|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **NEAT** |  | **My motivation** | **My activity** | **My goals****cid:7ED6CE32-299A-45A8-9217-D54DF0E360DE** | **C:\Users\erp367\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\3KZ3MH03\IMG_0151.PNGMy technique****cid:63D18B41-EE1A-4014-8102-EB6DFABB8891** | **My workouts**  | **C:\Users\sgk538\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\2WGSKJU7\IMG_2127.PNGWorkout timer** |
| **ATLAS** |

Supplemental Digital Content (Figure). Web-based App components (NEAT and ATLAS)