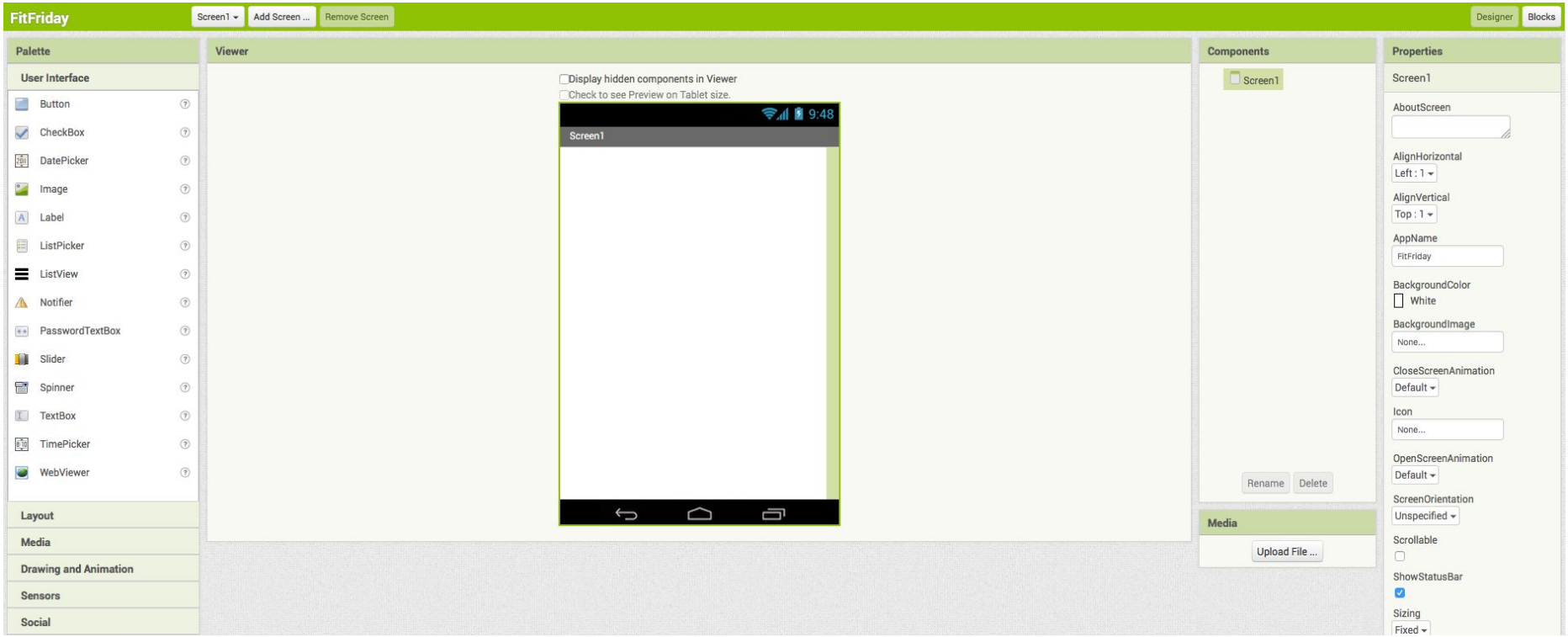
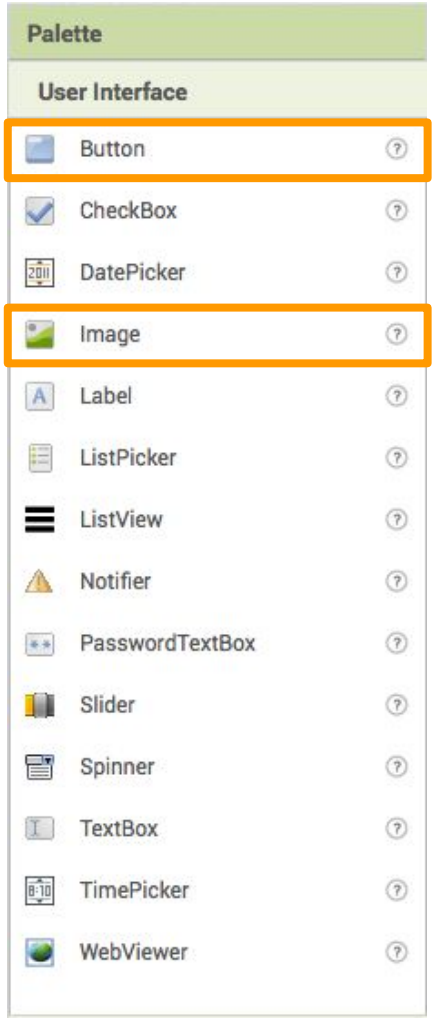
FITFRIDAY

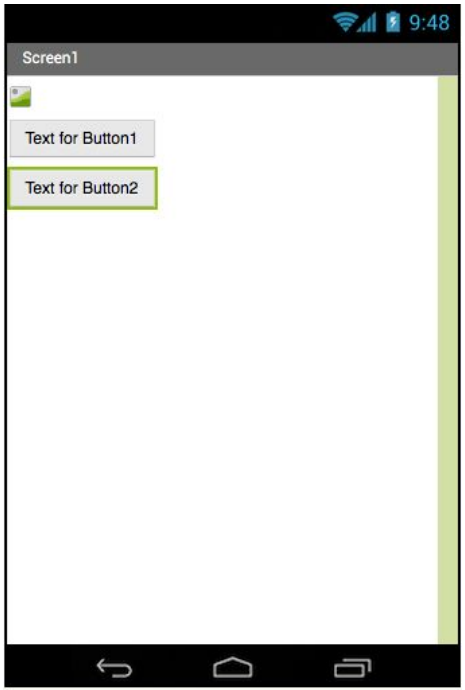
Creating an app to help you workout!

