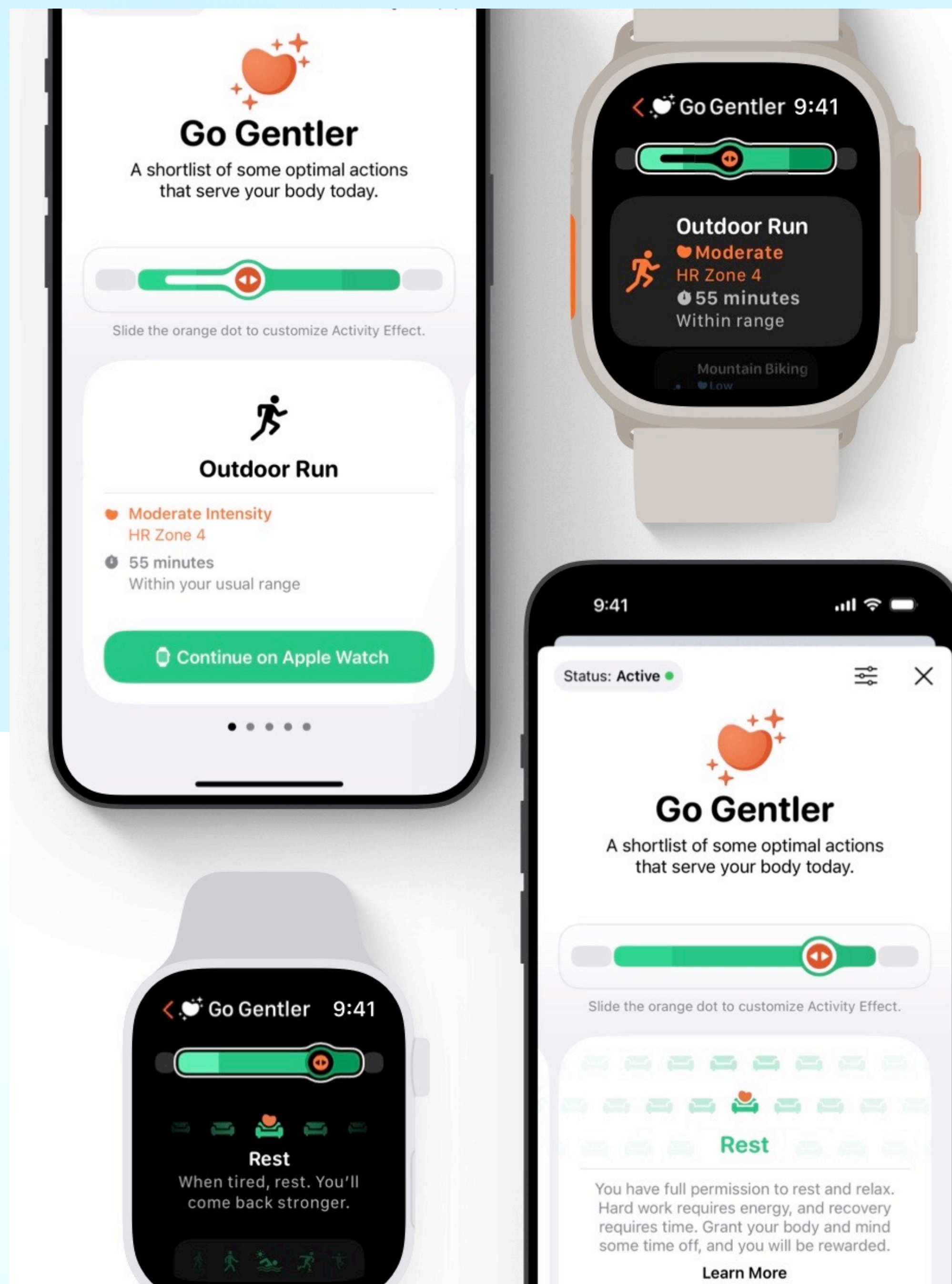
Heart rate training zones let you be in control of workout intensity.

Metric charts for current elevation, elevation gain, and heart rate.

100+ workout types let you track all your activities including dog walking, daily chores and more.

A map, distance, and location for any outdoor workouts.

Personalized suggestions of daily workout actions

Go Gentler proposes daily workout actions that keep you within healthy activity levels.

Personalized suggestions go from rest to intense workouts, with the optimal hint listed first. They are specified in type, duration, and intensity.

Start a Go Gentler workout on your Apple Watch to guide you towards the proposed goal: monitoring workout intensity and nudging you to step up or slow down.

Archery
Badminton
Baseball
Basketball
Bowling
Canoeing
Climbing
Cross Training
Curling
Cycling Indoor and Outdoor
Daily Chores
Dance
Disk Golf
Dog Walking
E Biking
Elliptical
Fishing
Football
Foot Bike
Gardening

Golf
Guide Dog Walking
Gymnastics
Handball
Hiking
Hockey
Hunting
Ice Skating
Jump Rope
Kayak
Martial Arts
Mixed Cardio
Nordic Walking
Paddling
Pickleball
Pilates
Pole Dancing

