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DiBenedetto et al.

(10) Patent No.: US 8,200,323 B2
(45) Date of Patent: Jun. 12, 2012

(54) **PROGRAM PRODUCTS, METHODS, AND SYSTEMS FOR PROVIDING FITNESS MONITORING SERVICES**

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(73) Assignee: **adidas AG**, Herzogenaurach (DE)

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 317 days.

(21) Appl. No.: **12/468,025**

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(51) **Int. Cl.**
A61B 5/04 (2006.01)

(52) **U.S. Cl.** **600/519**; 600/520; 482/8

(58) **Field of Classification Search** 600/519–523; 482/1, 8, 9, 901

See application file for complete search history.

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Primary Examiner — Brian T Gedeon

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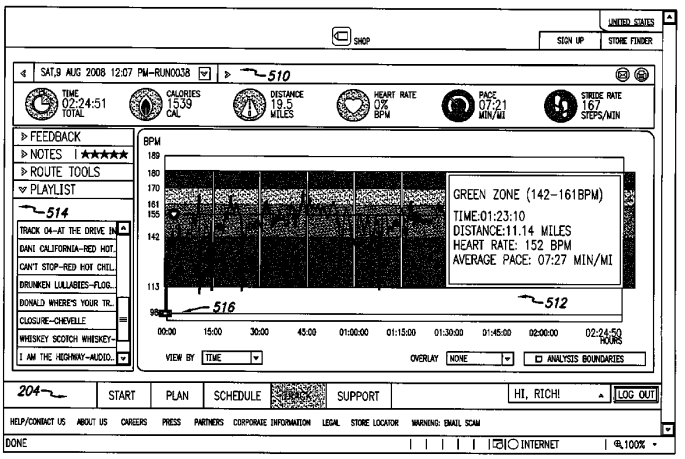
(57) **ABSTRACT**

Program products, methods, and systems for providing fitness monitoring services are disclosed. In an embodiment, a method for providing heart rate information to a user of a portable fitness monitoring service includes: (a) defining a plurality of heart rate zones as ranges of percentages of a maximum heart rate; (b) associating a color with each of said heart rate zones; (c) receiving heart rate information from the user; and (d) providing a graphical display of the heart rate information, wherein a color of a portion of the graphical display corresponds with the color associated with one of said heart rate zones, wherein steps (a)-(d) are executed using at least one processor.

24 Claims, 47 Drawing Sheets



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2004/0199056 A1 10/2004 Husemann et al.
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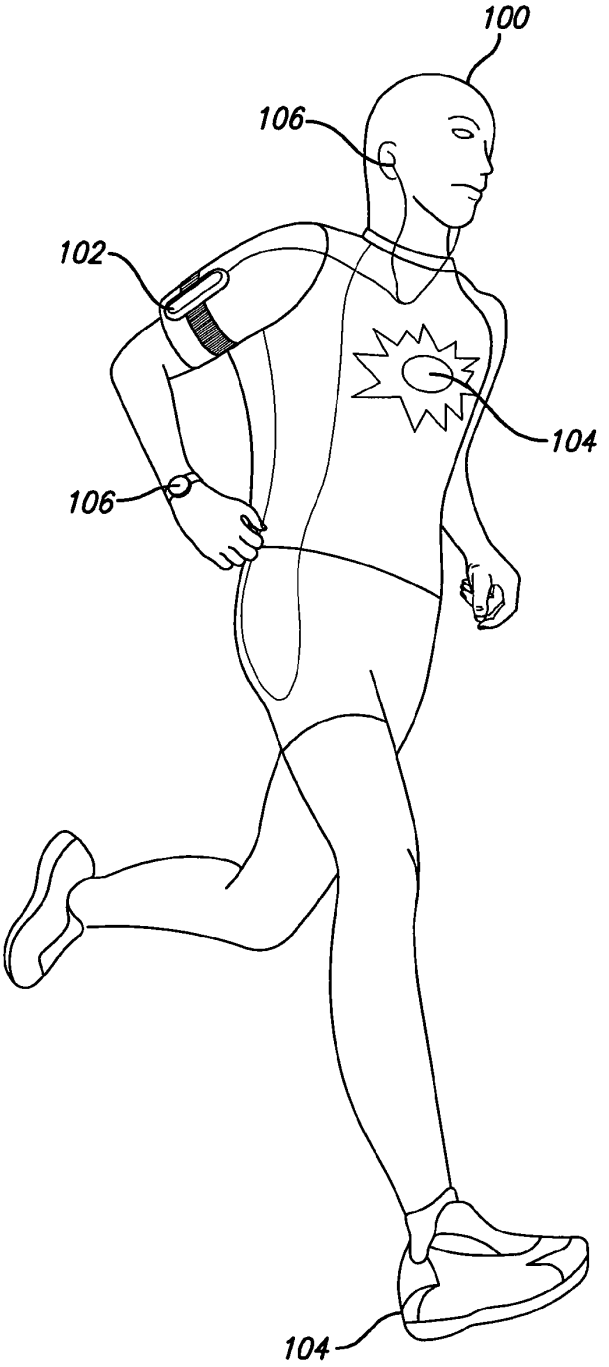


FIG. 1

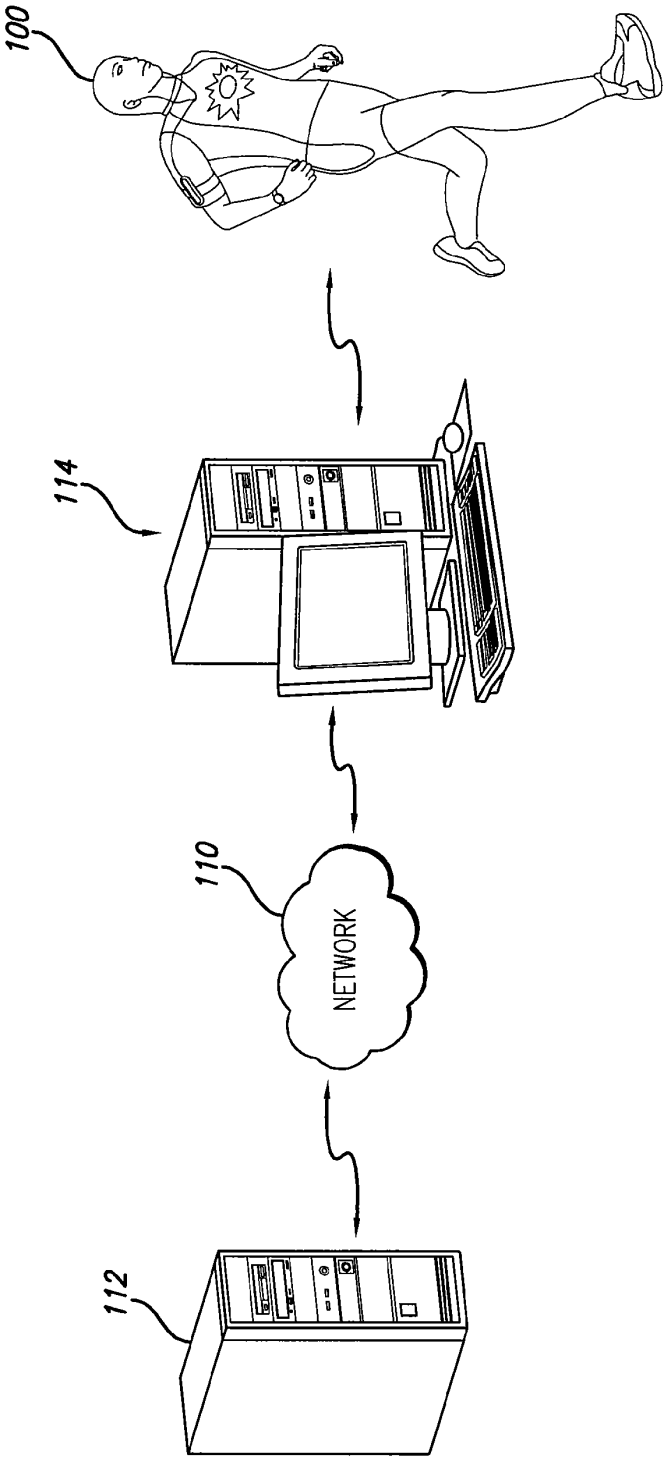


FIG. 2

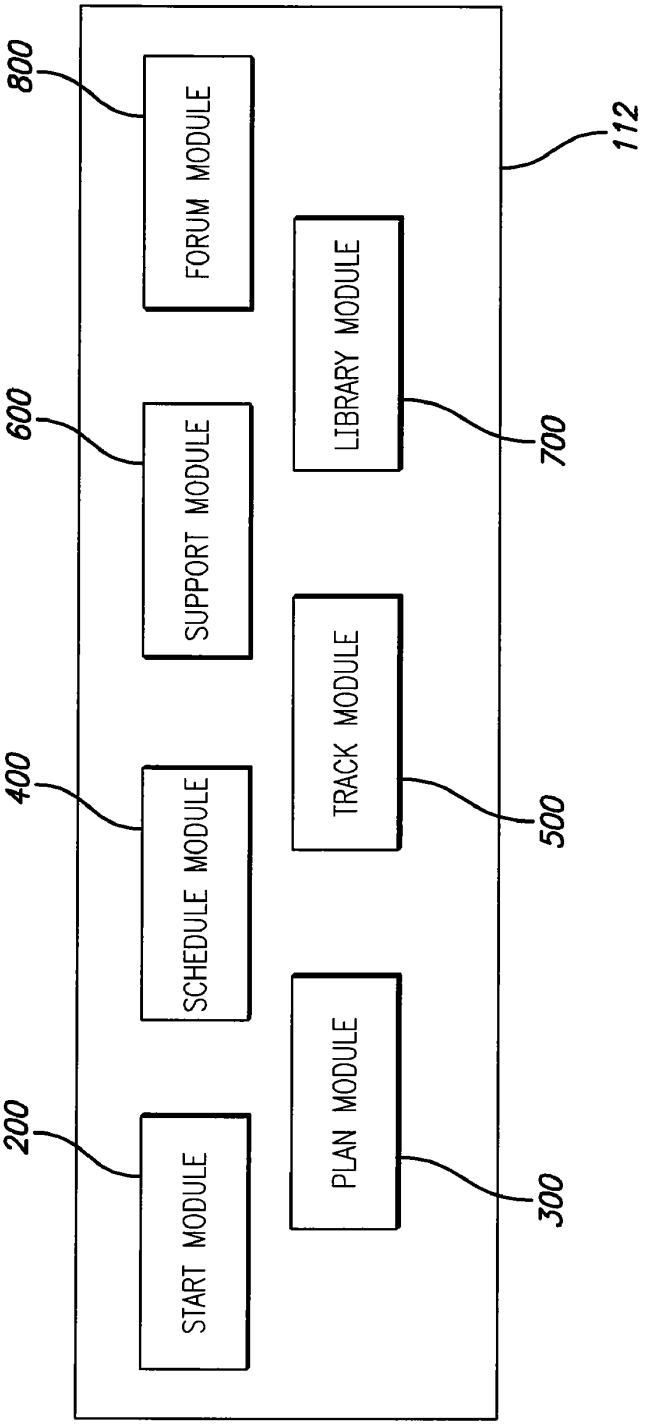

800
FORUM MODULE
600
SUPPORT MODULE
400
SCHEDULE MODULE
200
START MODULE
LIBRARY MODULE
700
TRACK MODULE
500
PLAN MODULE
300
112

FIG. 3

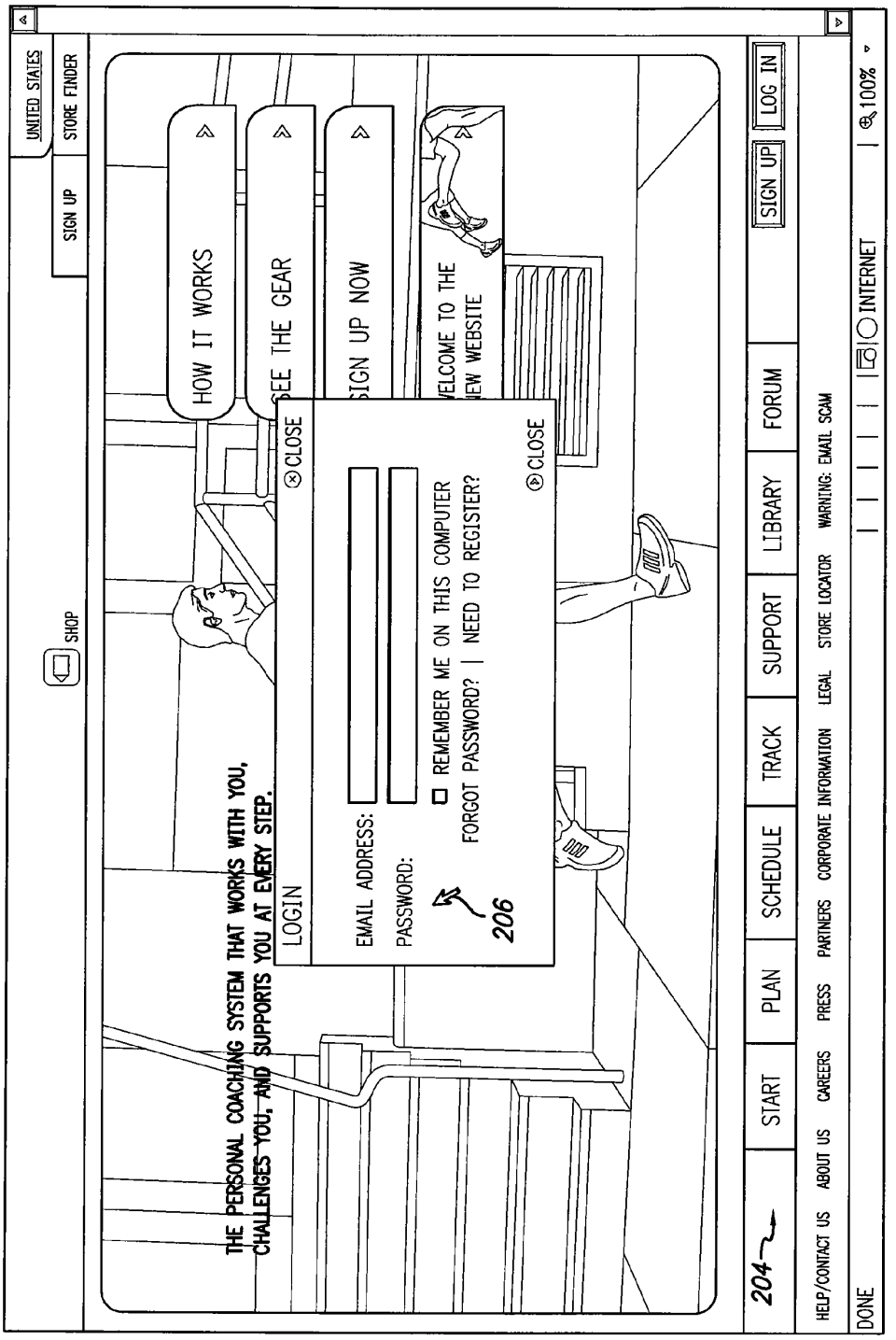

UNITED STATES
STORE FINDER
SIGN UP
SHOP
HOW IT WORKS
SEE THE GEAR
SIGN UP NOW
WELCOME TO THE NEW WEBSITE
CLOSE
LOGIN
EMAIL ADDRESS:
PASSWORD:
REMEMBER ME ON THIS COMPUTER
FORGOT PASSWORD? | NEED TO REGISTER?
206
THE PERSONAL COACHING SYSTEM THAT WORKS WITH YOU, CHALLENGES YOU, AND SUPPORTS YOU AT EVERY STEP.
204
SIGN UP
LOG IN
START
PLAN
SCHEDULE
TRACK
SUPPORT
LIBRARY
FORUM
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 4

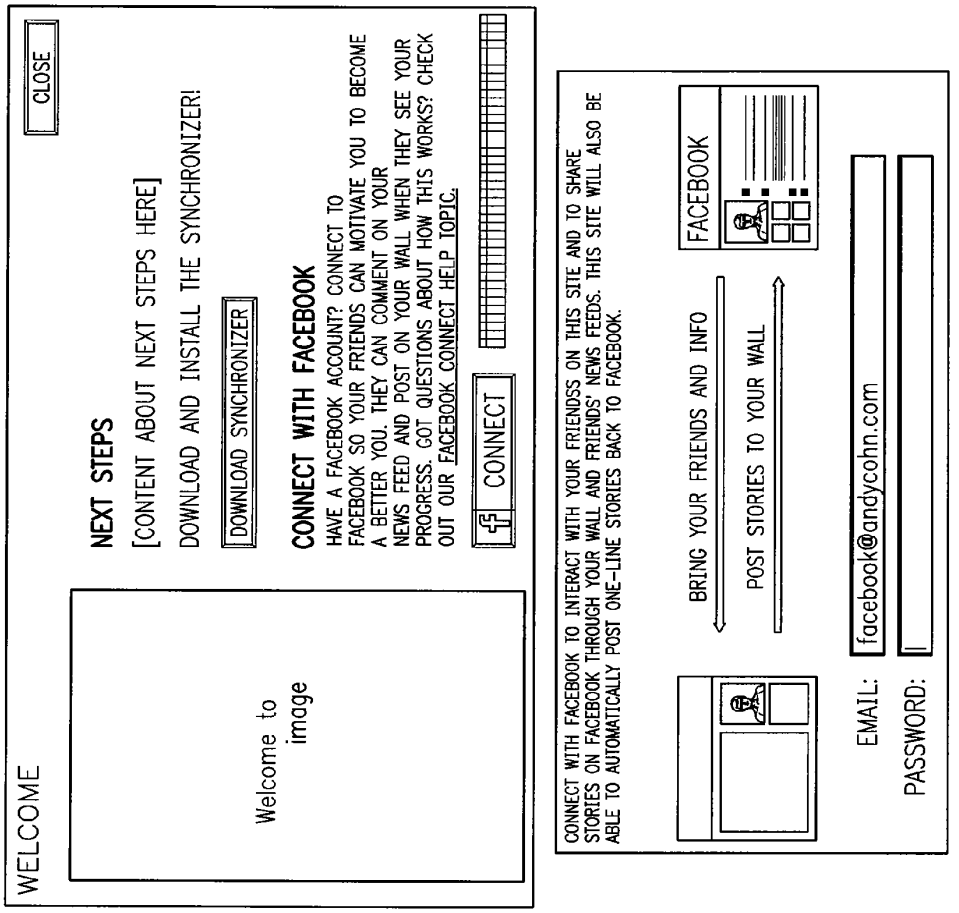

WELCOME
CLOSE
Welcome to image
NEXT STEPS
[CONTENT ABOUT NEXT STEPS HERE]
DOWNLOAD AND INSTALL THE SYNCHRONIZER!
DOWNLOAD SYNCHRONIZER
CONNECT WITH FACEBOOK
HAVE A FACEBOOK ACCOUNT? CONNECT TO FACEBOOK SO YOUR FRIENDS CAN MOTIVATE YOU TO BECOME A BETTER YOU. THEY CAN COMMENT ON YOUR NEWS FEED AND POST ON YOUR WALL WHEN THEY SEE YOUR PROGRESS. GOT QUESTIONS ABOUT HOW THIS WORKS? CHECK OUT OUR FACEBOOK CONNECT HELP TOPIC.
CONNECT
CONNECT WITH FACEBOOK TO INTERACT WITH YOUR FRIENDSS ON THIS SITE AND TO SHARE STORIES ON FACEBOOK THROUGH YOUR WALL AND FRIENDS' NEWS FEEDS. THIS SITE WILL ALSO BE ABLE TO AUTOMATICALLY POST ONE-LINE STORIES BACK TO FACEBOOK.
BRING YOUR FRIENDS AND INFO
POST STORIES TO YOUR WALL
FACEBOOK
EMAIL:
facebook@andycohn.com
PASSWORD:

FIG. 5

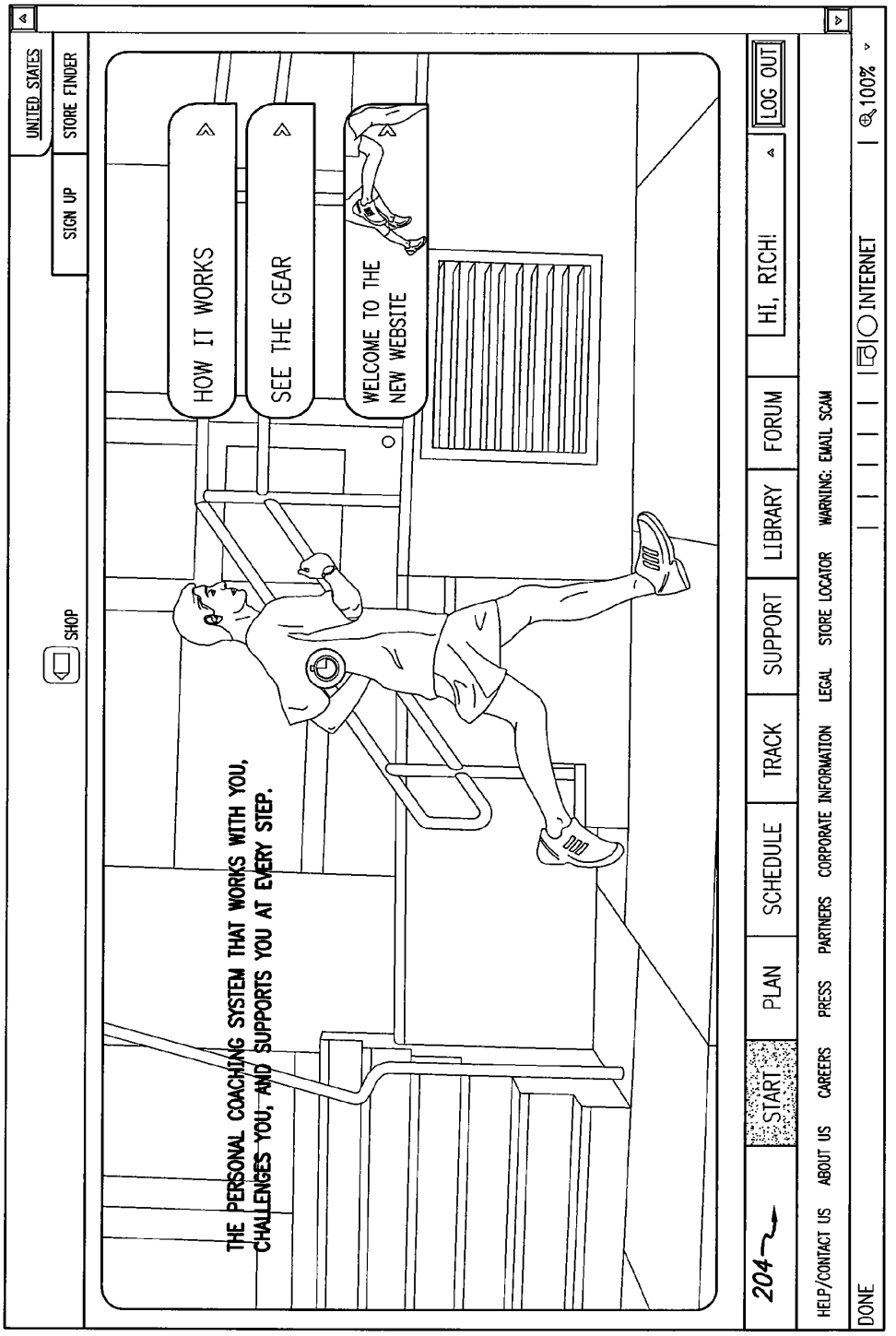

UNITED STATES
STORE FINDER
SIGN UP
SHOP
HOW IT WORKS
SEE THE GEAR
WELCOME TO THE NEW WEBSITE
THE PERSONAL COACHING SYSTEM THAT WORKS WITH YOU, CHALLENGES YOU, AND SUPPORTS YOU AT EVERY STEP.
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
LIBRARY
FORUM
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 6

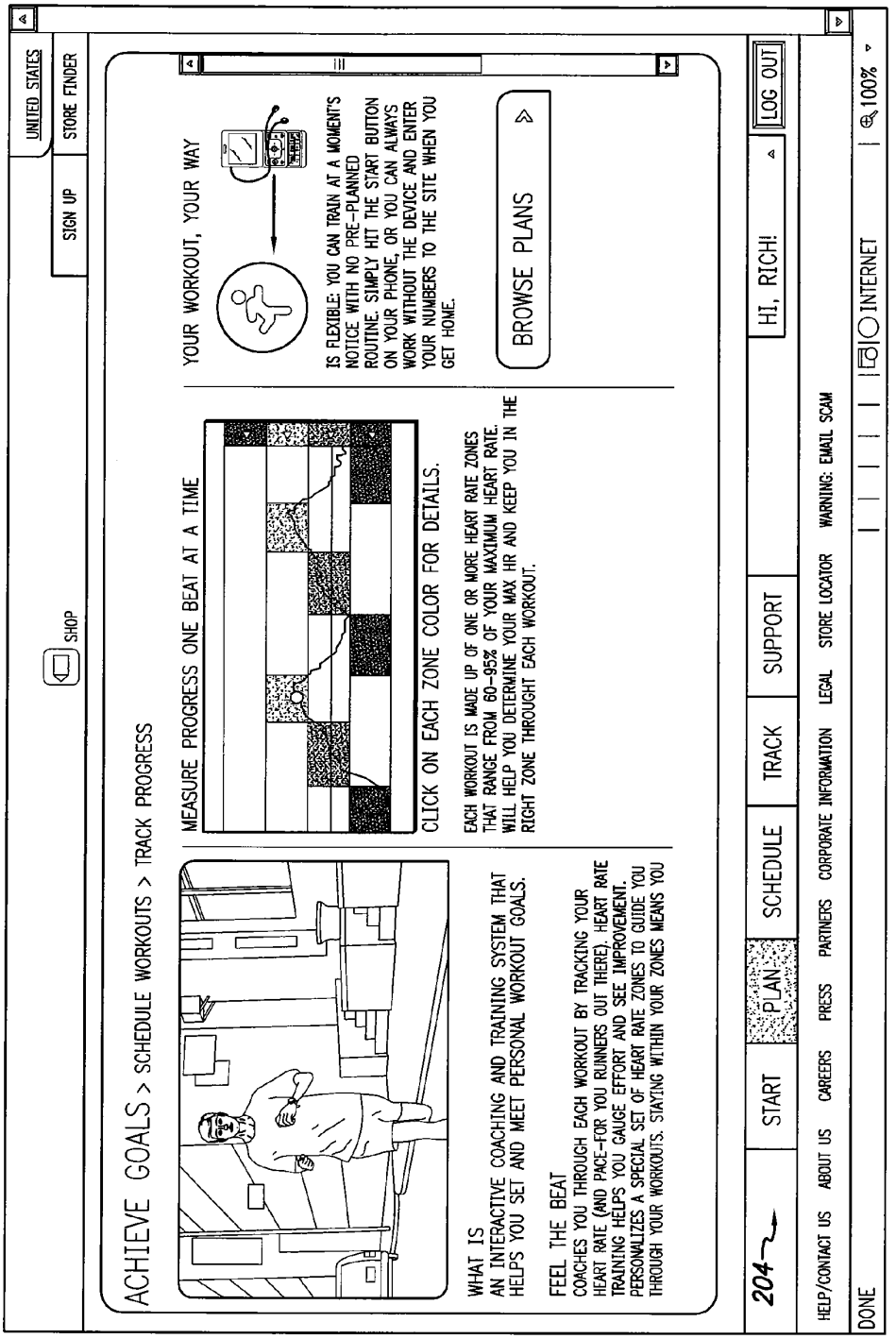

UNITED STATES
STORE FINDER
SIGN UP
SHOP
ACHIEVE GOALS > SCHEDULE WORKOUTS > TRACK PROGRESS
WHAT IS
AN INTERACTIVE COACHING AND TRAINING SYSTEM THAT HELPS YOU SET AND MEET PERSONAL WORKOUT GOALS.
FEEL THE BEAT
COACHES YOU THROUGH EACH WORKOUT BY TRACKING YOUR HEART RATE (AND PACE-FOR YOU RUNNERS OUT THERE). HEART RATE TRAINING HELPS YOU GAUGE EFFORT AND SEE IMPROVEMENT. PERSONALIZES A SPECIAL SET OF HEART RATE ZONES TO GUIDE YOU THROUGH YOUR WORKOUTS. STAYING WITHIN YOUR ZONES MEANS YOU
MEASURE PROGRESS ONE BEAT AT A TIME
CLICK ON EACH ZONE COLOR FOR DETAILS.
EACH WORKOUT IS MADE UP OF ONE OR MORE HEART RATE ZONES THAT RANGE FROM 60-95% OF YOUR MAXIMUM HEART RATE. WILL HELP YOU DETERMINE YOUR MAX HR AND KEEP YOU IN THE RIGHT ZONE THROUGHT EACH WORKOUT.
YOUR WORKOUT, YOUR WAY
IS FLEXIBLE: YOU CAN TRAIN AT A MOMENT'S NOTICE WITH NO PRE-PLANNED ROUTINE. SIMPLY HIT THE START BUTTON ON YOUR PHONE, OR YOU CAN ALWAYS WORK WITHOUT THE DEVICE AND ENTER YOUR NUMBERS TO THE SITE WHEN YOU GET HOME.
BROWSE PLANS
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US ABOUT US CAREERS PRESS PARTNERS CORPORATE INFORMATION LEGAL STORE LOCATOR WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 7

ZONE	COLOR	% OF MAX HR
ENERGY	BLUE	65–75%
ENDURANCE	GREEN	75–85%
STRENGTH	YELLOW	85–90%
POWER	RED	90–95%

FIG. 8

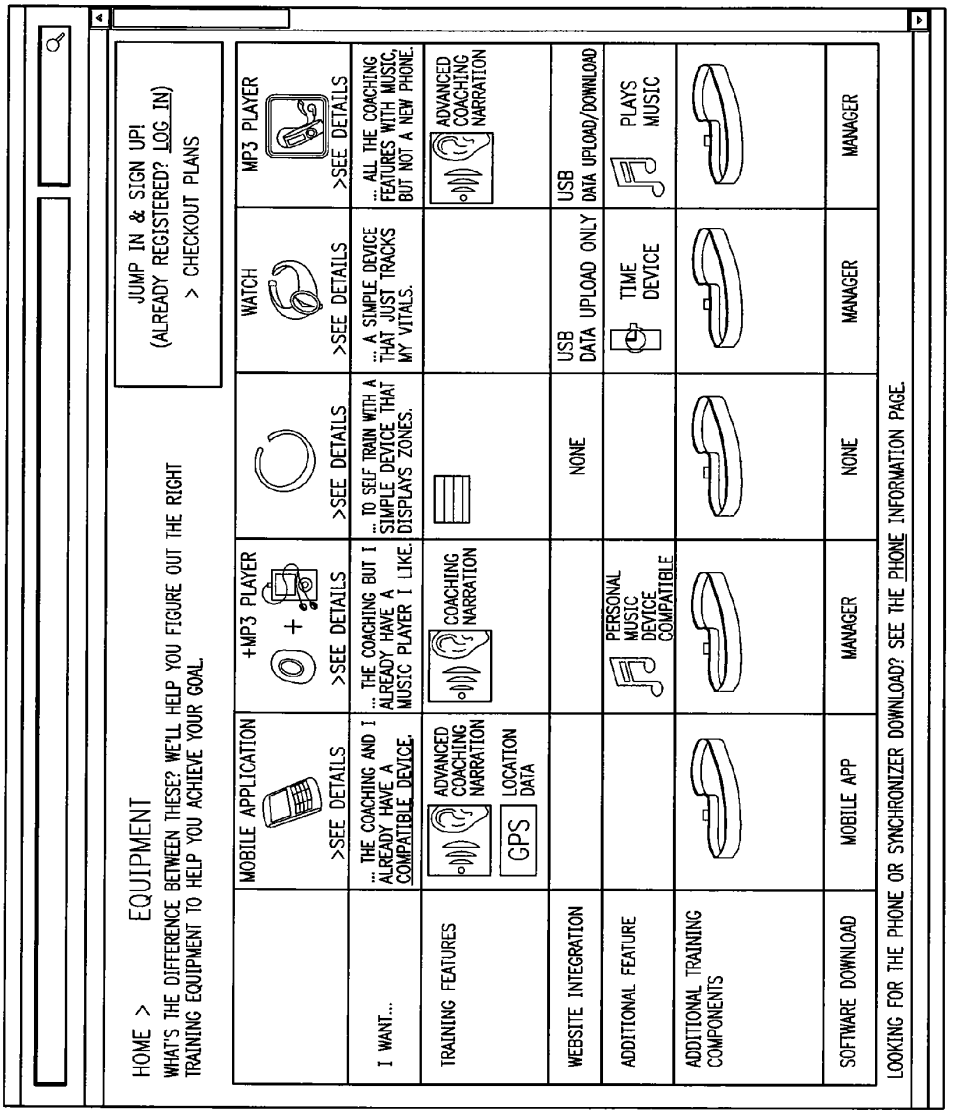

HOME >
EQUIPMENT
WHAT'S THE DIFFERENCE BETWEEN THESE? WE'LL HELP YOU FIGURE OUT THE RIGHT TRAINING EQUIPMENT TO HELP YOU ACHIEVE YOUR GOAL.
JUMP IN & SIGN UP!
(ALREADY REGISTERED? LOG IN)
> CHECKOUT PLANS
MOBILE APPLICATION
+MP3 PLAYER
WATCH
MP3 PLAYER
I WANT...
>SEE DETAILS
... THE COACHING AND I ALREADY HAVE A COMPATIBLE DEVICE.
... THE COACHING BUT I ALREADY HAVE A MUSIC PLAYER I LIKE.
... TO SELF TRAIN WITH A SIMPLE DEVICE THAT DISPLAYS ZONES.
... A SIMPLE DEVICE THAT JUST TRACKS MY VITALS.
... ALL THE COACHING FEATURES WITH MUSIC, BUT NOT A NEW PHONE.
TRAINING FEATURES
ADVANCED COACHING NARRATION
LOCATION DATA
GPS
COACHING NARRATION
ADVANCED COACHING NARRATION
WEBSITE INTEGRATION
NONE
USB DATA UPLOAD ONLY
USB DATA UPLOAD/DOWNLOAD
ADDITIONAL FEATURE
PERSONAL MUSIC DEVICE COMPATIBLE
TIME DEVICE
PLAYS MUSIC
ADDITIONAL TRAINING COMPONENTS
SOFTWARE DOWNLOAD
MOBILE APP
MANAGER
NONE
MANAGER
MANAGER
LOOKING FOR THE PHONE OR SYNCHRONIZER DOWNLOAD? SEE THE PHONE INFORMATION PAGE.