Home Page

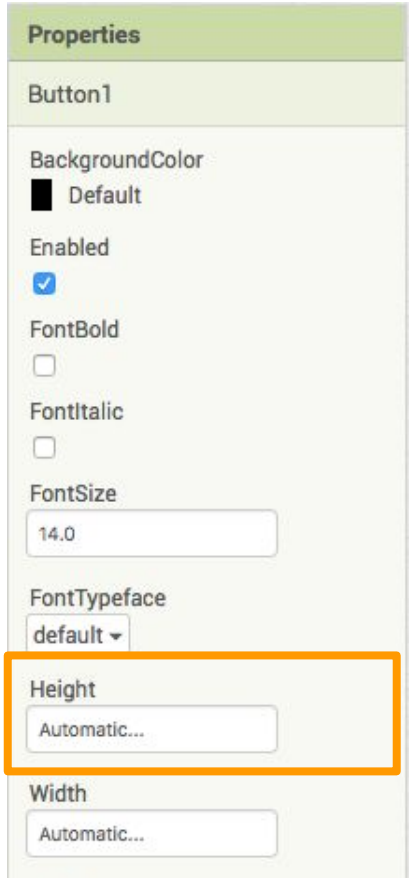

FitFriday
Screen1
Add Screen ...
Remove Screen
Designer
Blocks
Palette
User Interface
Button
CheckBox
DatePicker
Image
Label
ListPicker
ListView
Notifier
PasswordTextBox
Slider
Spinner
TextBox
TimePicker
WebViewer
Layout
Media
Drawing and Animation
Sensors
Social
Viewer
Display hidden components in Viewer
Check to see Preview on Tablet size.
9:48
Screen1
Components
Screen1
Rename
Delete
Media
Upload File ...
Properties
Screen1
AboutScreen
AlignHorizontal
Left : 1
AlignVertical
Top : 1
AppName
FitFriday
BackgroundColor
White
BackgroundImage
None...
CloseScreenAnimation
Default
Icon
None...
OpenScreenAnimation
Default
ScreenOrientation
Unspecified
Scrollable
ShowStatusBar
Sizing
Fixed

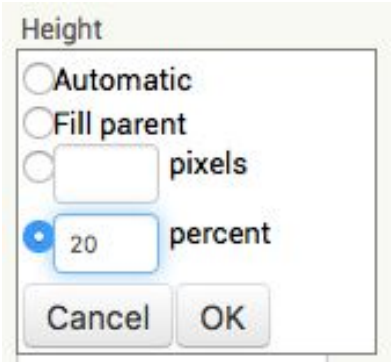


End Result

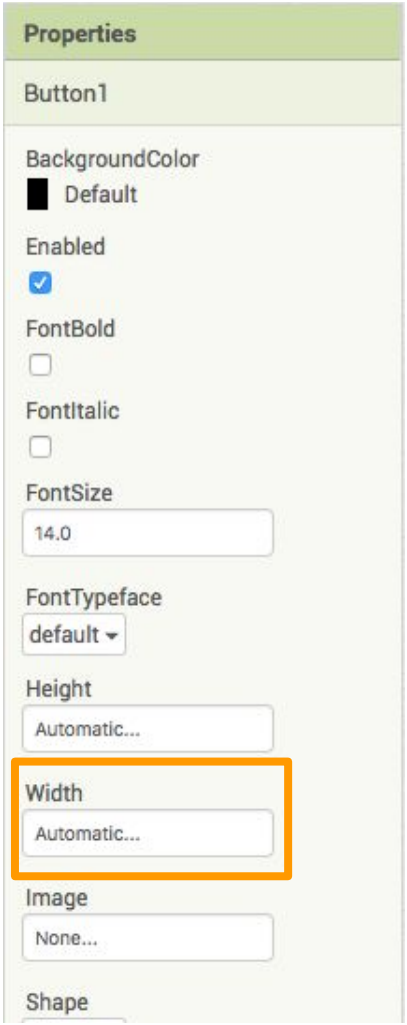


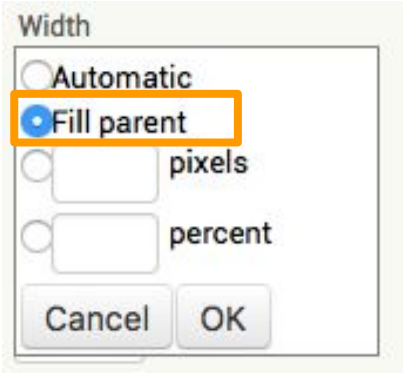
1. Click and drag the image box to the phone on the screen
2. Click and drag the button box to the phone
   (repeat this step 1 more time)

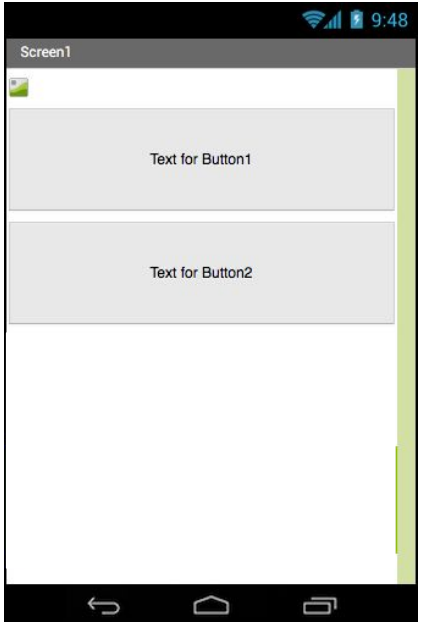




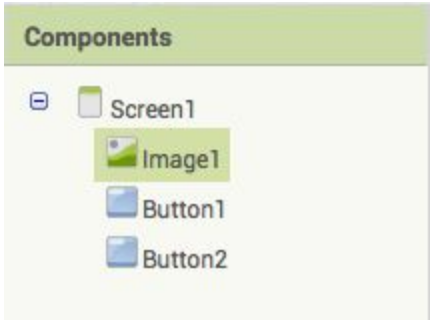
1. Click on button 1 in the component window
2. Click on height and type 20 in the percent box.
3. Do the same thing for the second button.