Recumbent Cycling
Roller Skating
Rowing Indoor
Running
Skating
Snow Boarding
Soccer
Softball
Stair Stepper
Stroller Walking
Swimming
Table Tennis
Trampoline
Volleyball
Walking Indoor and Outdoor
Water Fitness
Water Polo
Wheelchair Walk Pace
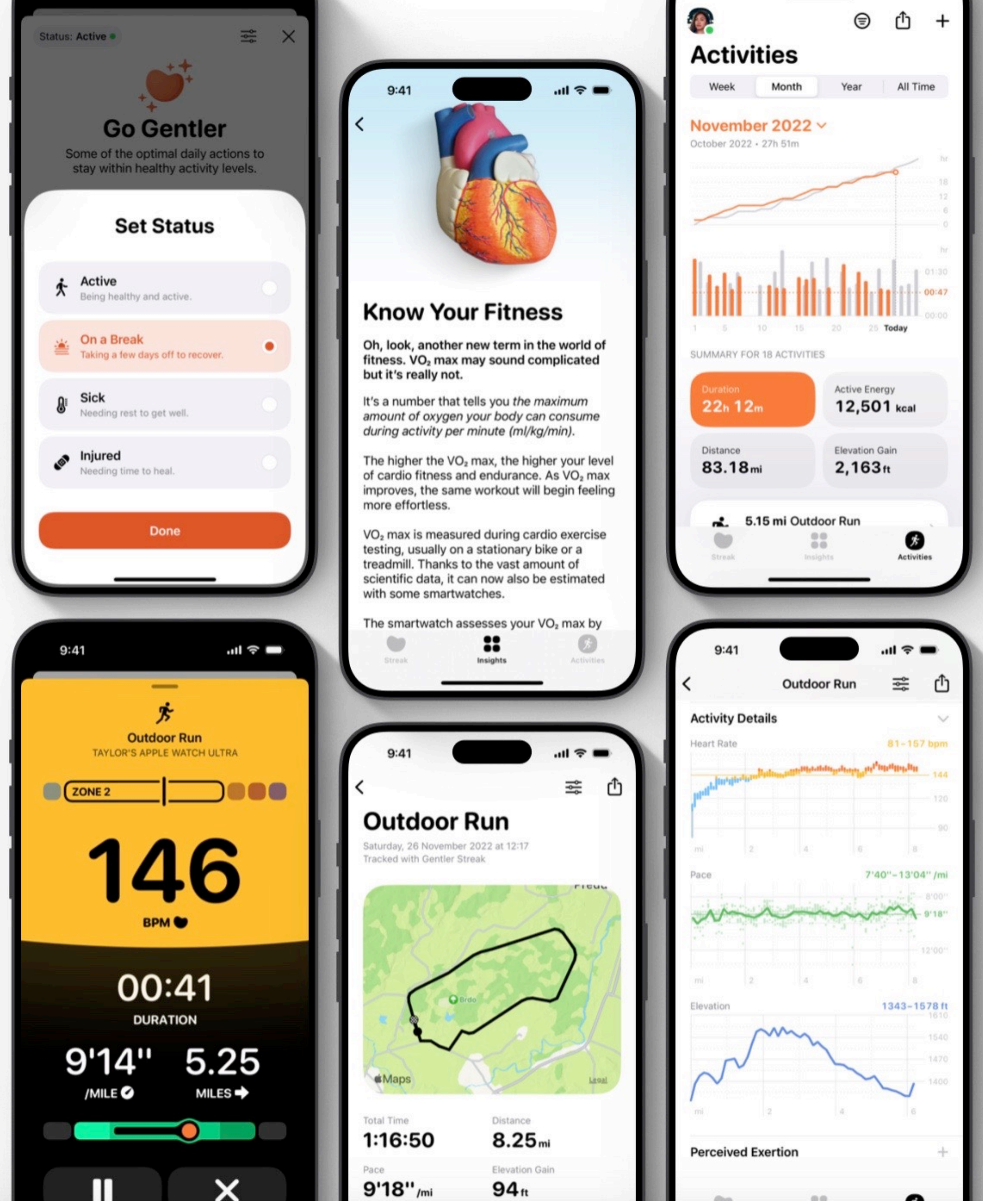Yoga

A complete activity tool

Set status. When sick, injured or taking a break. It removes Activity Path from sight and mind, so you can recover on your terms without feeling guilty.

Actionable insights. Expert knowledge squeezed into under-1-min reads. Relevant topics shown on Streak.

Training Log. A complete workout history in one place.

