

Laura’s ADI Journey

Assessment #1

- Laura completes a 10-minute initial assessment.
- NOAH analyzes her inputs and identifies five Areas of Opportunity, including Mechanics and Balance.

Check-In #2

- Laura completes her monthly check-in.
- Her results show progress: Mechanics and Balance are now Areas of Strength following her efforts to improve them.
- NOAH now finds Fuel to be an Opportunity due to increased training load.

Check-In #3

- In her latest check-in, Laura reports she has grown an inch and indicates she has begun to experience knee pain.
- NOAH identifies Growth and History as Opportunities for focused action.
- Fuel is now a Strength, a testament to Laura’s work in this area.



JUNE



JULY



AUGUST



NOAH Guidance

- Laura asks NOAH how to improve her Mechanics and Balance.
- NOAH Provides a list of relevant exercises along with form and repetition guidance, and connects her to additional resources from the ADI Library.



NOAH Guidance

- Laura asks NOAH for balanced snacks to pack for her after-school practices.
- NOAH provides nutritional guidance and a variety of snack ideas.



NOAH Guidance

- NOAH considers Laura's recent growth spurt and new symptoms and recommends an appointment with a trusted medical provider.