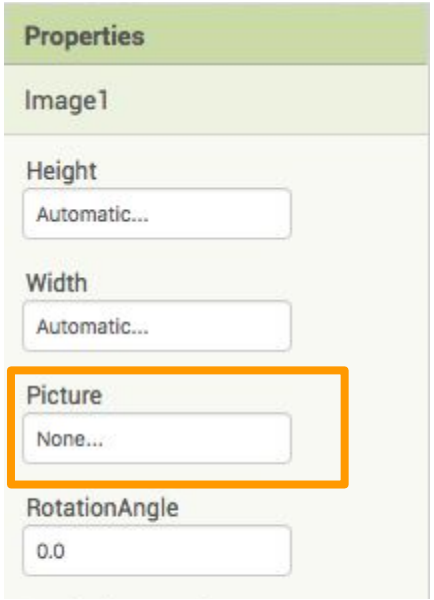


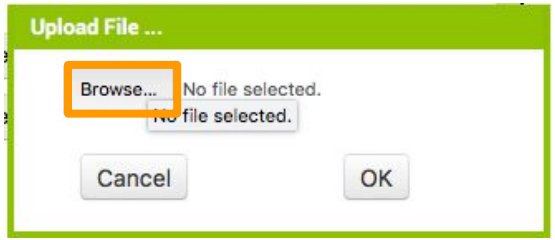




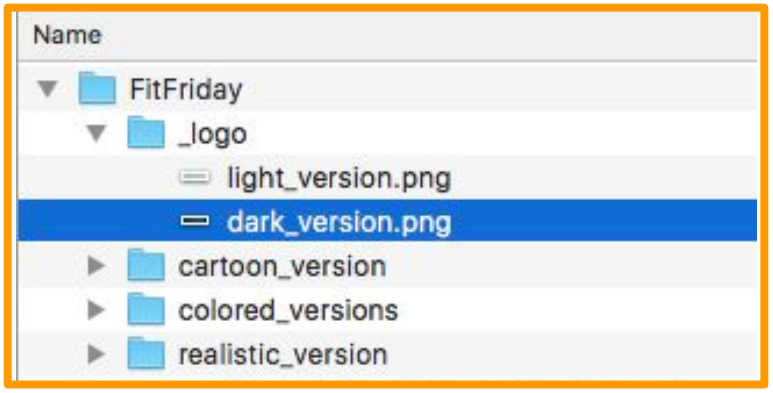
1. Click on width and choose Fill parent
2. Repeat the step for the other button.

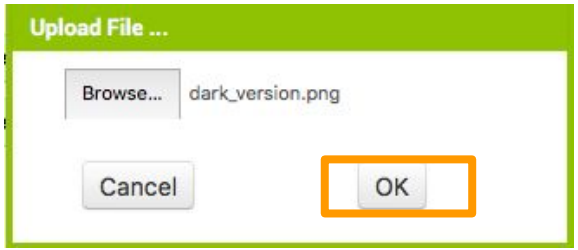


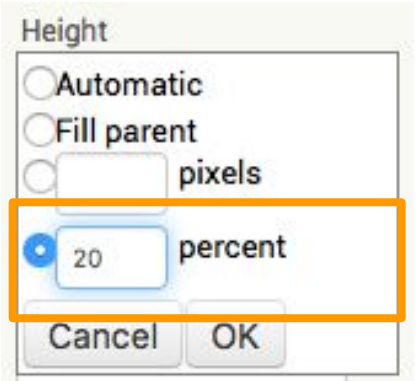


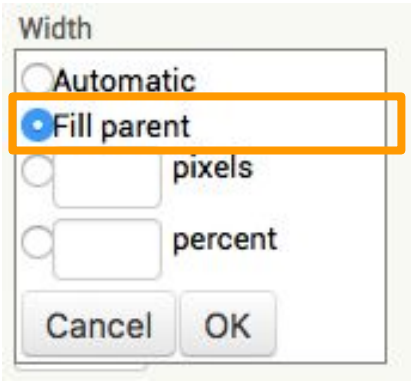


1. Click on “image” in the components.
2. Choose “picture” in the properties.
3. Click “upload file”.
4. Click browse to get the file.