Workout summaries and progress charts. Duration, active energy, distance, and elevation gain for the chosen time period.
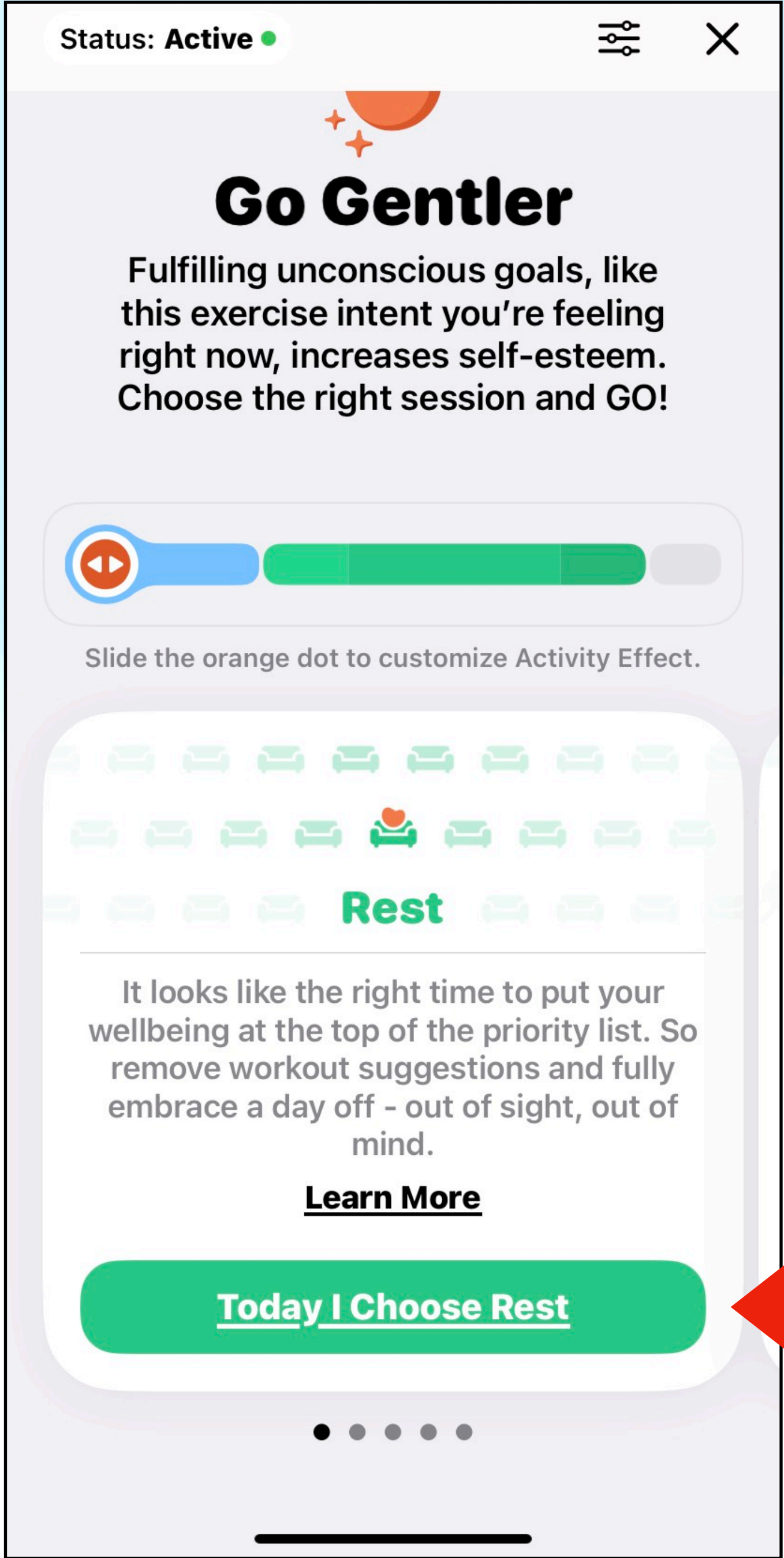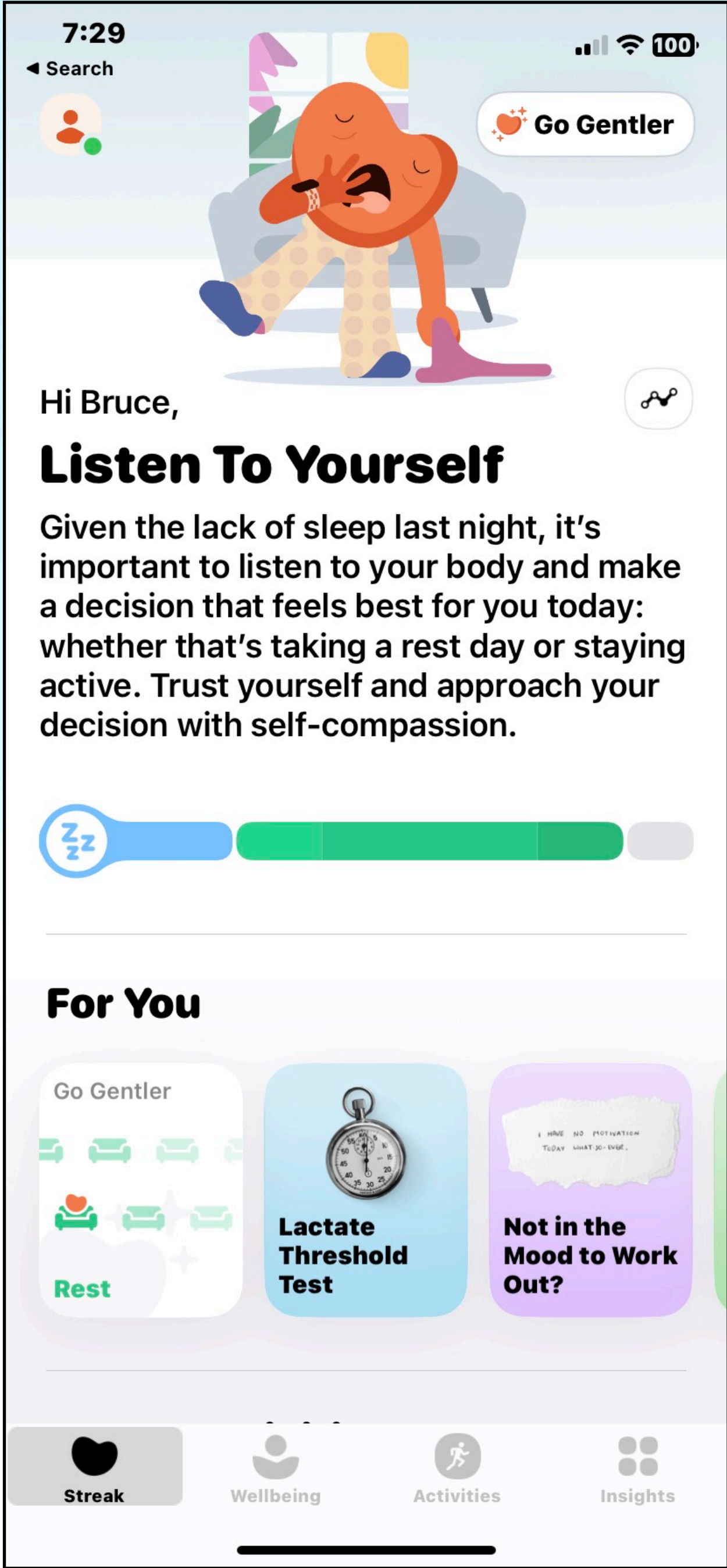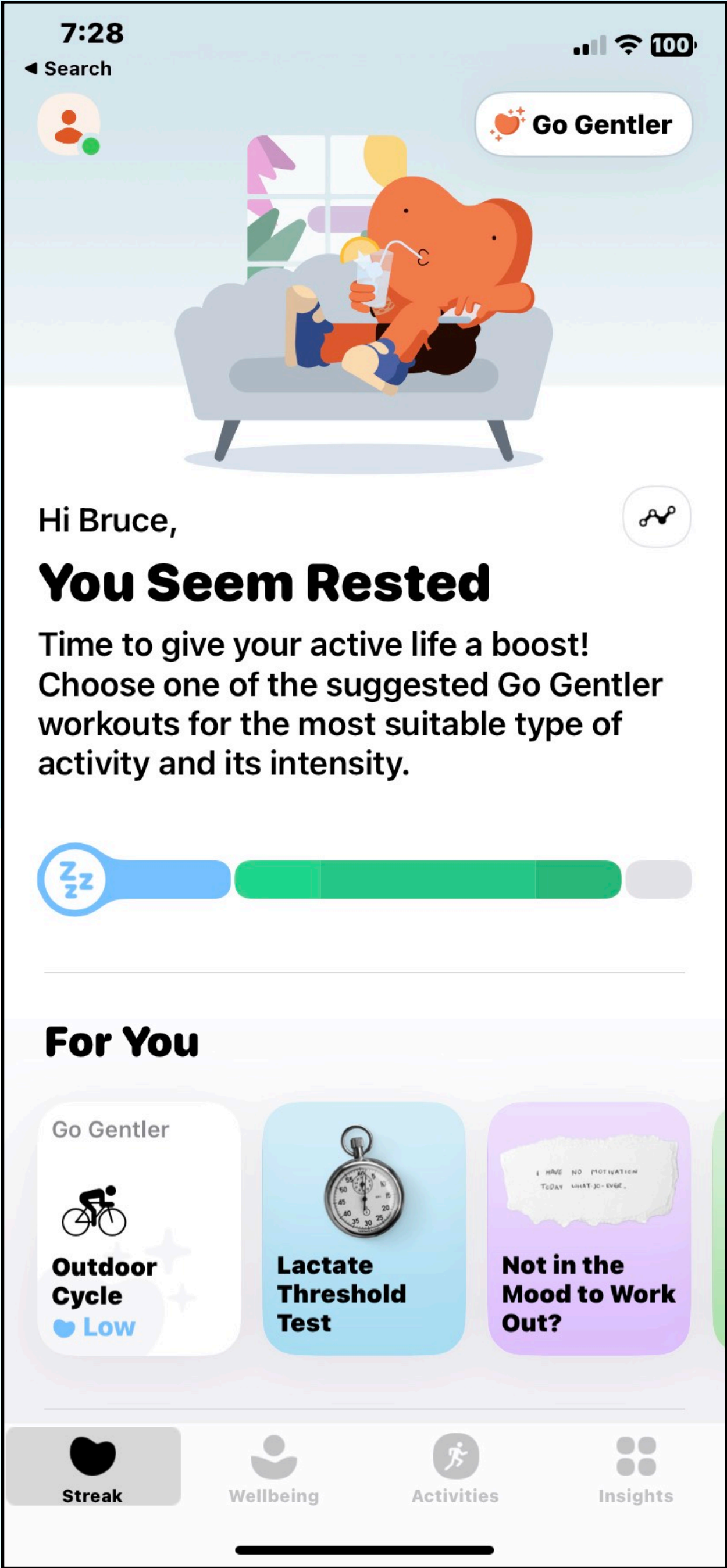
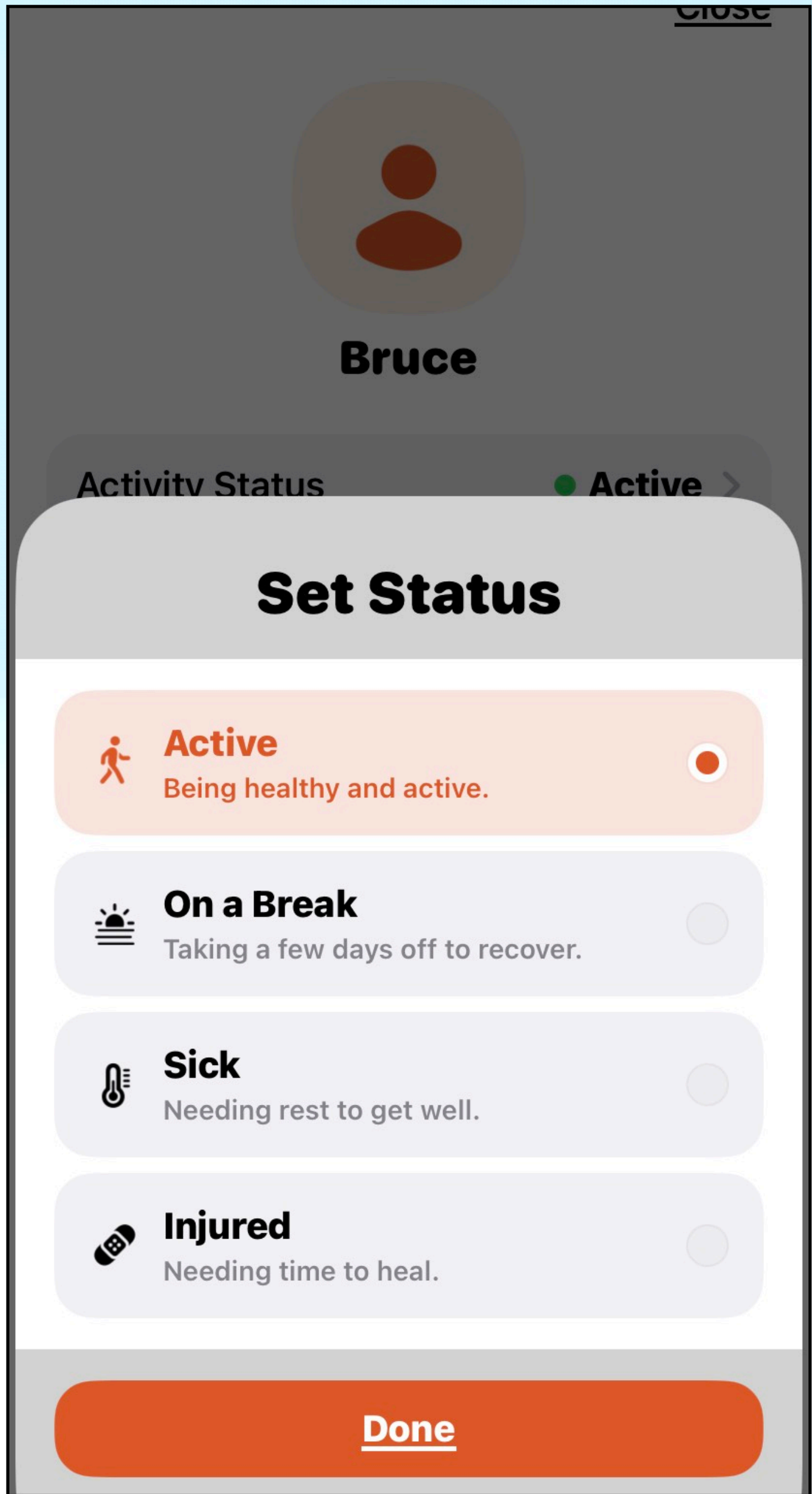