

BINK is a health and fitness mobile application, with a focus on self-improvement, that utilizes holistic health values to help users achieve their personal health goals.

The ideal target market is middle to upper middle class females with a minimum of a college education within 25-35 years who are likely stay-at-home or working mothers attempting to seek balance in their own personal health.



Today's Mantra

Dec 9th, 2014 16:20

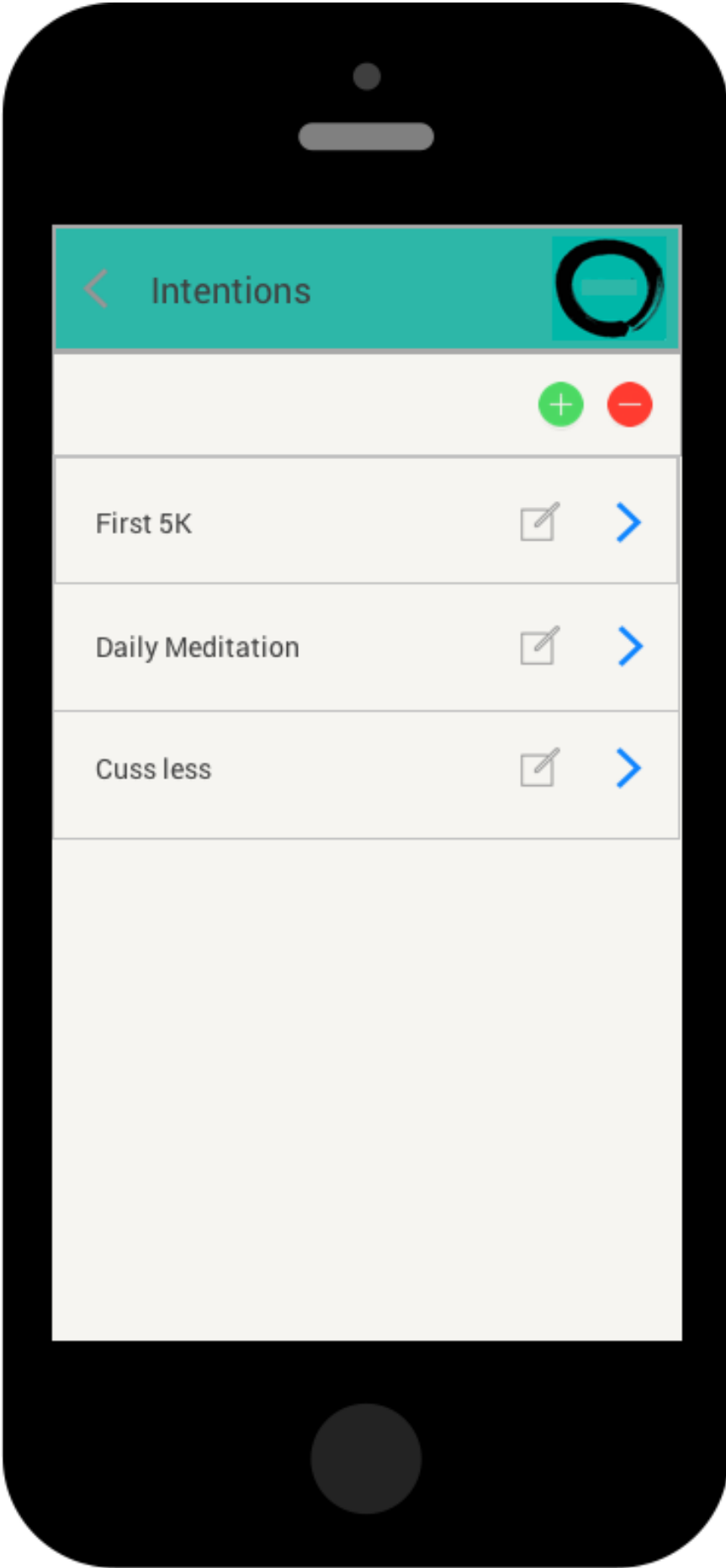


Dear Debbie,

"Not all dreamers are winners, but all winners are dreamers."