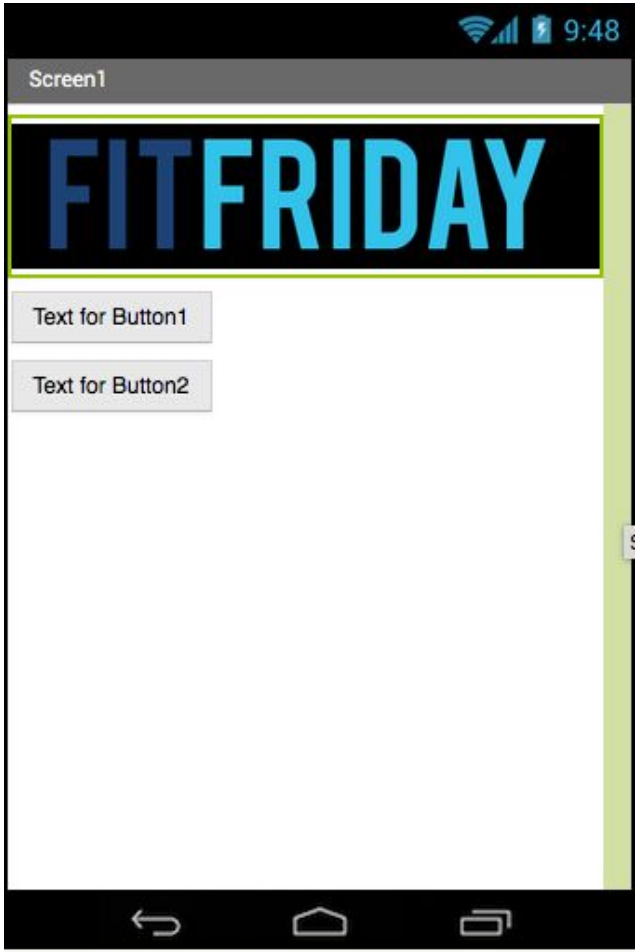




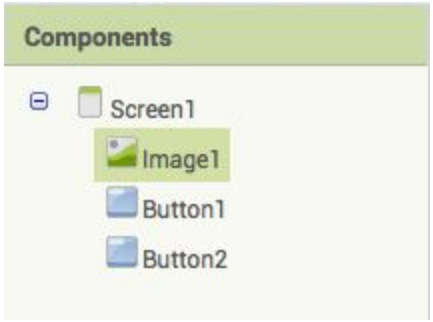


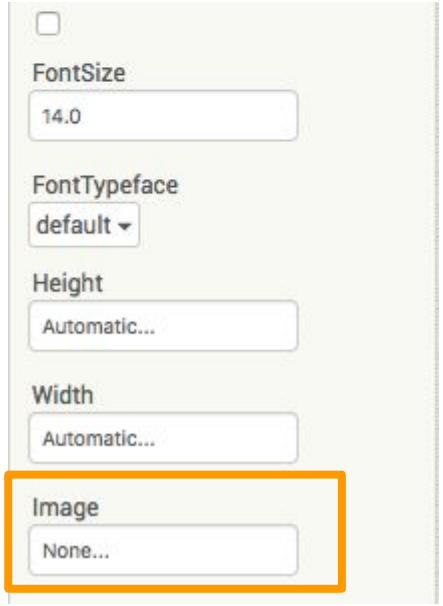


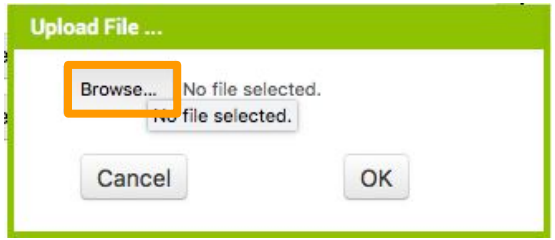
1. Go into the FitFriday folder.
2. Go into “_logo” folder
3. Pick the version you want
4. Click OK
5. Put in 20 percent for the height
6. Choose “Fill Parent” for the width



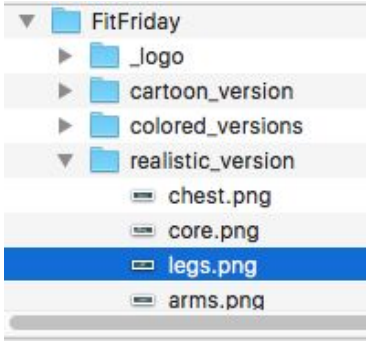
What it should look like

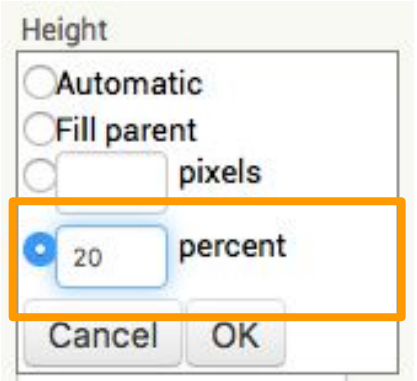


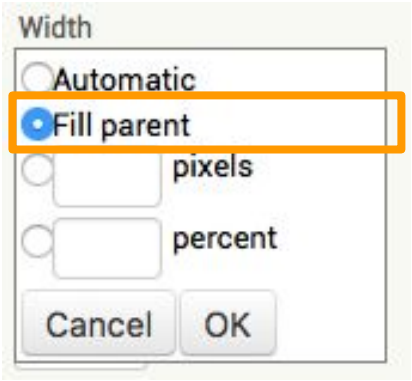




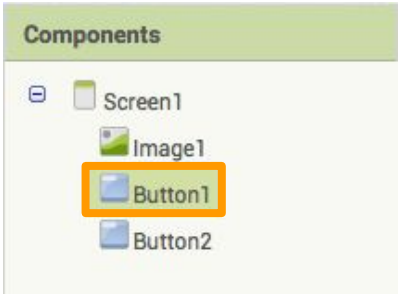
1. Click on “button 1” in the components.
2. Choose “image” in the properties.
3. Click “upload file”.
4. Click browse to get the file.

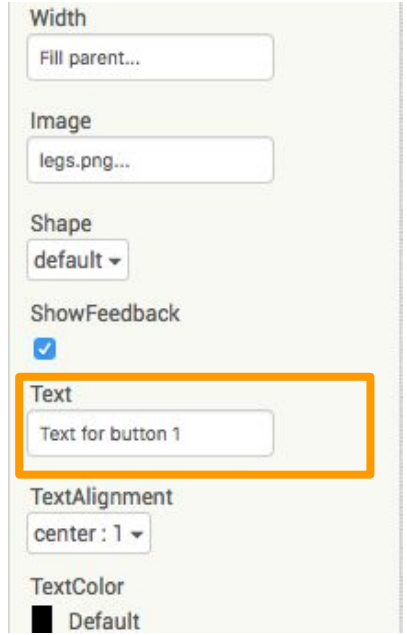


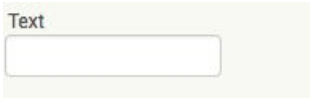


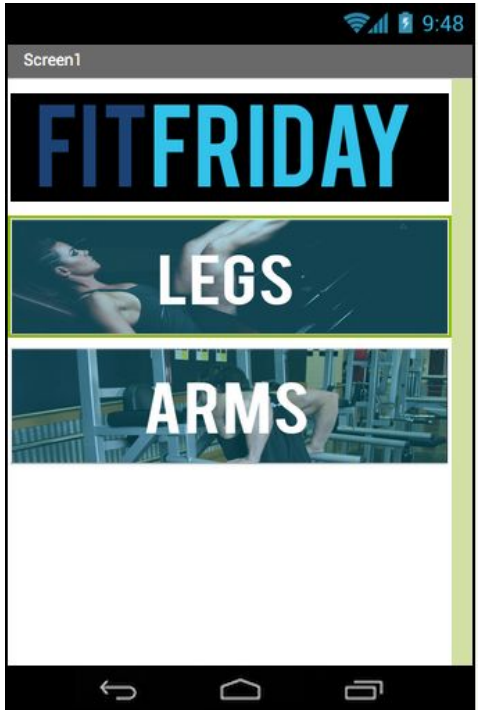


1. Go into the FitFriday folder.
2. Pick the version you want
3. Choose the image that you want
4. Click OK
5. Put in 20 percent for the height
6. Choose “Fill Parent” for the width

