

# User Task List

---

## 1. Onboarding Tasks (New User Journey)

- Visit QBF website or landing page
  - Watch intro video or read about Zaria Anderson
  - Create a user account
  - Complete onboarding quiz (goals, fitness level, preferences)
  - Select membership type (free trial or full access)
  - Book an initial consultation with Zaria (optional)
- 

## 2. Training and Wellness Tasks

- Access personalized workout plan
  - Start first workout (follow-along video or self-guided)
  - Track workout completion
  - Access and download meal plan
  - Log meals (manual or upload photo)
  - Set weekly fitness goals
  - Receive automated reminders and tips
- 

## 3. Community and Challenge Tasks

- Join a monthly fitness challenge
  - Submit daily or weekly challenge check-ins
  - View leaderboard or community progress
  - Post updates or questions in the forum
  - Attend a live group workout or Q&A session
  - React to or comment on others' posts
- 

## 4. Member Portal Tasks

- View progress dashboard (workouts, goals, stats)
- Edit profile information or goals
- Revisit saved workouts or videos
- Redeem rewards (badges, challenge prizes, merchandise coupons)
- Manage subscription or billing information
- Contact customer support

---

## **5. Event and Merchandise Tasks**

- Browse upcoming events or meetups
- RSVP or register for an event
- Purchase QBF merchandise (apparel, water bottles, accessories)
- Track order status
- Leave a product review or tag QBF on social media

---

## **6. Engagement and Feedback Tasks**

- Fill out monthly progress survey
- Rate a workout, meal plan, or coaching session
- Refer a friend using a unique code
- Share transformation story or testimonial
- Receive rewards for engagement (discounts, recognition)