FIG. 9

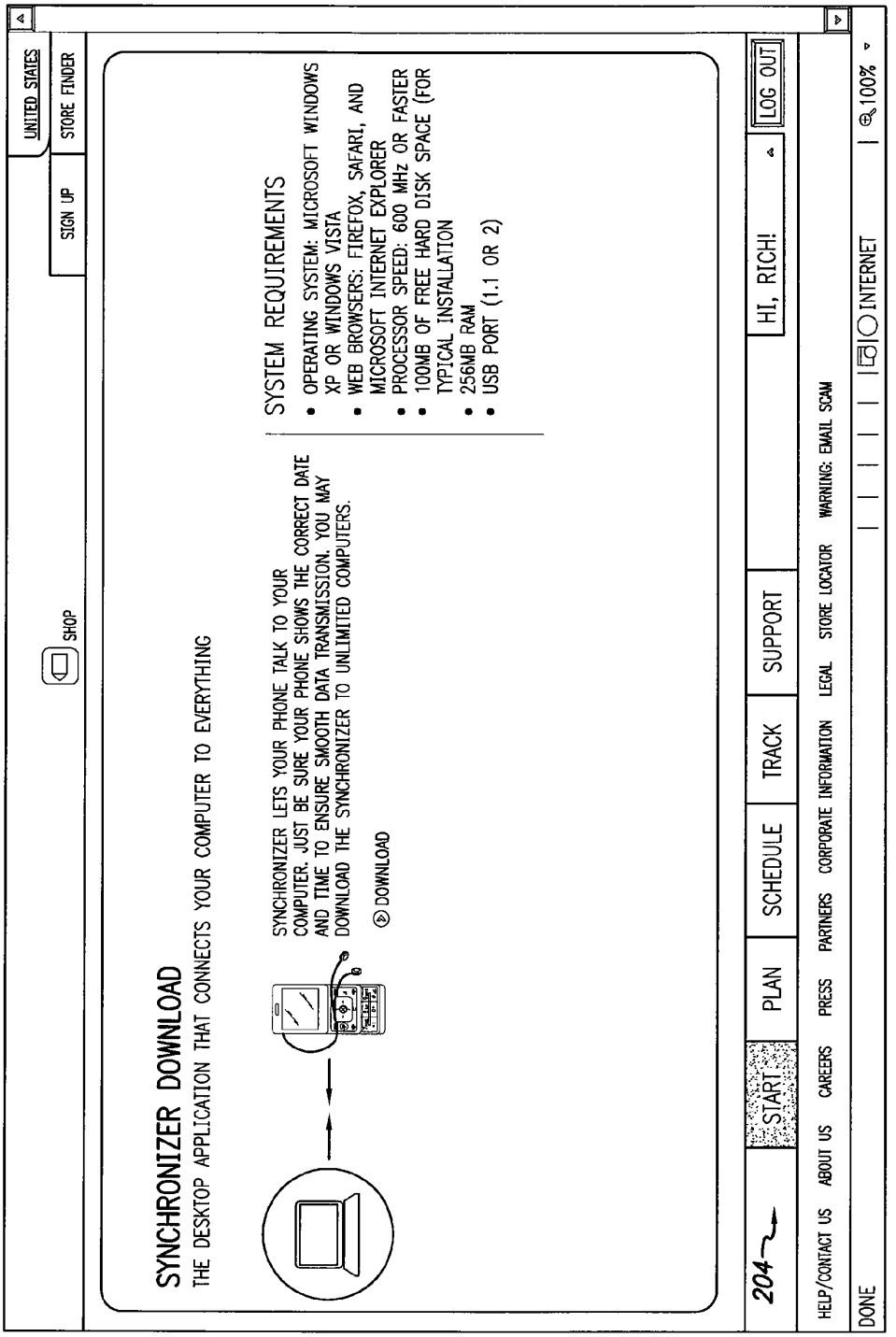

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SYNCHRONIZER DOWNLOAD
THE DESKTOP APPLICATION THAT CONNECTS YOUR COMPUTER TO EVERYTHING
SYNCHRONIZER LETS YOUR PHONE TALK TO YOUR COMPUTER. JUST BE SURE YOUR PHONE SHOWS THE CORRECT DATE AND TIME TO ENSURE SMOOTH DATA TRANSMISSION. YOU MAY DOWNLOAD THE SYNCHRONIZER TO UNLIMITED COMPUTERS.
DOWNLOAD
SYSTEM REQUIREMENTS
• OPERATING SYSTEM: MICROSOFT WINDOWS XP OR WINDOWS VISTA
• WEB BROWSERS: FIREFOX, SAFARI, AND MICROSOFT INTERNET EXPLORER
• PROCESSOR SPEED: 600 MHz OR FASTER
• 100MB OF FREE HARD DISK SPACE (FOR TYPICAL INSTALLATION
• 256MB RAM
• USB PORT (1.1 OR 2)
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 10

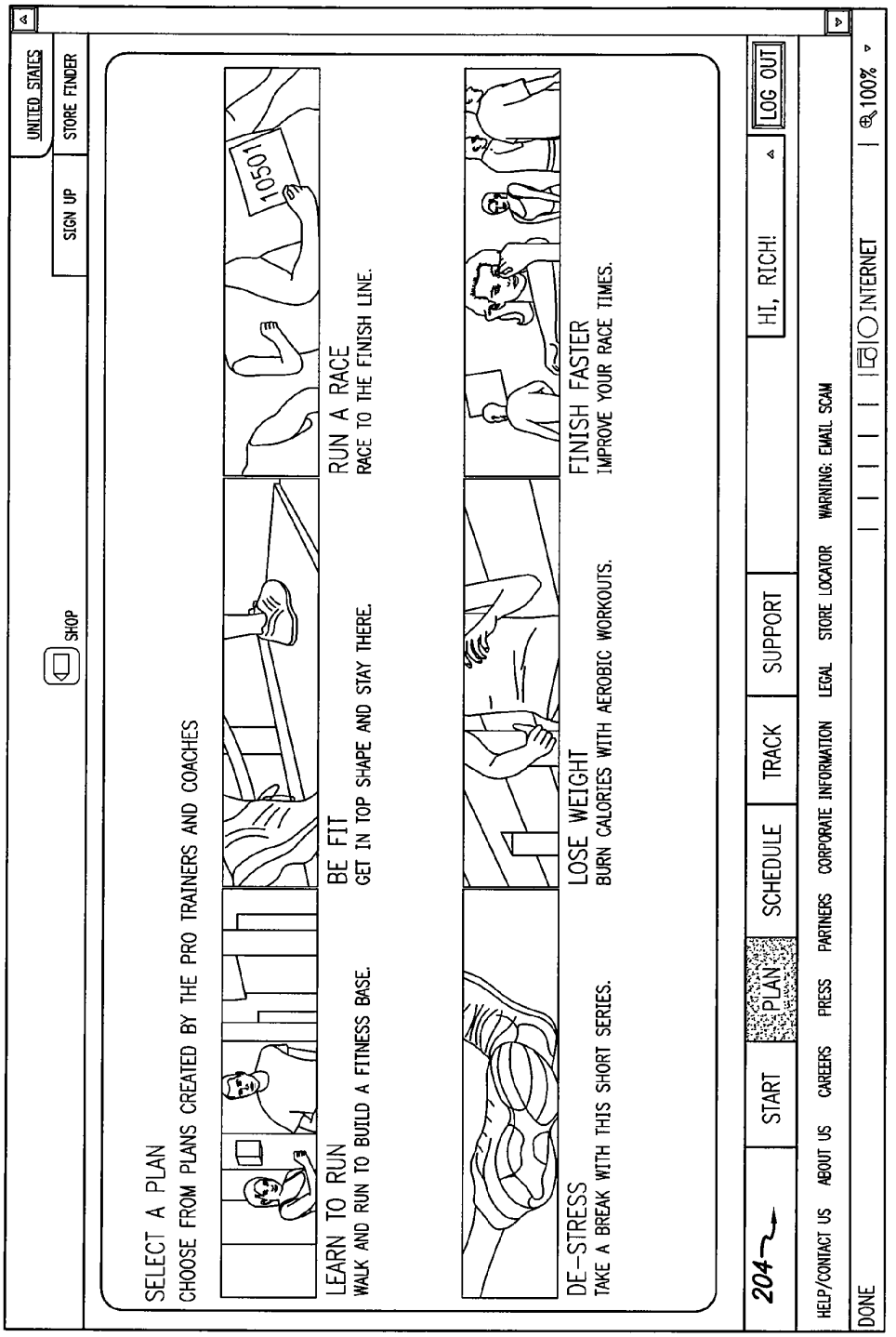

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SELECT A PLAN
CHOOSE FROM PLANS CREATED BY THE PRO TRAINERS AND COACHES
10501
RUN A RACE
RACE TO THE FINISH LINE.
BE FIT
GET IN TOP SHAPE AND STAY THERE.
LEARN TO RUN
WALK AND RUN TO BUILD A FITNESS BASE.
FINISH FASTER
IMPROVE YOUR RACE TIMES.
LOSE WEIGHT
BURN CALORIES WITH AEROBIC WORKOUTS.
DE-STRESS
TAKE A BREAK WITH THIS SHORT SERIES.
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 11

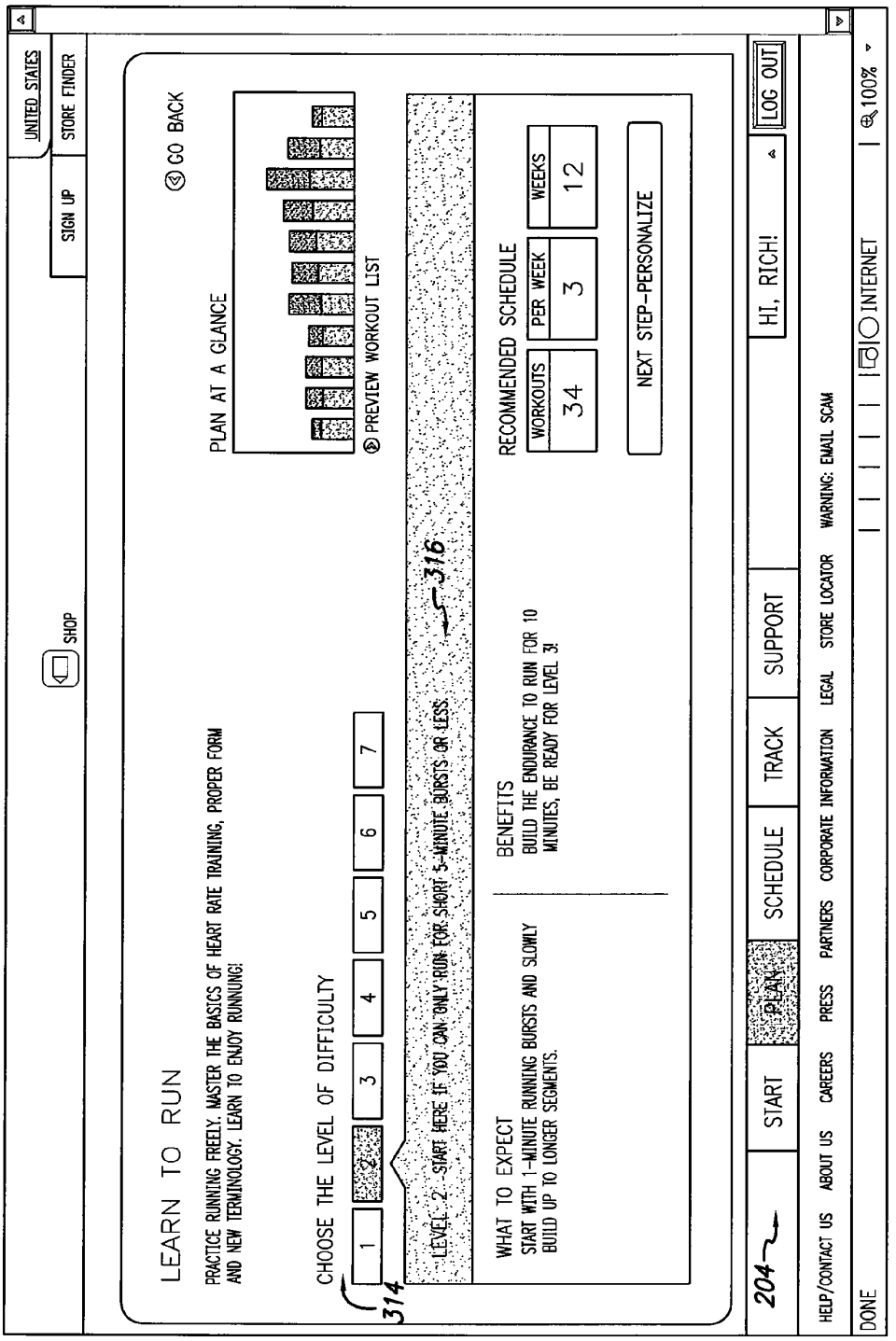

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
LEARN TO RUN
PRACTICE RUNNING FREELY. MASTER THE BASICS OF HEART RATE TRAINING, PROPER FORM AND NEW TERMINOLOGY. LEARN TO ENJOY RUNNING!
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
314
316
LEVEL 2 - START HERE IF YOU CAN ONLY RUN FOR SHORT 5-MINUTE BURSTS OR LESS.
WHAT TO EXPECT
START WITH 1-MINUTE RUNNING BURSTS AND SLOWLY BUILD UP TO LONGER SEGMENTS.
BENEFITS
BUILD THE ENDURANCE TO RUN FOR 10 MINUTES, BE READY FOR LEVEL 3!
RECOMMENDED SCHEDULE
WORKOUTS
34
PER WEEK
3
WEEKS
12
NEXT STEP-PERSONALIZE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 12

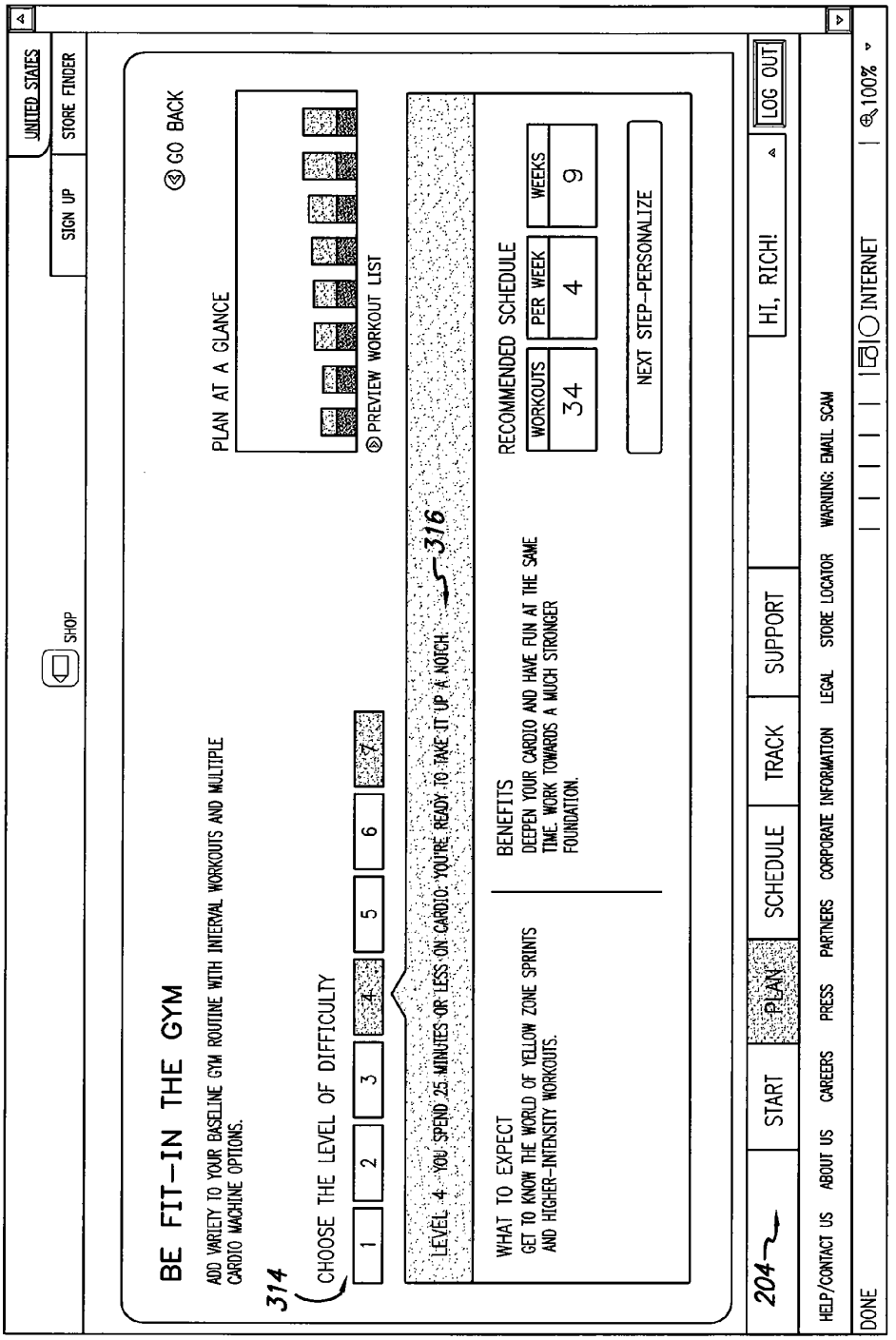

UNITED STATES
STORE FINDER
SIGN UP
SHOP
BE FIT-IN THE GYM
ADD VARIETY TO YOUR BASELINE GYM ROUTINE WITH INTERVAL WORKOUTS AND MULTIPLE CARDIO MACHINE OPTIONS.
GO BACK
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
314
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
LEVEL 4 YOU SPEND 25 MINUTES OR LESS ON CARDIO. YOU'RE READY TO TAKE IT UP A NOTCH.
316
WHAT TO EXPECT
GET TO KNOW THE WORLD OF YELLOW ZONE SPRINTS AND HIGHER-INTENSITY WORKOUTS.
BENEFITS
DEEPEN YOUR CARDIO AND HAVE FUN AT THE SAME TIME. WORK TOWARDS A MUCH STRONGER FOUNDATION.
RECOMMENDED SCHEDULE
WORKOUTS
PER WEEK
WEEKS
34
4
9
NEXT STEP-PERSONALIZE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 13

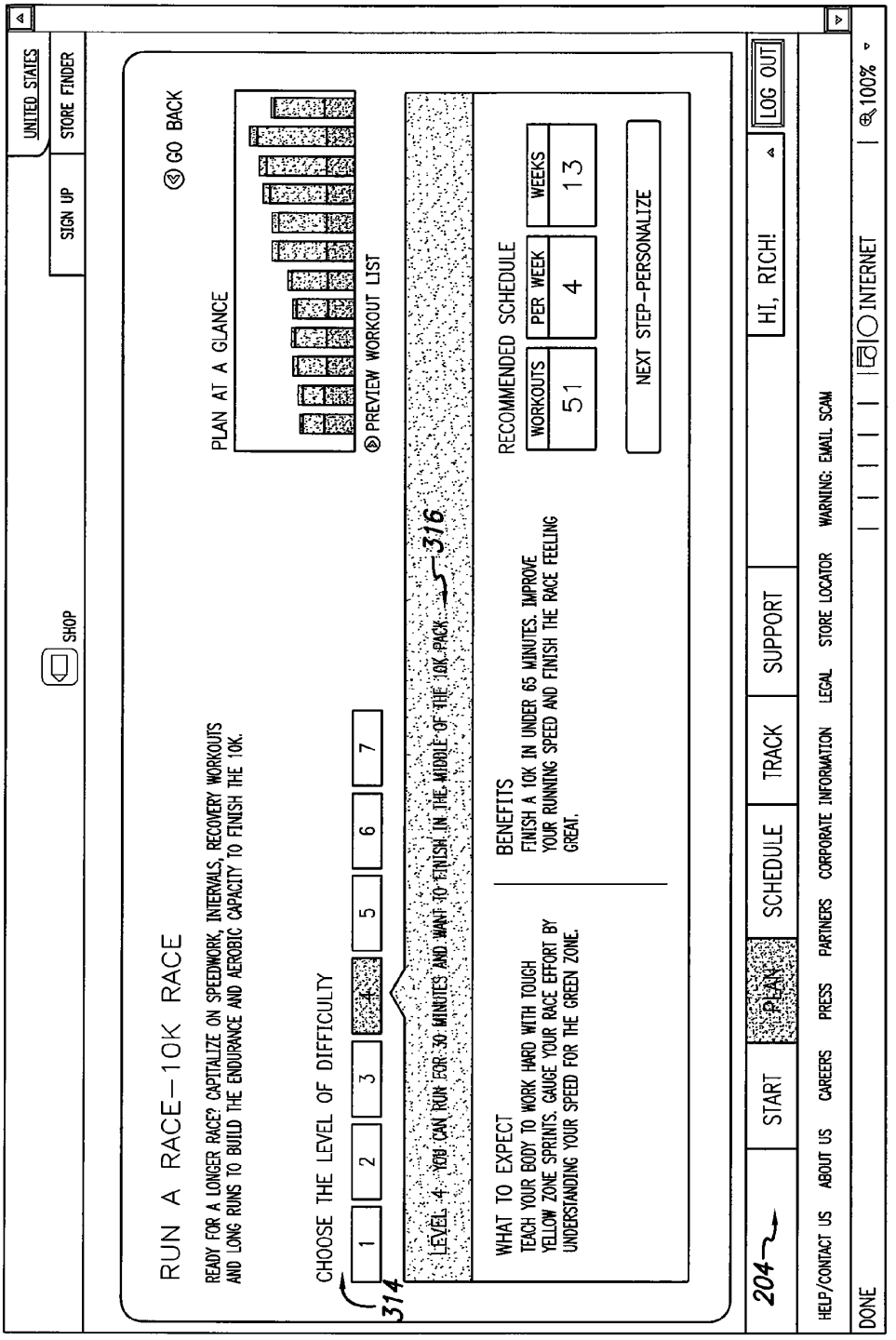

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
RUN A RACE–10K RACE
READY FOR A LONGER RACE? CAPITALIZE ON SPEEDWORK, INTERVALS, RECOVERY WORKOUTS AND LONG RUNS TO BUILD THE ENDURANCE AND AEROBIC CAPACITY TO FINISH THE 10K.
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
314
LEVEL 4: YOU CAN RUN FOR 30 MINUTES AND WANT TO FINISH IN THE MIDDLE OF THE 10K PACK.
316
WHAT TO EXPECT
TEACH YOUR BODY TO WORK HARD WITH TOUGH YELLOW ZONE SPRINTS. GAUGE YOUR RACE EFFORT BY UNDERSTANDING YOUR SPEED FOR THE GREEN ZONE.
BENEFITS
FINISH A 10K IN UNDER 65 MINUTES. IMPROVE YOUR RUNNING SPEED AND FINISH THE RACE FEELING GREAT.
RECOMMENDED SCHEDULE
WORKOUTS
51
PER WEEK
4
WEEKS
13
NEXT STEP–PERSONALIZE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 14

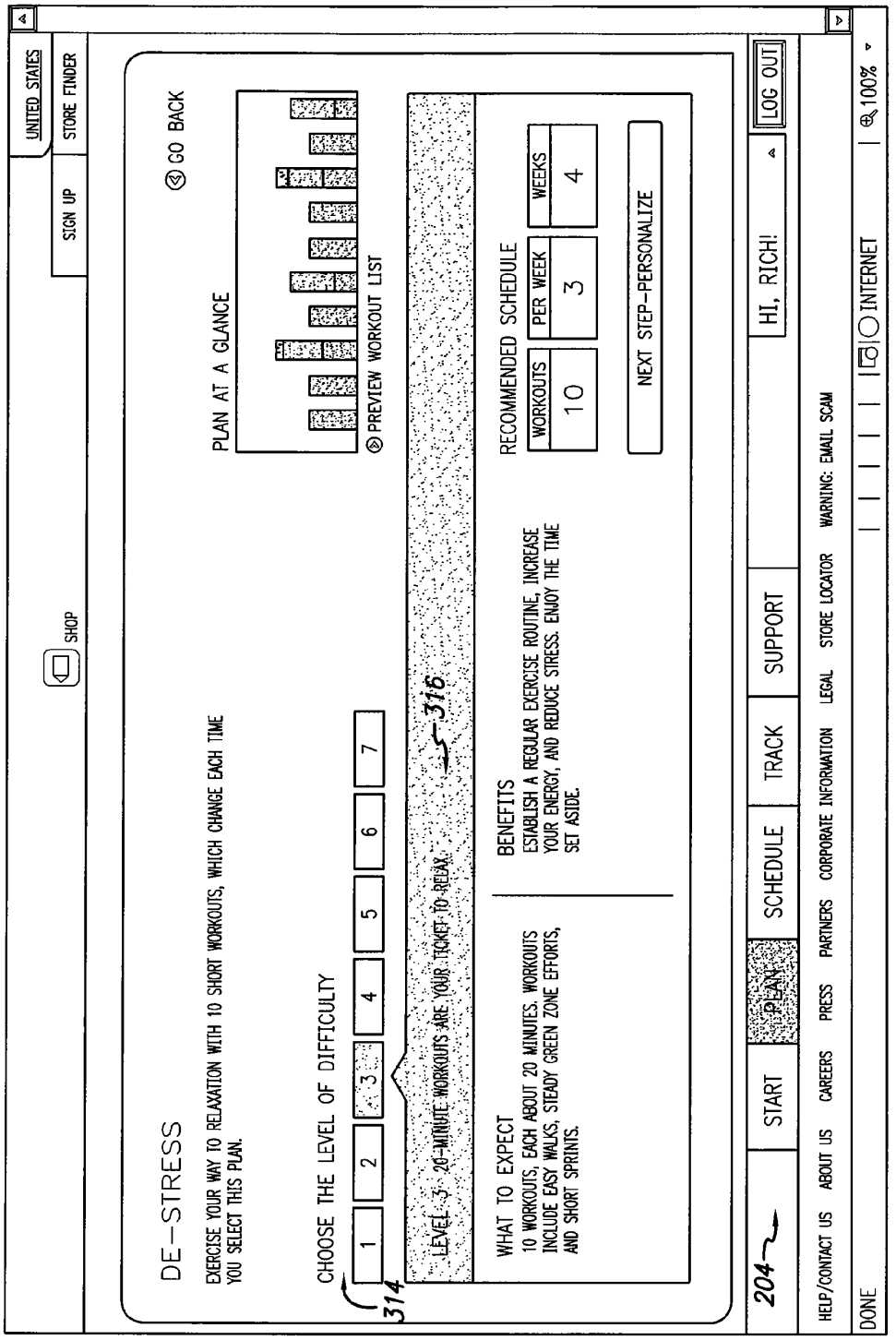

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
DE-STRESS
EXERCISE YOUR WAY TO RELAXATION WITH 10 SHORT WORKOUTS, WHICH CHANGE EACH TIME YOU SELECT THIS PLAN.
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
314
316
LEVEL 3: 20-MINUTE WORKOUTS ARE YOUR TICKET TO RELAX.
WHAT TO EXPECT
10 WORKOUTS, EACH ABOUT 20 MINUTES. WORKOUTS INCLUDE EASY WALKS, STEADY GREEN ZONE EFFORTS, AND SHORT SPRINTS.
BENEFITS
ESTABLISH A REGULAR EXERCISE ROUTINE, INCREASE YOUR ENERGY, AND REDUCE STRESS. ENJOY THE TIME SET ASIDE.
RECOMMENDED SCHEDULE
WORKOUTS
PER WEEK
WEEKS
10
3
4
NEXT STEP-PERSONALIZE
HI, RICH!
LOG OUT
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 15

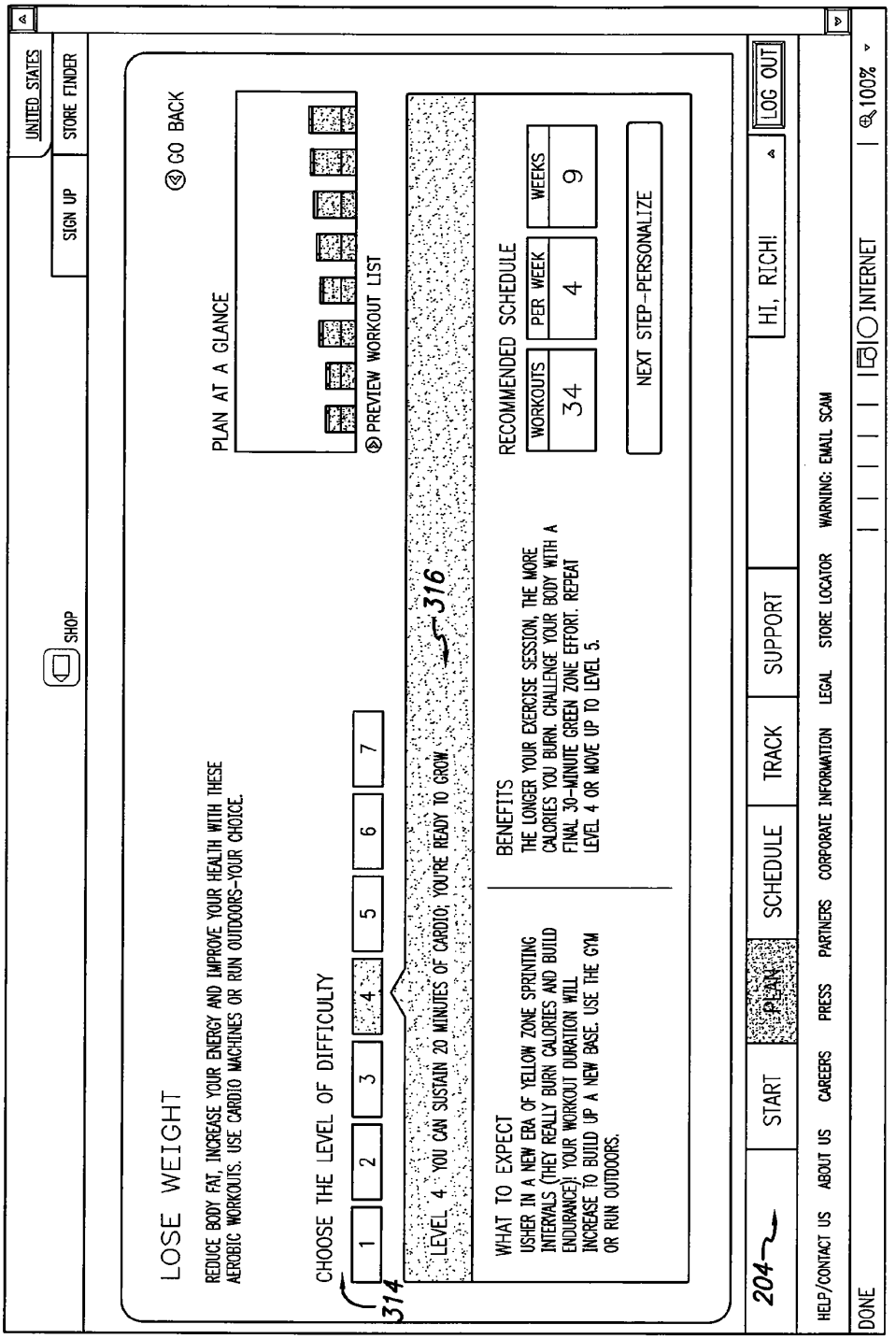

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
LOSE WEIGHT
REDUCE BODY FAT, INCREASE YOUR ENERGY AND IMPROVE YOUR HEALTH WITH THESE AEROBIC WORKOUTS. USE CARDIO MACHINES OR RUN OUTDOORS–YOUR CHOICE.
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
314
LEVEL 4 YOU CAN SUSTAIN 20 MINUTES OF CARDIO; YOU'RE READY TO GROW.
316
WHAT TO EXPECT
USHER IN A NEW ERA OF YELLOW ZONE SPRINTING INTERVALS (THEY REALLY BURN CALORIES AND BUILD ENDURANCE)! YOUR WORKOUT DURATION WILL INCREASE TO BUILD UP A NEW BASE. USE THE GYM OR RUN OUTDOORS.
BENEFITS
THE LONGER YOUR EXERCISE SESSION, THE MORE CALORIES YOU BURN. CHALLENGE YOUR BODY WITH A FINAL 30-MINUTE GREEN ZONE EFFORT. REPEAT LEVEL 4 OR MOVE UP TO LEVEL 5.
RECOMMENDED SCHEDULE
WORKOUTS
PER WEEK
WEEKS
34
4
9
NEXT STEP–PERSONALIZE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 16

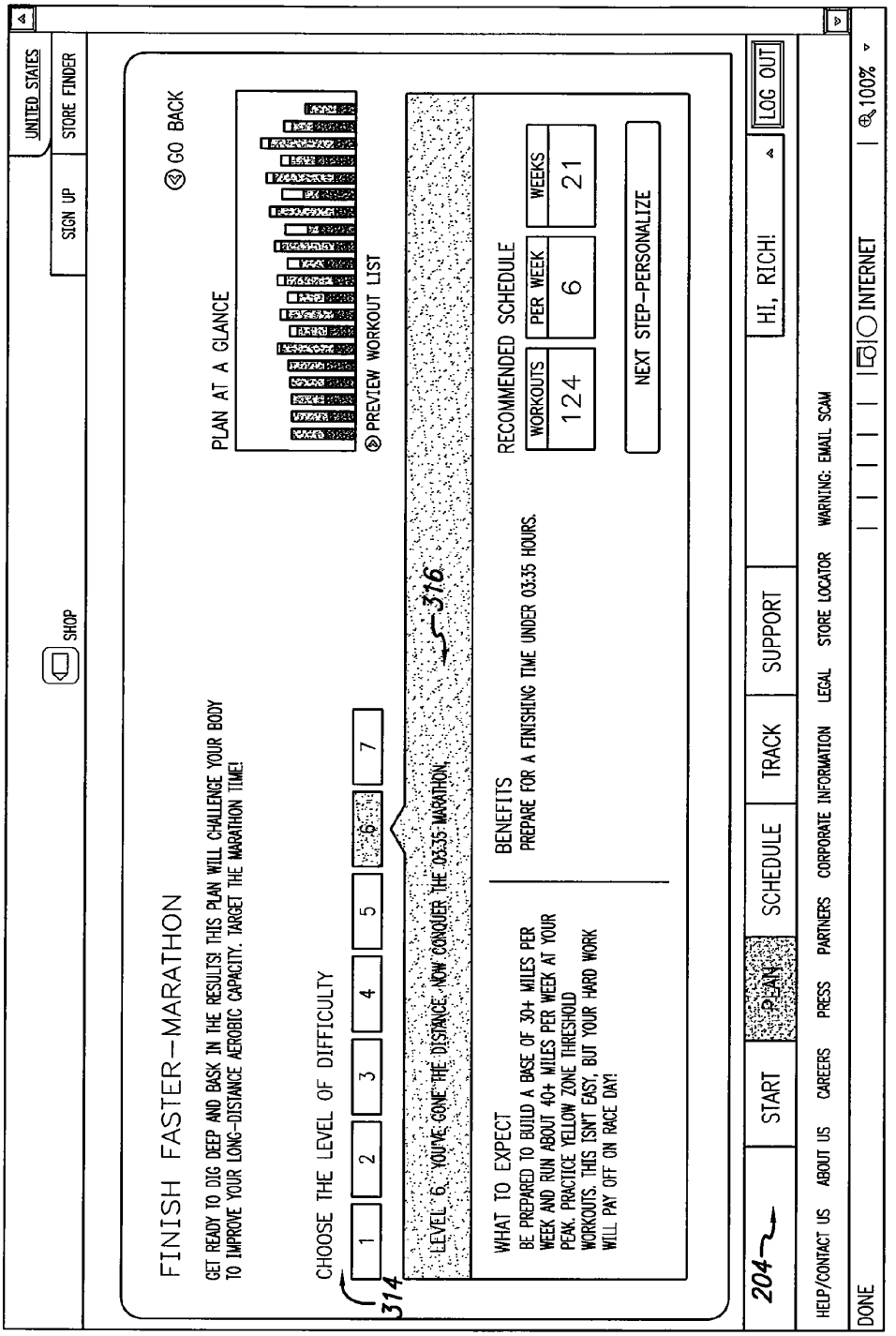

UNITED STATES
STORE FINDER
SIGN UP
SHOP
FINISH FASTER–MARATHON
GET READY TO DIG DEEP AND BASK IN THE RESULTS! THIS PLAN WILL CHALLENGE YOUR BODY TO IMPROVE YOUR LONG-DISTANCE AEROBIC CAPACITY. TARGET THE MARATHON TIME!
GO BACK
PLAN AT A GLANCE
PREVIEW WORKOUT LIST
CHOOSE THE LEVEL OF DIFFICULTY
1
2
3
4
5
6
7
314
316
LEVEL 6. YOU'VE GONE THE DISTANCE. NOW CONQUER THE 03:35 MARATHON.
WHAT TO EXPECT
BE PREPARED TO BUILD A BASE OF 30+ MILES PER WEEK AND RUN ABOUT 40+ MILES PER WEEK AT YOUR PEAK. PRACTICE YELLOW ZONE THRESHOLD WORKOUTS. THIS ISN'T EASY, BUT YOUR HARD WORK WILL PAY OFF ON RACE DAY!
BENEFITS
PREPARE FOR A FINISHING TIME UNDER 03:35 HOURS.
RECOMMENDED SCHEDULE
WORKOUTS
124
PER WEEK
6
WEEKS
21
NEXT STEP–PERSONALIZE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 17

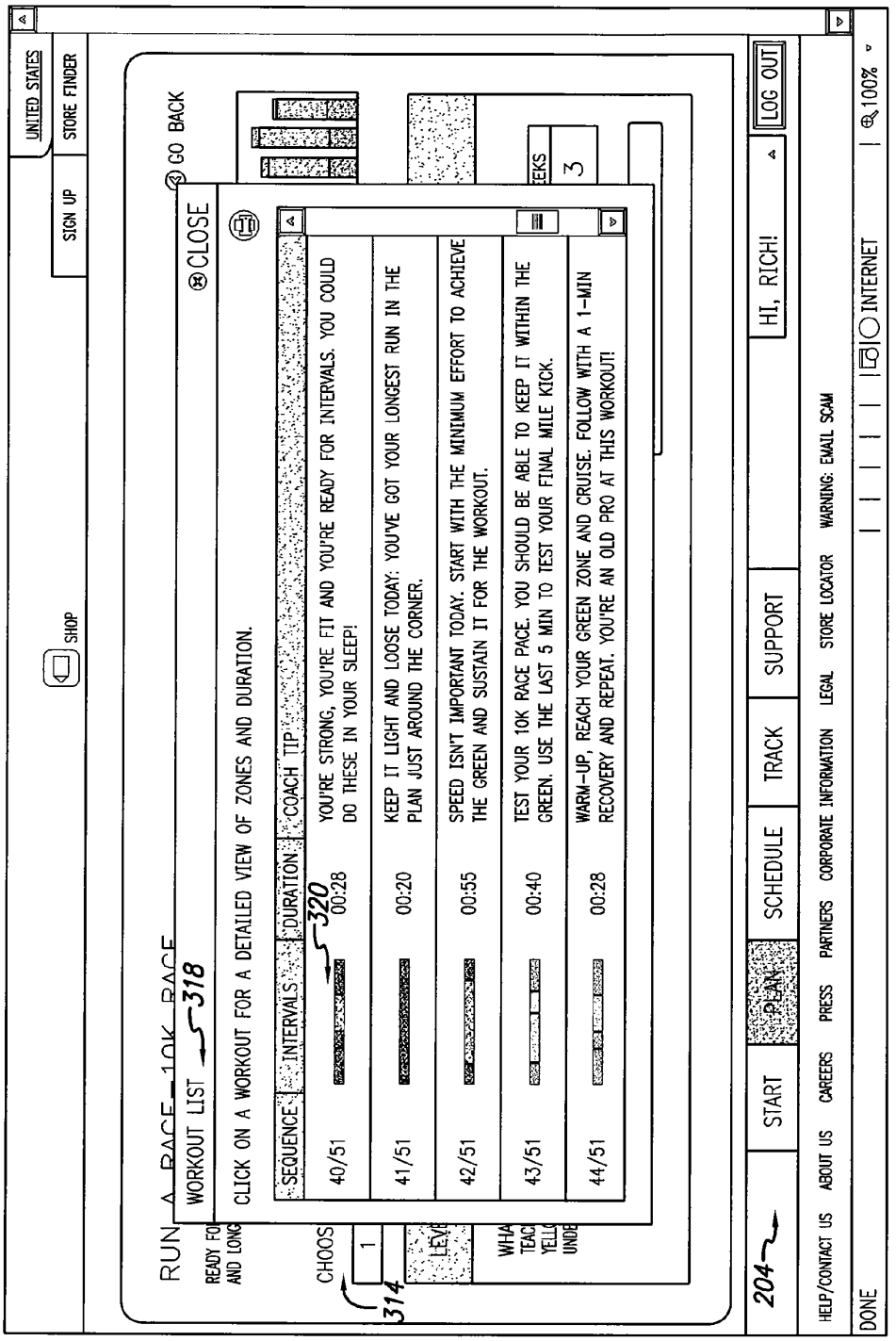

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
CLOSE
RUN A RACE 10K RACE
WORKOUT LIST
318
CLICK ON A WORKOUT FOR A DETAILED VIEW OF ZONES AND DURATION.
SEQUENCE
INTERVALS
DURATION
320
COACH TIP
40/51
00:28
YOU'RE STRONG, YOU'RE FIT AND YOU'RE READY FOR INTERVALS. YOU COULD DO THESE IN YOUR SLEEP!
41/51
00:20
KEEP IT LIGHT AND LOOSE TODAY: YOU'VE GOT YOUR LONGEST RUN IN THE PLAN JUST AROUND THE CORNER.
42/51
00:55
SPEED ISN'T IMPORTANT TODAY. START WITH THE MINIMUM EFFORT TO ACHIEVE THE GREEN AND SUSTAIN IT FOR THE WORKOUT.
43/51
00:40
TEST YOUR 10K RACE PACE. YOU SHOULD BE ABLE TO KEEP IT WITHIN THE GREEN. USE THE LAST 5 MIN TO TEST YOUR FINAL MILE KICK.
44/51
00:28
WARM-UP, REACH YOUR GREEN ZONE AND CRUISE. FOLLOW WITH A 1-MIN RECOVERY AND REPEAT. YOU'RE AN OLD PRO AT THIS WORKOUT!
314
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 18