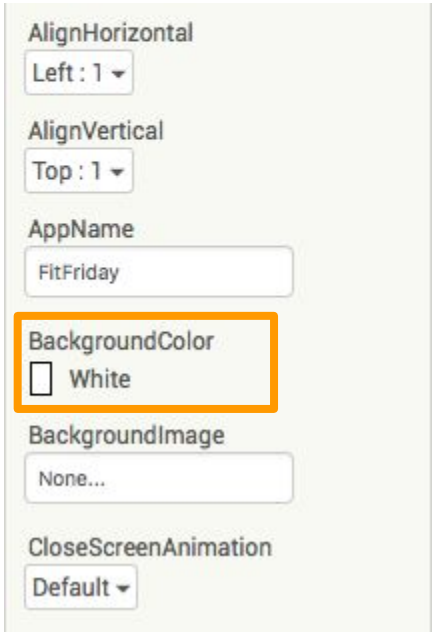




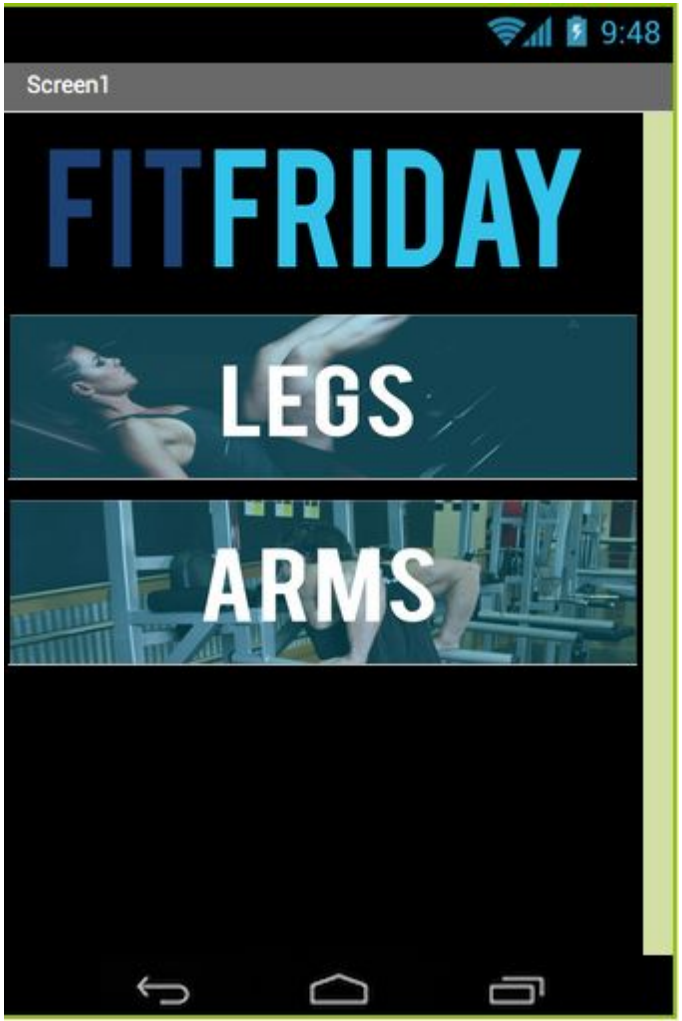




1. Make sure you are on the “button” components
2. Find and Click on Text
3. Delete the text and press enter
4. The result should look something like this

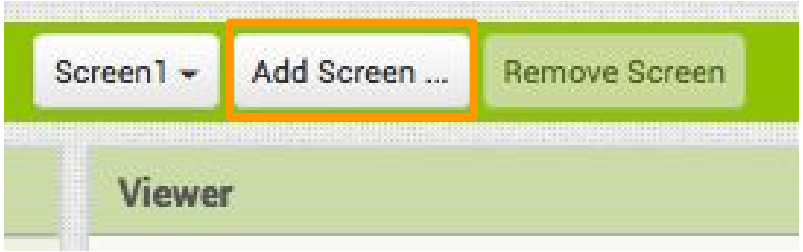


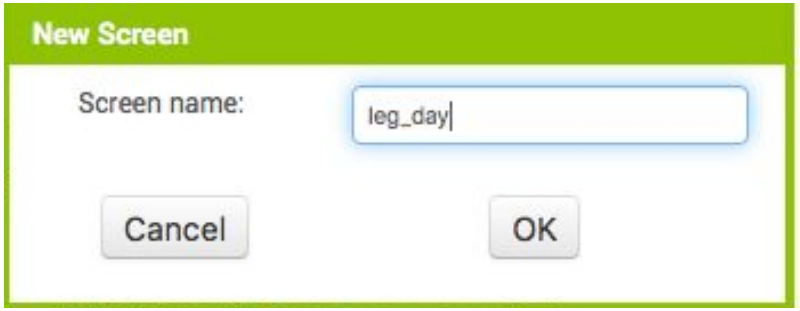
1. Click on “Screen1” in the components window
2. Find and click on BackgroundColor
3. Choose your background color

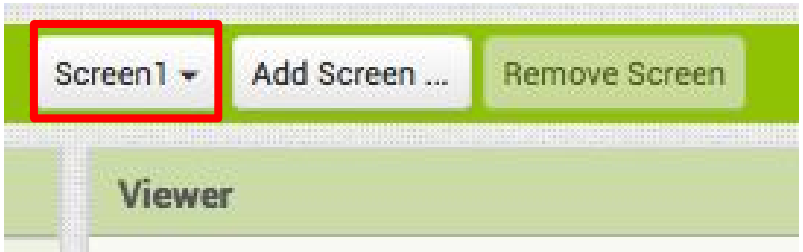


- It should look something like this
- Congratulations! You just completed the homepage!