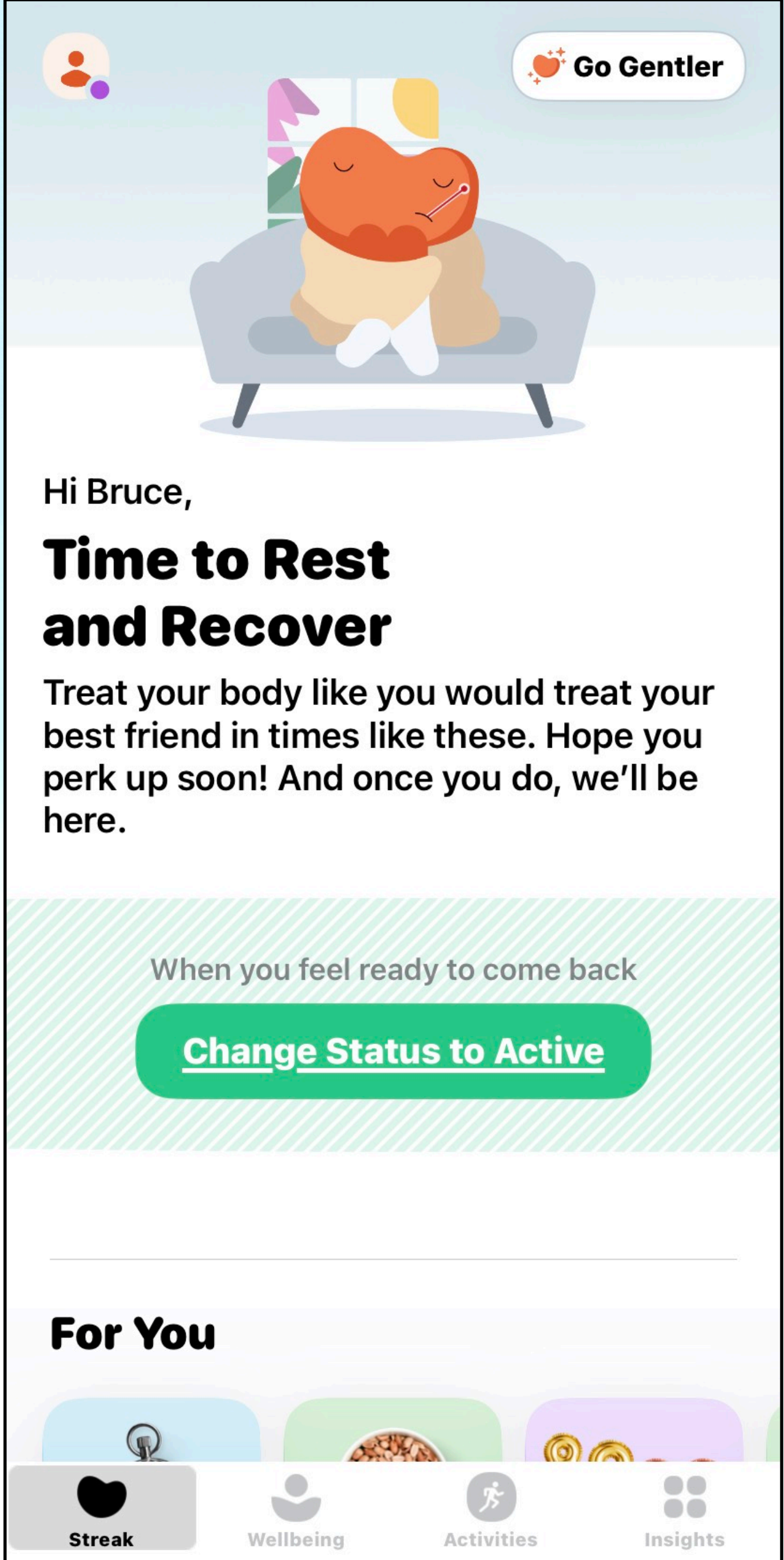**Recaps.** Training month/year presented engagingly with multiple share functions.

