proto.io

strive.ai Onboarding

Mike Wood

9

screens

Welcome Mike

We use data from your activities to enhance everyone's **experience** and identify **factors** that influence your performance.

We capture **bio metric**, **environmental** and **performance** data. We respect your Strava privacy settings so only activities you mark **public** are visible to others.

Decline   OK

Device Files

Linking your Garmin Connect account
will ensure we receive a complete picture
of your endurance sports data and
enable valuable strive.ai features.

Connect

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Achievements

We analyze data from your activities to sample your **fitness** and **train** algorithms that surface our **insights**. We also use this data to alert you to fitness **achievements**.

Peak Thresholds (Heartrate, Power)

Best Efforts (Run Pace)

Segment Efforts (watts/kg)

Weather

Fitness Sensor Data

Insights

We have a library of **insights** trained using the data we collect. We send a stream of these to you as we process your activities.

!   Performance Anomalies   ⓘ

⚠   Activity Warnings   ⓘ

🏃   Strengths & Weaknesses   ⓘ

◎   Segment PR Probability   ⓘ

📈   Fitness Loss or Gain   ⓘ

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Factors

We measure the importance and impact of variables caputured during your workouts to establish what **factors** are influencing your performance.

We alert you to the most material factors when you have a **breakthrough** or when your performance **declines** and you can see the full list anytime.

Weather

Running & Cycling Mechanics

Bio Markers

Strava Data

Apple Health (Comming Soon)

Choose Focus

Choose up to 3 **time durations** and/or **distances** on each Performance Metric you'd like to track:

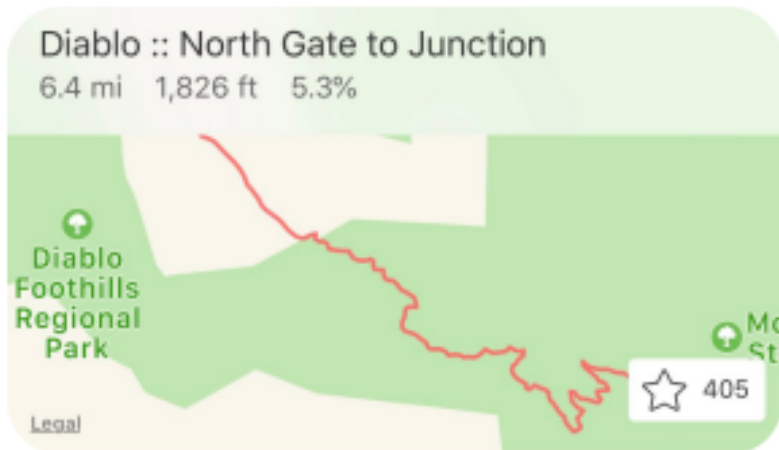|		
♥	Heartrate	⊕
🚴	Bike Power	⊕
⚡	Run Power	⊕
🏃	Run Pace	⊕

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Choose Segments

Diablo :: North Gate to Junction
6.4 mi   1,826 ft   5.3%

☆ 405

Legal

Select a few of your favorite **Strava Starred Segments** to receieve performance insights on. We use segment efforts to predict when the probability of a PR is high!

Diablo North Gate to Junction   ☑

Wildcat Canyon   ☐

Thank You

Thank you for subscribing to **strive.ai**
You'll begin to receieve **insights** after we
baseline your data.

You can modify any of your selections in
settings anytime.

OK