Sub Page

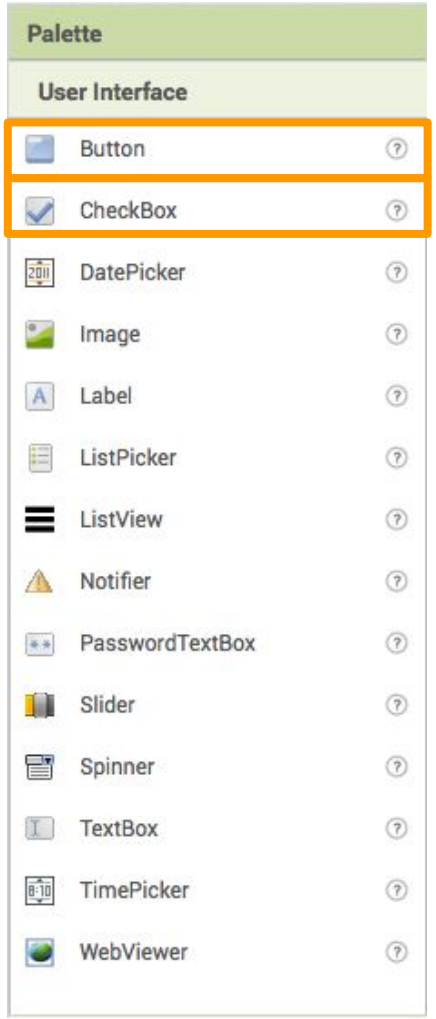




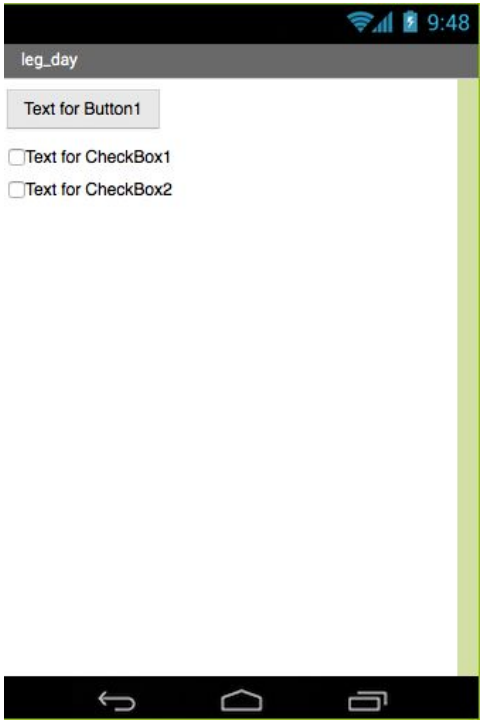


1. Click on “Add Screen” above the User Interface
2. Name it whatever workout you want

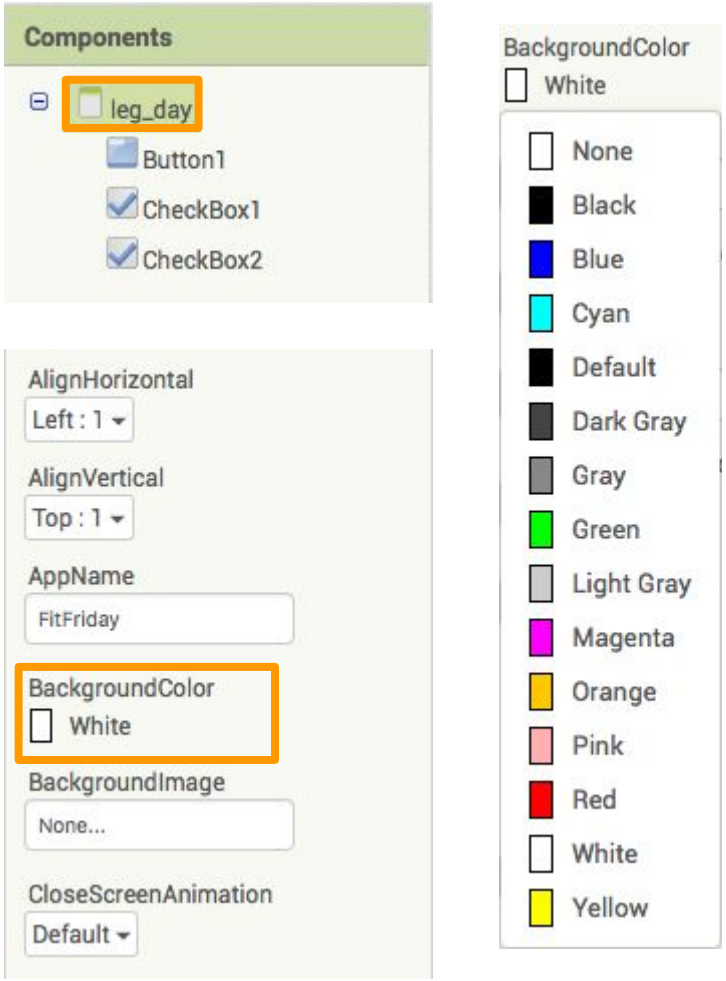
- The button that is inside the red box allows you to switch between Screens



