



KEY:

Account:
 payment: payment info
 points: points accumulated based on login, completed workouts, enter a challenge, finish a challenge, win a challenge, birthday, reached goal

Workouts:
 level: beginner, intermediate, advanced
 type: cardio, strength, yoga, mix
 duration: 30mins, 1hr, 1 hr 30 mins, 2 hrs

Diet:
 type: weight gain, weight loss, maintain
 ingredients: protein, carbohydrates, fats, beverages

notes

can redeem price with either payment or points