

User Task List

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User Role	Task	Motivation	Steps
General User	Create Account & Set Up Profile	To receive personalized health insights	1. Open app 2. Enter personal info 3. Select health goals 4. Save profile
General User	Connect Health Data Sources	To integrate all health data in one place	1. Go to Data Integration 2. Select the device/app 3. Grant permissions 4. Sync data
General User	View Health Dashboard	To quickly understand overall health status	1. Open dashboard 2. Review metrics 3. Check alerts
General User	Track Health Metrics	To monitor progress over time	1. Go to Health Metrics 2. Select category 3. View trends
General User	Receive Recommendations	To improve health with actionable guidance	1. Open Insights 2. Read recommendations 3. Apply suggestions
General User	Use AI Assistant	To understand health data and get explanations	1. Open AI chat 2. Ask questions. Review response
General User	Set Health Goals	To track progress toward health improvements	1. Open Goals 2. Set goal 3. Track progress
General User	Receive Alerts	To stay informed of health risks or trends	1. Receive alert 2. Open notification 3. Review recommendation
General User	Adjust Settings	To control personalization and privacy	1. Open settings 2. Update preferences 3. Save changes
Beginner User	Learn Platform	To understand how to use the system easily	1. Open app 2. View tutorial 3. Explore dashboard
Beginner User	Understand Data	To interpret health metrics clearly	1. View metric 2. Read explanation 3. Follow suggestions
Fitness User	Analyze Performance	To improve fitness and training efficiency	1. View metrics 2. Analyze trends 3. Adjust training
Fitness User	Optimize Recovery	To avoid overtraining and improve recovery	1. Review sleep/activity 2. Identify patterns 3. Adjust workouts