- Mark Gorman





< Intentions



First 5K

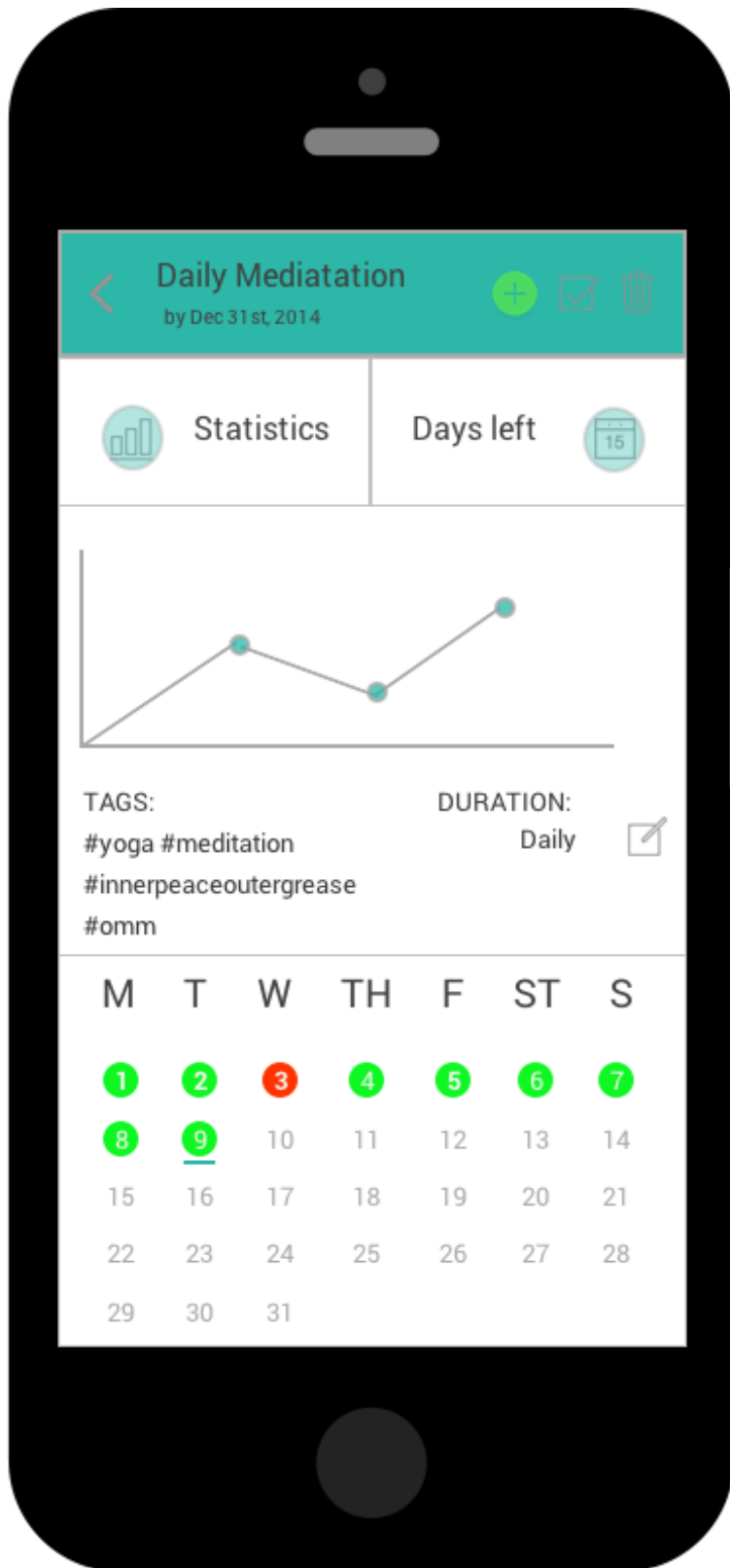


Daily Meditation



Cuss less





Flexible scheduling allows users to customize their goal duration.



Progress Report