No Activity Left Behind

Gentler Streak writes and reads your data from HealthKit. None of it is stored with us; processing happens and stays on your device. Always.

Works with
Apple Health

Screen 1 (7:28)

◀ Search

Go Gentler

Hi Bruce,

You Seem Rested

Time to give your active life a boost! Choose one of the suggested Go Gentler workouts for the most suitable type of activity and its intensity.

For You

Go Gentler

Outdoor Cycle
♥ Low

Lactate Threshold Test

Not in the Mood to Work Out?

Streak | Wellbeing | Activities | Insights

Screen 2 (7:29)

◀ Search

Go Gentler

Hi Bruce,

Listen To Yourself

Given the lack of sleep last night, it's important to listen to your body and make a decision that feels best for you today: whether that's taking a rest day or staying active. Trust yourself and approach your decision with self-compassion.

For You

Go Gentler

Rest

Lactate Threshold Test

Not in the Mood to Work Out?

Streak | Wellbeing | Activities | Insights

Screen 3

Status: **Active** ●

Go Gentler

Fulfilling unconscious goals, like this exercise intent you're feeling right now, increases self-esteem. Choose the right session and GO!

Slide the orange dot to customize Activity Effect.

Rest

It looks like the right time to put your wellbeing at the top of the priority list. So remove workout suggestions and fully embrace a day off - out of sight, out of mind.

Learn More

Today I Choose Rest

Screen 1 (left):

◀ Search

Go Gentler

Hi Bruce,

To Rest is To Recover

Putting self-care first by taking a rest day is a wise choice. Listen to your body, take note of how you feel and allow yourself to unplug. Remember, the world will still be there tomorrow, take the time you need for yourself today.

For You

Lactate Threshold Test

Not in the Mood to Work Out?

Let's Talk Protein, People!

Screen 2 (middle):

Go Gentler

Hi Bruce,

Time to Rest and Recover

Treat your body like you would treat your best friend in times like these. Hope you perk up soon! And once you do, we'll be here.

When you feel ready to come back

Change Status to Active

For You

Streak Wellbeing Activities Insights

Screen 3 (right):

Close

Bruce

Activity Status   ● Active ›

Set Status

Active
Being healthy and active.

On a Break
Taking a few days off to recover.

Sick
Needing rest to get well.

Injured
Needing time to heal.

Done

Status

Monthly Recap

Monthly Recap
August 2023

Activity Status　　　⬆ Share

Oh-la-la! You met your body's needs on

31 days

Aug 1　　10　　20　　30

Activities　　　⬆ Share

You've engaged in

92 activities

Streak　Wellbeing　Activities　Insights

Energy　　　⬆ Share

You've burned

4,995 kcal

In food language, that means:

🍔🍟🧂🌮🍕🥤🍌🍌🍌🍌🍌
🥭🥭🥒🥒🥒🥒🥒🥒🥒🥒🥒
🍳🍳🍳🍳🍳🍳🍳🍳🍳🍳🍳
🍊🍊🍊🍊🍊🍊🍊🍊🍊🍊🍓
🥕🥕🥕🥕🥕🥕🥕🥕🥕🥕🥕
🍒🍒🍒🍒🍒🍒🍒🍒🍒🍒🍒
🫒🫒🫒🫒🫒🫒🫒🫒🫒🫒🫒

Distance　　　⬆ Share

You've done

89.42 mi

You could cover a distance of 1,990.5 women's world record javelin throws.

Streak　Wellbeing　Activities　**Insights**

Elevation　　　⬆ Share

You've climbed

72 ft

You climbed 3.5-times the height of men's world record pole vault.

The men's world record in pole vault is 20.4, while the women's world record is 16.6 ft. Typically, poles used in pole vaulting are made from materials such as fiberglass or carbon fiber.

Average HR　　　⬆ Share

Your average activity heart rate was

87 bpm

During activities your heart pumped 1,580 gallons of blood, which is the volume of 9,923.5 shot puts.