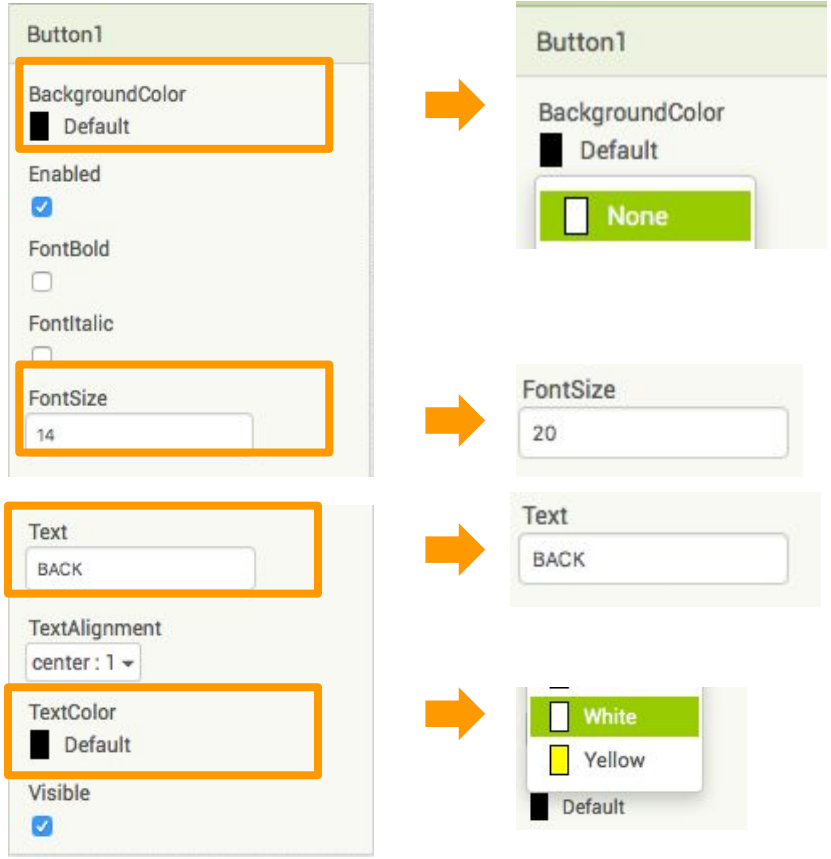
End Result



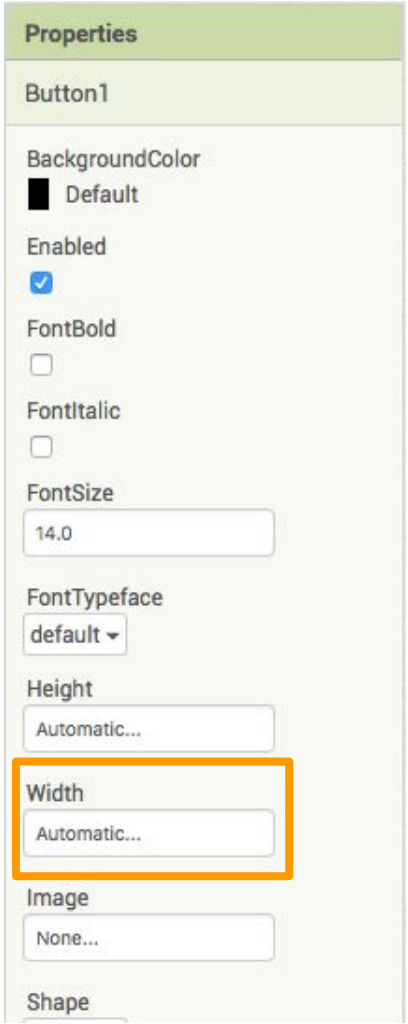
1. Click and drag one button (it will be the “back” button.
2. Add two (or more) checkboxes for your workouts.

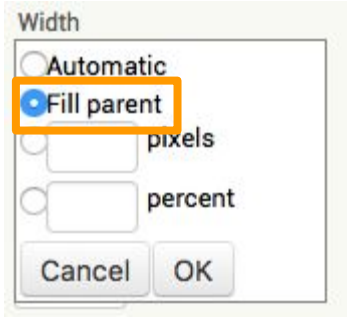


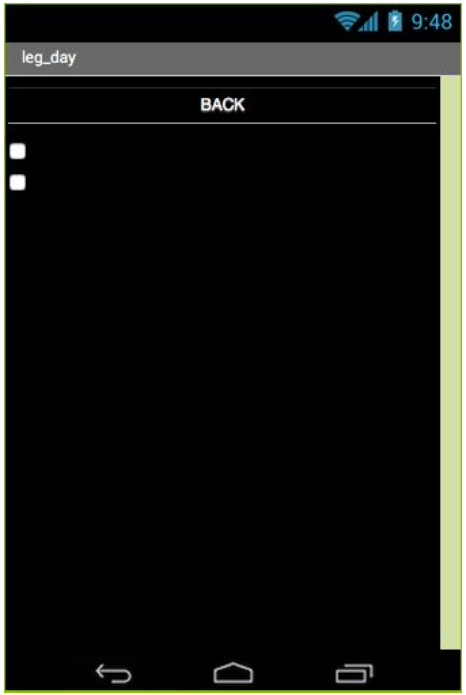
1. Click on the name of your page
2. Change the background color to whatever you want.



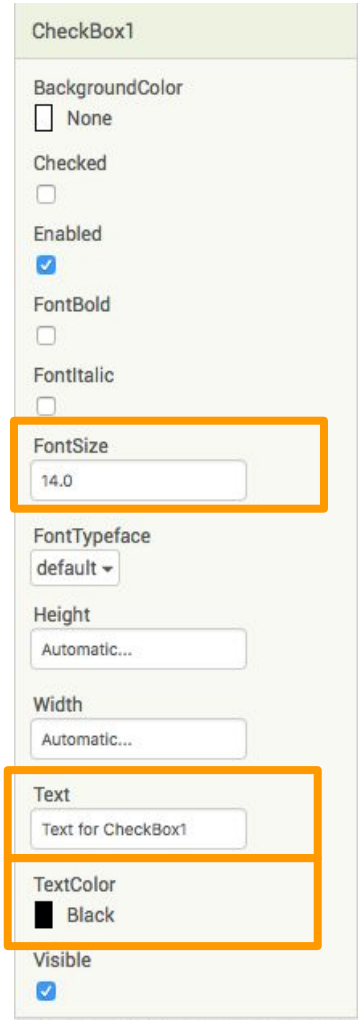
1. Click on “button1”
2. Change the BackgroundColor to none
3. Change the FontSize to 20
4. Change the text to “BACK”
5. Change the TextColor to “white”