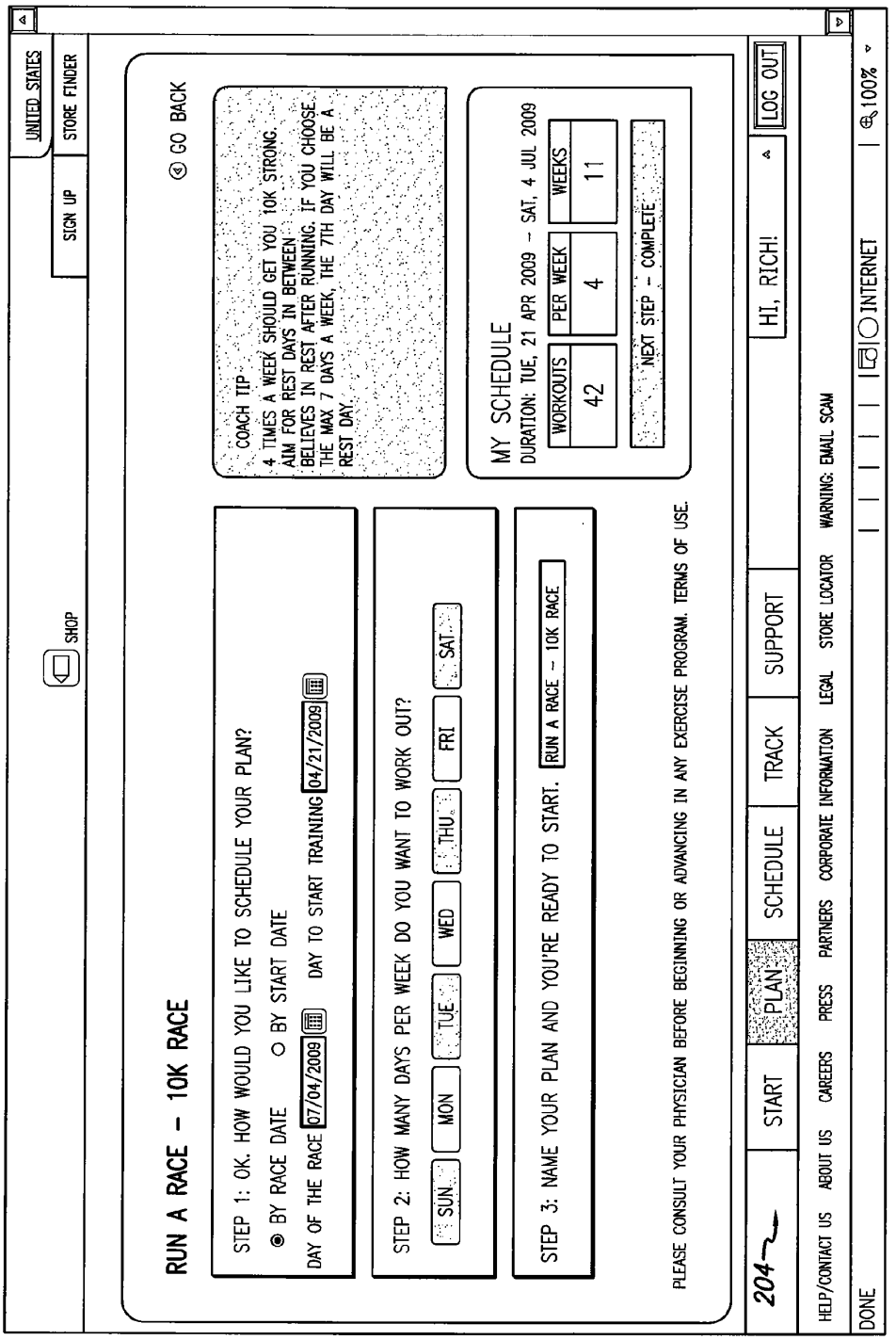

UNITED STATES
STORE FINDER
SIGN UP
SHOP
GO BACK
RUN A RACE – 10K RACE
STEP 1: OK. HOW WOULD YOU LIKE TO SCHEDULE YOUR PLAN?
BY RACE DATE
BY START DATE
DAY OF THE RACE 07/04/2009
DAY TO START TRAINING 04/21/2009
COACH TIP
4 TIMES A WEEK SHOULD GET YOU 10K STRONG.
AIM FOR REST DAYS IN BETWEEN.
BELIEVES IN REST AFTER RUNNING. IF YOU CHOOSE
THE MAX 7 DAYS A WEEK, THE 7TH DAY WILL BE A
REST DAY.
MY SCHEDULE
DURATION: TUE, 21 APR 2009 – SAT, 4 JUL 2009
WORKOUTS
PER WEEK
WEEKS
42
4
11
NEXT STEP – COMPLETE
STEP 2: HOW MANY DAYS PER WEEK DO YOU WANT TO WORK OUT?
SUN
MON
TUE
WED
THU
FRI
SAT
STEP 3: NAME YOUR PLAN AND YOU'RE READY TO START.
RUN A RACE – 10K RACE
PLEASE CONSULT YOUR PHYSICIAN BEFORE BEGINNING OR ADVANCING IN ANY EXERCISE PROGRAM. TERMS OF USE.
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 19

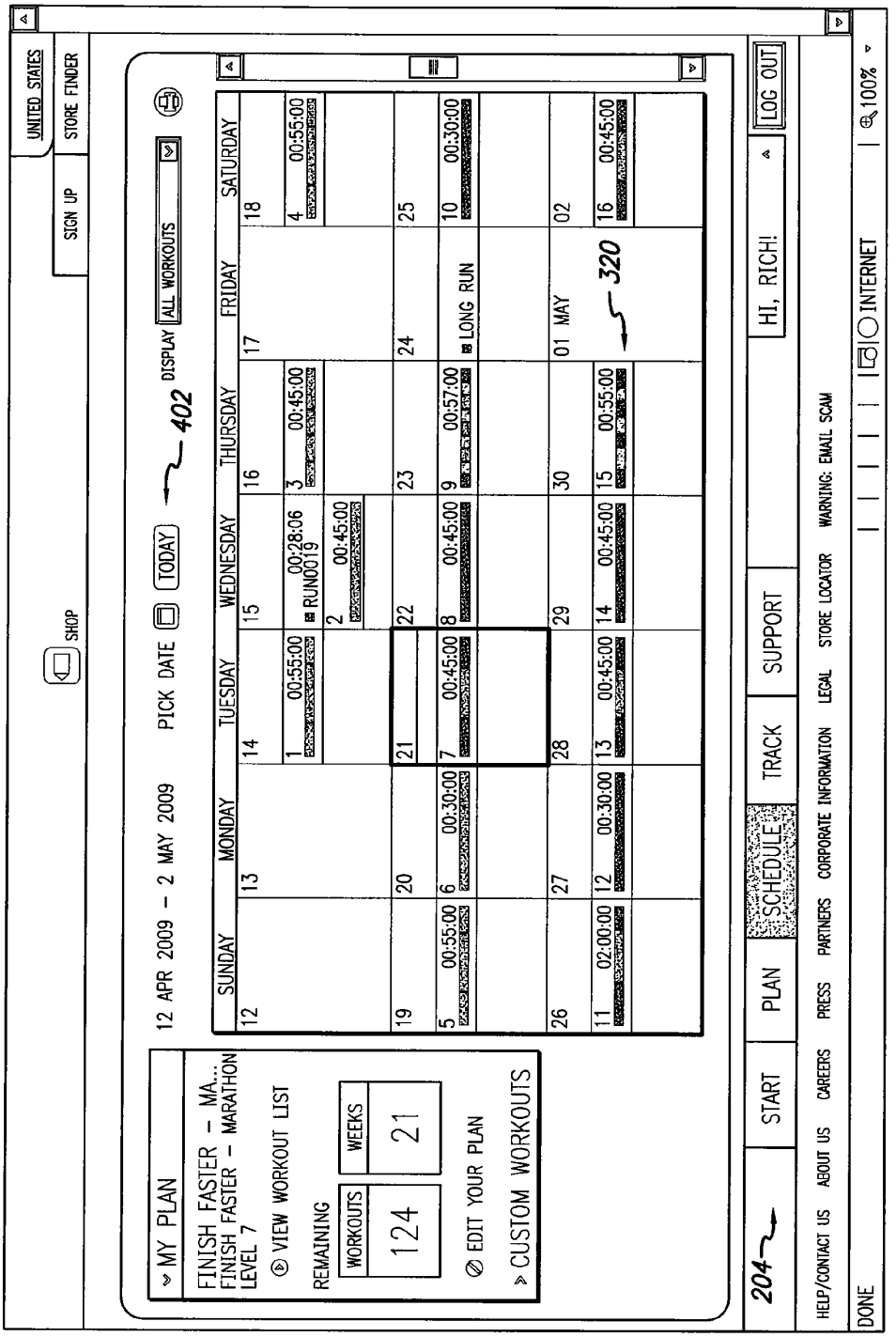

UNITED STATES
STORE FINDER
SIGN UP
SHOP
12 APR 2009 – 2 MAY 2009
PICK DATE
TODAY
402
DISPLAY
ALL WORKOUTS
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
12
13
14
15
16
17
18
1 00:55:00
2 00:45:00
3 00:45:00
4 00:55:00
RUN0019
00:28:06
19
20
21
22
23
24
25
5 00:55:00
6 00:30:00
7 00:45:00
8 00:45:00
9 00:57:00
10 00:30:00
LONG RUN
26
27
28
29
30
01 MAY
02
11 02:00:00
12 00:30:00
13 00:45:00
14 00:45:00
15 00:55:00
16 00:45:00
320
MY PLAN
FINISH FASTER – MA...
FINISH FASTER – MARATHON
LEVEL 7
VIEW WORKOUT LIST
REMAINING
WORKOUTS
WEEKS
124
21
EDIT YOUR PLAN
CUSTOM WORKOUTS
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 20

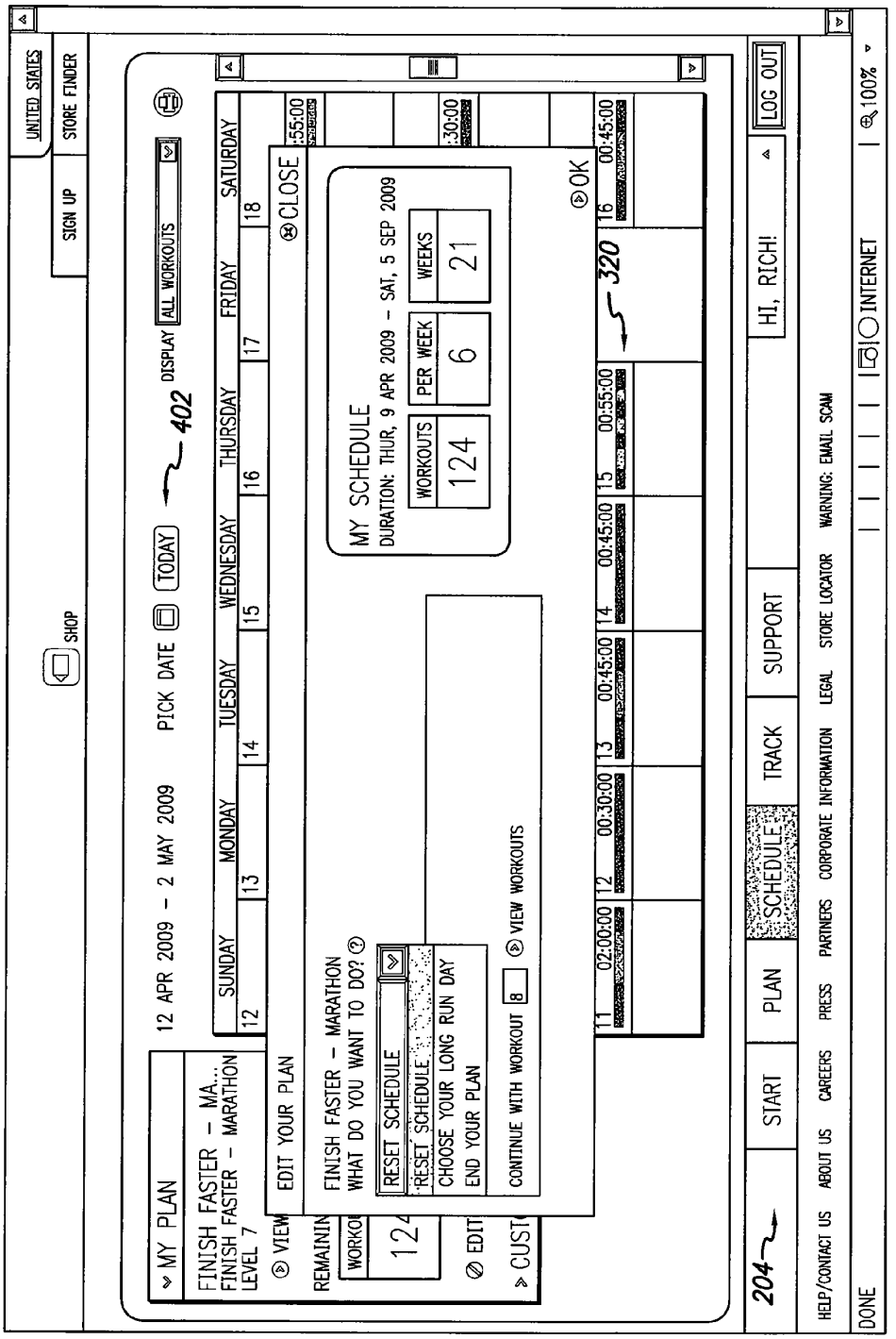

UNITED STATES
STORE FINDER
SIGN UP
SHOP
DISPLAY
ALL WORKOUTS
402
12 APR 2009 - 2 MAY 2009
PICK DATE
TODAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
12
13
14
15
16
17
18
CLOSE
:55:00
:30:00
MY PLAN
FINISH FASTER - MA...
FINISH FASTER - MARATHON
LEVEL 7
VIEW
EDIT YOUR PLAN
FINISH FASTER - MARATHON
WHAT DO YOU WANT TO DO?
RESET SCHEDULE
RESET SCHEDULE
CHOOSE YOUR LONG RUN DAY
END YOUR PLAN
CONTINUE WITH WORKOUT
VIEW WORKOUTS
EDIT
CUST
MY SCHEDULE
DURATION: THUR, 9 APR 2009 - SAT, 5 SEP 2009
WORKOUTS
PER WEEK
WEEKS
124
6
21
OK
320
11
02:00:00
12
00:30:00
13
00:45:00
14
00:45:00
15
00:55:00
16
00:45:00
LOG OUT
HI, RICH!
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 21

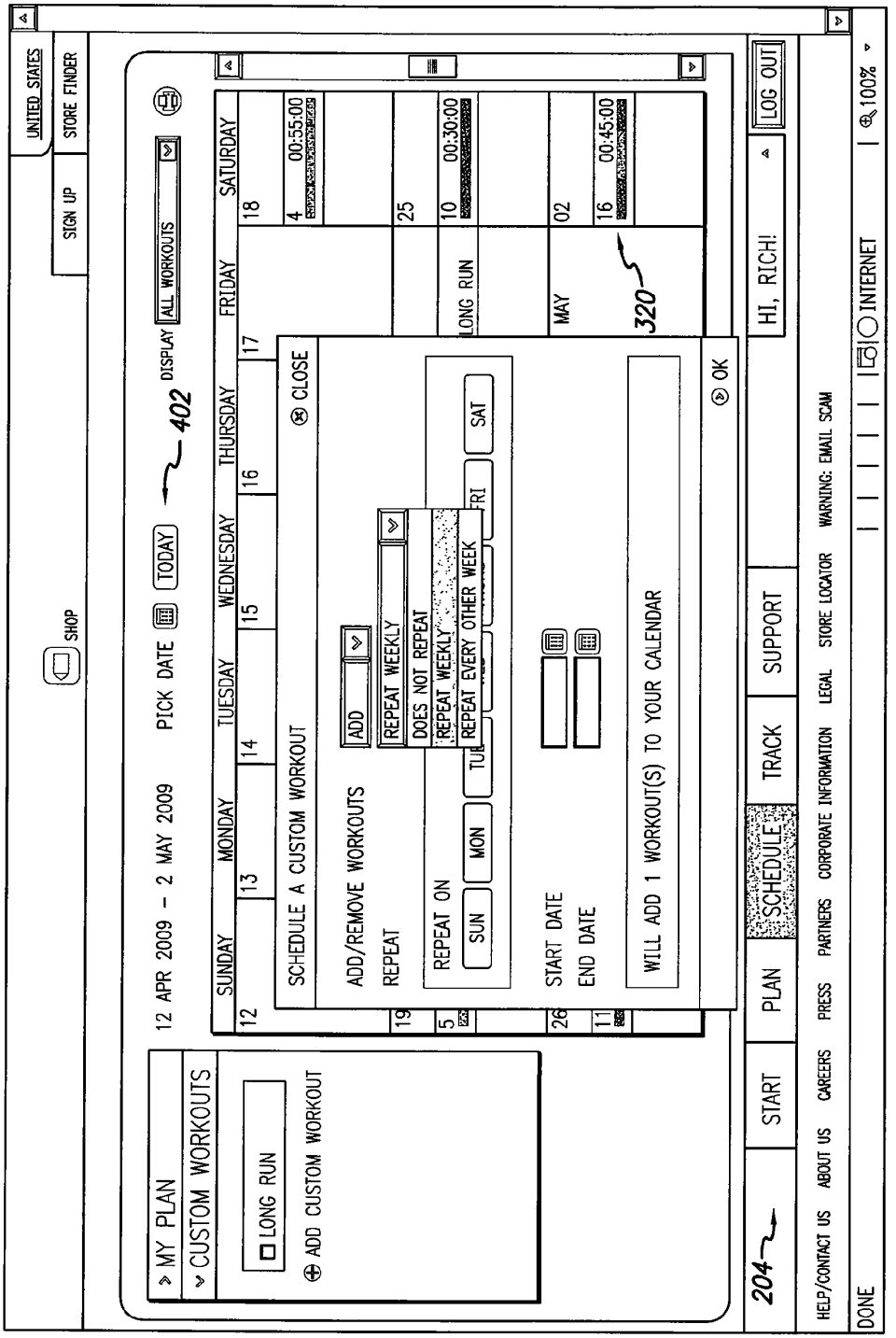
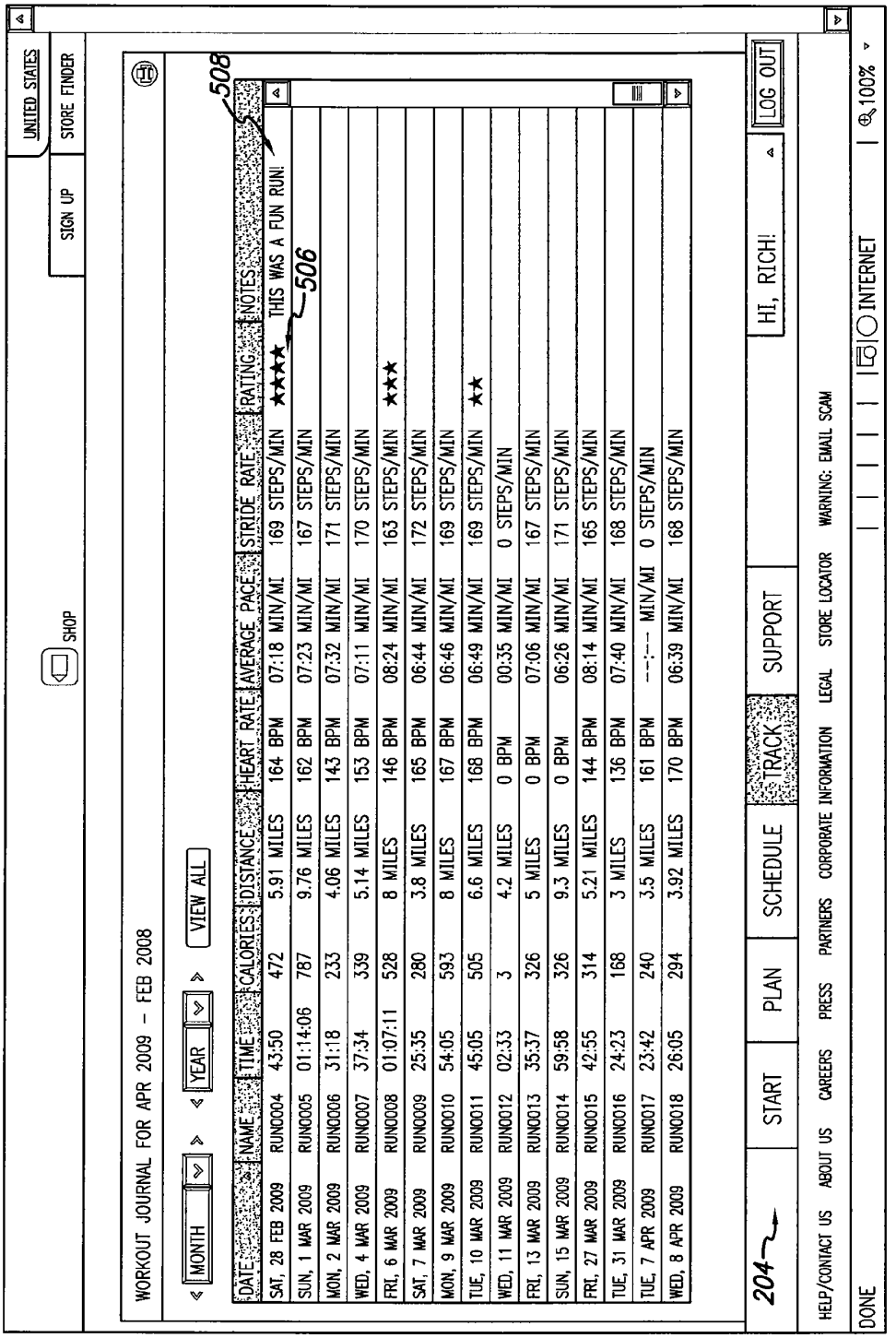

UNITED STATES
STORE FINDER
SIGN UP
SHOP
12 APR 2009 - 2 MAY 2009
PICK DATE
TODAY
402
DISPLAY
ALL WORKOUTS
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
12
13
14
15
16
17
18
4
00:55:00
19
25
5
10
00:30:00
LONG RUN
26
MAY
02
11
16
00:45:00
320
SCHEDULE A CUSTOM WORKOUT
CLOSE
ADD/REMOVE WORKOUTS
ADD
REPEAT
REPEAT WEEKLY
DOES NOT REPEAT
REPEAT WEEKLY
REPEAT EVERY OTHER WEEK
REPEAT ON
SUN
MON
TUE
FRI
SAT
START DATE
END DATE
WILL ADD 1 WORKOUT(S) TO YOUR CALENDAR
OK
MY PLAN
CUSTOM WORKOUTS
LONG RUN
ADD CUSTOM WORKOUT
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 22



DATE	NAME	TIME	CALORIES	DISTANCE	HEART RATE	AVERAGE PACE	STRIDE RATE	RATING	NOTES
SAT, 28 FEB 2009	RUN0004	43:50	472	5.91 MILES	164 BPM	07:18 MIN/MI	169 STEPS/MIN	★★★★	THIS WAS A FUN RUN!
SUN, 1 MAR 2009	RUN0005	01:14:06	787	9.76 MILES	162 BPM	07:23 MIN/MI	167 STEPS/MIN		
MON, 2 MAR 2009	RUN0006	31:18	233	4.06 MILES	143 BPM	07:32 MIN/MI	171 STEPS/MIN		
WED, 4 MAR 2009	RUN0007	37:34	339	5.14 MILES	153 BPM	07:11 MIN/MI	170 STEPS/MIN		
FRI, 6 MAR 2009	RUN0008	01:07:11	528	8 MILES	146 BPM	08:24 MIN/MI	163 STEPS/MIN	★★★	
SAT, 7 MAR 2009	RUN0009	25:35	280	3.8 MILES	165 BPM	06:44 MIN/MI	172 STEPS/MIN		
MON, 9 MAR 2009	RUN0010	54:05	593	8 MILES	167 BPM	06:46 MIN/MI	169 STEPS/MIN		
TUE, 10 MAR 2009	RUN0011	45:05	505	6.6 MILES	168 BPM	06:49 MIN/MI	169 STEPS/MIN	★★	
WED, 11 MAR 2009	RUN0012	02:33	3	4.2 MILES	0 BPM	00:35 MIN/MI	0 STEPS/MIN		
FRI, 13 MAR 2009	RUN0013	35:37	326	5 MILES	0 BPM	07:06 MIN/MI	167 STEPS/MIN		
SUN, 15 MAR 2009	RUN0014	59:58	326	9.3 MILES	0 BPM	06:26 MIN/MI	171 STEPS/MIN		
FRI, 27 MAR 2009	RUN0015	42:55	314	5.21 MILES	144 BPM	08:14 MIN/MI	165 STEPS/MIN		
TUE, 31 MAR 2009	RUN0016	24:23	168	3 MILES	136 BPM	07:40 MIN/MI	168 STEPS/MIN		
TUE, 7 APR 2009	RUN0017	23:42	240	3.5 MILES	161 BPM	--:-- MIN/MI	0 STEPS/MIN		
WED, 8 APR 2009	RUN0018	26:05	294	3.92 MILES	170 BPM	06:39 MIN/MI	168 STEPS/MIN		

FIG. 23

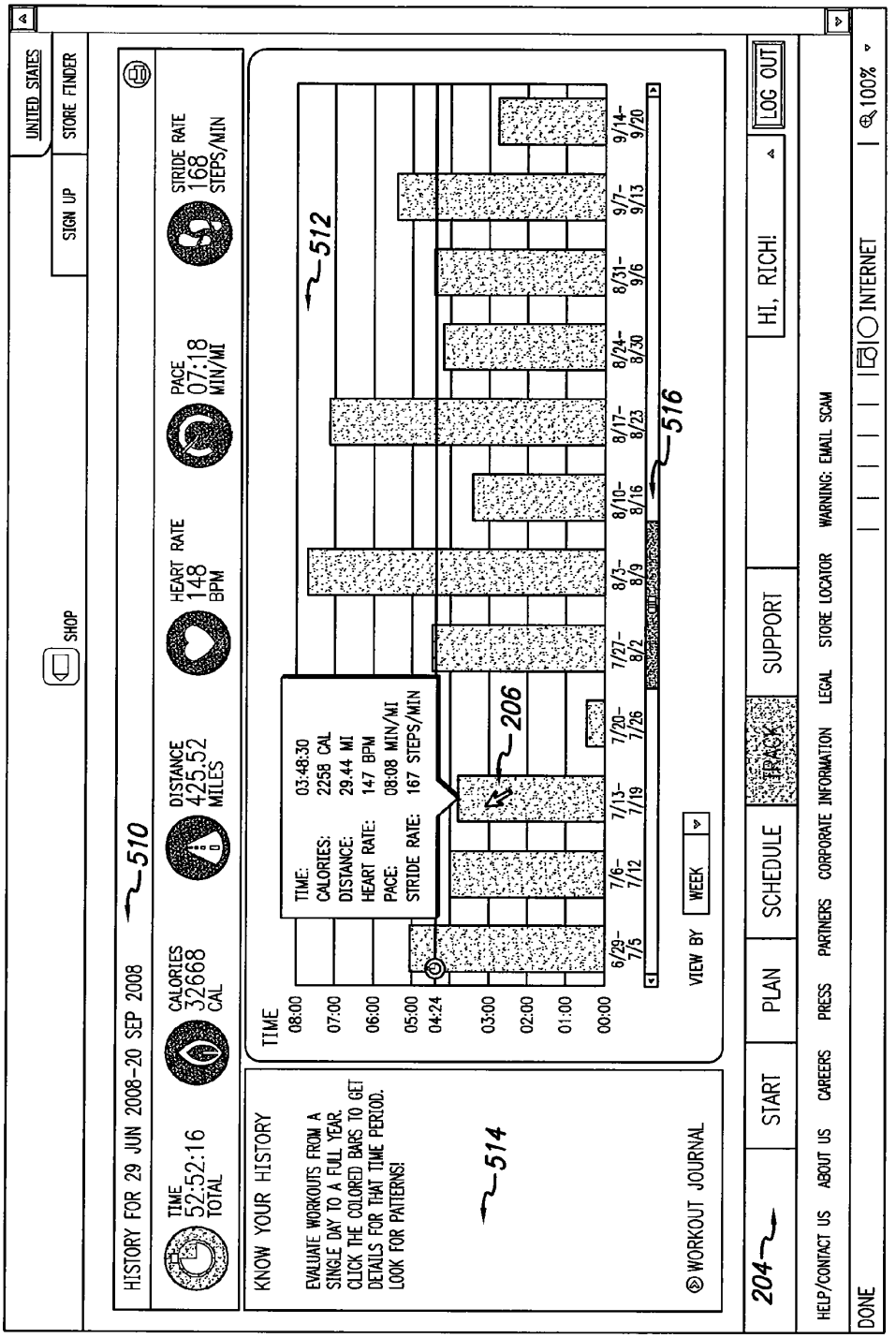

UNITED STATES
STORE FINDER
SIGN UP
SHOP
HISTORY FOR 29 JUN 2008-20 SEP 2008
510
TIME 52:52:16 TOTAL
CALORIES 32668 CAL
DISTANCE 425.52 MILES
HEART RATE 148 BPM
PACE 07:18 MIN/MI
STRIDE RATE 168 STEPS/MIN
KNOW YOUR HISTORY
EVALUATE WORKOUTS FROM A SINGLE DAY TO A FULL YEAR. CLICK THE COLORED BARS TO GET DETAILS FOR THAT TIME PERIOD. LOOK FOR PATTERNS!
514
WORKOUT JOURNAL
TIME
08:00
07:00
06:00
05:00
04:24
03:00
02:00
01:00
00:00
TIME: 03:48:30
CALORIES: 2258 CAL
DISTANCE: 29.44 MI
HEART RATE: 147 BPM
PACE: 08:08 MIN/MI
STRIDE RATE: 167 STEPS/MIN
206
512
516
6/29-7/5
7/6-7/12
7/13-7/19
7/20-7/26
7/27-8/2
8/3-8/9
8/10-8/16
8/17-8/23
8/24-8/30
8/31-9/6
9/7-9/13
9/14-9/20
VIEW BY
WEEK
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 24

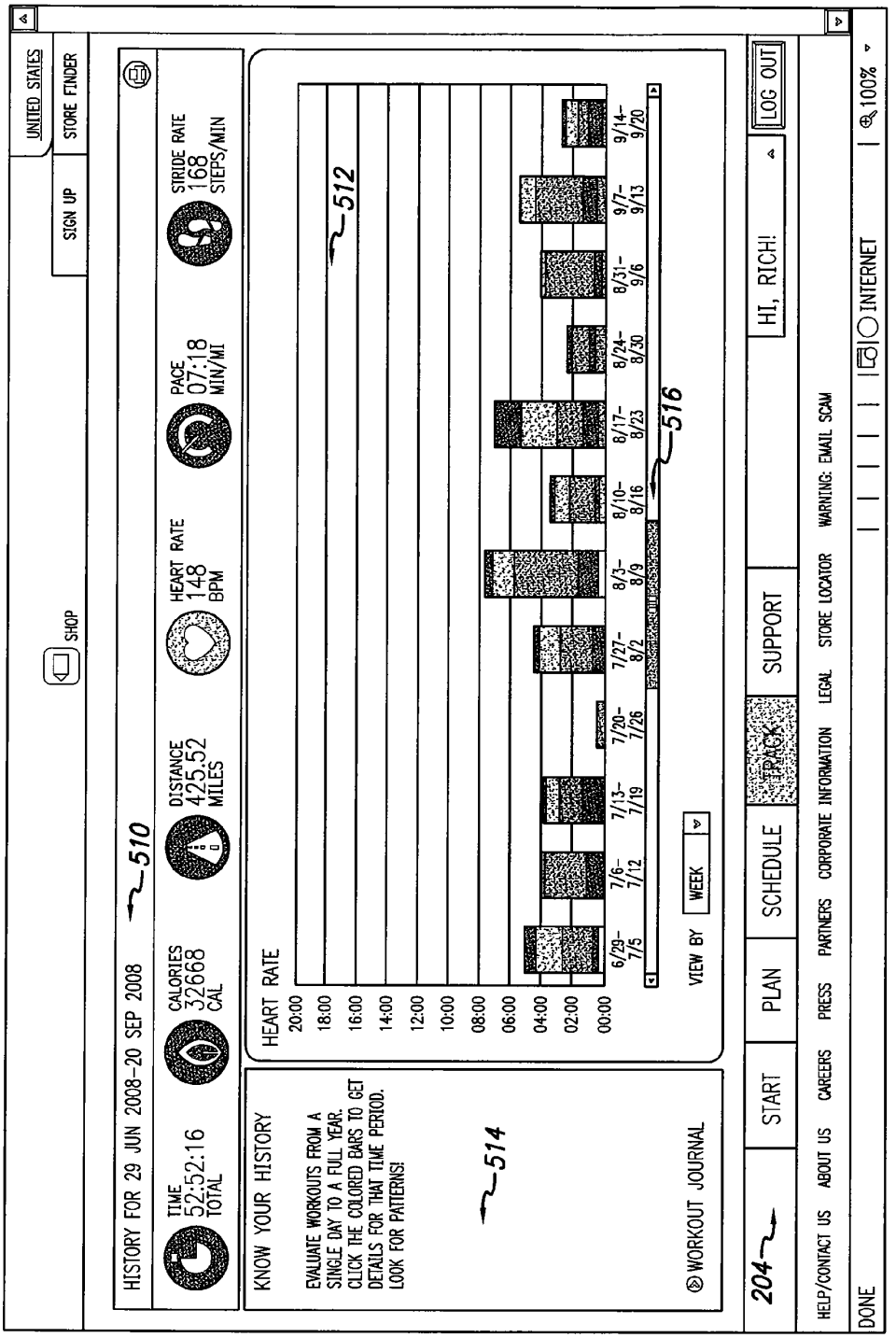

UNITED STATES
STORE FINDER
SIGN UP
SHOP
HISTORY FOR 29 JUN 2008–20 SEP 2008
510
TIME 52:52:16 TOTAL
CALORIES 32668 CAL
DISTANCE 425.52 MILES
HEART RATE 148 BPM
PACE 07:18 MIN/MI
STRIDE RATE 168 STEPS/MIN
KNOW YOUR HISTORY
EVALUATE WORKOUTS FROM A SINGLE DAY TO A FULL YEAR. CLICK THE COLORED BARS TO GET DETAILS FOR THAT TIME PERIOD. LOOK FOR PATTERNS!
514
WORKOUT JOURNAL
HEART RATE
20:00
18:00
16:00
14:00
12:00
10:00
08:00
06:00
04:00
02:00
00:00
6/29–7/5
7/6–7/12
7/13–7/19
7/20–7/26
7/27–8/2
8/3–8/9
8/10–8/16
8/17–8/23
8/24–8/30
8/31–9/6
9/7–9/13
9/14–9/20
512
516
VIEW BY
WEEK
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 25

