

Bio:

Chris is a 37-year-old former competitive swimmer who is passionate about staying fit and healthy. After years of training, he recently suffered a painful shoulder injury that required surgery. Despite several weeks of recovery, Chris still struggles with limited range of motion and daily discomfort. His injury is affecting his work as a designer. He works from home and spends long hours at his desk.

Interests:



Swimming



Fitness



Technology



Mindfulness

Personality:

Health conscious

Committed

Tech savvy

Goal oriented

Frustrations/pain points:

- Forgets to complete his daily rehabilitation exercises.
- The slow pace of his shoulder recovery.
- The pain and restricted movement in his shoulder affect his ability to work efficiently.
- Feels stressed and overwhelmed thinking about his recovery timeline, which makes him frustrated and affects his mental well-being.

Goals and needs:

- Needs an effective way to remember and stay on track with his daily rehabilitation exercises.
- He wants to monitor his recovery progress over time
- Needs tools or strategies to manage his shoulder pain.
- Needs a way to manage his stress and anxiety about the recovery process.

Motivations:

- Regaining full shoulder mobility and returning to his active lifestyle.
- Reduce the pain and limitations so he can work more comfortably and efficiently as a designer.
- Regain his physical strength to prevent future injuries and maintain overall health

Favorite brands:



Chris Olsen

Age: 37

Proffession: Designer

Status: Single

Location: Oslo, Norway



*The recovery timeline stresses me out, but I'm trying to focus on one step at a time*