In track & field, the men's shot

Streak　Wellbeing　Activities　**Insights**

My Data

The Benefits of Aerobic Exercise

This one goes out to the aerobic exercise and its amazing benefits for your body!

Aerobic means *with air* and refers to the body generating energy by using oxygen. Building your aerobic endurance will enable you to increase the length of time you can maintain activity, especially at lower intensities.

There's also anaerobic exercise. Anaerobic means *without air* and refers to the body generating energy without the help of oxygen. These workouts are higher intensity. You can learn about them in another Insight.

Streak · Wellbeing · Activities · Insights
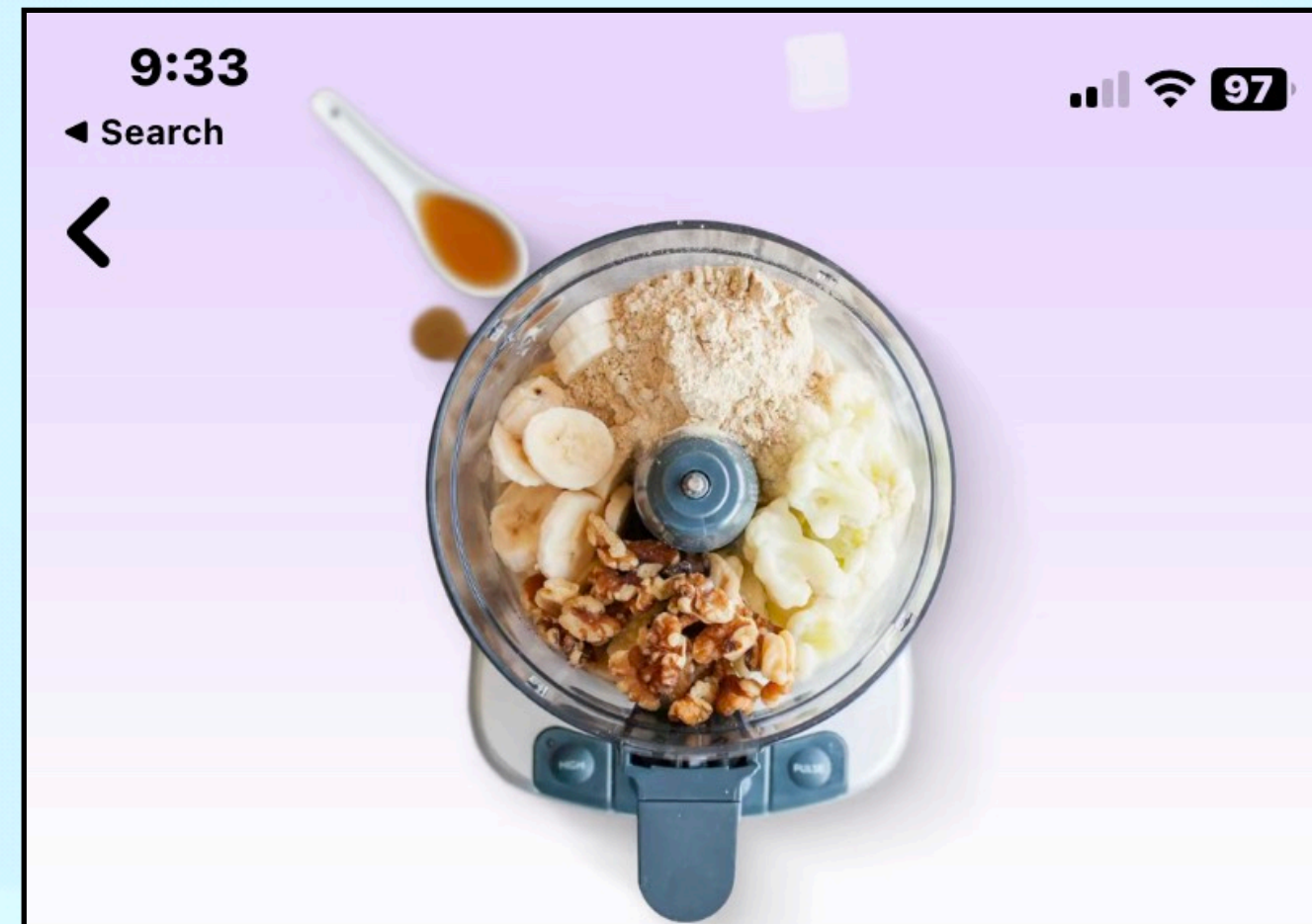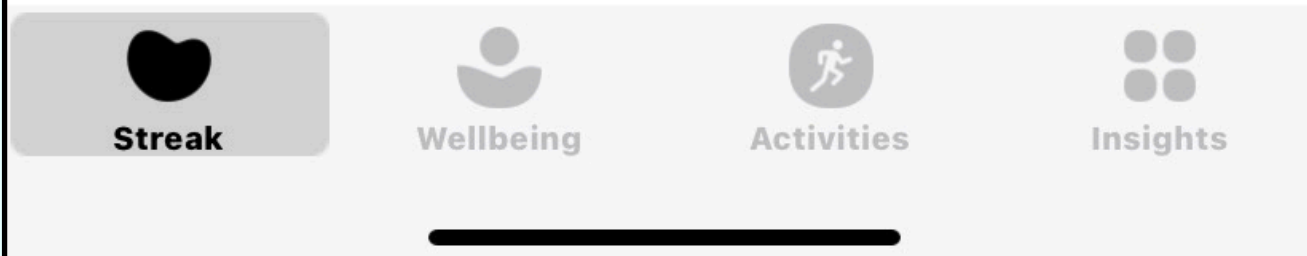
Recovery After Workout

Recovery is essential to any workout routine and is your best buddy in improving your fitness levels. Whether working out to improve your overall health or to prepare for a specific event, it's important to prioritize recovery after each session.