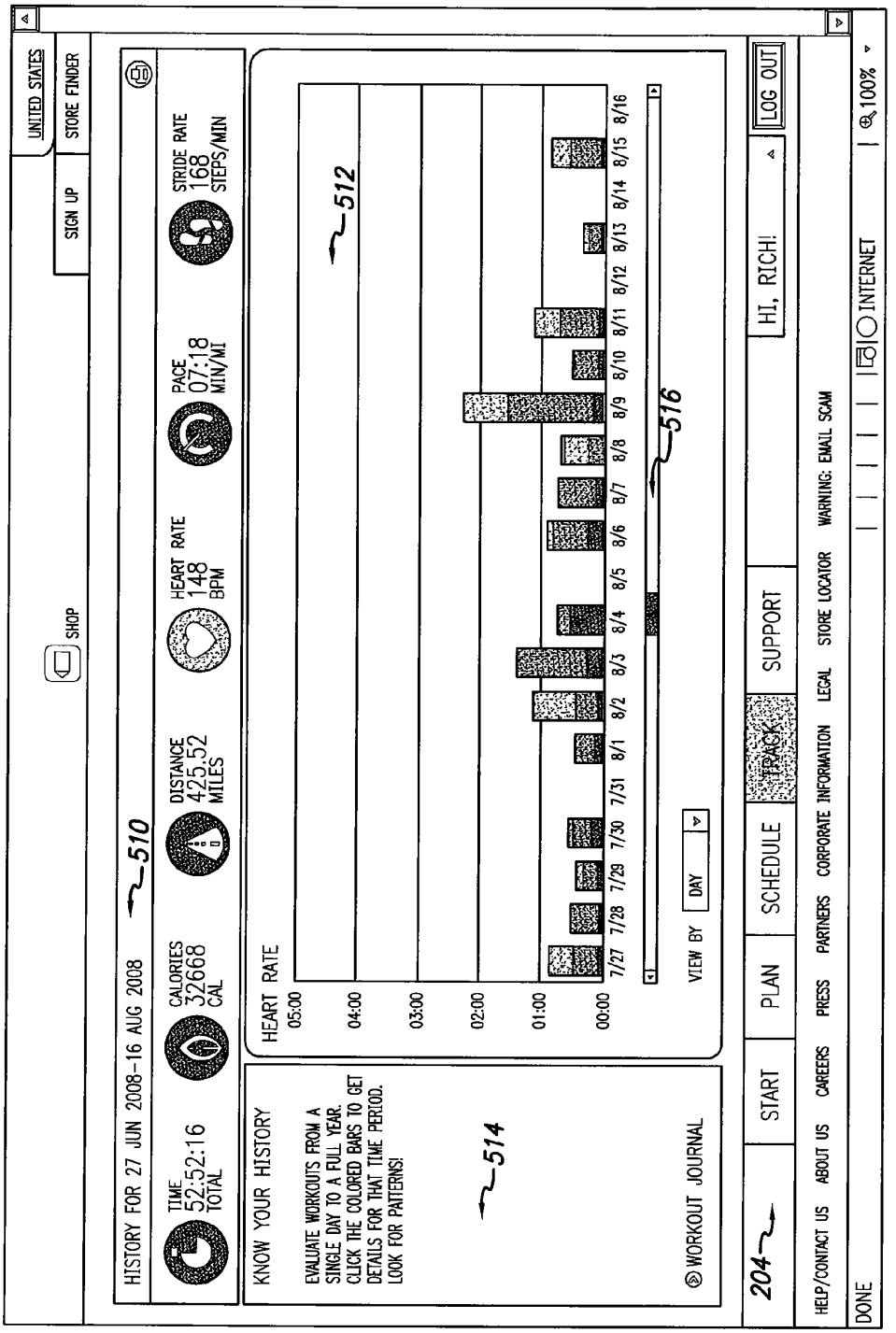

UNITED STATES
STORE FINDER
SIGN UP
SHOP
HISTORY FOR 27 JUN 2008–16 AUG 2008
510
TIME 52:52:16 TOTAL
CALORIES 32668 CAL
DISTANCE 425.52 MILES
HEART RATE 148 BPM
PACE 07:18 MIN/MI
STRIDE RATE 168 STEPS/MIN
KNOW YOUR HISTORY
EVALUATE WORKOUTS FROM A SINGLE DAY TO A FULL YEAR. CLICK THE COLORED BARS TO GET DETAILS FOR THAT TIME PERIOD. LOOK FOR PATTERNS!
514
HEART RATE
512
05:00
04:00
03:00
02:00
01:00
00:00
7/27 7/28 7/29 7/30 7/31 8/1 8/2 8/3 8/4 8/5 8/6 8/7 8/8 8/9 8/10 8/11 8/12 8/13 8/14 8/15 8/16
516
VIEW BY DAY
WORKOUT JOURNAL
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US ABOUT US CAREERS PRESS PARTNERS CORPORATE INFORMATION LEGAL STORE LOCATOR WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 26

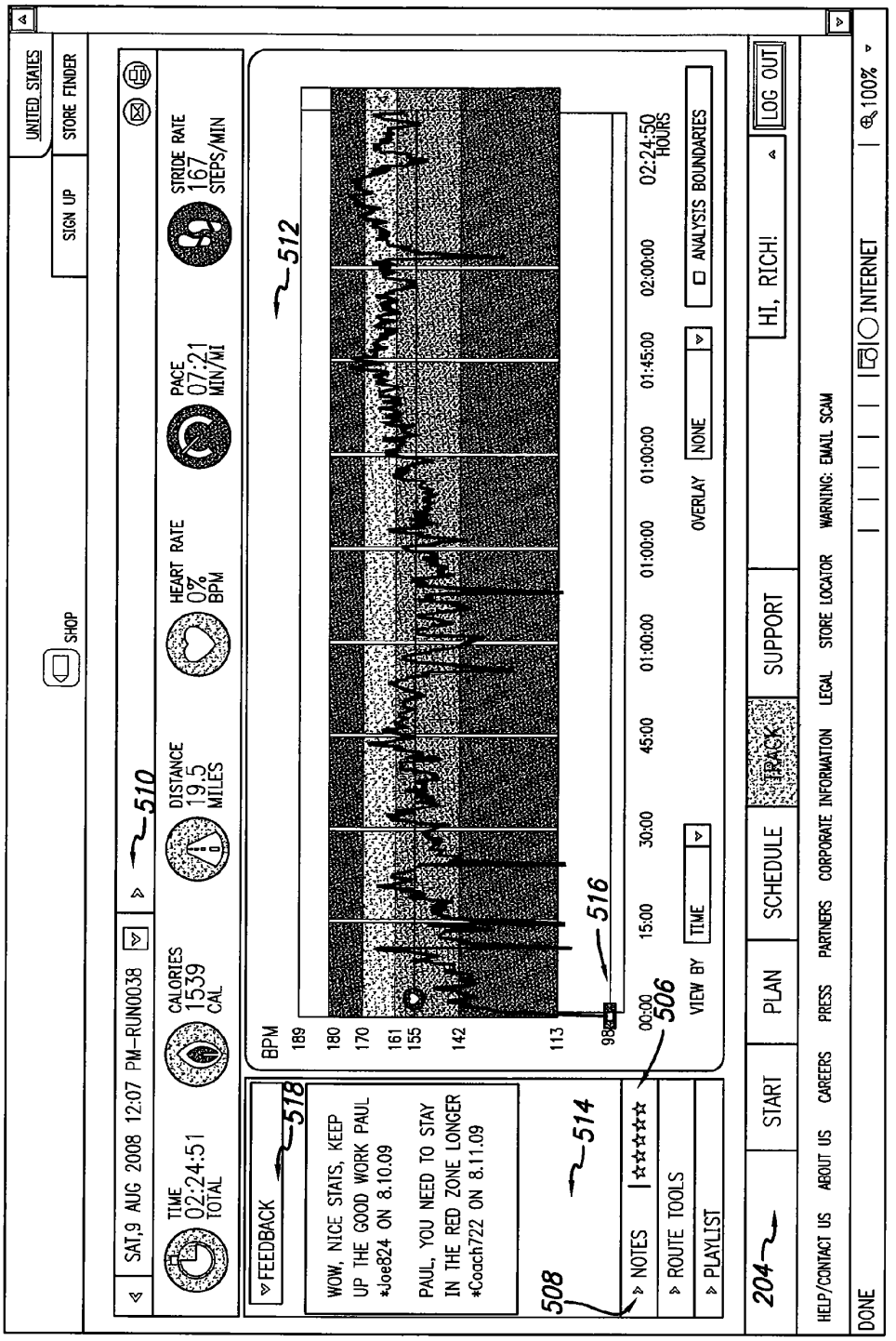

UNITED STATES
SIGN UP
STORE FINDER
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
512
BPM
189
180
170
161
155
142
113
98
516
00:00
15:00
30:00
45:00
01:00:00
01:00:00
01:00:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
FEEDBACK
518
WOW, NICE STATS, KEEP UP THE GOOD WORK PAUL *Joe824 ON 8.10.09
PAUL, YOU NEED TO STAY IN THE RED ZONE LONGER *Coach722 ON 8.11.09
514
508
506
NOTES
ROUTE TOOLS
PLAYLIST
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 27

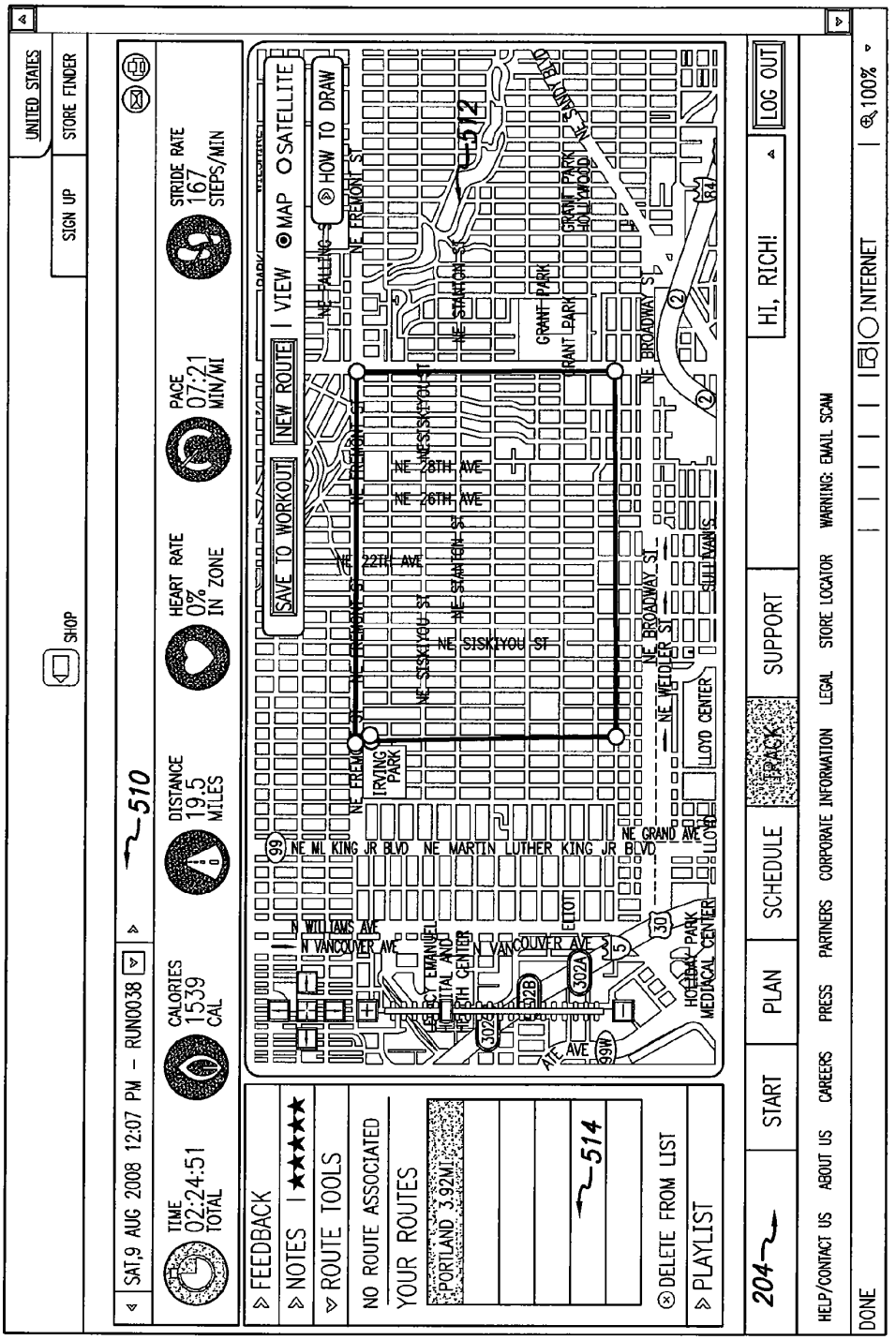

UNITED STATES
SIGN UP
STORE FINDER
SHOP
SAT,9 AUG 2008 12:07 PM - RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% IN ZONE
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
SAVE TO WORKOUT
NEW ROUTE
VIEW MAP SATELLITE
HOW TO DRAW
512
FEEDBACK
NOTES
ROUTE TOOLS
NO ROUTE ASSOCIATED
YOUR ROUTES
PORTLAND 3.92MI
514
DELETE FROM LIST
PLAYLIST
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US ABOUT US CAREERS PRESS PARTNERS CORPORATE INFORMATION LEGAL STORE LOCATOR WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 28

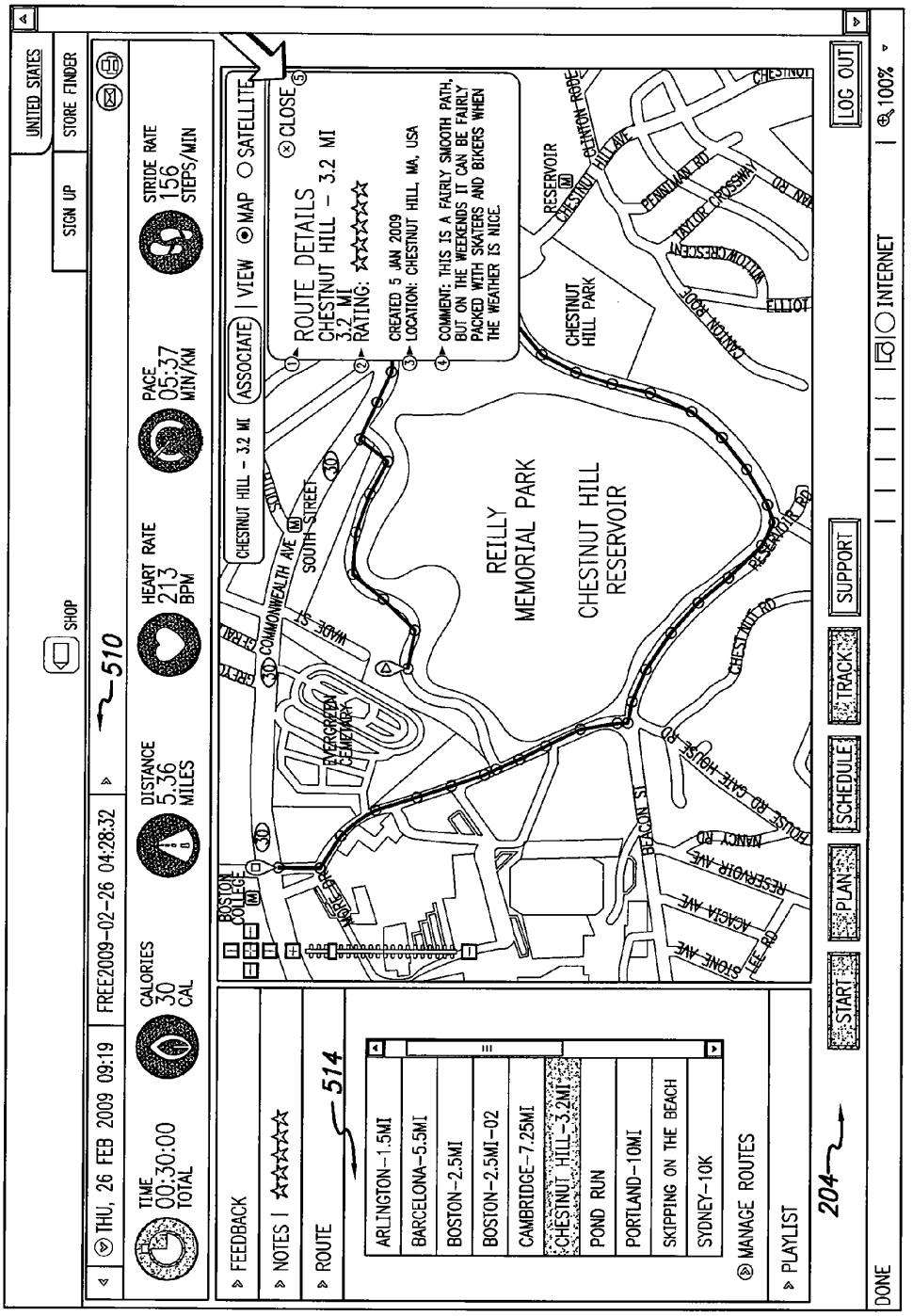

UNITED STATES
SIGN UP
STORE FINDER
SHOP
THU, 26 FEB 2009 09:19
FREE2009-02-26 04:28:32
510
TIME 00:30:00 TOTAL
CALORIES 30 CAL
DISTANCE 5.36 MILES
HEART RATE 213 BPM
PACE 05:37 MIN/KM
STRIDE RATE 156 STEPS/MIN
FEEDBACK
NOTES
ROUTE
514
ARLINGTON-1.5MI
BARCELONA-5.5MI
BOSTON-2.5MI
BOSTON-2.5MI-02
CAMBRIDGE-7.25MI
CHESTNUT HILL-3.2MI
POND RUN
PORTLAND-10MI
SKIPPING ON THE BEACH
SYDNEY-10K
MANAGE ROUTES
PLAYLIST
204
CHESTNUT HILL - 3.2 MI
ASSOCIATE
VIEW
MAP
SATELLITE
CLOSE
ROUTE DETAILS
CHESTNUT HILL - 3.2 MI
3.2 MI
RATING:
CREATED 5 JAN 2009
LOCATION: CHESTNUT HILL, MA, USA
COMMENT: THIS IS A FAIRLY SMOOTH PATH, BUT ON THE WEEKENDS IT CAN BE FAIRLY PACKED WITH SKATERS AND BIKERS WHEN THE WEATHER IS NICE.
REILLY MEMORIAL PARK
CHESTNUT HILL RESERVOIR
CHESTNUT HILL PARK
RESERVOIR
BOSTON COLLEGE
COMMONWEALTH AVE
SOUTH STREET
WADE ST
EVERGREEN CEMETARY
BEACON ST
CHESTNUT RD
RESERVOIR RD
HOUSE RD
GATE HOUSE RD
NANCY RD
RESERVOIR AVE
ACACIA AVE
STONE AVE
LEE RD
CANTON ROOF
WILLOW CRESCENT
TAYLOR CROSSWAY
PENNIMAN RD
CLINTON ROBE
CHESTNUT HILL AVE
START
PLAN
SCHEDULE
TRACK
SUPPORT
LOG OUT
DONE
INTERNET
100%

FIG. 29

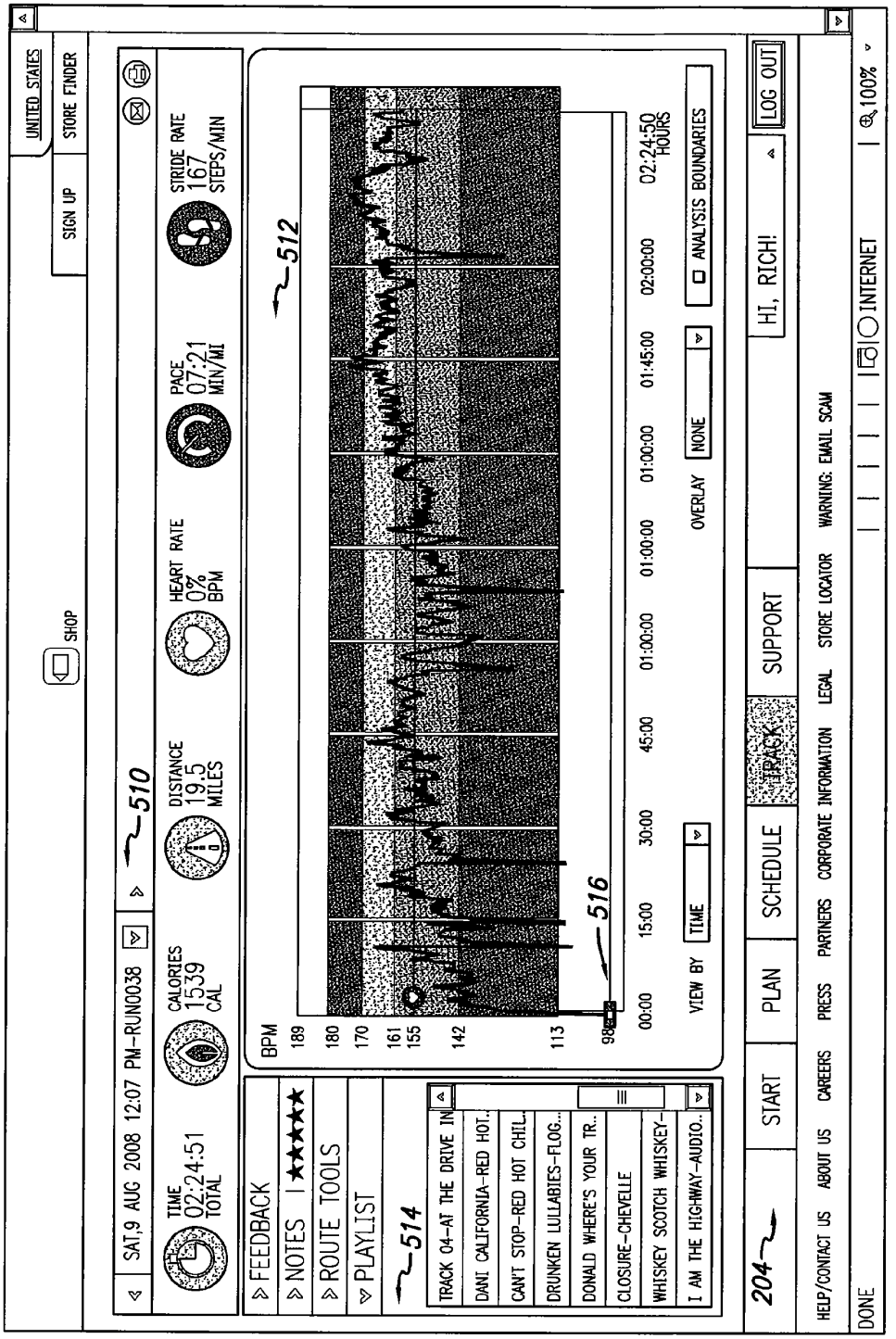

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
512
BPM
189
180
170
161
155
142
113
98
516
00:00
15:00
30:00
45:00
01:00:00
01:00:00
01:00:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
514
TRACK 04-AT THE DRIVE IN
DAN: CALIFORNIA-RED HOT..
CAN'T STOP-RED HOT CHIL..
DRUNKEN LULLABIES-FLOG..
DONALD WHERE'S YOUR TR..
CLOSURE-CHEVELLE
WHISKEY SCOTCH WHISKEY-
I AM THE HIGHWAY-AUDIO..
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 30

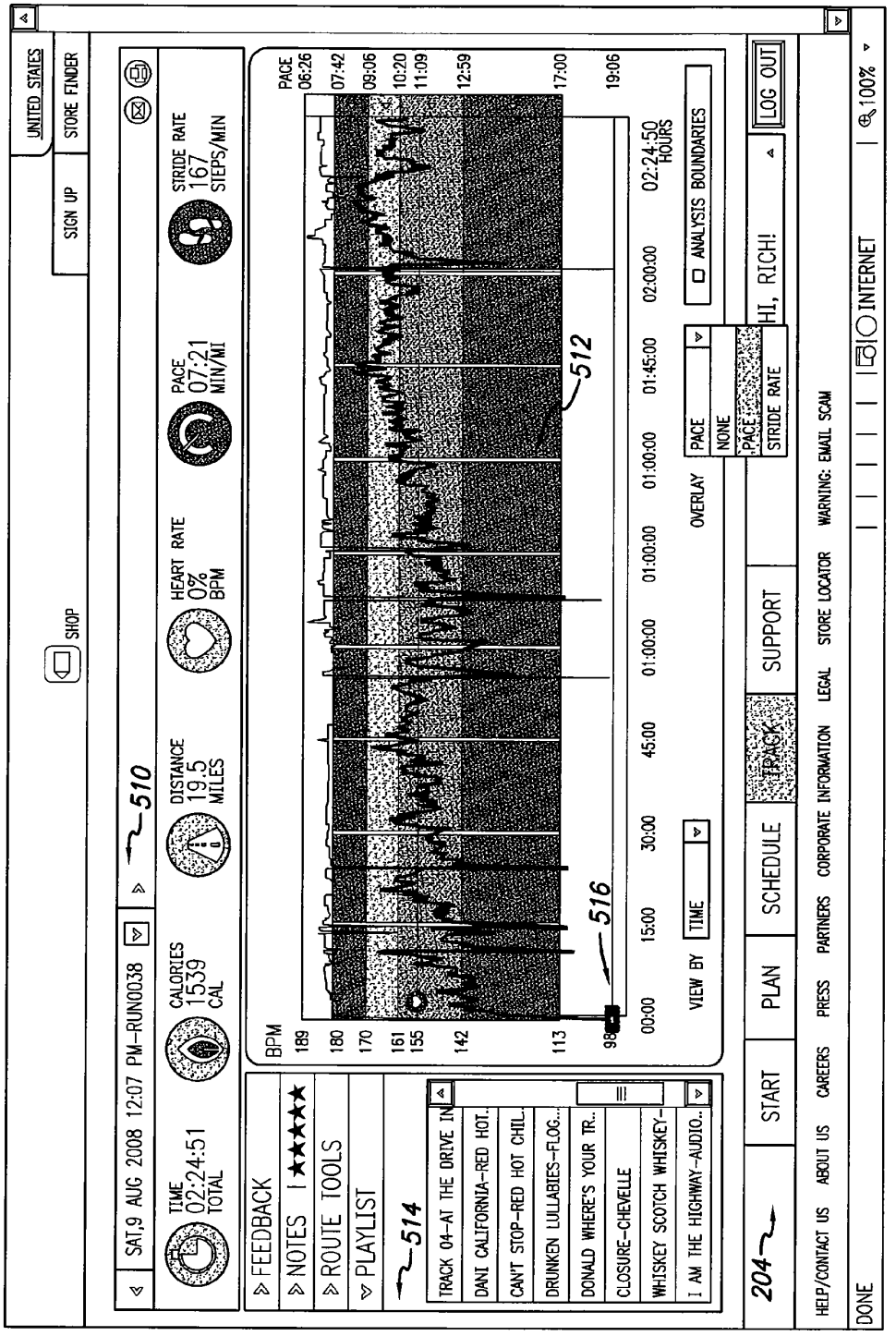

UNITED STATES
SIGN UP
STORE FINDER
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
514
TRACK 04-AT THE DRIVE IN
DANI CALIFORNIA-RED HOT.
CAN'T STOP-RED HOT CHIL.
DRUNKEN LULLABIES-FLOG...
DONALD WHERE'S YOUR TR..
CLOSURE-CHEVELLE
WHISKEY SCOTCH WHISKEY-
I AM THE HIGHWAY-AUDIO..
BPM
189
180
170
161
155
142
113
98
PACE
06:26
07:42
09:06
10:20
11:09
12:59
17:00
19:06
512
516
00:00
15:00
30:00
45:00
01:00:00
01:00:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY
TIME
OVERLAY
PACE
NONE
PACE
STRIDE RATE
ANALYSIS BOUNDARIES
HI, RICH!
LOG OUT
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 31

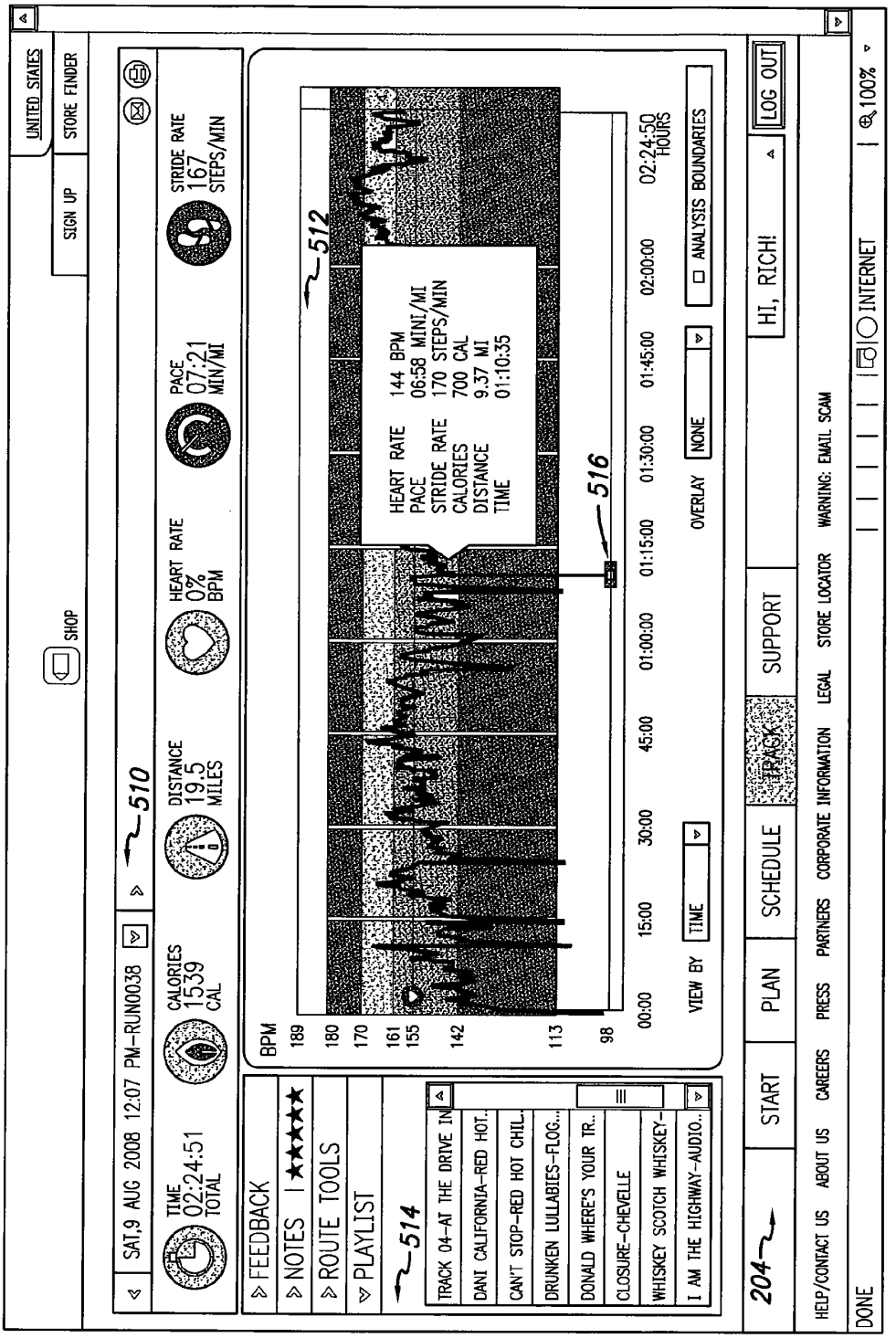

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
514
TRACK 04-AT THE DRIVE IN
DANI CALIFORNIA-RED HOT..
CAN'T STOP-RED HOT CHIL..
DRUNKEN LULLABIES-FLOG..
DONALD WHERE'S YOUR TR..
CLOSURE-CHEVELLE
WHISKEY SCOTCH WHISKEY-
I AM THE HIGHWAY-AUDIO..
BPM
189
180
170
161
155
142
113
98
512
HEART RATE 144 BPM
PACE 06:58 MIN/MI
STRIDE RATE 170 STEPS/MIN
CALORIES 700 CAL
DISTANCE 9.37 MI
TIME 01:10:35
516
00:00
15:00
30:00
45:00
01:00:00
01:15:00
01:30:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 32

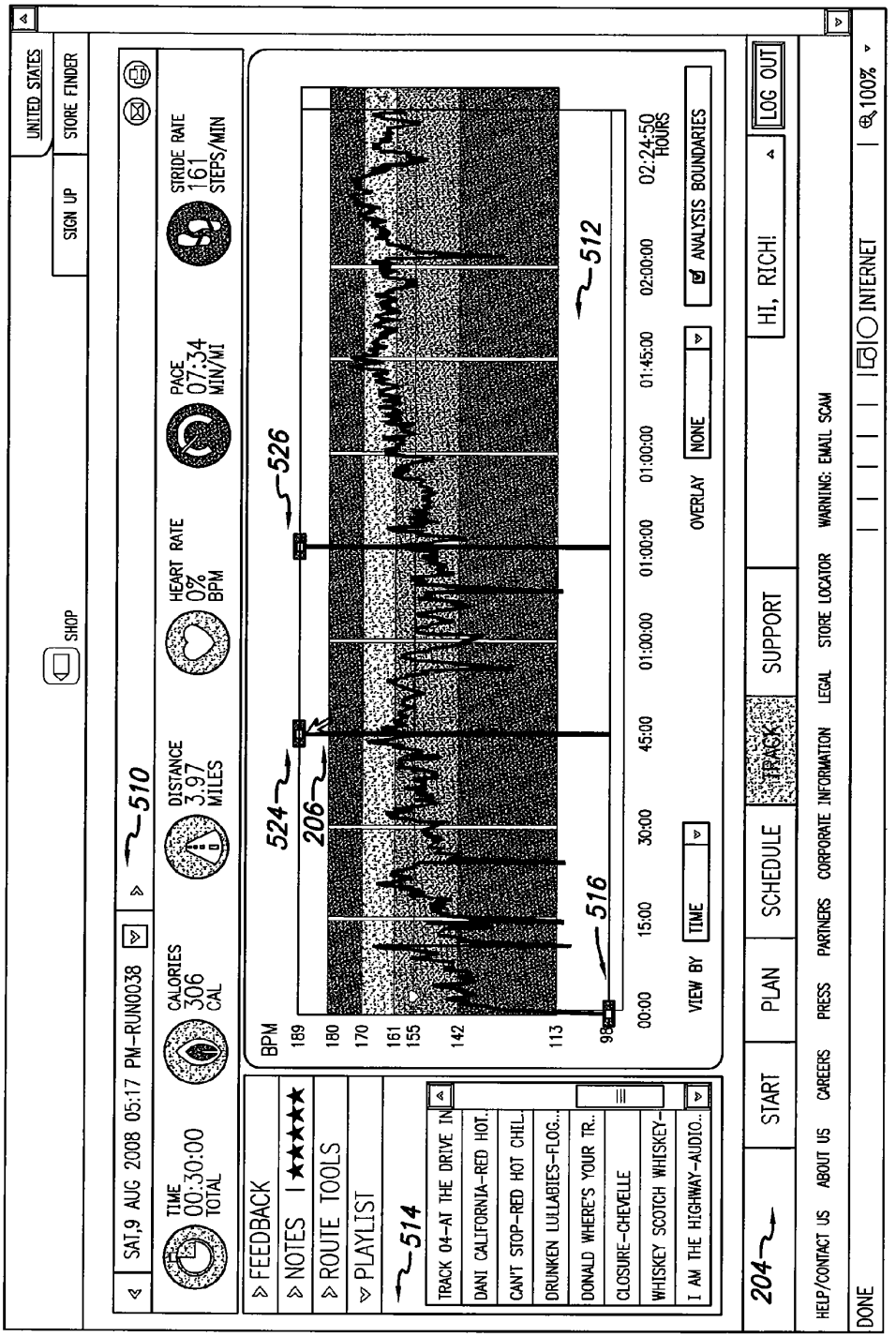

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SAT,9 AUG 2008 05:17 PM-RUN0038
510
TIME 00:30:00 TOTAL
CALORIES 306 CAL
DISTANCE 3.97 MILES
HEART RATE 0% BPM
PACE 07:34 MIN/MI
STRIDE RATE 161 STEPS/MIN
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
514
TRACK 04-AT THE DRIVE IN
DANI CALIFORNIA-RED HOT.
CAN'T STOP-RED HOT CHIL.
DRUNKEN LULLABIES-FLOG..
DONALD WHERE'S YOUR TR..
CLOSURE-CHEVELLE
WHISKEY SCOTCH WHISKEY-
I AM THE HIGHWAY-AUDIO..
BPM
189
180
170
161
155
142
113
98
524
206
526
516
512
00:00
15:00
30:00
45:00
01:00:00
01:00:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 33

