Developed By Gamers – *For Gamers* – 'Meticulous' Offers A Unique Interactive Diet & Fitness Tracker On STEAM™

Introducing Your Personal Gamified Health Companion!

West Palm Beach, Florida, November 13th 2023: Indie game developer and publisher *Imaginary Game Studios* is proud to announce the worldwide release of **Meticulous**, a groundbreaking interactive diet and fitness tracker developed by gamers, for gamers. Guided by a friendly mascot character named *Metic*, anyone can implement their own customized diet and fitness plans with minimal effort. First unveiled at this year's *TOKYO GAME SHOW*, **Meticulous** has received praise and positive reviews for its effectiveness and intuitive design catering to all experience levels.

Game Trailer:

https://www.youtube.com/watch?v=aILxoQpgLjs

Meticulous is more than a video game; it's a tool; it's an interactive experience; it's educational and it's a new approach to gamification. It is a philosophy for health given form. It can change the way you approach diet and exercise, permanently. With the aid of *Metic*, you define your own measures of success, design a custom program week-by-week to achieve your goals, and become your own personal health scientist! *Metic* will offer you meal recommendations, strategies for improving and maintaining your health, and the occasional morale boost for when the going gets tough. You provide the data for the game – what meals you like to eat, and what activities and exercises you like to engage in – and *Metic* will use the information to construct plans that match your goals. Whether you want to get into the nitty-gritty of counting calories or simply want to set aside some time for yoga or meditation, the sophisticated planning algorithm can generate plans at the click of a button.

Meticulous enables you to approach health empirically. Devise a hypothesis about what you need to do to achieve your goals and catalogue your diet and fitness data on a weekly basis. Evaluate your success, make incremental adjustments to your plan over time, and monitor your progress with precision. Focus on what is important to you and design a plan that fits your schedule. Cut

through the fads to discover how your individual physiology responds to different diet and fitness philosophies.

"Imagine a tool that combines the organization and efficiency of a diet and fitness spreadsheet with the colorful visuals and interactivity of a cozy game, in service of creating productive, practical plans to help players achieve real-life goals. That's Meticulous", **says Lead Developer and Studio Head, Christian Tuttle**.

Meticulous is available via STEAM™:

https://store.steampowered.com/app/2175790/Meticulous/

The official media-kit with logo imagery is available from here:

https://www.imaginarygamestudios.com/s/Imaginary-Game-Studios-Press-Kit.zip

*Unlike most nutritional options available on the market, **Meticulous** is your companion for life; there are no costly subscription plans or limited features for exclusive subscribers.*
There is support for English and Japanese languages.

Journalists interested in further information or a STEAM™ key for review and playtesting may contact games marketing specialist Hans Olsen by emailing hans@gamepromoter.dk along with their credentials and channel links for verification. Members of the press are encouraged to check out the following Hotlinks for recent news and updates.

Developer Website	https://www.imaginarygamestudios.com
Discord	https://discord.gg/YyDD7ECtdJ
Twitter	https://twitter.com/ImaginaryDevs
YouTube Channel	https://www.youtube.com/@imaginarygamestudios

About Imaginary Game Studios
The studio was founded on the principal that video games can be more than mindless entertainment, and nowhere could that be more evident than in their debut title, Meticulous. Meticulous is a companion designed to reinvent the concept of gamification from the ground up, exploring how video game design principals can be used to enact significant change in a player's quality of life.