Always finish your workout with a cooldown, adjusted to the intensity of your workout. Jogging or walking 5-10 minutes after a recovery run or a longer cooldown after a high-intensity workout will help your body return to normal.

Rehydrate with water or an electrolyte beverage within 10-15 minutes after your

Lots of quick read insights regarding health and exercise.
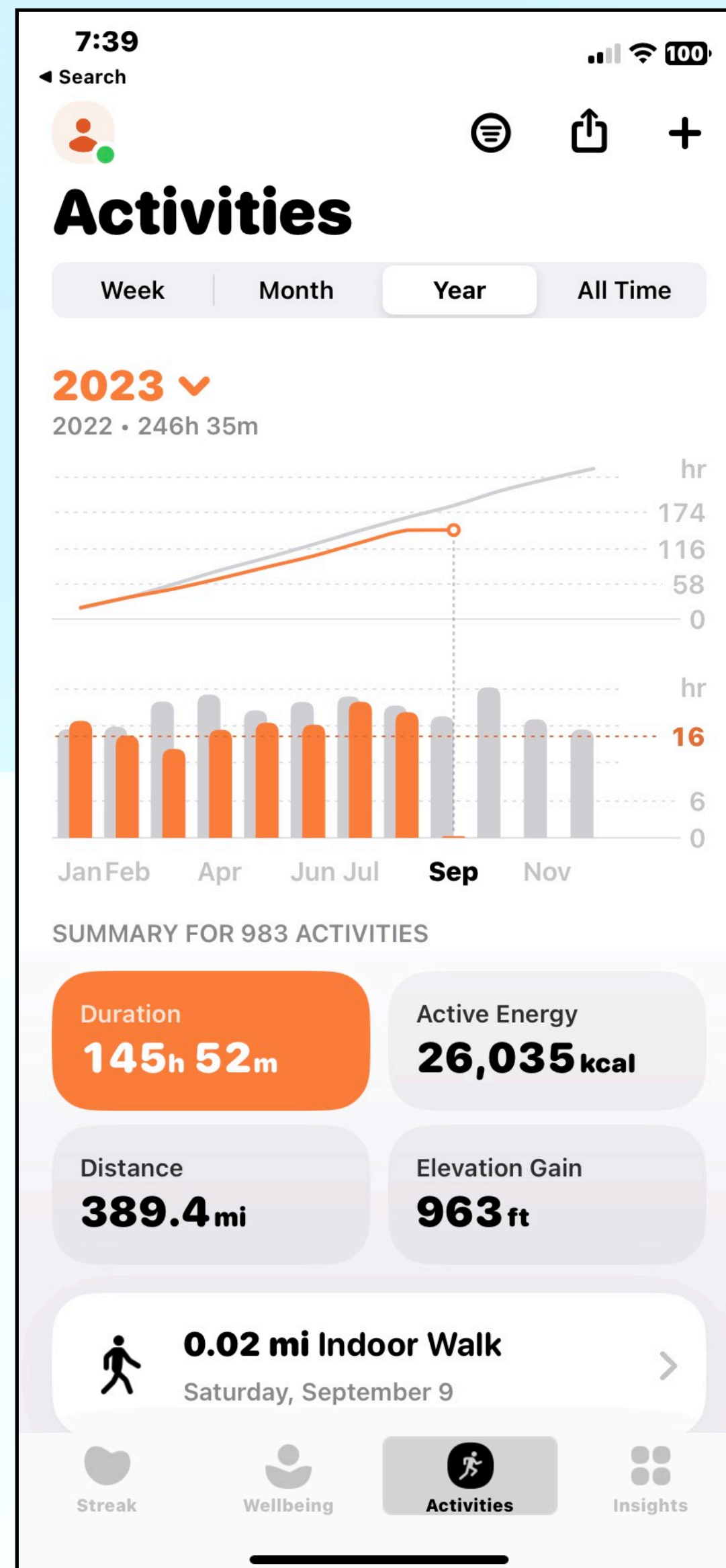
data pulled from **HealthKit**

Outdoor Cycle

Tuesday, August 22, 2023 at 2:58 PM
Tracked with Bruce's Watch 8

Total Time	Distance
0:32:16	**4.96** mi

Speed	Elevation Gain
9.22 mi/hr	**9** ft

Active Energy	Equivalent
137 kcal	🍌 🍓

Avg Heart Rate	Max Heart Rate
98 bpm	**114** bpm

Heart Rate Training Zones ⓘ

Zone	Time	%
0	9min	28%
1	21min	67%
2	1min	3%
3	0min	0%
4	0min	0%
5	0min	0%

Splits

Streak   Wellbeing   **Activities**   Insights

Outdoor Cycle

Splits ⌄

1	9.0 mi/hr	91 bpm HR	0ft elev.
2	9.2	94 bpm	0ft
3	10.3	103 bpm	0ft
4	9.1	99 bpm	0ft
5	8.6	102 bpm	0ft

Activity Details ⌄

Heart Rate   82–114 bpm

120
98

mi   1   2   3   4

Speed   1.93–11.66 mi/hr

9.22
4.00

mi   1   2   3   4

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$40 a year