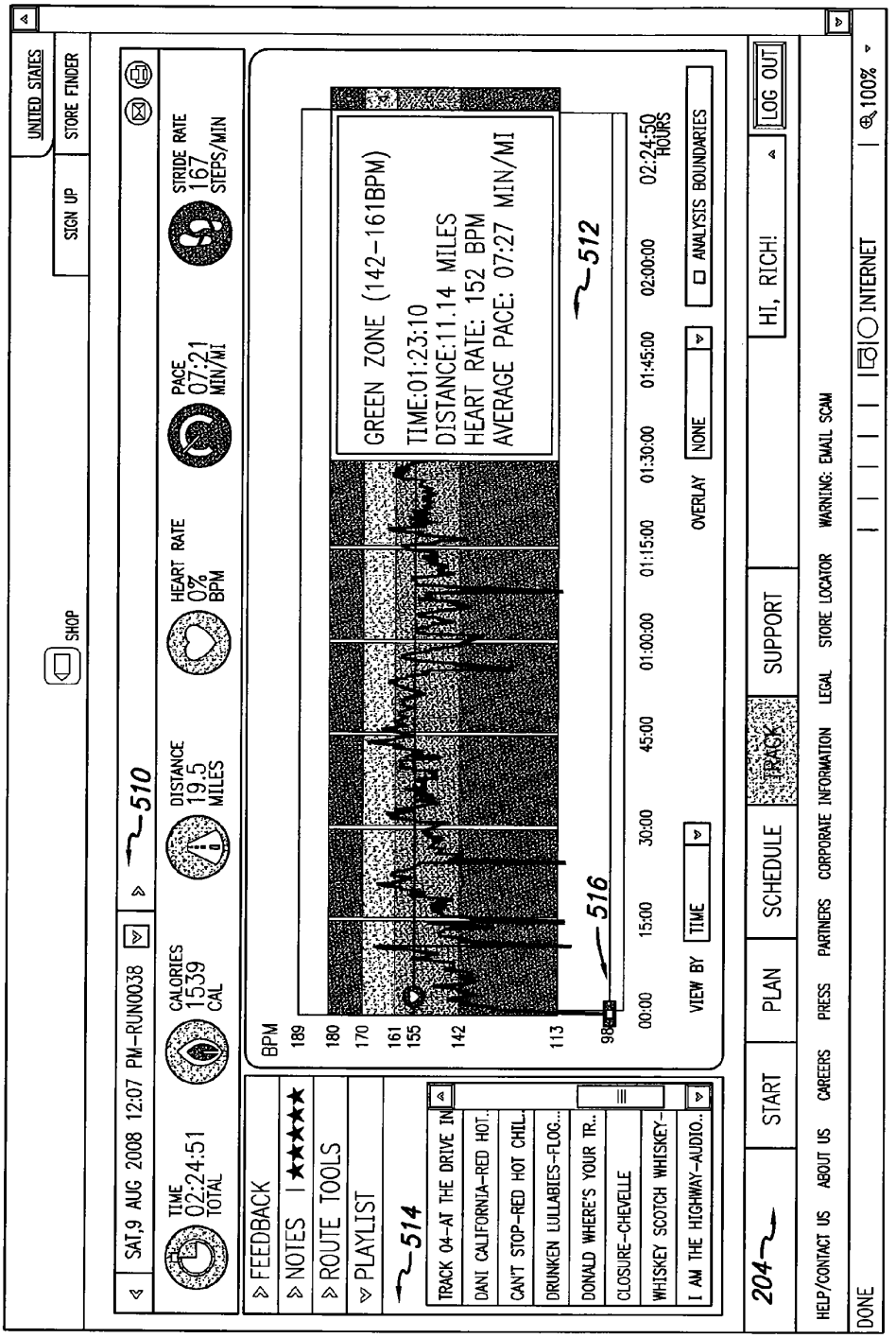

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
514
TRACK 04-AT THE DRIVE IN
DANI CALIFORNIA-RED HOT..
CAN'T STOP-RED HOT CHIL..
DRUNKEN LULLABIES-FLOG..
DONALD WHERE'S YOUR TR..
CLOSURE-CHEVELLE
WHISKEY SCOTCH WHISKEY-
I AM THE HIGHWAY-AUDIO..
BPM
189
180
170
161
155
142
113
98
516
GREEN ZONE (142-161BPM)
TIME:01:23:10
DISTANCE:11.14 MILES
HEART RATE: 152 BPM
AVERAGE PACE: 07:27 MIN/MI
512
00:00
15:00
30:00
45:00
01:00:00
01:15:00
01:30:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
204
START
PLAN
SCHEDULE
TRACKS
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US ABOUT US CAREERS PRESS PARTNERS CORPORATE INFORMATION LEGAL STORE LOCATOR WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 34

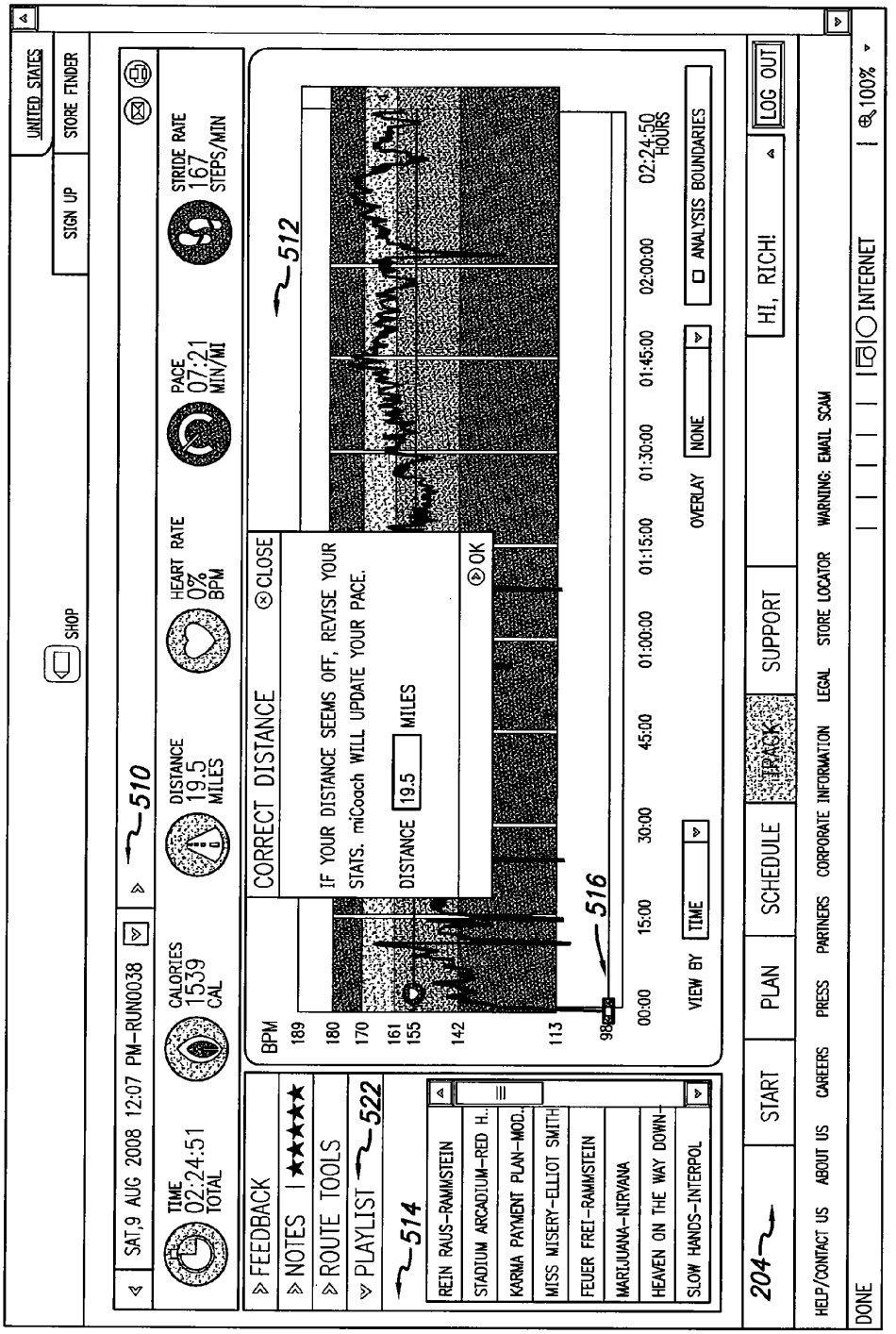

UNITED STATES
STORE FINDER
SIGN UP
SHOP
SAT,9 AUG 2008 12:07 PM-RUN0038
510
TIME 02:24:51 TOTAL
CALORIES 1539 CAL
DISTANCE 19.5 MILES
HEART RATE 0% BPM
PACE 07:21 MIN/MI
STRIDE RATE 167 STEPS/MIN
512
CORRECT DISTANCE
CLOSE
IF YOUR DISTANCE SEEMS OFF, REVISE YOUR STATS. miCoach WILL UPDATE YOUR PACE.
DISTANCE 19.5 MILES
OK
BPM
189
180
170
161
155
142
113
98
516
00:00
15:00
30:00
45:00
01:00:00
01:15:00
01:30:00
01:45:00
02:00:00
02:24:50 HOURS
VIEW BY TIME
OVERLAY NONE
ANALYSIS BOUNDARIES
FEEDBACK
NOTES
ROUTE TOOLS
PLAYLIST
522
514
REIN RAUS-RAMMSTEIN
STADIUM ARCADIUM-RED H..
KARMA PAYMENT PLAN-MOD..
MISS MISERY-ELLIOT SMITH
FEUER FREI-RAMMSTEIN
MARIJUANA-NIRVANA
HEAVEN ON THE WAY DOWN-
SLOW HANDS-INTERPOL
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
INTERNET
100%
DONE

FIG. 35

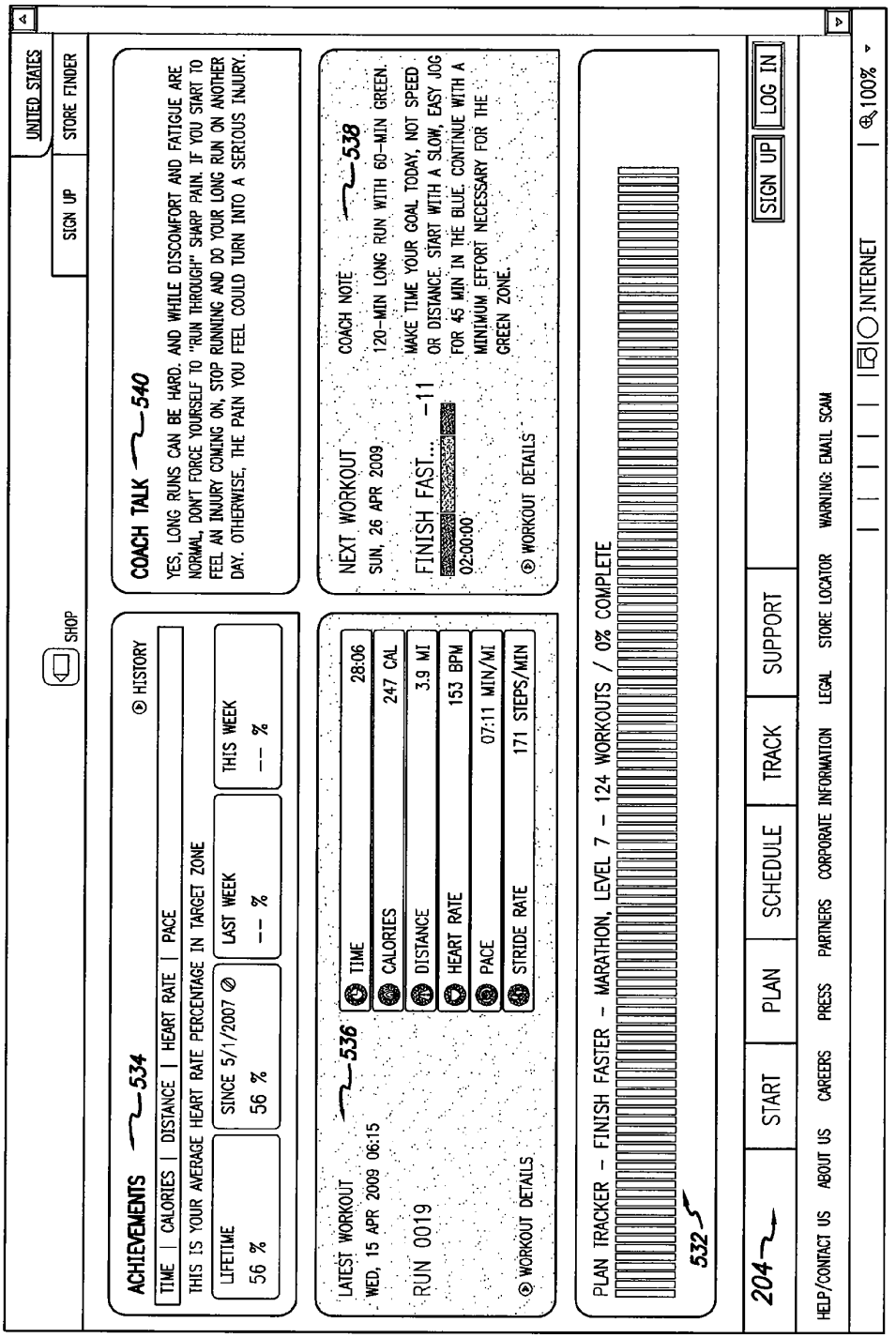

UNITED STATES
SIGN UP
STORE FINDER
SHOP
ACHIEVEMENTS 534
HISTORY
TIME | CALORIES | DISTANCE | HEART RATE | PACE
THIS IS YOUR AVERAGE HEART RATE PERCENTAGE IN TARGET ZONE
LIFETIME 56 %
SINCE 5/1/2007 56 %
LAST WEEK -- %
THIS WEEK -- %
LATEST WORKOUT 536
WED, 15 APR 2009 06:15
RUN 0019
TIME 28:06
CALORIES 247 CAL
DISTANCE 3.9 MI
HEART RATE 153 BPM
PACE 07:11 MIN/MI
STRIDE RATE 171 STEPS/MIN
WORKOUT DETAILS
COACH TALK 540
YES, LONG RUNS CAN BE HARD, AND WHILE DISCOMFORT AND FATIGUE ARE NORMAL, DON'T FORCE YOURSELF TO "RUN THROUGH" SHARP PAIN. IF YOU START TO FEEL AN INJURY COMING ON, STOP RUNNING AND DO YOUR LONG RUN ON ANOTHER DAY. OTHERWISE, THE PAIN YOU FEEL COULD TURN INTO A SERIOUS INJURY.
NEXT WORKOUT
SUN, 26 APR 2009
FINISH FAST... -11
02:00:00
COACH NOTE 538
120-MIN LONG RUN WITH 60-MIN GREEN.
MAKE TIME YOUR GOAL TODAY, NOT SPEED OR DISTANCE. START WITH A SLOW, EASY JOG FOR 45 MIN IN THE BLUE. CONTINUE WITH A MINIMUM EFFORT NECESSARY FOR THE GREEN ZONE.
WORKOUT DETAILS
PLAN TRACKER - FINISH FASTER - MARATHON, LEVEL 7 - 124 WORKOUTS / 0% COMPLETE
532
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
SIGN UP
LOG IN
HELP/CONTACT US ABOUT US CAREERS PRESS PARTNERS CORPORATE INFORMATION LEGAL STORE LOCATOR WARNING: EMAIL SCAM
INTERNET
100%

FIG. 36

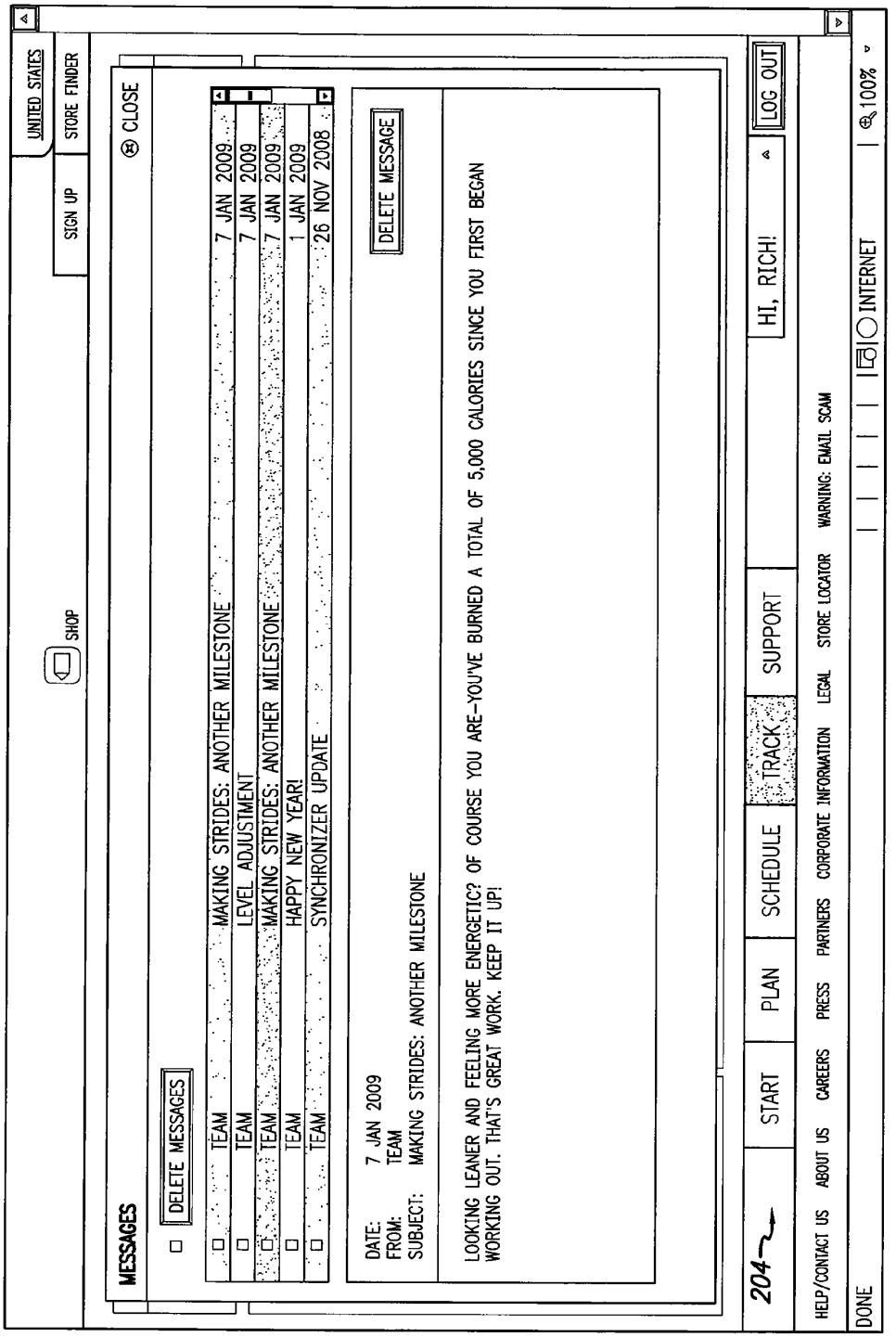

UNITED STATES
STORE FINDER
SIGN UP
SHOP
CLOSE
MESSAGES
DELETE MESSAGES
TEAM MAKING STRIDES: ANOTHER MILESTONE 7 JAN 2009
TEAM LEVEL ADJUSTMENT 7 JAN 2009
TEAM MAKING STRIDES: ANOTHER MILESTONE 7 JAN 2009
TEAM HAPPY NEW YEAR! 1 JAN 2009
TEAM SYNCHRONIZER UPDATE 26 NOV 2008
DELETE MESSAGE
DATE: 7 JAN 2009
FROM: TEAM
SUBJECT: MAKING STRIDES: ANOTHER MILESTONE
LOOKING LEANER AND FEELING MORE ENERGETIC? OF COURSE YOU ARE-YOU'VE BURNED A TOTAL OF 5,000 CALORIES SINCE YOU FIRST BEGAN WORKING OUT. THAT'S GREAT WORK. KEEP IT UP!
HI, RICH!
LOG OUT
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 37

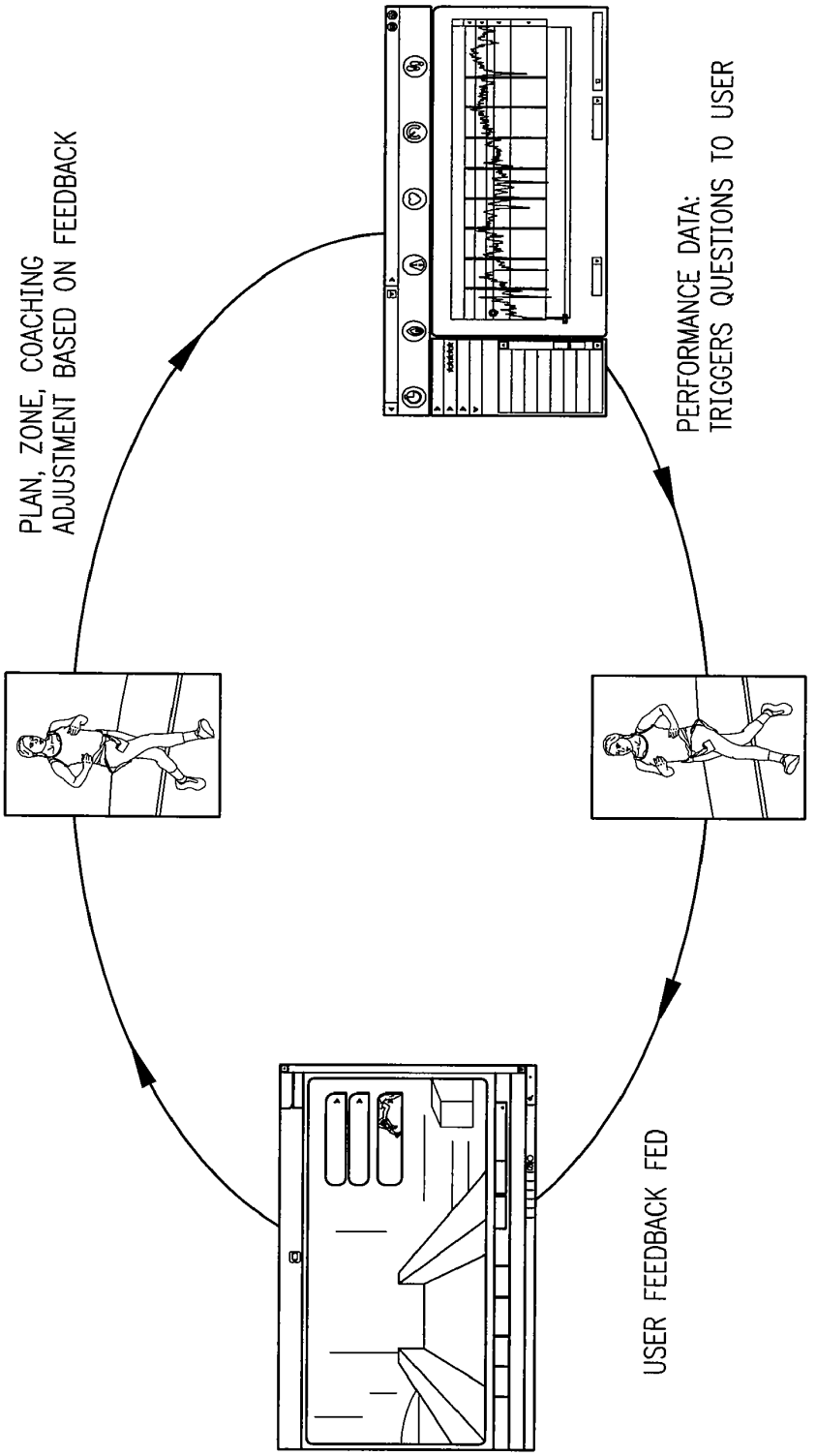

PLAN, ZONE, COACHING
ADJUSTMENT BASED ON FEEDBACK
PERFORMANCE DATA:
TRIGGERS QUESTIONS TO USER
USER FEEDBACK FED

FIG. 38

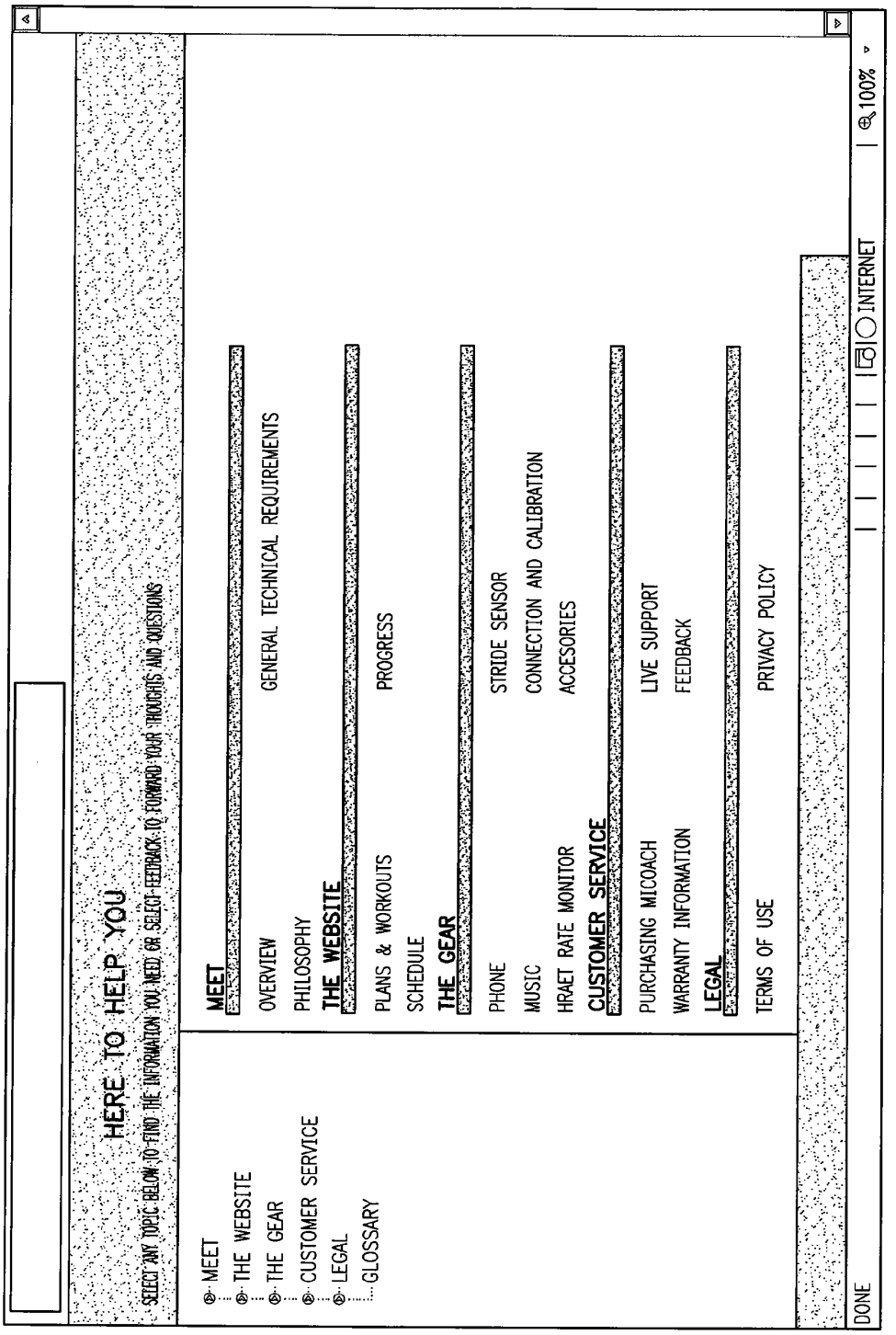

HERE TO HELP YOU
SELECT ANY TOPIC BELOW TO FIND THE INFORMATION YOU NEED, OR SELECT FEEDBACK TO FORWARD YOUR THOUGHTS AND QUESTIONS
MEET
THE WEBSITE
THE GEAR
CUSTOMER SERVICE
LEGAL
GLOSSARY
MEET
OVERVIEW
GENERAL TECHNICAL REQUIREMENTS
PHILOSOPHY
THE WEBSITE
PLANS & WORKOUTS
PROGRESS
SCHEDULE
THE GEAR
PHONE
STRIDE SENSOR
MUSIC
CONNECTION AND CALIBRATION
HRAET RATE MONITOR
ACCESORIES
CUSTOMER SERVICE
PURCHASING MICOACH
LIVE SUPPORT
WARRANTY INFORMATION
FEEDBACK
LEGAL
TERMS OF USE
PRIVACY POLICY
DONE
INTERNET
100%

FIG. 39

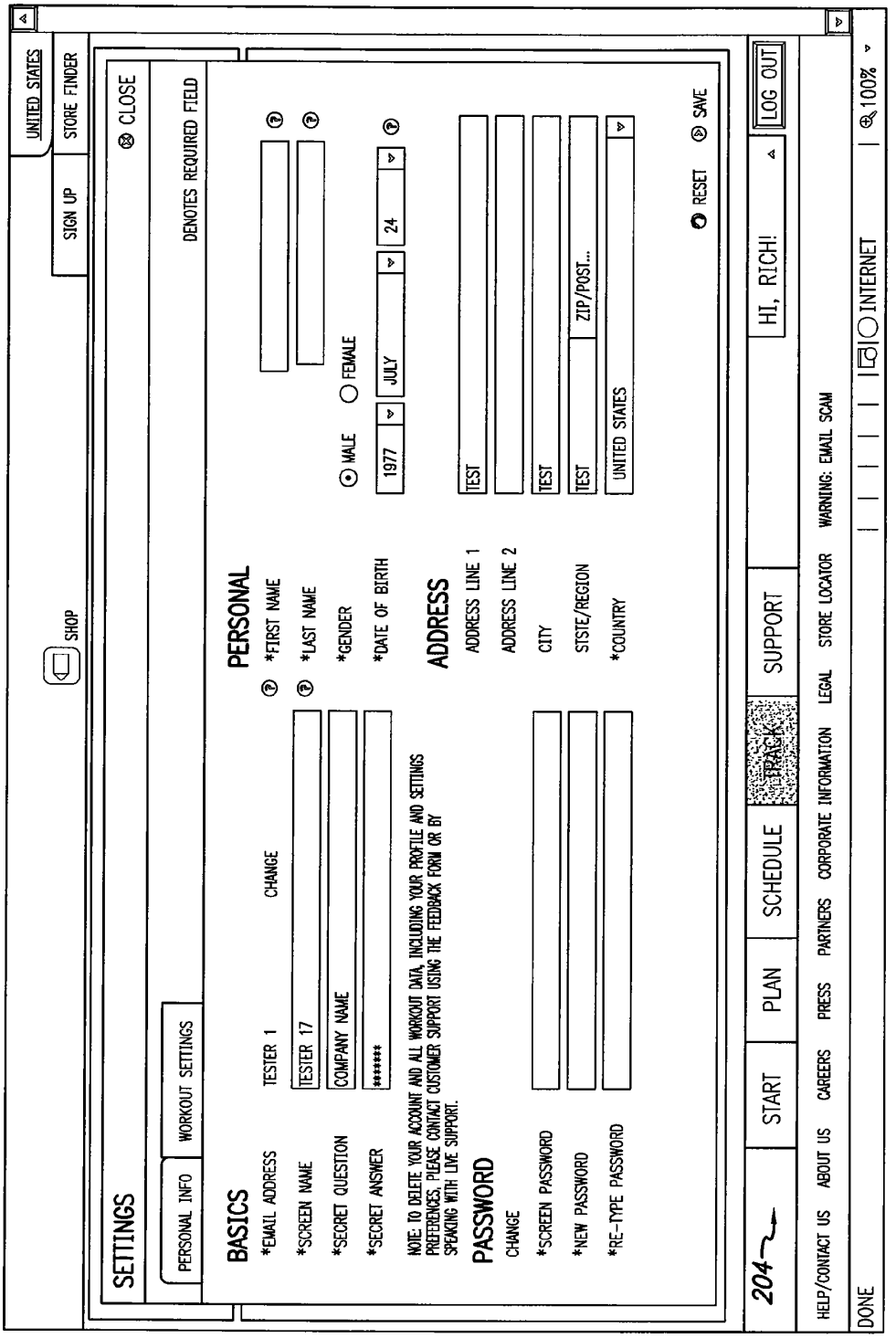

UNITED STATES
STORE FINDER
SIGN UP
SHOP
CLOSE
SETTINGS
PERSONAL INFO
WORKOUT SETTINGS
DENOTES REQUIRED FIELD
BASICS
*EMAIL ADDRESS
TESTER 1
CHANGE
*SCREEN NAME
TESTER 17
*SECRET QUESTION
COMPANY NAME
*SECRET ANSWER
******
NOTE: TO DELETE YOUR ACCOUNT AND ALL WORKOUT DATA, INCLUDING YOUR PROFILE AND SETTINGS PREFERENCES, PLEASE CONTACT CUSTOMER SUPPORT USING THE FEEDBACK FORM OR BY SPEAKING WITH LIVE SUPPORT.
PASSWORD
CHANGE
*SCREEN PASSWORD
*NEW PASSWORD
*RE-TYPE PASSWORD
PERSONAL
*FIRST NAME
*LAST NAME
*GENDER
MALE
FEMALE
*DATE OF BIRTH
1977
JULY
24
ADDRESS
ADDRESS LINE 1
TEST
ADDRESS LINE 2
CITY
TEST
STATE/REGION
TEST
ZIP/POST...
*COUNTRY
UNITED STATES
RESET
SAVE
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 40

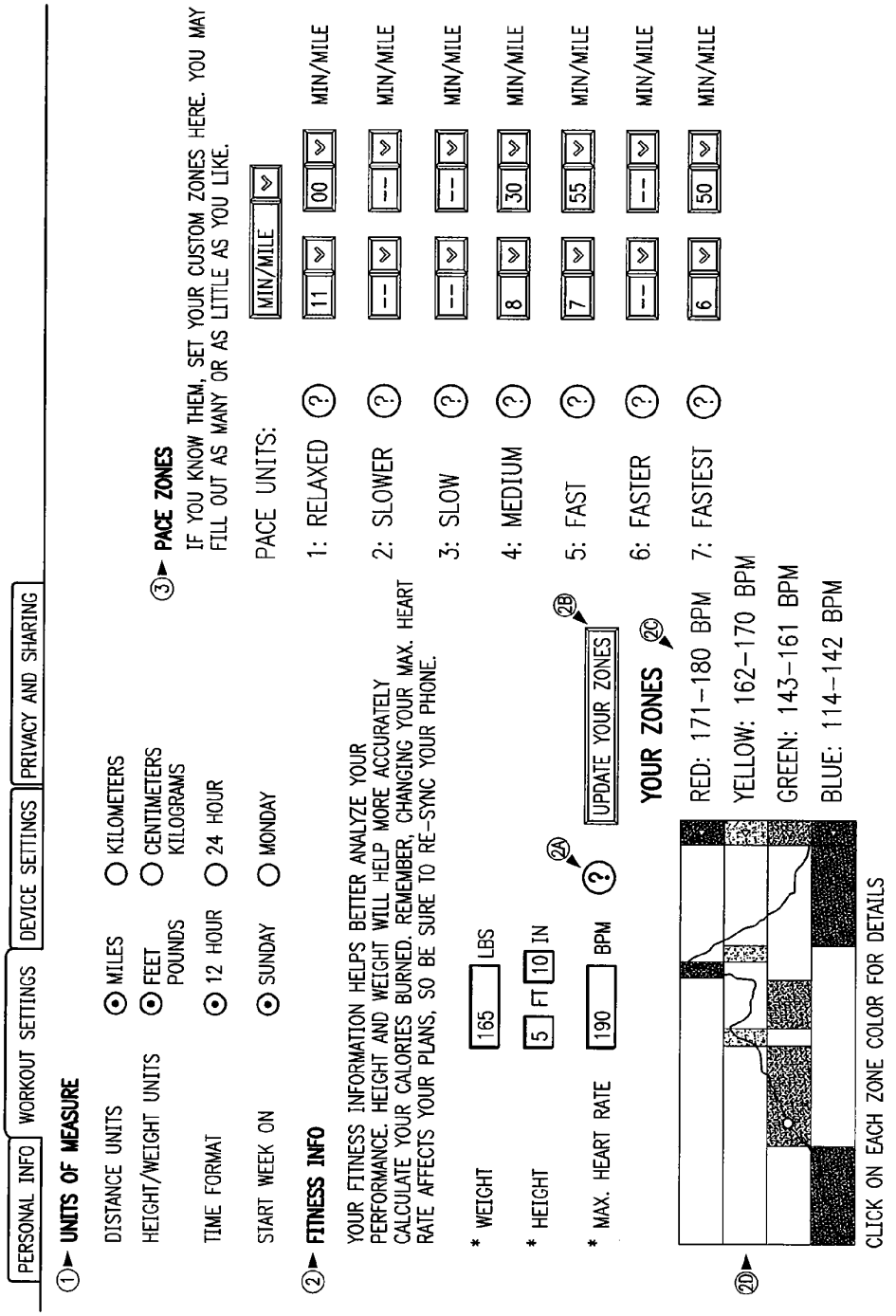

PERSONAL INFO
WORKOUT SETTINGS
DEVICE SETTINGS
PRIVACY AND SHARING
1 UNITS OF MEASURE
DISTANCE UNITS
MILES
KILOMETERS
HEIGHT/WEIGHT UNITS
FEET POUNDS
CENTIMETERS KILOGRAMS
TIME FORMAT
12 HOUR
24 HOUR
START WEEK ON
SUNDAY
MONDAY
2 FITNESS INFO
YOUR FITNESS INFORMATION HELPS BETTER ANALYZE YOUR PERFORMANCE. HEIGHT AND WEIGHT WILL HELP MORE ACCURATELY CALCULATE YOUR CALORIES BURNED. REMEMBER, CHANGING YOUR MAX. HEART RATE AFFECTS YOUR PLANS, SO BE SURE TO RE-SYNC YOUR PHONE.
* WEIGHT
165
LBS
* HEIGHT
5
FT
10
IN
* MAX. HEART RATE
190
BPM
24
2B
UPDATE YOUR ZONES
3 PACE ZONES
IF YOU KNOW THEM, SET YOUR CUSTOM ZONES HERE. YOU MAY FILL OUT AS MANY OR AS LITTLE AS YOU LIKE.
PACE UNITS:
MIN/MILE
1: RELAXED
11
00
MIN/MILE
2: SLOWER
MIN/MILE
3: SLOW
MIN/MILE
4: MEDIUM
8
30
MIN/MILE
5: FAST
7
55
MIN/MILE
6: FASTER
MIN/MILE
7: FASTEST
6
50
MIN/MILE
20
YOUR ZONES
RED: 171–180 BPM
YELLOW: 162–170 BPM
GREEN: 143–161 BPM
BLUE: 114–142 BPM
20
CLICK ON EACH ZONE COLOR FOR DETAILS

FIG. 41

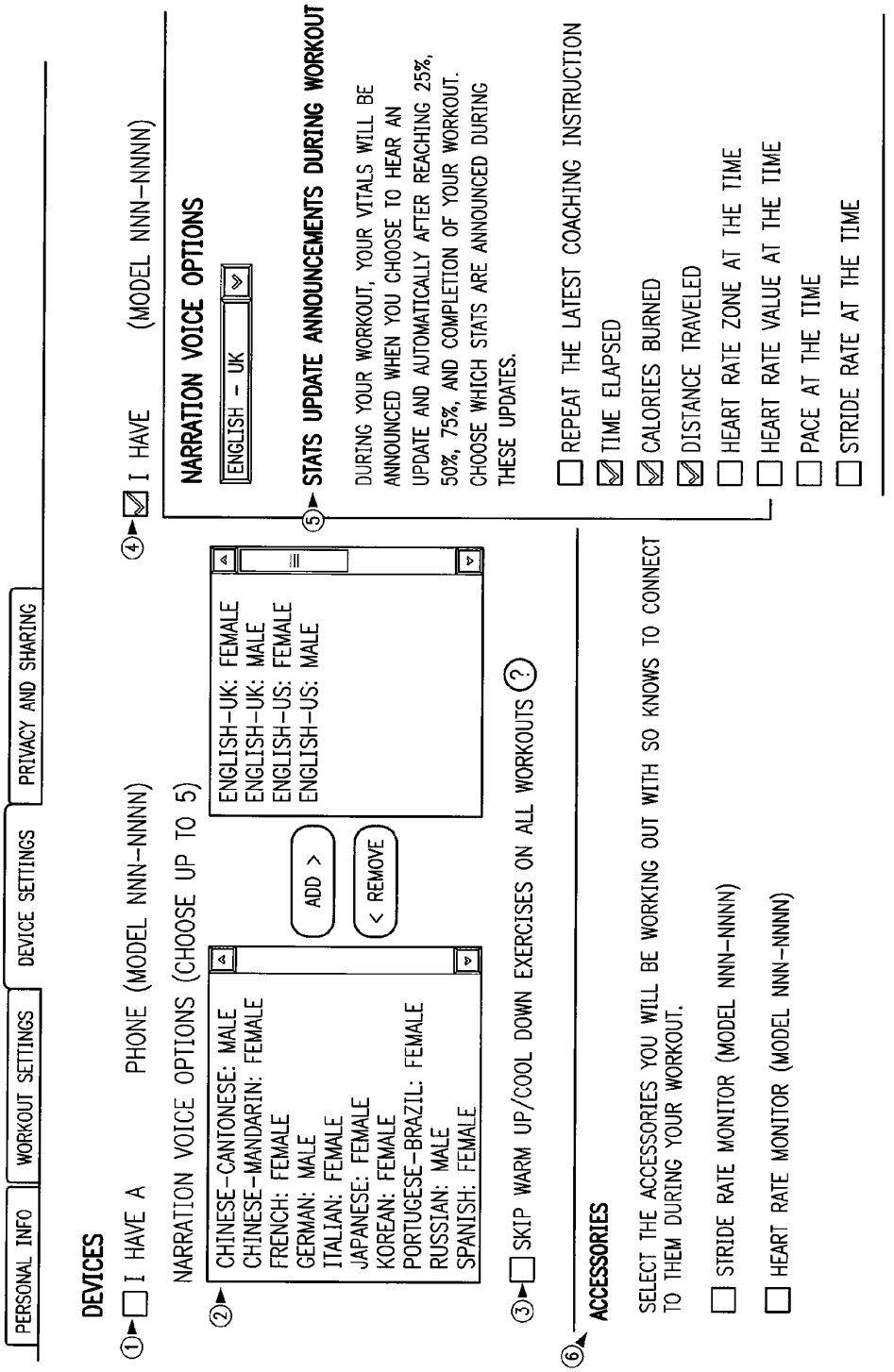

PERSONAL INFO
WORKOUT SETTINGS
DEVICE SETTINGS
PRIVACY AND SHARING
DEVICES
1 I HAVE A PHONE (MODEL NNN-NNNN)
NARRATION VOICE OPTIONS (CHOOSE UP TO 5)
2
CHINESE-CANTONESE: MALE
CHINESE-MANDARIN: FEMALE
FRENCH: FEMALE
GERMAN: MALE
ITALIAN: FEMALE
JAPANESE: FEMALE
KOREAN: FEMALE
PORTUGESE-BRAZIL: FEMALE
RUSSIAN: MALE
SPANISH: FEMALE
ADD >
< REMOVE
ENGLISH-UK: FEMALE
ENGLISH-UK: MALE
ENGLISH-US: FEMALE
ENGLISH-US: MALE
3 SKIP WARM UP/COOL DOWN EXERCISES ON ALL WORKOUTS ?
4 I HAVE (MODEL NNN-NNNN)
NARRATION VOICE OPTIONS
ENGLISH - UK
5 STATS UPDATE ANNOUNCEMENTS DURING WORKOUT
DURING YOUR WORKOUT, YOUR VITALS WILL BE ANNOUNCED WHEN YOU CHOOSE TO HEAR AN UPDATE AND AUTOMATICALLY AFTER REACHING 25%, 50%, 75%, AND COMPLETION OF YOUR WORKOUT. CHOOSE WHICH STATS ARE ANNOUNCED DURING THESE UPDATES.
REPEAT THE LATEST COACHING INSTRUCTION
TIME ELAPSED
CALORIES BURNED
DISTANCE TRAVELED
HEART RATE ZONE AT THE TIME
HEART RATE VALUE AT THE TIME
PACE AT THE TIME
STRIDE RATE AT THE TIME
6 ACCESSORIES
SELECT THE ACCESSORIES YOU WILL BE WORKING OUT WITH SO KNOWS TO CONNECT TO THEM DURING YOUR WORKOUT.
STRIDE RATE MONITOR (MODEL NNN-NNNN)
HEART RATE MONITOR (MODEL NNN-NNNN)

FIG. 42

① CONNECT WITH FACEBOOK

YOUR ACCOUNT IS SUCCESSFULLY CONNECTED TO YOUR FACEBOOOK ACCOUNT, <USER'S EMAIL ADDRESS>, USING FACEBOOK CONNECT.

QUESTIONS ABOUT HOW THIS WORKS? CHECK OUT THE FACEBOOK CONNECT HELP SECTION FOR DETAILS.

X DISCONNECT ◄ ①A

② FACEBOOK CONNECT SETTINGS

②A CHECK WHEN IS ALLOWED TO PUBLISH TO YOUR FACEBOOK FEED.

- ☑ WHEN SYNC IS COMPLETED [EACH TIME]
- ☑ WHEN WORKOUT STATS WERE MANUALLY ENTERED [DAILY]
- ☑ WHEN A PLAN IS CREATED [WEEKLY]

②B CHECK WHAT YOU WOULD LIKE TO AUTOMATICALLY PUBLISH TO YOUR FACEBOOK FEED.

- ☑ ACHIEVEMENTS (CALORIESYOU BURNED OVER YOUR LIFETIME ON HOURS EXCERCISED, ETC.)
- ☑ MILESTONES (RAN ANOTHER 100 MILES OR REACHED THE LENGTH OF THE CHANNEL, ETC.)
- ☑ PERSONAL RECORD (PR) (REACHED A NEW FASTEST MILE PACE, ETC.)
- ②C ☑ PLAN PROGRESS (PERCENTAGE OF PLAN COMPLETED, NUMBER OF WORKOUTS DONE, PLAN STATS, ETC.)
- ☑ WORKOUT STATS (COMPLETED WORKOUT STATS INCLUDING DISTANCE, TIME, CALORIES, AND MORE)

③ PROFILE PRIVACY SETTINGS (NATIVE COMMUNITY)

CHECK ELEMENTS YOU WOULD LIKE TO DISPLAY ON YOUR PROFILE. BY DEFAULT, YOUR SCREEN NAME WILL BE SHOWN.

- ☑ PERSONAL INFORMATION (FULL NAME, AGE, GENDER, LOCATION)
- ☑ PHOTO / AVATAR
  - CHOOSE PHOTO / AVATAR: [ ] BROWSE
  - AVATAR
- ☑ WORKOUTS (LATEST COMPLETED WORKOUT CHART, IF ANY)
- ☑ PROGRESS (PLAN PROGRESS, CUMULATIVE STATS, ACHIEVEMENTS AREA)

④ PROFILE CUSTOM URL (NATIVE COMMUNITY)

MAKE PROFILE

- ◉ PUBLIC – ANYONE CAN SEE

  PUBLIC URL: http:// .com/
- ○ PRIVATE – ONLY PARTICIPANTS OF JOINT CONTESTS CAN SEE

FIG. 43

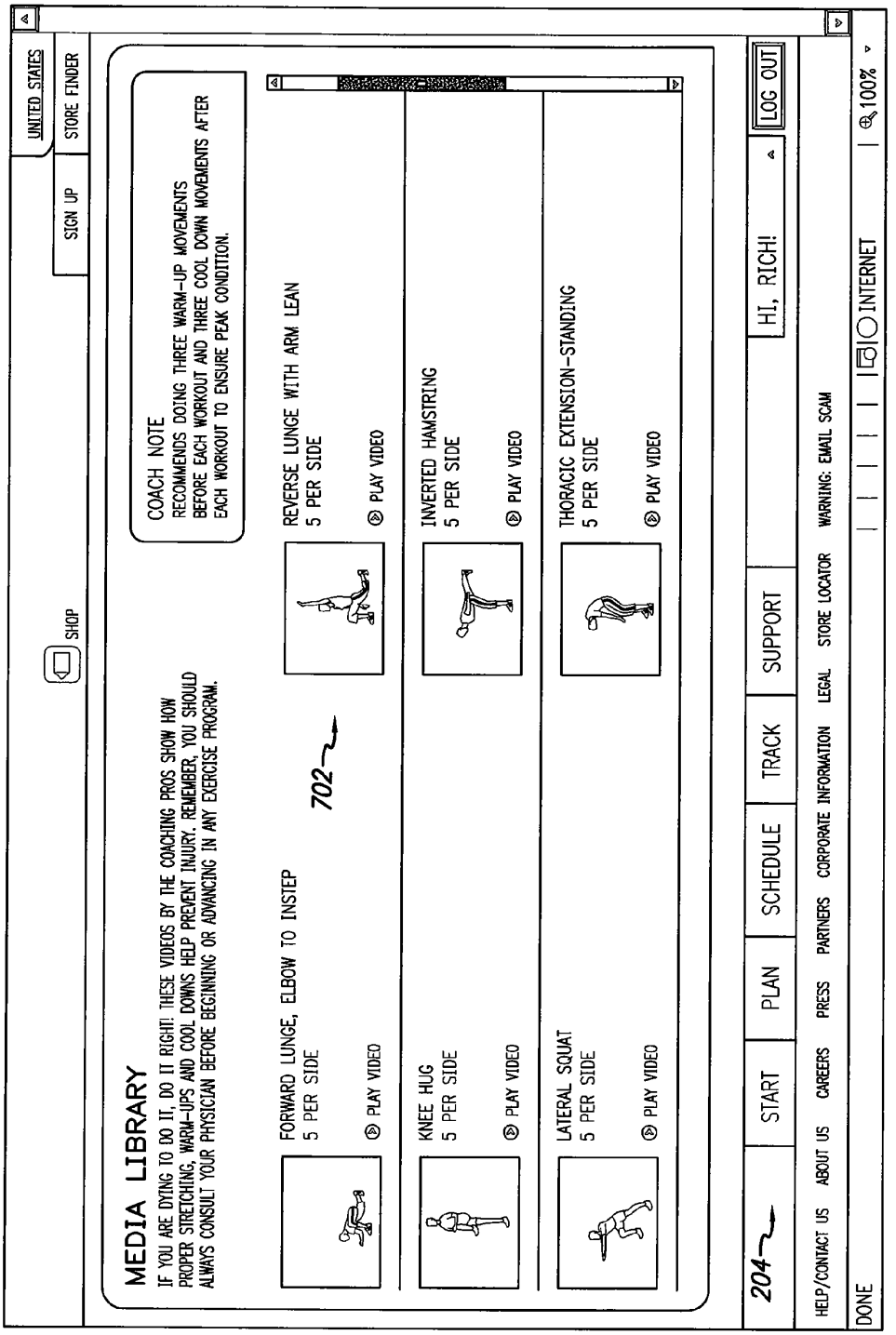
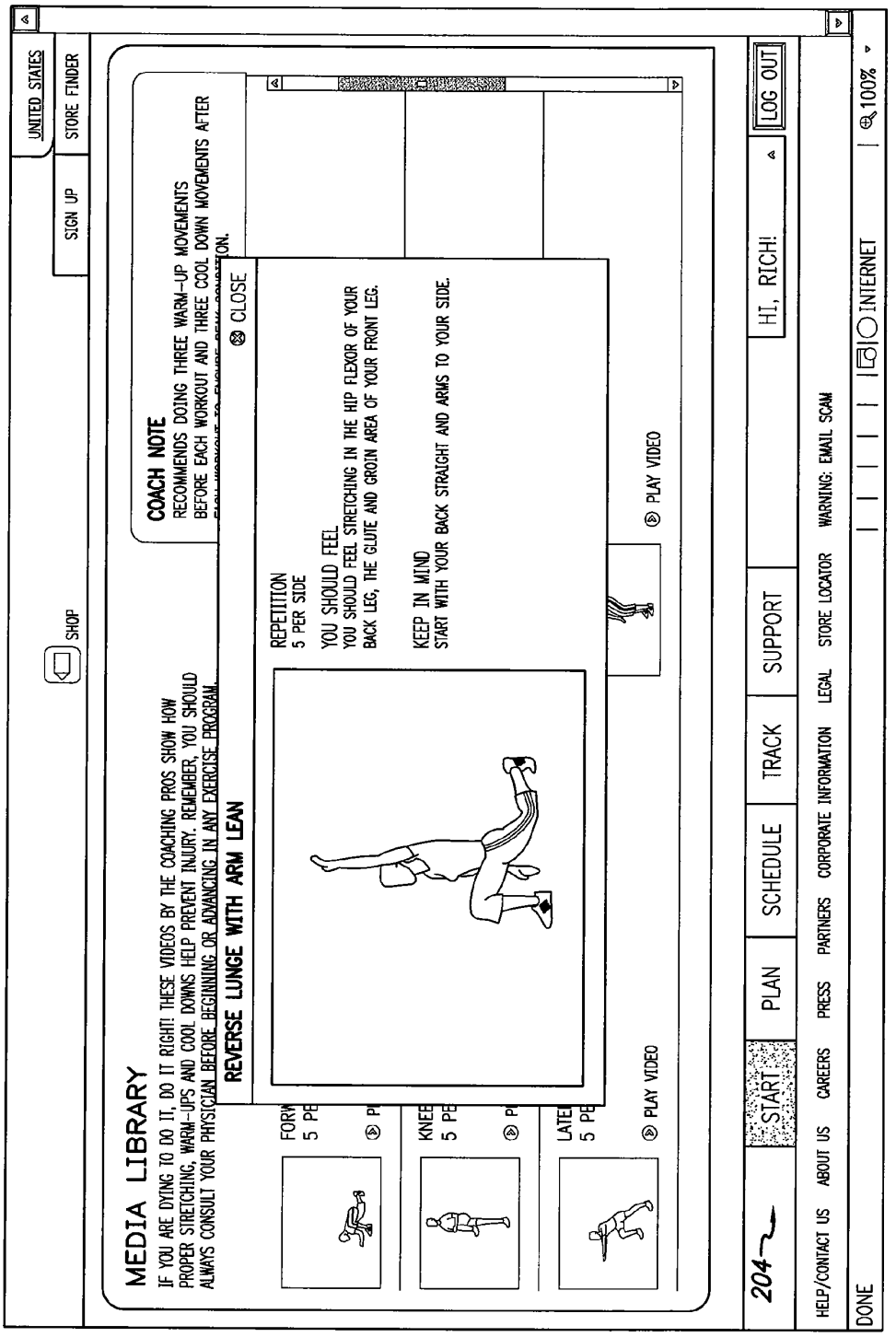

UNITED STATES
STORE FINDER
SIGN UP
SHOP
MEDIA LIBRARY
IF YOU ARE DYING TO DO IT, DO IT RIGHT! THESE VIDEOS BY THE COACHING PROS SHOW HOW PROPER STRETCHING, WARM-UPS AND COOL DOWNS HELP PREVENT INJURY. REMEMBER, YOU SHOULD ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING OR ADVANCING IN ANY EXERCISE PROGRAM.
702
FORWARD LUNGE, ELBOW TO INSTEP
5 PER SIDE
PLAY VIDEO
KNEE HUG
5 PER SIDE
PLAY VIDEO
LATERAL SQUAT
5 PER SIDE
PLAY VIDEO
COACH NOTE
RECOMMENDS DOING THREE WARM-UP MOVEMENTS BEFORE EACH WORKOUT AND THREE COOL DOWN MOVEMENTS AFTER EACH WORKOUT TO ENSURE PEAK CONDITION.
REVERSE LUNGE WITH ARM LEAN
5 PER SIDE
PLAY VIDEO
INVERTED HAMSTRING
5 PER SIDE
PLAY VIDEO
THORACIC EXTENSION-STANDING
5 PER SIDE
PLAY VIDEO
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 44


UNITED STATES
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IF YOU ARE DYING TO DO IT, DO IT RIGHT! THESE VIDEOS BY THE COACHING PROS SHOW HOW PROPER STRETCHING, WARM-UPS AND COOL DOWNS HELP PREVENT INJURY. REMEMBER, YOU SHOULD ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING OR ADVANCING IN ANY EXERCISE PROGRAM.
COACH NOTE
RECOMMENDS DOING THREE WARM-UP MOVEMENTS BEFORE EACH WORKOUT AND THREE COOL DOWN MOVEMENTS AFTER
REVERSE LUNGE WITH ARM LEAN
CLOSE
REPETITION
5 PER SIDE
YOU SHOULD FEEL
YOU SHOULD FEEL STRETCHING IN THE HIP FLEXOR OF YOUR BACK LEG, THE GLUTE AND GROIN AREA OF YOUR FRONT LEG.
KEEP IN MIND
START WITH YOUR BACK STRAIGHT AND ARMS TO YOUR SIDE.
PLAY VIDEO
PLAY VIDEO
204
START
PLAN
SCHEDULE
TRACK
SUPPORT
HI, RICH!
LOG OUT
HELP/CONTACT US
ABOUT US
CAREERS
PRESS
PARTNERS
CORPORATE INFORMATION
LEGAL
STORE LOCATOR
WARNING: EMAIL SCAM
DONE
INTERNET
100%

FIG. 45

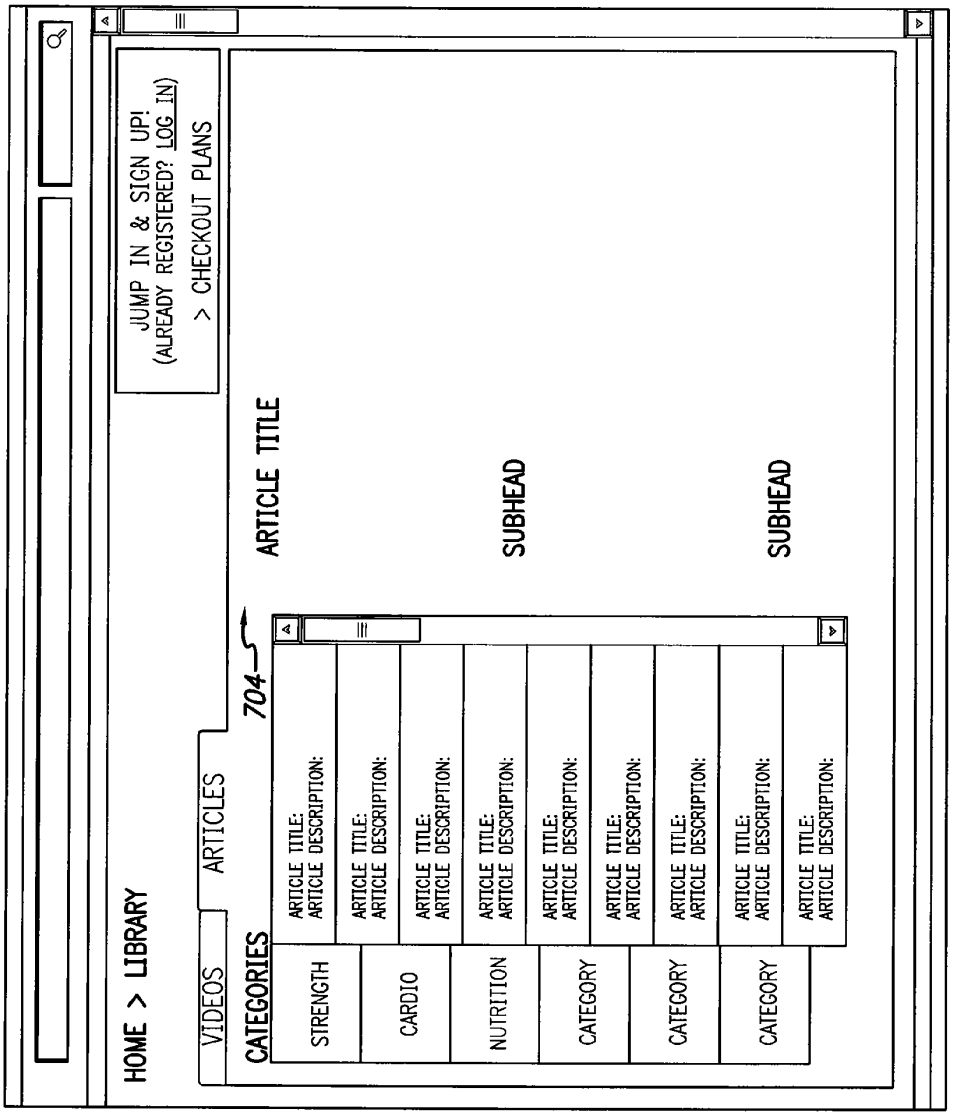
HOME > LIBRARY
VIDEOS
ARTICLES
JUMP IN & SIGN UP!
(ALREADY REGISTERED? LOG IN)
> CHECKOUT PLANS
CATEGORIES
704
STRENGTH
CARDIO
NUTRITION
CATEGORY
CATEGORY
CATEGORY
ARTICLE TITLE:
ARTICLE DESCRIPTION:
ARTICLE TITLE
SUBHEAD
SUBHEAD

FIG. 46

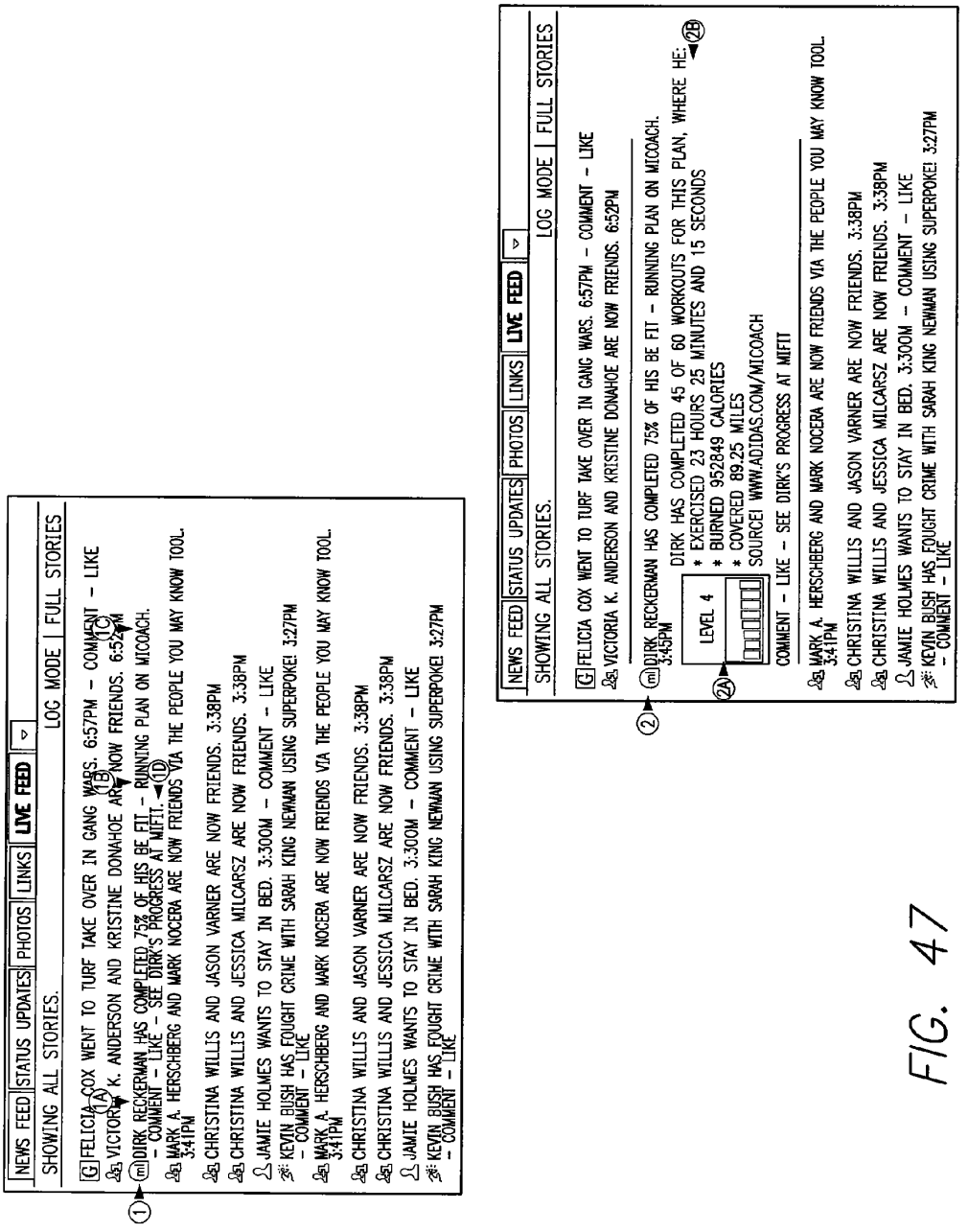
NEWS FEED
STATUS UPDATES
PHOTOS
LINKS
LIVE FEED
SHOWING ALL STORIES.
LOG MODE | FULL STORIES
FELICIA COX WENT TO TURF TAKE OVER IN GANG WARS. 6:57PM - COMMENT - LIKE
VICTORIA K. ANDERSON AND KRISTINE DONAHOE ARE NOW FRIENDS. 6:52PM
DIRK RECKERMAN HAS COMPLETED 75% OF HIS BE FIT - RUNNING PLAN ON MICOACH.
- COMMENT - LIKE - SEE DIRK'S PROGRESS AT MIFIT.
MARK A. HERSCHBERG AND MARK NOCERA ARE NOW FRIENDS VIA THE PEOPLE YOU MAY KNOW TOOL.
3:41PM
CHRISTINA WILLIS AND JASON VARNER ARE NOW FRIENDS. 3:38PM
CHRISTINA WILLIS AND JESSICA MILCARSZ ARE NOW FRIENDS. 3:38PM
JAMIE HOLMES WANTS TO STAY IN BED. 3:30OM - COMMENT - LIKE
KEVIN BUSH HAS FOUGHT CRIME WITH SARAH KING NEWMAN USING SUPERPOKE! 3:27PM
- COMMENT - LIKE
MARK A. HERSCHBERG AND MARK NOCERA ARE NOW FRIENDS VIA THE PEOPLE YOU MAY KNOW TOOL.
3:41PM
CHRISTINA WILLIS AND JASON VARNER ARE NOW FRIENDS. 3:38PM
CHRISTINA WILLIS AND JESSICA MILCARSZ ARE NOW FRIENDS. 3:38PM
JAMIE HOLMES WANTS TO STAY IN BED. 3:30OM - COMMENT - LIKE
KEVIN BUSH HAS FOUGHT CRIME WITH SARAH KING NEWMAN USING SUPERPOKE! 3:27PM
- COMMENT - LIKE
1
1A
1B
1C
1D
NEWS FEED
STATUS UPDATES
PHOTOS
LINKS
LIVE FEED
SHOWING ALL STORIES.
LOG MODE | FULL STORIES
FELICIA COX WENT TO TURF TAKE OVER IN GANG WARS. 6:57PM - COMMENT - LIKE
VICTORIA K. ANDERSON AND KRISTINE DONAHOE ARE NOW FRIENDS. 6:52PM
DIRK RECKERMAN HAS COMPLETED 75% OF HIS BE FIT - RUNNING PLAN ON MICOACH.
3:45PM
DIRK HAS COMPLETED 45 OF 60 WORKOUTS FOR THIS PLAN, WHERE HE:
LEVEL 4
* EXERCISED 23 HOURS 25 MINUTES AND 15 SECONDS
* BURNED 952849 CALORIES
* COVERED 89.25 MILES
SOURCE: WWW.ADIDAS.COM/MICOACH
COMMENT - LIKE - SEE DIRK'S PROGRESS AT MIFIT
MARK A. HERSCHBERG AND MARK NOCERA ARE NOW FRIENDS VIA THE PEOPLE YOU MAY KNOW TOOL.
3:41PM
CHRISTINA WILLIS AND JASON VARNER ARE NOW FRIENDS. 3:38PM
CHRISTINA WILLIS AND JESSICA MILCARSZ ARE NOW FRIENDS. 3:38PM
JAMIE HOLMES WANTS TO STAY IN BED. 3:30OM - COMMENT - LIKE
KEVIN BUSH HAS FOUGHT CRIME WITH SARAH KING NEWMAN USING SUPERPOKE! 3:27PM
- COMMENT - LIKE
2
2A
2B

FIG. 47

PROGRAM PRODUCTS, METHODS, AND SYSTEMS FOR PROVIDING FITNESS MONITORING SERVICES

This application is related to commonly owned U.S. patent application Ser. No. 12/467,944, titled "Portable Fitness Monitoring Systems, and Applications Thereof," filed on the same day herewith, and commonly owned U.S. patent application Ser. No. 12/467,948, titled "Portable Fitness Monitoring Systems With Displays, and Applications Thereof," filed on the same day herewith, each of which is incorporated herein by reference in its entirety.

FIELD OF THE INVENTION

The present invention generally relates to fitness monitoring services. More particularly, the present invention relates to program products, methods, and systems for providing fitness monitoring services.

BACKGROUND OF THE INVENTION

Exercise is important to maintaining a healthy lifestyle and individual well-being. Accordingly, many individuals want to participate in an exercise program. The most successful exercise programs are ones tailored to a fitness level of an individual and aimed at assisting the individual to achieve one or more specific fitness or exercise goals.

Sports trainers, as well as other exercise and fitness professionals, are available to assist individuals in developing exercise programs appropriate for their individual fitness levels and their specific fitness or exercise goals. Hiring such professionals, however, can be expensive. Furthermore, the busy schedules of many individuals make it difficult for these individuals to set aside time to meet with an exercise and fitness professional on a routine basis. Thus, many individuals forego using the services of exercise and fitness professionals, and they never achieve the benefits that can be obtained from an exercise program tailored, for example, to one's fitness level.

Technology has resulted in the development of systems capable of transferring performance information obtained from a user during a workout to a remote computer for further analysis. These systems often provide a user interface that allows the user to review their past performance data.

What is needed are improved program products, methods, and systems for providing fitness monitoring services that will allow athletes to, among other thing, better use data generated from past performances to gauge their improvement, to set goals for the future, to share their performance data with others, to stay motivated, and/or to enable them to exercise at intensities appropriate for their current fitness level and goals.

BRIEF SUMMARY OF THE INVENTION

Embodiments of the present invention relate to a method for providing heart rate information to a user of a portable fitness monitoring service includes: (a) defining a plurality of heart rate zones as ranges of percentages of a maximum heart rate; (b) associating a color with each of said heart rate zones; (c) receiving heart rate information from the user; and (d) providing a graphical display of the heart rate information, wherein a color of a portion of the graphical display corresponds with the color associated with one of said heart rate zones, wherein steps (a)-(d) are executed using at least one processor.

Embodiments of the present invention also relate to a tangible computer program product including a computer readable medium having computer program logic recorded thereon for causing at least one processor to: graphically display first performance parameter information to a user regarding an athlete's performance during a workout, wherein the first performance parameter information is displayed as a function of an interval parameter; and graphically display second performance parameter information to a user regarding an athlete's performance during a workout, wherein the second performance parameter information is displayed as a function of an interval parameter, wherein the second performance parameter information is overlaid on top of the first performance parameter information.

Embodiments of the present invention further relate to a tangible computer program product including a computer readable medium having computer program logic recorded thereon for causing at least one processor to: graphically display performance parameter information to a user regarding an athlete's performance during a workout, wherein the performance parameter information is displayed as a function of an interval parameter; provide first and second analysis boundary markers capable of being manipulated by the user to define a subset of the graphically displayed performance parameter information; and in response to the user manipulation, display numerical performance parameter information corresponding to only the subset of graphically displayed performance parameter information defined by the analysis boundary markers.

Further embodiments, features, and advantages of the present invention, as well as the structure and operation of the various embodiments of the present invention, are described in detail below with reference to the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS/FIGURES

The accompanying drawings, which are incorporated herein and form a part of the specification, illustrate the present invention by way of example, and not by way of limitation, and, together with the description, further serve to explain the principles of the invention and to enable a person skilled in the pertinent art to make and use the invention.

FIG. **1** is an illustration of a fitness monitoring system according to an embodiment of the present invention.

FIG. **2** is an illustration of an athlete communicating with a computer and/or a server.

FIG. **3** is a block diagram of an exemplary software configuration of a server according to an embodiment of the present invention.

FIG. **4** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **5** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **6** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **7** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **8** is a table that illustrates heart rate zone ranges according to an embodiment of the present invention.

FIG. **9** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **10** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **11** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **12** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **13** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **14** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **15** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **16** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **17** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **18** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **19** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **20** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **21** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **22** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **23** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **24** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **25** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **26** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **27** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **28** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **29** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **30** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **31** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **32** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **33** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **34** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **35** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **36** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **37** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **38** is a diagram that illustrates the process of making zone adjustments based on feedback according to an embodiment of the present invention.

FIG. **39** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **40** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **41** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **42** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **43** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **44** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **45** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **46** is an exemplary GUI window according to an embodiment of the present invention.

FIG. **47** is an exemplary GUI window according to an embodiment of the present invention.

DETAILED DESCRIPTION OF THE INVENTION

The present invention will now be described in detail with reference to embodiments thereof as illustrated in the accompanying drawings. References to "one embodiment", "an embodiment", "an example embodiment", etc., indicate that the embodiment described may include a particular feature, structure, or characteristic, but every embodiment may not necessarily include the particular feature, structure, or characteristic. Moreover, such phrases are not necessarily referring to the same embodiment. Further, when a particular feature, structure, or characteristic is described in connection with an embodiment, it is submitted that it is within the knowledge of one skilled in the art to affect such feature, structure, or characteristic in connection with other embodiments whether or not explicitly described.

The program products, methods, and systems of the present invention may be used to provide fitness monitoring services to athletes **100**. Athletes **100** who utilize embodiments of the present invention may actively participate in a variety of physical activities including, but not limited to, running, walking, biking, skating, swimming, skiing, performing aerobic exercises, weight lifting, or participating in various individual or team sports. Accordingly, terms such as, for example, "athlete," "runner," "exercising individual," and "user" may be referred to herein interchangeably.

Furthermore, the term "user" may also be used herein to refer to a user other than the athlete **100** conducting the physical activities of interest. In other words, as described in further detail below, other users besides the athlete user, such as coaches or friends may be able to interact with the system of the present invention.

As illustrated in FIG. **1**, an athlete **100** engaged in physical activity may be equipped with a portable fitness monitoring device **102**. The portable fitness monitoring device **102** may be worn, carried, or otherwise supported by the athlete **100** during the physical activity. The portable fitness monitoring device **102** may be adapted to measure and/or process various performance parameters associated with the athlete's **100** physical activity. The term "performance parameters" may include both physical parameters and physiological parameters associated with the athlete's **100** physical activity. Physical parameters measured may include, for example, time, distance, speed, pace, stride count, stride length, and stride rate. Physiological parameters measured may include, for example, heart rate, respiration rate, blood oxygen level, blood flow, hydration status, calories burned, muscle fatigue, and body temperature.

In an embodiment, performance parameters may also include mental or emotional parameters such as, for example, stress level or motivation level. Mental and emotional parameters may be measured directly or indirectly either through posing questions to the athlete **100** or by measuring things such as, for example, trunk angle or foot strike characteristics while running.

The portable fitness monitoring device **102** may be a device such as, for example, a mobile phone, a personal digital assistant, a music file player (e.g. and MP3 player), an intelligent article for wearing (e.g. a fitness monitoring garment, wrist band, or watch), a dongle (e.g. a small hardware device

that protects software) that includes a fitness monitoring mode, a dedicated portable fitness monitoring device **102**, or a non-dedicated portable fitness monitoring device **102**, such as, for example, the devices disclosed in commonly owned U.S. patent application Ser. No. 12/467,944, titled "Portable Fitness Monitoring Systems, and Applications Thereof".

The portable fitness monitoring device **102** may communicate with one or more sensors **104** for detecting the performance parameters. The sensors **104** may be in wired or wireless communication with the portable fitness monitoring device **102**. In one embodiment of the present invention, as shown in FIG. **1**, a sensor **104** for detecting heart rate is coupled to the athlete's **100** chest, while a sensor **104** for detecting speed is coupled to the athlete's **100** shoe. Other sensors **104** including, but not limited to, an accelerometer, a pedometer, a pulsimeter, a thermometer, or other sensor **104** for detecting a user **100** performance parameter may be used. The portable monitoring device **102** and the one or more sensors **104** may communicate using known protocols, including, but not limited to, ANT and ANT+, by Dynastream Innovations, Bluetooth LE, Bluetooth LET, or BlueRobin. Other known communication protocols may be used.

The portable fitness monitoring device **102** may also communicate with one or more portable displays **106**. The portable displays **106** may be in wired or wireless communication with the portable fitness monitoring device **102**. The portable displays **106** may be adapted to convey information to the athlete **100** in a variety of ways such as, for example, visually, audibly, or tactilely (e.g. via a vibrating element), either alone or in combination. In an embodiment of the present invention, as shown in FIG. **1**, a separate audible display **106** (e.g. headphones) and a separate visual display **106** (e.g. a wrist band) are provided. In other embodiments, visual, audible, and/or tactile displays **106** may be included as physically separate elements, or one or more of these elements may be integrated into a single physical display device **106**. Tactile displays **106** may include means for vibrating the display **106**, such as, for example, a piezoelectric actuator, for providing tactile sensory output to the athlete **100**. In some embodiments, the portable display **106** may be integral with the portable fitness monitoring device **102**.

According to an embodiment of the present invention, information may be communicated between an athlete **100** equipped with a portable fitness monitoring device **102** and one or more external elements. These external elements may include, for example, a personal computer **114**, a network **110**, and/or a server **112**. In one embodiment, personal computer **114** and server **112** may be a single component.

In one embodiment, as shown in FIG. **2**, the athlete **100** equipped with a portable fitness monitoring device **102** may communicate with a personal computer **114** using wired or wireless communications. As will be appreciated by those of ordinary skill in the art, wired communication between the portable fitness monitoring device **102** and the personal computer **114** may be achieved, for example, by placing the portable fitness monitoring device **102** in a docking unit that is attached to the personal computer **114** using a communications wire plugged into a communications port of the personal computer **114**.

In another embodiment, wired communication between the portable fitness monitoring device **102** and the personal computer **114** may be achieved, for example, by connecting a cable between the portable fitness monitoring device **102** and the computer **114**. A computer input/output of the portable fitness monitoring device **102** and a communications port of the computer **114** may include USB ports. The cable connecting the portable fitness monitoring device **102** and the computer **114** may be a USB cable with suitable USB plugs including, but not limited to, USB-A or USB-B regular, mini, or micro plugs.

Wireless communication between the portable fitness monitoring device **102** and the personal computer **114** may be achieved, for example, by way of a wireless wide area network (WWAN—such as, for example, the Internet), a wireless local area network (WLAN), or a wireless personal area network (WPAN) (collectively, wireless area networks or WANs). As is well known to those skilled in the art, there are a number of known standard and proprietary protocols that are suitable for implementing WANs (e.g. TCP/IP, IEEE 802.16, and Bluetooth). Accordingly, the present invention is not limited to using any particular protocol to communicate between the portable fitness monitoring device **102** and the various external elements of the fitness monitoring service of the present invention.

In one embodiment, the portable fitness monitoring device **102** may communicate with a WWAN communications system such as that employed by mobile telephones. For example, a WWAN communication system may include a plurality of geographically distributed communication towers and base station systems. Communication towers may include one or more antennae supporting long range two-way radio frequency communication wireless devices, such as the portable fitness monitoring device **102**. The radio frequency communication between antennae and the portable fitness monitoring device **102** may utilize radio frequency signals conforming to any known or future developed wireless protocol, for example, CDMA, GSM, EDGE, 3G, IEEE 802.x (e.g., IEEE 802.16 (WiMAX)), etc. The information transmitted over-the-air by the base station systems and the cellular communication towers to the portable fitness monitoring device **102** may be further transmitted to or received from one or more additional circuit-switched or packet-switched communication networks, including, for example, the Internet.

As shown in FIG. **2**, communication may also occur between the personal computer **114** and a server **112** via a network **110**. In an embodiment, the network **110** is the Internet. The Internet is a worldwide collection of servers, routers, switches and transmission lines that employ the Internet Protocol (TCP/IP) to communicate data. As indicated above, the Internet may also be employed for communication between the portable fitness monitoring device **102** and the personal computer **114**. In one embodiment of the present invention, information may be directly communicated between the portable fitness monitoring device **102** and the server **112** via the network **110**, thus bypassing the personal computer **114**.

According to embodiments of the fitness monitoring service of the present invention, a wide variety of information may be communicated between any of the athlete **100**, the personal fitness monitoring device **102**, the personal computer **114**, the network **110**, and the server **112**. Such information may include, for example, performance parameters, training advice, training plans, calendar data, route information, music, videos, text, images, voice communications, settings, software, and firmware.

Communication among the various elements of the present invention may occur before a physical activity is commenced, after a physical activity has been completed, and/or in real time during the physical activity. In addition, the interaction between, for example, the personal fitness monitoring device **102** and the personal computer **114**, and the interaction between the personal computer **114** and the server **112** may occur at different times.

Information communicated to and stored by the server **112** may be accessible to the athlete **100** at a later time via the

network **110**. For example, the athlete could access post-activity performance information communicated to the server **112** from their personal fitness monitoring device **102** at a later time from their personal computer. In another embodiment of the present invention, a third party (e.g. a trainer, coach, friend, or family member) stationed at a personal computer **114** may be able to access real-time or historical performance information regarding the athlete's performance via the server **112** over the network **110**.

FIG. **3** is a diagram of an exemplary software configuration of server **112**. The application software of server **112** includes a number of different modules capable of providing fitness monitoring services to athletes **100**. In one embodiment of the present invention, these modules include a start module **200**, and plan module **300**, a schedule module **400**, a track module **500**, a support module **600**, a library module **700**, and a forum module **800**. Each module supports one or more graphical user interfaces (GUIs) capable of being presented to users at one or more remote personal computers **114**.

As is known by those of skill in the art, a GUI may use a combination of technologies and devices to provide a platform the user **100** can interact with via a computer **114**. A GUI may offer, for example, graphical elements, visual indicators, and text to represent information and actions available to the user **100**. Graphical elements may include, for example, windows, menus, radio buttons, check boxes, and icons. The user **100** may use a physical input device, such as a mouse, to control the position of a cursor **206** on their computer **114** screen.

Those skilled in the art will appreciate that alternative or additional modules and sub-modules may be implemented within the server **112** system in order to provide or extend the described or additional functionalities. For example, the software configuration of server **112** may include an operating system, which may be one of the commercially available operating systems such as, for example, Windows, UNIX, LINUX, Mac OSX, or AIX. The operating system may also have an associated application programming interface through which middleware and application programs may access the services of the operating system. In addition, a hypertext transport protocol (HTTP) server may run on top of the operating system. As is well known in the art, HTTP server may communicate data over the Internet using HTTP.

According to one embodiment of the present invention, FIG. **4** illustrates a GUI window presented by start module **200** to a user of a remote personal computer **114** system.

As illustrated by FIGS. **4-7**, **9-37**, and **39-47**, the various modules of the fitness monitoring service of the present invention may support GUIs through which a user **100** can interact with the fitness monitoring service. As will be appreciated by those of skill in the art, in one embodiment the GUIs may appear as webpages provided by a server **112** via a website that may be accessible to the user over the Internet **110** using a web browser on their computer **114**. In other embodiments, the GUIs may be generated by a processor based only on information stored on the personal computer **114**, a CD-ROM, a mobile phone, or other computer readable media accessible locally to the user **100**. In embodiments of the present invention, users **100** can, among other things, use data generated from past performances to gauge their improvement, set goals for the future, share their performance data with others, and/or assist themselves in exercising at intensities appropriate for their current fitness level and goals.

With reference to FIG. **4**, a menu bar **204** may be present near one of the edges of a GUI window of the present invention. The menu bar **204** may include several icons or indicia corresponding to the start **200**, plan **300**, schedule **400**, track **500**, support **600**, library **700**, and forum **800** modules. In one embodiment, the menu bar **204** may be present on every GUI page presented to the user by the server. After logging in to the server **112**, the user **100** may be able to navigate to areas of the website supported by different modules by selecting their corresponding icons with a cursor **206**. Additional icons corresponding to sub-modules or program wizards associated with a particular module may pop up or otherwise be displayed to the user **100** if the user **100** selects or hovers the cursor **206** over a module icon.

In order to access the features of embodiments of the present invention, a user **100** stationed at a remote personal computer **114** may log into the server **112** via the internet **110**. As is well known to those skilled in the art, the login process, which may be controlled by a log in wizard **202** run by start module **200**, typically includes the entry by the remote user **100** of a login ID and password or other authentication information to the server **112**, which then authenticates the identity of the user **100** by reference to a user database or the like. Embodiments of the fitness monitoring services of the present invention may be offered to a plurality of athletes **100** or other users **100** forming a user community, may be restricted to users **100** that have been issued login IDs and passwords for accessing the server **112**, and/or may further be offered in exchange for a subscription fee.

Following the preliminary authentication process via the log in wizard **202**, as illustrated in FIG. **5**, a social networking wizard **208** run by the start module **200** may invite the user to link their fitness monitoring account to a social networking site, such as, for example, Facebook, MySpace, Twitter, Friendster, LinkedIn, or the like. As explained in further detail below, linking to a social networking site may provide the user **100** with added benefits and features. If the user declines the initial opportunity to link to a social networking site, they may be able to create such a link at a later time. Upon completion of the social networking wizard **208**, start module **200** may present a home page, as illustrated in FIG. **6**.

In an embodiment, the user **100** stationed at a remote personal computer **114** may alternatively choose to interact with the server **112** via a software widget. As is known by those of skill in the art, a software widget is a software application including portable code intended for one or more different software platforms. The term "software widget" implies that either the application, user interface, or both, may be relatively simple and easy to use, as exemplified by a desk accessory or applet.

In one embodiment, the software widget may be a desktop widget that is a specialized GUI widget intended to run on a computer desktop. In another embodiment, the software widget may be a mobile widget that can operate on mobile devices (e.g. smart phones). The widget may present a simplified version of the user interfaces explained in further detail herein, and may provide alternative means for the user to log in to the server **112**. The widget may allow the user to review summary information about their past performance, and may allow the user to view, for example, a calendar of upcoming workouts, as described in further detail below.

From the home page, the user **100** may be able to navigate to different modules, sub-modules, or wizards by selecting their corresponding icons from the menu bar **204** with the cursor **206**. In one embodiment, by hovering the cursor **206** over the start module **200** icon, the user **100** may be able to select an introductory sub-module **210**, an equipment sub-module **212**, or a device download sub-module **214**.

FIG. **7** is an exemplary GUI window that may be displayed by the introductory sub-module **210**. The introductory page may contain general information about the fitness monitoring

system of the present invention, including a brief description of the system, its intended users, and the potential benefits available to those users.

For example, the introductory page may contain information about the planning, scheduling, and tracking capabilities of the fitness monitoring system. In one embodiment of the present invention, some aspects of the planning, scheduling, and tracking functions may be tied to a color-coded heart rate zone system. In other embodiments, some aspects of the planning, scheduling, and tracking functions may be tied to color-coded zone systems based on zones of other parameters including, but not limited to, speed, pace, stride rate, calories, respiration rate, blood oxygen level, blood flow, hydration status, or body temperature. A graphical representation and a brief description of such a color-coded system may be provided on the introductory page and in personal settings, as illustrated in FIG. **7**.

In an embodiment of the present invention, the color of certain graphical information provided by the server **112** via the various GUIs presented may be dictated by detected or targeted heart rate information. Various modules of the fitness monitoring service of the present invention may be programmed with algorithms for establishing one or more heart rate ranges or "zones." Each zone may be associated with a particular color. Zones may be defined, for example, as ranges of percentages of an athlete's **100** maximum heart rate. Accordingly, each zone may be associated with a particular level of effort.

FIG. **8** is an exemplary illustration of the zone definitions according to one embodiment of the present invention. An energy zone, ranging from 65% to 75% of an athlete's **100** maximum heart rate, is associated with the color blue. An endurance zone, ranging from 75% to 85% of an athlete's **100** maximum heart rate, is associated with the color green. A strength zone, ranging from 85% to 90% of an athlete's **100** maximum heart rate, is associated with the color yellow. Finally, a power zone, ranging from 90% to 95% of an athlete's **100** maximum heart rate, is associated with the color red. These ranges and color combinations are exemplary only; numerous other ranges and/or colors could be used.

In an embodiment, an additional zone (for example, a pink zone) may also be provided that overlaps the ranges of the blue, green, and yellow zones. The pink zone may primarily be used for setting intensity goals for beginners. In a further embodiment, the colors may change in character from relatively light or dim colors to relatively dark or intense colors as values associated with the zone colors increase from the lower to upper limits of the zone.

The zones may be assigned based on predetermined fitness goals. For example, in the embodiment of FIG. **8**, the energy zone (blue) may be associated with a heart rate range that allows an athlete **100** to build their aerobic base. The endurance zone (green) may be associated with a heart rate range that allows an athlete **100** to build cardiovascular strength and burn calories. The strength zone (yellow) may be associated with a heart rate range that allows an athlete **100** to improve their aerobic threshold, endurance, and metabolism. The power zone (red) may be associated with a heart rate range that allows an athlete **100** to improve their anerobic threshold, endurance, and metabolism.

For planning purposes, that zones can be presented to the user **100** as an indication of the difficulty of a particular workout. For monitoring and tracking purposes, the zones may be established for a particular user **100** based on a maximum heart rate. An athlete's **100** maximum heart rate may not be an indication of their fitness level, it usually may not change significantly with training, and it may be set by the athlete's **100** genetics. An athlete's **100** maximum heart rate can be provided to the fitness monitoring service of the present invention in a number of ways.

Returning to the functionality of the start module **200**, FIG. **9** is an exemplary GUI window that may be displayed by the equipment sub-module **212**. The equipment page may contain an overview of the different pieces of equipment that are compatible with the fitness monitoring system of the present invention. Such pieces of equipment may include, for example, mobile fitness phones, dedicated portable fitness monitoring devices, non-dedicated portable fitness monitoring devices, sports mode-enabled MP3 players, sports mode-enabled dongles, sports watches, display devices, exercise machines in fitness centers, and sensors (e.g. pedometers or heart rate sensors). A broad overview of each piece of equipment and/or more detailed specifications may be provided. A table or interactive equipment wizard **216** may further be provided to help the athlete **100** select the equipment that best suits the athlete's **100** needs and fitness goals.

The equipment wizard **216** may pose a series of questions to the athlete **100** or the athlete's **100** coach such as, for example, "What are your personal fitness goals?", "Do you already have a dedicated portable fitness monitoring device?", "Do you want to receive performance feedback and/or coaching during your activity?", "Do you want to log performance data during your activity?", "Would you like to be able to listen to music during your activity?", "Would you like to monitor your heart rate?", "Would you like to monitor your speed?", "Would you like to use GPS-enabled features?", and "Would you like to be able to transmit and receive data to and from your device in real-time?". Other interactive questions for determining and/or fulfilling the needs of the user **100** may be included.

The equipment page provided by the equipment sub-module **212** may further prompt or allow user's **100** to purchase the equipment through the equipment page, may provide links to other websites where the user **100** could purchase the equipment, and/or may provide information about physical retail outlets where the user **100** could purchase the equipment.

FIG. **10** is an exemplary GUI window that may be displayed by the device download sub-module **214**. The device download page may contain software and firmware downloads and or updates for users **100**. For example, a synchronizer program could be downloaded to a user's **100** personal computer **114** that could manage communications between the portable fitness monitoring device **102** and the personal computer **114**. The user **100** could activate the synchronizer program while using their personal computer **114**, and utilize it to transfer software and firmware updates to the portable fitness monitoring device **102** or to update settings or options on the portable fitness monitoring device **102**. Like the application software of the server **112**, the synchronizer program running on the user's **100** personal computer **114** could also support one or more GUIs capable of being presented to the user **100** at the computer **114**. Thus, the user **100** may be able to, among other things, update settings or options on the portable fitness monitoring device **102** without being connected to the server **112** via the network **110**. In embodiments of the present invention, portable fitness monitoring device **102** settings and options may also be adjustable directly via the portable fitness monitoring device **102** itself, depending on its particular configuration.

As indicated above, in embodiments of the present invention, the menu bar **204** may be present on every GUI page presented to the user by the server **112**. Accordingly, at any time, the user **100** may be able to navigate to portions of the

website supported by different modules, sub-modules, or wizards by selecting their corresponding icons from the menu bar **204** with the cursor **206**. In one embodiment, the user **100** may be able to select an icon corresponding to the plan module **300** from the menu bar **204**.

FIG. **11** is an exemplary GUI window that may be displayed by the plan module **300**. From the main plan module page, the user **100** may be able to select from one of a plurality of icons corresponding to training plans. Additional icons corresponding to training sub-plans may pop up or otherwise be displayed to the user **100** if the user **100** selects or hovers the cursor **206** over a training plan icon.

In one embodiment of the present invention, from the main plan page, the plan module **300** may enable the user **100** to select training plan icons with the cursor **206** associated with various training plan sub-modules, such as, for example, a Learn to Run sub-module **302**, a Be Fit sub-module **304**, a Run a Race sub-module **306**, a De-Stress sub-module **308**, a Lose Weight sub-module **310**, and a Finish Faster sub-module **312**.

FIGS. **12-17** are exemplary GUI windows that may be displayed by the various plan module **300** sub-modules **302-312**. Each plan module **300** sub-module may be associated with a different training plan having a different intended athlete user **100** audience and different goals. For example, the Learn to Run sub-module **302** may provide a plan where the beginner athlete **100** walks and runs at relatively easy paces in order to build their fitness base. An athlete **100** utilizing the Learn to Run program may be encouraged to master the basics of heart rate training, improve their running form, and/or learn to enjoy running.

The Be Fit sub-module **304** may provide a plan where the athlete **100** runs at slightly faster paces in order to improve their overall physical fitness. An athlete **100** utilizing the Be Fit program may be encouraged to, for example, increase their cardiovascular capacity and conduct interval training (i.e. sequentially running at different intensities for different periods of time or for different distances).

One or more of the plan module **300** sub-modules may also be designed for athletes **100** who are interested in physical activities besides—or in addition to—running. For example, the Be Fit sub-module **304** may also provide a plan where the athlete **100** works out in a gym using various machines and pieces of stationary exercise equipment to improve their overall physical fitness. An athlete **100** utilizing the Be Fit program may be encouraged to, for example, increase their cardiovascular capacity and conduct interval training on various machines and pieces of stationary exercise equipment.

The Run a Race sub-module **306** may provide a plan for athletes **100** interested in preparing for a race. In one embodiment of the invention, the Run a Race sub-module **306** may provide a plurality of different plans depending on the distance of the race the athlete **100** is planning to participate in. Plans may be provided, for example, for 5K, 10K, ½ marathon, and full marathon races. An athlete **100** utilizing one of the Run a Race programs may be encouraged to, for example, conduct interval or other speed work training, take long runs and recovery runs, and generally build their endurance and aerobic capacity so that they are able to successfully complete their race.

The De-Stress sub-module **308** may provide a plan where the user's **100** primary goal may be to reduce their overall stress, achieve relaxation, and increase energy. A user **100** participating in the De-Stress program may, for example, be guided through a series of workouts of varying intensities that are regularly scheduled, but of relatively short duration, so that the user **100** is able to de-stress on a regular basis yet will still be able to find time in their schedule to complete their workouts.

The Lose Weight sub-module **310** may provide a plan for users **100** interested in burning calories, reducing body fat, increasing energy, and improving overall health through aerobic workouts. Again, the particular physical activities performed by the user **100** are not limited. A user **100** participating in the Lose Weight program may, for example, be guided through a consistent workout schedule that starts at a relatively easy level to build the user's **100** athletic base and establish a regular routine, and that may gradually progress to more difficult workouts.

Like the Run a Race sub-module **306**, the Finish Faster sub-module **312** may provide a plan for athletes **100** interested in preparing for a race. However, the finish faster module **312** may be more appropriate for athletes **100** who have significant race experience and are looking to improve upon their past race times. An athlete **100** participating in the Finish Faster program may be encouraged to conduct interval training and speed work, and push themselves to the limit by conducting longer and more intense workouts.

In another embodiment of the present invention, a Recover sub-module may provide a plan for users who need to recover from a difficult race (e.g. a marathon), from an injury, or from any other physically, mentally, or emotionally taxing event. An athlete **100** participating in the Recover program may be given different goals depending on the specific situation. Athletes **100** recovering from a difficult race may only need a short series of relatively easy recovery runs to get their legs back for resumed training. Athletes recovering from an injury may need a much longer recovery period, depending on the severity of the injury. Athletes recovering from mentally or emotionally taxing events may be provided with a variety of goals, some of which may be similar to those provided in a De-Stress plan.

FIGS. **12-17** are exemplary GUI windows that may be displayed by the various plan module **300** sub-modules **302-312**. Each plan sub-module page may include a description of the plan, including its intended athletic users **100** and its goals. Each plan sub-module page may further include a level selector **314** and a plan preview **316**. The particular information displayed by the plan preview **316** may depend on a level selected via the level selector **314**.

When considering the selection of a particular training plan, the associated plan sub-module may allow the user **100** to select from a plurality of difficulty levels for their prospective program using the level selector **314**. The level selector **314** may be an icon, a drop down menu, a slider, or any other GUI input device known in the art. In one embodiment, the user **100** may be able to choose from one of seven difficulty levels, where level **1** is the easiest and level **7** is the most difficult level.

In another embodiment, the user's **100** difficulty level options may be limited based on the particular training plan sub-module selected. For example, as illustrated in FIG. **12**, the Learn to Run sub-module **302** may only be capable of presenting levels **1** through **3**. Because a user **100** who is just learning to run or begin an exercising is not likely to desire a program of high difficulty, such a limitation may be appropriate. On the other hand, as illustrated in FIG. **17**, the Finish Faster sub-module **312** may only be capable of presenting levels **6** and **7**. Because a user **100** who has participated in several competitive races before has likely achieved a high level of physical fitness, such a limitation may also be appropriate.

In one embodiment, the user's **100** difficulty level options may be limited based on the particular training plan sub-module selected because of certain filters in place. In an embodiment, the user **100** may be able to deactivate or modify these filters in order to be able to choose from a wider variety of levels for a given plan. Alternatively, such filters may not be present, and a user **100** may be free to chose any level for any plan.

Once a difficulty level for a prospective plan has been selected via level selector **314**, the particular training plan sub-module provides the plan preview **316** for the plan. The plan preview **316** may include a description of what to expect from the plan, a description of the benefits of the plan, and/or a sample schedule. The plan description may make reference to the particular color-coded heart rate zones that a user **100** may be prompted to exercise at as part of that plan. As illustrated in FIGS. **12-17**, the sample schedule may include an indication of the number of total workouts in the plan, the number of workouts per week, and the total number of weeks.

The training plan sub-module may also provide a sample workout list **318** for a given plan. The user **100** may access the sample workout list **318** by selecting an appropriate icon with their cursor **206**. In one embodiment, the icon may be a bar graph representing the relative durations and intensities of the individual workouts of the plan. The durations of the individual workouts may be proportional to the length of the bars displayed, while the intensities of the individual workouts may be indicated by a color corresponding to the heart rate zone at which the user **100** will be instructed to exercise. FIG. **18** shows an exemplary GUI pop-up window providing the sample workout list **318** provided by the Run a Race sub-module **306** for a user **100** who has selected a level **4** 10K race program.

In one embodiment, for each workout, the list **318** provides the workout number in the series (e.g. **40** of **51**), a zone bar indicator **320**, the workout duration, calories, or distance targeted (e.g. 28 minutes, 400 calories, or 5 kilometers), and a coaching tip. The zone bar indicator **320** may communicate several pieces of information. It may indicate the number of intervals to be performed. It may also indicate the relative intensities of each interval to be performed, based on a target heart rate zone, as indicated by a color. For example, as illustrated in FIG. **18**, workout number **41** consists of one time interval of blue training (corresponding to, for example, an energy zone ranging from 65% to 75% of an athlete's **100** maximum heart rate). Workout **42** consists of three time intervals of training—a long interval of green training (corresponding to, for example, an endurance zone ranging from 75% to 85% of an athlete's **100** maximum heart rate) preceded and followed by short intervals of blue training. Workout **43** consists of four time intervals of training, including two blue intervals, a green interval, and a yellow interval (corresponding to, for example, a strength zone, ranging from 85% to 90% of an athlete's **100** maximum heart rate). In this way, the athlete **100** can gauge the relative level of difficulty and suitability of a prospective training plan by examining the zone bar indicators **320** associated with the individual workouts making up a prospective plan.

The coaching notes included in the workout list **318** may provide motivation, point out a particular area of focus, or otherwise provide guidance to the athlete **100** related to the ultimate goal of their particular plan.

After determining which plan best suits their needs, the athlete **100** may select an icon that enables plan module **300** to launch a plan personalization wizard **322**. The questions presented by the plan personalization wizard **322** may vary depending on the type of plan selected. FIG. **19** shows an exemplary personalization wizard **322** GUI window provided by the Run a Race sub-module **306** for a user **100** who has selected a level **4** 10K race program.

The plan personalization wizard **322** may prompt the user **100** to select a start date for their training plan, so that the plan may be built forward from that date. For users **100** who select a race-oriented plan (such as those provided by the Run a Race sub-module **306** or the Finish Faster sub-module **312**), personalization wizard **322** may prompt the user **100** to select the day of their race, so that the plan may be built backward from the race date.

The plan personalization wizard **322** may also prompt the user **100** to select which days of the week they want to conduct their workouts on. For example, as illustrated in FIG. **19**, a user **100** may choose to workout four days per week on Sundays, Tuesdays, Thursdays, and Saturdays. In other embodiments, users **100** may be able to plan workouts to occur on different days during different weeks.

While personalizing their plan, the user **100** may be able to vary the number of workouts per week by adding removing a workout day from their selection. In an embodiment, the system may then dynamically alter the total number of workout and total weeks of the workout plan, and display this information via the plan personalization wizard **322**. Depending on the overall goals of the plan selected by the user **100**, the system may or may not increase or decrease the total number of workout and/or the total number of weeks of the plan in response to the user **100** adding or removing a workout day from their schedule. For example, if a user **100** personalizes a plan to include workouts on only two days per week, the system may extend the plan over a longer period of time and/or add more total workouts. In contrast, if the user **100** personalizes a plan to include workouts on 6 days a week, the system may reduce the number of weeks of the plan and/or decrease the total number of workouts.

The plan personalization wizard **322** may further prompt the user **100** to give their plan a name. In one embodiment, the wizard **322** may provide a default name. In this way, a user **100** who wishes to schedule multiple training plans may be able to distinguish one plan from another by the plans' names.

In one embodiment, after the user **100** finalizes their plan via the personalization wizard **322**, schedule module **400** may populate a GUI calendar **402** with the user's **100** plan. In addition, at any other time when the user **100** is logged in to the server **112**, the user **100** may be able to navigate to the GUI calendar **402** by selecting the icon corresponding to the schedule module **400** from the menu bar **204**.

FIG. **20** is an exemplary GUI window according to an embodiment of the present invention containing the calendar **402** that may be displayed by the schedule module **400** for a user **100** who has selected a Finish Faster level **7** marathon race program. From the calendar **402** page, the user **100** may be able to view the individual workouts of their training plan populated throughout the calendar **402**. The individual workouts populated into the calendar **402** may be represented by a zone bar indicator **320** similar to that provided by the plan module **300** via the sample workout list **318**. The calendar **402** may also indicate the duration of each workout scheduled for each date. The GUI page containing the calendar **402** may also provide an indication of the number of workouts and/or number of weeks remaining for the current plan.

In one embodiment, the user may be able to access a workout list **318** containing a listing of all workouts of their currently selected plan by selecting an appropriate icon with their cursor **206**. This workout list may be identical to one of the sample workout lists **318** provided by plan module **300**.

The workout list is another way of presenting the workout information populated on to calendar **402**.

From the calendar **402** page, the schedule module **400** may enable the user **100** to select icons with the cursor **206** associated with various schedule wizards, such as, for example, a plan editor wizard **404** and a custom workout wizard **406**.

FIG. **21** shows an exemplary plan editor wizard **404** GUI pop-up window, according to an embodiment of the present invention, that may be provided for a user **100** who has selected a Finish Faster level **7** marathon race program. The plan editor wizard **404** may allow the user **100** to, for example, reset their training schedule to start (or end) on a new date, choose a new day of the week for their long run, end their plan entirely, or adjust their schedule and calendar **402** to skip a given number of workouts in the plan.

FIG. **22** shows an exemplary custom workout wizard **406** GUI pop-up window, according to an embodiment of the present invention. The custom workout wizard **406** may allow a user to add workouts to their calendar **402** regardless of whether or not they are currently participating in a scheduled plan program. If a user **100** is participating in a scheduled plan program, the custom workout feature may be used to supplement the plan with additional workouts, remove workouts, or edit workouts as the user **100** desires. FIG. **22** shows an exemplary custom workout wizard **406** GUI pop-up window that may be provided for a user **100** who is already involved in a Finish Faster level **7** marathon race program. When a new workout is added, the wizard **406** may allow the user **100** to schedule the workout for a single date or schedule reoccurring instances of the workout on their calendar **402**. For example, the user **100** could select to have the custom workout repeated weekly, or once every other week, on any day of the week. The user **100** may also be able to select a start and end date for any reoccurring workouts. The custom workout may also be named and saved. In one embodiment, while viewing the calendar **402** page, saved custom workouts may appear in a sidebar and the user **100** may drag and drop a custom workout into any date on the calendar **402** using their cursor **206**.

In an embodiment, the custom workout created by the user may include one or more intervals of varying intensities according to the color-coded zone-based system described above. The custom workout wizard **406** may enable the user **100** to build an individual workout, for example, by assembling a series of zone intervals. The user may indicate the number of intervals to be performed and the relative intensities of each interval to be performed, based on a target heart rate zone (or other parameter-based zone), as indicated by a color. In one embodiment, the user **100** may assemble a custom workout with GUI elements that may resemble the graphical representation of the color-coded zone system as illustrated in FIG. **7**. In an embodiment, the user **100** may originally be presented with a blank screen upon which they can drag, drop, stretch, or otherwise manipulate one or more colored boxes that represent intervals to be performed at specific intensities, as indicated by the color of the box. Stretching or shrinking the boxes may increase or decrease the duration of the interval associated with that box. In another embodiment, the user could numerically specify their desired number of intervals, their associated durations, and/or their associated intensities, and a GUI representation consisting of several colored boxes may automatically be produced. In an embodiment, the user **100** could specify a primary exercise interval and could click check boxes indicating that a warm-up and/or cool-down interval should also be inserted before or after their primary exercise interval, if desired. After a workout is finalized and saved, the workout built by the user **10** may be represented by a zone bar indicator **320**, as described above.

In addition to creating customized individual workouts, in an embodiment, the user **10** may be able to create an entirely customized training plan from scratch. Via the plan module **400**, the user **100** may be able to create an original plan by specifying, for example, the number of weeks, the number of workouts per week, and the characteristics of the individual workouts, as described with respect to the custom workout wizard above.

Once the athlete **100** has selected a training plan that has been populated onto the calendar **402**, the athlete **100** may begin to engage in physical activities in accordance with the training plan. As illustrated in FIG. **1**, the athlete **100** may be equipped with a portable fitness monitoring device **102**. The portable fitness monitoring device **102** may be worn, carried, or otherwise supported by the athlete **100** during the physical activity. The portable fitness monitoring device **102** may also attach to a piece of exercise equipment such as a road bike traveling on a bike path or a stationary bike in the gym. The portable fitness monitoring device **102** may be capable of measuring and/or processing various performance parameters associated with the athlete's **100** physical activity. The portable fitness monitoring device **102** may communicate with one or more sensors **104**, such as a heart rate sensor, for detecting the performance parameters. As discussed above with reference to FIG. **2**, communication of performance parameters (such as heart rate or speed) may occur between two or more of the portable fitness monitoring device **102**, the personal computer **114**, and the server **112** via a network **110** (such as the Internet).

In an embodiment of the present invention, performance parameters for a plurality of athletes **100** may be stored on the server **112** and associated with particular user accounts by reference to a user database or the like. The track module **500** allows the users **100** to review and analyze their past performance data.

After completing a workout and uploading performance data to the server **112**, the user **100** may log in to the server **112** to review and analyze their past performance data. In one embodiment, by hovering the cursor **206** over the track module **500** icon, the user may be able to select a workout journal sub-module **502** or a history sub-module **504**. The user may also be provided with a link to view data from their latest workout via the history sub-module **504**, as described in further detail, below.

FIG. **23** is an exemplary GUI window that may be displayed by the workout journal sub-module **502**. In one embodiment, for each completed workout, the workout journal page may list the date the workout was completed, the name of the workout, and one or more performance details about the workout. For example, the workout journal page may list the elapsed time of the workout, the calories burned by the workout, the distance covered by the workout, the user's **100** average heart rate during the workout, the user's **100** average pace during the workout, the user's **100** average stride rate during the workout, a subjective user rating **506** of the workout and/or route, and any other notes **508** the user **100** wishes to record. The particular information displayed on the workout journal page may be set by the system or customized by the user **100**. Various information columns may be added or removed by the user as desired.

In an embodiment, the workout journal sub-module **502** may provide a listing of all workouts completed by the user **100** using the portable fitness monitoring system. By default, the workouts may be listed in order by date. The user **100** may

also be able to sort the displayed workout data by category. For example, if the user **100** wanted to sort all of their workouts by average heart rate, the user might click on the "heart rate" column header with the cursor **206**, causing the workout journal sub-module **502** to sort the workout data accordingly. A user **100** may only want to view workouts from a specific date range. Accordingly, in one embodiment, the user **100** may be able to select a specific week, month, or year for which to view workout data. By selecting a particular listed workout with the cursor **206**, the user **100** may be able to view more detailed data from that workout via the history sub-module **504**, as described in further detail below, with respect to FIG. **27**.

The subjective user rating **506** may be assigned by the user **100** immediately after the workout is completed, or at a later time. In one embodiment, the user **100** may rate a workout on a one to five star scale, with a one star workout being a poor workout and a five star workout being an excellent workout. In one embodiment, the user rating **506** may be entirely subjective. Alternatively, the user rating **506** may be assigned by track module **500** (or one of its sub-modules), based on various recorded performance parameters from the workout, historical user **100** performance, and/or user settings and options.

The user notes **508** may also be assigned by the user **100** immediately after the workout is complete or at a later time. User notes may include, for example, explanations of a user rating **506** assigned to the workout, or other subjective or objective observations about the workout, the user's **100** condition, the environment the workout was conducted in, or the route traversed.

In addition to (or in place of) being able to review and analyze past performance data via the workout journal sub-module **502**, the user **100** may be able to select an icon capable of initiating the history sub-module **504**. The history sub-module **504** may be capable of displaying a variety of GUI windows to the user such as, for example, those shown in FIGS. **24-35**.

In one embodiment of the present invention, there may be overlap between the information displayed by the workout journal sub-module **502** and the history sub-module **504**. The user **100** may prefer that information be displayed via one module for certain purposes and the other module for other purposes.

FIG. **24** is an exemplary GUI window according to an embodiment of the present invention that may be displayed by the history sub-module **504**. History pages may include a dashboard **510**, a primary display **512**, and a sidebar **514**. The dashboard **510** may provide icons that are correlated to particular performance parameters. Each icon itself may provide information about the performance parameters, and selecting a specific icon with the cursor **206** may alter the information displayed by the primary display **512**. The sidebar **514** may provide additional information, icons, and/or options.

The information displayed on the history pages may be for a single workout or for a plurality of workouts falling within a particular date range. Information may be displayed on a yearly, monthly, weekly, or daily basis. The data range selected by the user **100** may affect the information displayed by the dashboard **510** icons, the information displayed on the primary display **512**, as well as the content of the sidebar **514**.

With reference to FIG. **24**, for example, the user **100** may select and the history sub-module **504** may provide a history page displaying past performance information on a weekly basis from Jun. 29, 2008, through Sep. 20, 2008. The user **100** may have selected this date range by locating a workout in the workout journal display via workout journal sub-module **501**, selecting that workout, and then selecting a weekly display via the history sub-module. Alternatively, the user **100** may have navigated directly to the history page via the history sub-module **504**. A user **100** viewing a weekly history page may be able to move forward or backward in time to alter their display by selecting and dragging a scrollbar **516** with their cursor **206**. The scrollbar **516** may be included, for example, within the primary display **512**.

The dashboard **510** shown in FIG. **26** includes display icons for time, calories, distance, heart rate, pace, and stride rate. The numerical information provided with the dashboard **510** icons corresponds to data associated with workouts from the date range selected. For example, as illustrated in FIG. **24**, for the selected period of Jun. 29, 2008, through Sep. 20, 2008, the user's total workout time was 52 hours, 52 minutes, and 16 seconds. This value may also be provided in cumulative and/or average form over the selected time period.

While the information provided by the dashboard **510** icons may remain the same for a given date range, the information displayed by the primary display **512** may change depending on which dashboard **510** icon the user **100** has selected. For example, in FIG. **24**, because the user **100** has selected the time icon in the dashboard **510**, the history sub-module **504** displays time information in the primary display **512**. In FIG. **25**, because the user **100** has selected the heart rate icon in the dashboard **510**, the history sub-module **504** displays heart rate information in the primary display **512**. Note that in both FIGS. **24** and **25** the numerical information displayed by the dashboard **510** icons has not changed because the date range remains the same.

While the figures show the information displayed by the primary display **512** in the form of bar graphs, other suitable graphical displays such as, for example, line graphs, pie graphs, racecourse representations, animations, or videos may be provided in addition to or in place of the bar graphs. Moreover, although only time and heart rate graphs have been illustrated by the figures, any performance parameters listed in the dashboard **510** may be graphically displayed in the primary display **512**.

As illustrated in FIG. **24**, when a weekly display is selected, cumulative and/or average data for a plurality of weeks is displayed in the primary display **512**. For example, for the selected period of Jun. 29, 2008, through Sep. 20, 2008, separate bars may be displayed for the weeks of June 29 through July 5, July 6 through July 12, July 13 through July 29, etc.

As shown in FIG. **25**, when weekly heart rate information is displayed in the primary display **512** in bar graph form, the heart rate information may be conveyed based on the color-coded heart rate zone system described above with respect to FIGS. **7** and **8**. Likewise, when weekly pace, stride rate, or other parameter information is displayed in the primary display **512** in bar graph form, the pace, stride rate, or other parameter information may be conveyed based on a color-coded zone system corresponding to these other parameters.

In one embodiment, as illustrated by FIG. **25**, a color-coded bar may be provided for each week. The color-coded bar may include, for example, blue, green, yellow, and red regions associated with various heart rate zone ranges, as described above. The y-axis of the graph displayed in the primary display **512** may be time-based, and the total height of each weekly color-coded bar may correspond to the cumulative workout time for a weekly period. The relative heights of the individual color-coded regions within a given bar may be proportional to the amount of time the athlete **100** spent in that heart rate zone corresponding to each color for the weekly period.

For example, in the embodiment of FIG. **25**, during the week of August 3 through August 9, the athlete **100** worked out for a time period of approximately eight hours and spent time working out in each of the four heart rate zones, but primarily worked out in the green heart rate zone.

An athlete **100** who wants to obtain more specific information about a period of time displayed within the primary display **512** may hover their cursor **206** over the appropriate graphic to display a GUI pop-up window containing such information. For example, for the weekly time display shown in FIG. **24**, the athlete **100** has hovered their cursor **206** over the bar representing the week of July 13 through July 19. The displayed pop-up window may indicate the time, calories, distance, heart rate, pace, an/or stride rate information for only the specific week selected by the athlete **100**. The particular information displayed in the pop-up window may be set by the system or customized by the user **100**. Various information may be added or removed by the user as desired. Note that this information is taken from a smaller period of time than the information concurrently displayed in the dashboard **510**.

In one embodiment, an athlete **100** who wishes to obtain more specific information about a period of time displayed within the primary display **512** may alternatively select the bar or other indicium representing the appropriate time period with their cursor **206** (e.g. by clicking on the bar or other indicium). For example, if the user **100** viewing the weekly GUI window of FIG. **25** wanted to obtain more specific information about the week of August 3 through August 9, the user **100** could select the bar representing that week, which may result in the history sub-module **504** displaying the daily GUI window shown in FIG. **26**. The resulting window may show data for only the previously selected range (i.e. the week of August 3 through August 9), or it may show a slightly broader date range, as showing FIG. **26**, which provides daily information from July 27 through August 16.

The history display shown in FIG. **26** is similar to that shown in FIG. **25** except that specific workout dates, as opposed to weeks, are displayed in the primary display **512**. Accordingly, the cumulative and/or average information displayed in the dashboard **510** is also from a narrower date range.

An athlete **100** who wishes to obtain even more specific information about a period of time displayed within the primary display **512** may select the bar or other indicium representing the appropriate time period with their cursor **206** (e.g. by clicking on the bar or other indicium). For example, if the user **100** viewing the daily GUI window of FIG. **26** wanted to obtain more specific information about workouts conducted on Aug. 9, 2008, the user **100** could select the bar representing that day, which may result in the history sub-module **504** displaying the daily GUI window shown in FIG. **27**.

The history display shown in FIG. **27** is similar to that shown in FIG. **26** in that the dashboard **510**, primary display **512**, and sidebar **514** are still present. However, FIG. **27** differs from FIG. **26** in that information provided in both the dashboard **510** and the primary display **512** is only associated with a single workout day. Additional functionality may also provided by the sidebar **514**.

In one embodiment of the present invention, as shown in FIG. **27**, the history sub-module **504** may provide a feedback **518** section in the sidebar **514**. The feedback section may provide feedback from coaches, friends, or other individuals authorized to provide feedback to the athlete **100**. All users of the system of the present invention having similar accounts through server **112** may be authorized to provide feedback to the athlete **100**. Alternatively, only users of the system that are specifically authorized by the athlete **100** may provide feedback to the athlete **100**. In an embodiment, users who are linked to the athlete **100** via a social networking site may also provide feedback to the athlete **100**. Feedback may be provided through a GUI provided by sever **112**, via email, via text message, via voice mail, or by any other suitable means known in the art. Feedback may be listed sequentially in the order that the feedback was posted, much like comments associated with a blog or other web article, as is known by those of skill in the art.

The history sub-module **504** may also provide a notes section in the sidebar **514**. The notes section may provide a section for a user rating **506** and user notes **508**. These ratings **506** and notes **508** may be similar to those described above with reference to FIG. **23**.

The history sub-module **504** may provide a route tools section in the sidebar **514** that may be managed by a route tools sub-module **520**. In one embodiment, the route tools sub-module **520** may allow the user **100** to associate specific routes with a workout when the workout involved the traversal of a particular geographic pathway. In one embodiment, the route tools sub-module may employ a web-based mapping service application, such as, for example, the Google Maps application provided by Google, Inc. of Mountain View, Calif. The mapping service application may utilize an application programming interface that allows the mapping service application, such as Google Maps, to be embedded into the GUI windows of the present invention.

As illustrated in FIG. **28**, the route tools sub-module **520** may enable the user **100** to recreate the path they traversed during the workout by clicking, and/or dragging and dropping landmarks and paths over a street map using the cursor **206**. The approximate area of the route may be found by, for example, entering a street address, a well-known landmark, or a zip code into the mapping service application interface. Alternatively, in an embodiment, the athlete **100** could conduct their workout using a GPS-enabled portable fitness monitoring device **102** capable of recording their geographic way points along the route traversed. Either during traversal of the route or after the route has been completed, the GPS data could then be uploaded to the server **112** and associated with other performance monitoring information collected during traversal of the route. Thus, the route tools sub-module **520** could automatically reconstruct the path traversed by the athlete **100**.

In another embodiment, the route tools sub-module may allow the athlete **100** to create, store, share, and find route plans of interest. The route plan, which may or may not be associated with a particular workout, may be created or selected that specifies a particular route for the athlete **100** to travel. In an embodiment, the route plan may be downloaded to the portable fitness monitoring device **102**. Athletes **100** may use route plans they themselves have created and stored on the sever **112**. In one embodiment, other users **100** may post and share route plans with others. In one embodiment this functionality may be enabled by the forum module **800**. Thus, a plurality of users **100** may be able to create, store, share, find, edit, rate, and comment on route plans of interest.

In an embodiment, the portable fitness monitoring device **102** may be able to guide the athlete **102** along a route, based on the route plan and, for example, the athlete's **102** current position based on GPS readings.

In one embodiment, the user may save and name a route or route plan using the route tools sub-module **520**. In the embodiment of FIG. **29**, as shown in the sidebar **514**, the user **100** has named and saved a plurality of routes or route plans to the server **112**. In the event that a particular route or route

plan has not been automatically assigned to a given workout record, the user **100** may wish to select a route or route plan with the cursor **206** to associate with their workout.

Saved routes or route plans may be displayed in primary display **512** if the user **100** selects an appropriate icon. Route details such as the route name, distance, and location may be provided in a GUI pop-up window. The user **100** may also be able to assign a subjective rating and include notes about the route. These features are analogous to the user rating **506** and user notes **508** features described above with respect to FIG. **23**.

In an alternate embodiment of the present invention, the various route functionalities described herein may be provided through a separate route module of the application software of server **112** at the same functional level as the other primary modules illustrated in FIG. **3**, such as the start module **200**, the plan module **300**, the schedule module **400**, the track module **500**, the support module **600**, the library module **700**, and the forum module **800**. Accordingly, a route module icon may be provided on the menu bar **204**.

In another embodiment of the present invention, as illustrated in FIG. **30**, the history sub-module **504** may further provide a playlist **522** section in the sidebar **514**. If the user **100** conducted a workout while listening to music on a music-enabled portable fitness monitoring device **102** (or with a portable fitness monitoring device coupled to a music device), the playlist **522** section may provide a listing of the musical audio tracks that the user **100** listened to during their workout.

In an embodiment, a particular play list may be associated with a particular route plan or workout so that the play list may be downloaded to the portable fitness monitoring device **102** simultaneously with the route plan and/or workout. Accordingly, the user **100** may be able to easily perform the same workout and/or traverse the same route while listening to the same play list. The athlete **100** could also fine tune their play list until the athlete felt that the play list provided appropriate entertainment, motivation, or other benefits during the physical activity.

As illustrated in, for example, FIGS. **27** and **30**, the history sub-module **504** may be capable of displaying a variety of performance parameter information about a particular workout in the dashboard **510** and primary display **512** areas of a GUI window. As was the case with the weekly and daily summary displays of performance information shown in FIGS. **24-26**, while the information provided by the dashboard **510** icons may remain the same for a given workout, the information displayed by the primary display **512** may change depending on which dashboard **510** icon the user **100** has selected. For example, in FIG. **30**, because the user **100** has selected the heart rate icon in the dashboard **510**, the history sub-module **504** displays heart rate information in the primary display **512**.

In an embodiment, the heart rate information provided with the heart rate icon in the dashboard **510** is an average heart rate in beats per minute over the entire workout. In another embodiment, the heart rate information provided with the heart rate icon in the dashboard **510** is a percentage indicating how often the athlete **100** was exercising at the appropriate heart rate, as indicated by their workout plan for the given workout (i.e. their "percentage in zone"). The percentage in zone may be based on time or distance. For example, an athlete's **100** plan may call for a 30 minute jog in the blue zone followed by a 30 minute run in the green zone. The athlete **100** may cover 4 miles during the blue zone jog while staying in the proper zone 80% of the time, and 8 miles during the green zone run, while staying in the proper zone 40% of the time. Accordingly the athlete's **100** percentage in zone for the entire run based on time would be 60%, while the athlete's **100** percentage in zone for the entire run based on distance would be approximately 53%. Percentage in zone based on one or both of time and distance may be displayed at a given time.

In one embodiment, a "success rate" may be calculated and provided to the user **100**. In this manner, the user may receive performance feedback about a particular workout or series of workouts. The success rate may be displayed in the dashboard **510** and may be provided in cumulative and/or average form. In an embodiment, the success rate may be equal to the percentage in zone. In another embodiment, the success rate may be proportionate to the percentage in zone. Other factors may be used to calculate the success rate including, but not limited to, whether a personal best for a particular parameter (e.g. time, pace, distance, etc.) was achieved during a workout, whether the athlete **100** left a zone too early, whether the athlete's **100** heart rate appeared to recover quickly after completing a difficult zone interval, whether the athlete's **100** performance was consistent throughout the workout, and/or how the athlete performed during specific key interval training sessions.

After the zones have been initially defined, the portable fitness monitoring system may be adapted to selectively adjust the limits of the zones in response to the athlete's **100** performance and/or feedback received from the athlete **100**, if such adjustments are warranted, as illustrated in FIG. **38**. In this manner, the portable fitness monitoring system may provide a training feedback loop. As described above, the zones may be defined based on user input. User **100** performance parameter data is detected during a physical activity via the sensors **104**, as described above. The performance parameter data is transmitted to the personal computer **114** and/or the server **112** for processing. A determination is made as to whether the zones need to be adjusted. If adjustments are warranted, this data may be communicated back to a portable fitness monitoring device **102**.

The determination as to whether or not the zones need to be adjusted may be based on, for example, the factors described above with respect to success rate calculations. In one embodiment, if the athlete **100** performs outside the specified heart rate zone for all or a portion of the interval, the heart rate zone may be adjusted. For example, if the athlete **100** is consistently above the specified zone, the zone range may be increased. If the athlete **100** is consistently below the specified zone, the zone range may be decreased.

Determinations may further be influenced by feedback provided by the athlete **100**. For example, the athlete **100** may provide responses to questions posed by the portable fitness monitoring system. For example, upon uploading recently recorded performance parameter data, or upon logging in to the personal computer **114** and/or server **112**, a GUI pop-up window may appear asking the user **100**, for example, if they thought the workout routine was too difficult or too easy. If the user **100** responds that a workout routine was too difficult, the zone range may be incrementally decreased. If the user **100** responds that a workout routine was too easy, the zone range may be incrementally increased. The athlete's **100** answers to these questions may also influence the success rate calculations described above.

Returning to FIG. **30**, in one embodiment, the performance information to be displayed in the primary display **512**, based on the selected dashboard **510** icon, may be displayed on a line graph whose x-axis is either time or distance based, and whose y-axis is correlated to the value of the measured per-

formance parameter. For example, as shown in FIG. **30**, a line graph charts heart rate information as a function of time during the workout.

Average lines may also be plotted parallel to the x-axis across the graphs. For example, in FIG. **30**, an average heart rate line representing the athlete's **100** average heart rate of 155 beats per minute during the workout is plotted across the graph.

In an embodiment, certain performance parameters may be simultaneously plotted or overlaid on top of other performance parameters. For example, in FIG. **31**, the athlete's **100** pace has been plotted on top of the athlete's **100** heart rate as a function of time.

The user **100** interested in viewing instantaneous performance statistics throughout the workout may be able to select and drag a scrollbar **516** with their cursor **206** along the x-axis. The scrollbar **516** of this embodiment may function similarly to the scrollbar **516** described with reference to FIG. **24**. As the user **100** drags the scrollbar **516** across the x-axis, an icon may travel along the line graph plotted for the performance parameter of interest. In addition, a pop-up window displaying additional instantaneous performance data may appear and move across the screen along with the moving icon. FIG. **32** is an illustration of an icon and pop-up window containing instantaneous performance parameter information being moved across a GUI screen by means of a scrollbar **516**.

In another embodiment, the user **100** may be able to display summary performance information for a subset of the workout in the dashboard **510**. In one embodiment, the user **100** may manipulate first and second analysis boundaries **524** and **526**. The user **100** may enable use of the analysis boundaries by selecting an icon with their cursor **206**. Once analysis boundaries are enabled, a first analysis boundary marker **524** may appear on the left side of the performance parameter graph in primary display section **512**, and a second analysis boundary marker **526** may appear on the right side of the performance parameter graph in primary display section **512**. As shown in FIG. **33**, using the cursor **206**, the user may drag and drop the first and second analysis boundary markers **524** and **526** so that only a subset of the performance parameter graph (the portion remaining between the two analysis boundary markers) is highlighted. When analysis boundaries are enabled, the numerical performance parameter information displayed in the dashboard **510** is only summed and/or averaged for the subset of the workout highlighted within the analysis boundary markers.

When heart rate information is selected and displayed in the primary display **512**, icons representing the red, yellow, green, and blue zones may be positioned on the right side of the heart rate graph in primary display section **512**. The user **100** may select or hover the cursor **206** over one of these icons to display summary information for only the portions of the workout where the user **100** was performing in the zone associated with the selected icon. For example, in FIG. **34**, the user **100** has selected the green icon on the right side of the heart rate graph. History sub-module **504** then displays a pop-up window that may detail, for example, the numerical heart rate range corresponding to the selected zone for the particular user **100** during that particular workout, as well as time, distance, heart rate, and pace information associated with the user's **100** activity in the selected zone during the workout.

In an embodiment, the user **100** may be able to manually correct any recorded parameters that they know are inaccurate. Inaccuracies may be due to, for example, errors with the sensors **104** employed by the portable fitness monitoring device **102** used by the athlete **100**. As shown in FIG. **35**, a user **100** may correct, for example, the distance they traveled during a workout. The user **100** may know the exact distance of a route routinely traveled and wish to update a distance inaccurately recorded by a distance sensor **104**.

In another embodiment, when a parameter, such as distance, is corrected, the system may recalibrate the recorded and stored data. For example, when the distance traversed for a particular run is corrected, the distance data and corresponding distance graph for that run is corrected. In addition, data and graphical displays that depend on the distance data, such as pace data and graphical displays, are also corrected.

In a further embodiment, when a parameter, such as distance, is corrected, this corrected data may be transmitted to the portable fitness monitoring device **102** the next time the device is in communication with the network **112** so that the portable fitness monitoring device's **102** distance monitoring capability can be recalibrated, if necessary.

The track module **500** may also provide a front page sub-module **530**. FIG. **36** is an exemplary GUI window that may be displayed by the front page sub-module **530**. The front page GUI may include plan tracker **532**, achievements **534**, last workout **536**, next workout **538**, and coach talk **540** sections. In an embodiment, the contents of the front page may be customized and reordered similarly to customizable web portals such as, for example, the iGoogle web portal.

The achievements section **534** may provide icons that are correlated to particular performance parameters. In this way information displayed by the achievements section **534** on the front page may be similar to information displayed by the dashboard **510** of the other history pages. When a user **100** selects a performance parameter icon in the achievements section **534**, cumulative and/or average information about that parameter for various time periods may be displayed in the achievements section **534**. For example, as shown in FIG. **36**, heart rate percentage in zone may be displayed for the entire time the user **100** has used the portable fitness monitoring system, since a specific date, in the last week, or in the current week. The particular information displayed in the achievement section may be set by the system or customized by the user **100**. Various information may be added or removed by the user **100** as desired.

In an embodiment, the last workout section **536** displays stats for the last workout completed by the user **100**, and the next workout section **538** displays information about upcoming planned workouts. The information provided by the achievements **534**, last workout **536**, and next workout **538** sections may be similar to information provided to the user **100** by other modules and sub-modules, but may conveniently be provided on a single page. The coach talk section **540** may provide information similar to that provided by the coaching tips included in the workout list **318**, as described above with respect to FIG. **18**. The coach talk section **540** may therefore provide motivation, point out a particular area of focus, or otherwise provide guidance to the athlete **100** related to the ultimate goal of their particular plan or workout.

In one embodiment, front page includes a plan tracker **532** section. The plan tracker **532** may graphically display an individual's **100** planned workouts, the number of planned workouts completed, and the number of planned workouts remaining to be completed. The plan tracker **532** may provide indication(s) about whether the individual **100** is meeting the specified goals for the completed workouts.

The particular information displayed in the plan tracker **532** section may be set by the system or customized by the user **100**. Various information may be added or removed by the user **100** as desired. A user **100** engaged in multiple plans

simultaneously (e.g. a running based plan and a non-running based plan) may choose to display multiple plan trackers **532** at once. In an embodiment, other trackers may be provided that display information similarly to the plan tracker **532**. For example, an athlete with a goal to lose weight may chose to display a weight tracker that tracks their progress towards a weight loss goal.

The track module **500** may also support a message sub-module **528**. FIG. **37** is an exemplary GUI window that may be displayed by the message sub-module **528**. The message sub-module GUIs may have the general look and functionality of an email application such as Windows Mail or Gmail. In an embodiment, the message sub-module may be linked to one or more email addresses. The email addresses may include an email address specifically associated with the user's **100** fitness monitoring system or general purpose email accounts provided by other providers.

At least some of the messages received by the user **100** via the message sub-module **528** may be automatically generated by the server **112**. Messages may, for example, congratulate the athlete **100** for achieving certain training milestones or personal bests, may provide motivation or other training advice to the athlete **100**, may provide new product or service updates and/or downloads, and may include other things such as birthday or holiday greetings.

As indicated above, the menu bar **204** may include several icons or indicia corresponding to the support **600**, library **700**, and forum **800** modules.

The support module **600** may support help **602** and settings **604** sub-modules. FIG. **39** is an exemplary GUI window that may be displayed by the help sub-module **602**. The help sub-module **602** may contain general information about the fitness monitoring system of the present invention, including a brief description of the system, its intended users, and the potential benefits available to those users The help sub-module **602** may provide a description of the various functions of the interactive website supported by the software and the underlying modules, sub-modules, and wizards.

The settings sub-module **604** may be able of displaying GUI windows for collecting, storing, and reviewing personal settings **606**, workout settings **608**, device settings **610**, and privacy settings **612**.

FIG. **40** is an exemplary GUI window that may be displayed by the settings sub-module **604** for collecting personal settings **606** information. Personal settings **606** information may include, for example, name, address, email address, password, gender, birth date, and address information. This information may be used to associate a specific user **100** with a particular user account. In an embodiment, some of this information may be used to tailor aspects of the portable fitness monitoring system to the user **100**, or to provide messages, product offers, or other items of interest to the user **100**.

FIG. **41** is an exemplary GUI window that may be displayed by the settings sub-module **604** for collecting workout settings **608** information. Workout settings **608** information may include preferences such as preferred distance units (miles vs. kilometers), height units (feet and inches vs. meters and centimeters), weight units (pounds vs. kilograms), time format (12 hour clock vs. 24 hour clock), and a preferred week start date (e.g. Sunday or Monday). Workout settings **608** information may also include fitness profile information such as the user's weight, height, and maximum heart rate (if known). In one embodiment, the user may be periodically prompted by the system to update their fitness profile information.

The workout settings page may graphically and/or numerically display the user's **100** current zone ranges according to the color-coded heart rate zone system described above. In an embodiment, the user **100** may be able to configure and customize heart rate, pace, or other custom workout interval settings via the workout settings page.

FIG. **42** is an exemplary GUI window that may be displayed by the settings sub-module **604** for collecting device settings **610** information. Device settings information may include settings for any peripheral devices the user **100** has and is using in conjunction with the system of the present invention. These devices may include, for example, the devices discussed above with respect to FIG. **11**, including mobile fitness phones, dedicated portable fitness monitoring devices, non-dedicated portable fitness monitoring devices, sports mode-enabled MP3 players, sports-enabled dongles, sports watches, display devices, and sensors (e.g. pedometers or heart rate sensors). The user may indicate which, if any, sensors they may use during their workouts.

For example, via the settings page, the user **100** may be able to adjust the audio feedback options provided by their portable device(s) during a workout. In one embodiment, the user may select audio feedback with different types or styles of voices such as, for example, voices of different gendered speakers, voices with different accents, voices in different languages, voices from celebrities or fictional characters, and voices of different tones (e.g. supportive, calming, energizing, or stem). In another embodiment, the user may select specific performance parameter measurements to be recited via audio feedback during the workout. For example, a user may choose to have their elapsed time, calories burned, and distance traveled so far announced to them at regular intervals, on demand, or at predetermined times throughout the workout.

FIG. **43** is an exemplary GUI window that may be displayed by the settings sub-module **604** for collecting privacy settings **612** information. Privacy settings **612** information may include, for example, whether the user's **100** profile and/or history are accessible to all users **100** or only select users **100**. For those users **100** with access, the privacy settings **612** may control specifically what historical workout information is accessible (e.g. only workout data from the last workout vs. all workout data).

The privacy settings page may also allow the user **100** to link their fitness monitoring account to a social networking site, such as, for example, Facebook, MySpace, Twitter, Friendster, LinkedIn, or the like. Users **100** who link their profile to a social networking site may be able to specify how often their fitness information is updated to their social networking site and specifically what type of information is provided.

The library module **700** may be capable of displaying GUI windows for videos **702** and articles **704**. The videos **702** and articles **704** may provide the user **100** with additional resources for planning, preparing for, an executing their workouts.

FIG. **44** is an exemplary GUI window that may be displayed by the library module **700** for providing videos **702**. The library module **700** may include a videos **702** section that provides short animations and/or videos teaching the user **100** proper stretching, warm-up, cool-down, and other exercising techniques. The user **100** may select a video **702** icon with their cursor **206** to display the video **702**.

FIG. **45** is an exemplary GUI pop-up window that may appear in response to the user **100** selecting a particular video. The pop-up window may include the animation and/or video, a suggested number or time period for the activity, and other notes or comments about the activity.

In an embodiment, the user **100** may be able to download videos **702** from the server **112** to a portable fitness monitoring device **102** having a video screen so that they may be viewed remotely. This may allow the athlete **100** to view instructions regarding preparing for or executing their workouts at the site of their workout prior to or during their exercise routine.

FIG. **46** is an exemplary GUI window that may be displayed by the library module **700** for providing articles **704**. The library module **700** may include an articles **704** section that provides articles information the user **100** about various health and fitness topics. Articles may focus on topics such as strength training, cardiovascular exercise, biking, running, or a variety of other topics. The articles **704** may not all relate directly to fitness activities. For example, some articles may be related to diet and nutrition.

The forum module **800** may be capable of displaying GUI windows for user forums. In one embodiment, as illustrated in FIG. **47**, the forum module **800** may employ a social networking application, such as, for example, Facebook. The social networking application may utilize an application programming interface that allows the social networking application, such as Facebook, to be embedded into the GUI windows of the present invention. In another embodiment, the social networking site provides a feed that can be transmitted and displayed via the GUI windows of the present invention.

The forum page may be a place where users **100** can exchange updates regarding their fitness planning and progress using the system of the present invention. Users **100** may also exchange information regarding the website, the particular training equipment and devices they are using, the athletic events or races they are participating in, and information giving and/or requesting coaching or other advice.

Various aspects of the present invention, or any parts or functions thereof, may be implemented using hardware, software, firmware, tangible computer readable or computer usable storage media having instructions stored thereon, or a combination thereof and may be implemented in one or more computer systems or other processing systems.

Program products, methods, and systems for providing fitness monitoring services of the present invention can include any software application executed by one or more computing devices. A computing device can be any type of computing device having one or more processors. For example, a computing device can be a workstation, mobile device (e.g., a mobile phone, personal digital assistant, or laptop), computer, server, compute cluster, server farm, game console, set-top box, kiosk, embedded system, a gym machine, a retail system or other device having at least one processor and memory. Embodiments of the present invention may be software executed by a processor, firmware, hardware or any combination thereof in a computing device.

Software of the present invention may be stored on any computer-usable medium. Such software, when executed in one or more data processing device, causes the data processing device to operate as described herein. Embodiments of the invention employ any computer-usable or -readable medium, known now or in the future. Examples of computer-usable mediums include, but are not limited to, primary storage devices (e.g., any type of random access memory), secondary storage devices (e.g., hard drives, floppy disks, CD ROMS, ZIP disks, tapes, magnetic storage devices, optical storage devices, MEMS, nanotechnological storage devices, etc.), and communication mediums (e.g., wired and wireless communications networks, local area networks, wide area networks, intranets, etc.).

While many of the exemplary embodiments discussed above make reference to a color-coded heart rate zone-based system, color-coded zone systems based on zones of other parameters including, but not limited to, speed, pace, stride rate, calories, respiration rate, blood oxygen level, blood flow, hydration status, or body temperature may also be employed. The present invention is therefore not to be limited to only heart rate based zone systems.

Furthermore, while many of the exemplary embodiments discussed above make reference to a color-coded heart rate zone-based system where the zones may be defined as ranges of percentages of an athlete's **100** maximum heart rate, heart rate zones may be defined based on other parameters as well.

In one embodiment, heart rate zones may be defined as ranges of percentages of an athlete's **100** maximum heart rate. In another embodiment, heart rate zones may be defined as ranges derived from parameters such as an athlete's **100** ventilation threshold heart rate. In a further embodiment, heart rate zones may be defined as ranges derived from both the athlete's **100** peak heart rate and the athlete's **100** ventilation threshold heart rate.

An athlete's **100** peak heart rate may or may not be the same as the athlete's **100** maximum heart rate. As used herein, "peak heart rate" refers to the highest heart rate that a particular athlete **100** can achieve during a training session. The athlete's physiologically possible maximum heart rate may be higher that the peak heart rate. For some athletes **100**, typically those in top physical condition, their peak heart rate may be very close to their max heart rate. For other athletes **100**, typically those who are less well conditioned, their peak heart rate may be far less than their true physiologically possible max heart rate. Accordingly, in an embodiment, an athlete **100** may enter their peak heart rate into their portable fitness monitoring device **102** or save this information on the server **112**. The athlete **100** may also be able to capture peak heart rate information during an assessment run, as described in further detail above.

As an exercise progressively increases in intensity, the air into and out of your respiratory tract (called ventilation) increases linearly or similarly. As the intensity of exercise continues to increase, there becomes a point at which ventilation starts to increase in a non-linear fashion. This point where ventilation deviates from the progressive linear increase is called the "ventilation threshold." The ventilation threshold is closely related to the lactate threshold, or the point during intense exercise at which there is an abrupt increase in blood lactate levels. Research suggests that the ventilation and lactate thresholds may be some of the best and most consistent predictors of performance in endurance events. The athlete's **100** heart rate at the ventilation threshold point may be referred to as their ventilation threshold heart rate. Accordingly, in an embodiment, an athlete **100** may enter their ventilation threshold heart rate into their portable fitness monitoring device **102** or save this information on the server **112**. The athlete **100** may also be able to capture ventilation threshold heart rate information during an assessment run, as described in further detail above, by using equipment necessary for determining ventilation and/or lactate threshold.

In an embodiment, the heart rate zones may be defined as ranges derived from both the athlete's **100** peak heart rate and the athlete's **100** ventilation threshold heart rate. For example, Table 1 illustrates an exemplary embodiment in which color-coded heart rate zones may be defined for an athlete **100** with a peak heart rate (PHR) of 200 beats per minute and a ventilation threshold heart rate (VTHR) of 170 beats per minute:

TABLE 1

ZONE BOUNDARY	CALCULATION	HR VALUE	% MAX HR
Upper Red Zone Limit (URZ)	=PHR	200	93.5%
Lower Red Zone Limit (LRZ)	=%110 of VTHR	187	87.4%
Upper Yellow Zone Limit (UYZ)	=LRZ − 1	186	87.0%
Lower Yellow Zone Limit (LYZ)	=VTHR	170	79.5%
Upper Green Zone Limit (UGZ)	=LYZ − 1	169	79.0%
Lower Green Zone Limit (LGZ)	=UBZ + 1	154	72.0%
Upper Blue Zone Limit (UBZ)	=90% of VTHR	153	71.5%
Lower Blue Zone Limit (LBZ)	=80% of VTHR	135	63.1%

As illustrated by Table 1, each color coded zone may be defined as having upper and lower limits. Each zone limit may be calculated based on PHR, VTHR, and/or one of the other zone limits. A heart rate value associated with each zone limit may be correlated to a percentage of max heart rate if max heart rate is known or can be estimated. In an embodiment, PHR is assumed to be 93.5% of an athlete's **100** max heart rate value. Accordingly, physical activities may be carried out and content may be presented via GUIs according to the color-coded heart rate zone based system of the present invention.

As described above, color-coded pace or speed based systems may also be employed. In an embodiment, upper and lower pace or speed zone limits may be derived in part from PHR and VTHR values. For example, an athlete may conduct one or more physical activities using a heart rate monitor, a ventilation threshold (or lactate threshold) monitor, and/or pace or speed monitors. Measurements may be conducted by portable monitors, stationary monitors, or in a laboratory after the physical activities are conducted. A relationship between the pace or speed of the athlete and max heart rate, PHR, and/or VTHR may be established. Accordingly, color-coded pace or speed zone limits may be determined based on this information.

In another embodiment of the present invention, zones may be determined based on a measurement of power. Power measurements may be derived from pace calculations if other parameters such as, for example, the athlete's **100** body weight and the incline of the surface traversed (e.g. incline of a sidewalk, bike path, or treadmill surface).

In an embodiment, the athlete **100** may be able to download mobile applications to a mobile device such as a mobile phone, that are capable of presenting GUIs similar to those illustrated herein, from server **112**. Accordingly, the athlete **100** may be able to interact with the server **112**, access their account, and perform many of the other planning, tracking, and other functions described herein from a mobile device.

The present invention has been described above by way of exemplary embodiments. Accordingly, the present invention should not be limited by any of the above-described exemplary embodiments, but should be defined only in accordance with the following claims and their equivalences.

What is claimed is:

1. A tangible computer program product comprising a computer readable medium having computer program logic recorded thereon for causing at least one processor to:

graphically display a background comprising a plurality of color coded zones, wherein the plurality of color coded zones are associated with numerical ranges of a first performance parameter;

graphically display information about the first performance parameter to a user regarding the user's performance during a workout, wherein said first performance parameter information is displayed as a function of an interval parameter and overlaid on top of the color coded zone background; and

graphically display second performance parameter information to the user regarding the user's performance during the workout, wherein said second performance parameter information is displayed as a function of the interval parameter,

wherein the second performance parameter information is overlaid on top of the color coded zone background and the first performance parameter information.

2. The tangible computer program product of claim **1**, wherein the interval parameter comprises time.

3. The tangible computer program product of claim **2**, wherein first performance parameter information associated with a particular point in time is overlaid on top of the appropriate color coded zone based on a correspondence between a particular numerical value of the first performance parameter at the particular point in time and the numerical range associated with the color coded zone.

4. The tangible computer program product of claim **2**, further comprising logic for causing the at least one processor to graphically display a pop-up display element for displaying instantaneous performance data about the first performance parameter at a particular point in time in response to the user indicating a particular point in time of interest.

5. The tangible computer program product of claim **1**, wherein the interval parameter comprises distance.

6. The tangible computer program product of claim **5**, wherein first performance parameter information associated with a particular distance is overlaid on top of the appropriate color coded zone based on a correspondence between a particular numerical value of the first performance parameter at the particular distance and the numerical range associated with the color coded zone.

7. The tangible computer program product of claim **5**, further comprising logic for causing the at least one processor to graphically display a pop-up display element for displaying instantaneous performance data about the first performance parameter at a particular distance in response to the user indicating a particular distance of interest.

8. The tangible computer program product of claim **1**, wherein the first and second performance parameter information was recorded over a portion of the workout.

9. The tangible computer program product of claim **1**, wherein the first performance parameter information comprises heart rate.

10. The tangible computer program product of claim **9**, wherein the second performance parameter information comprises pace.

11. The tangible computer program product of claim **9**, wherein the second performance parameter information comprises speed.

12. The tangible computer program product of claim **1**, wherein the first performance parameter information and the second performance parameter information are selected from the group consisting of: heart rate information and pace information.

13. The tangible computer program product of claim **1**, further comprising logic for causing the at least one processor

to graphically display an average line denoting the average value for the first performance parameter during the workout, wherein the average line is overlaid on top of the color coded zone background and the first performance parameter information.

14. A tangible computer program product comprising a computer readable medium having computer program logic recorded thereon for causing at least one processor to:

graphically display performance parameter information to a user regarding the user's performance during a workout, wherein said performance parameter information is displayed as a function of an interval parameter;

provide first and second analysis boundary markers capable of being manipulated by the user to define a subset of said graphically displayed performance parameter information; and

in response to the user manipulation, display numerical performance parameter information corresponding to only the subset of graphically displayed performance parameter information defined by the analysis boundary markers.

15. The tangible computer program product of claim **14**, wherein the interval parameter comprises time.

16. The tangible computer program product of claim **15**, further comprising logic for causing the at least one processor to graphically display a pop-up display element for displaying instantaneous performance data about the performance parameter at a particular point in time in response to the user indicating a particular point in time of interest.

17. The tangible computer program product of claim **14**, wherein the interval parameter comprises distance.

18. The tangible computer program product of claim **17**, further comprising logic for causing the at least one processor to graphically display a pop-up display element for displaying instantaneous performance data about the performance parameter at a particular distance in response to the user indicating a particular distance of interest.

19. The tangible computer program product of claim **14**, wherein the performance parameter information is selected from the group consisting of: heart rate information and pace information.

20. The tangible computer program product of claim **14**, wherein the performance parameter information is overlaid on top of a color coded zone background.

21. The tangible computer program product of claim **14**, further comprising logic for causing the at least one processor to graphically display an average line denoting the average value for the performance parameter during the workout, wherein the average line is overlaid on top of the performance parameter information.

22. The tangible computer program product of claim **14**, further comprising logic for causing the at least one processor to, in response to the user manipulation of a graphical user interface element, disable use of the first and second analysis boundary markers.

23. The tangible computer program product of claim **14**, wherein the numerical performance parameter information corresponding to only the subset of graphically displayed performance parameter information defined by the analysis boundary markers that is displayed is average numerical performance parameter information.

24. The tangible computer program product of claim **14**, wherein the numerical performance parameter information corresponding to only the subset of graphically displayed performance parameter information defined by the analysis boundary markers that is displayed is summed numerical performance parameter information.

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