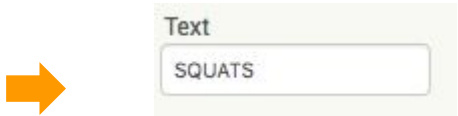




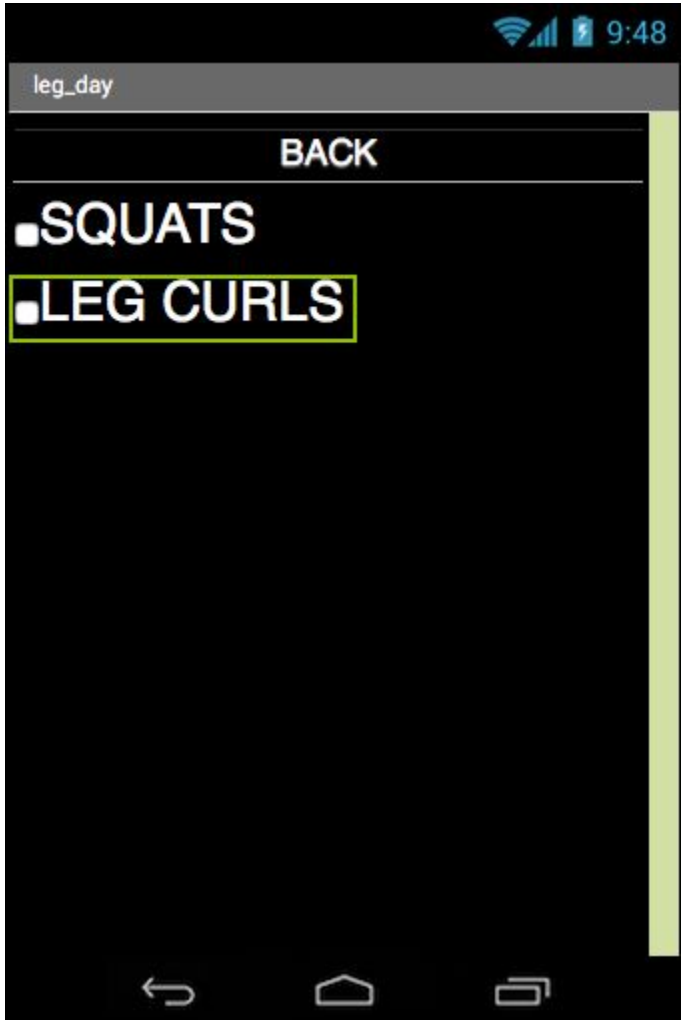


1. Click on “width” for the button
2. Click “Fill parent”



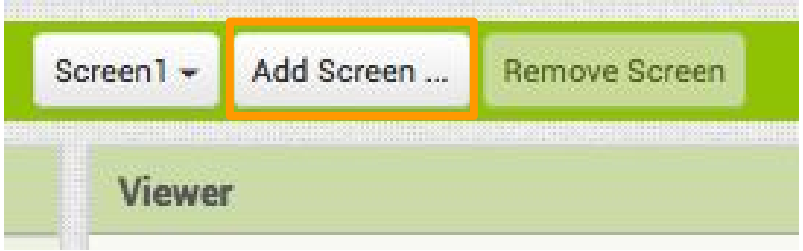


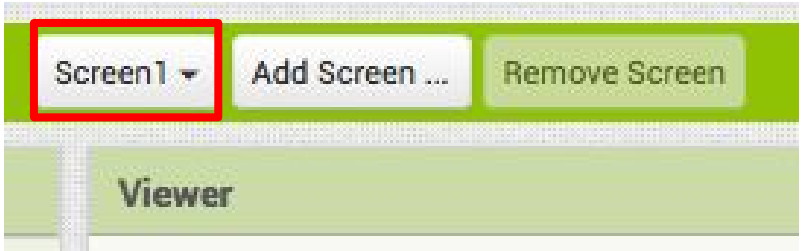
1. Click on Checkbox
2. Change the FontSize to 30
3. Change the text to whatever workout you want to do (ex. squats for leg day)
4. Change TextColor to white
5. (repeat this process for the remaining checkbox)



1. This is what it should look like.

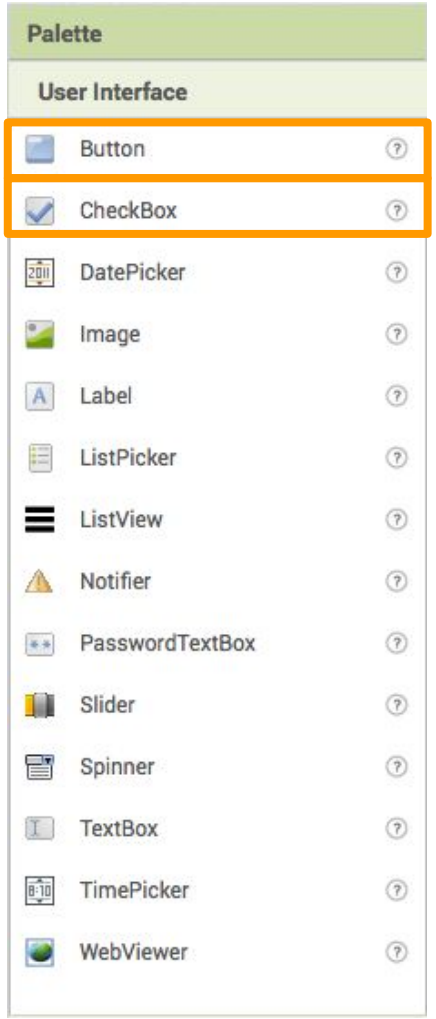
Sub Page 2



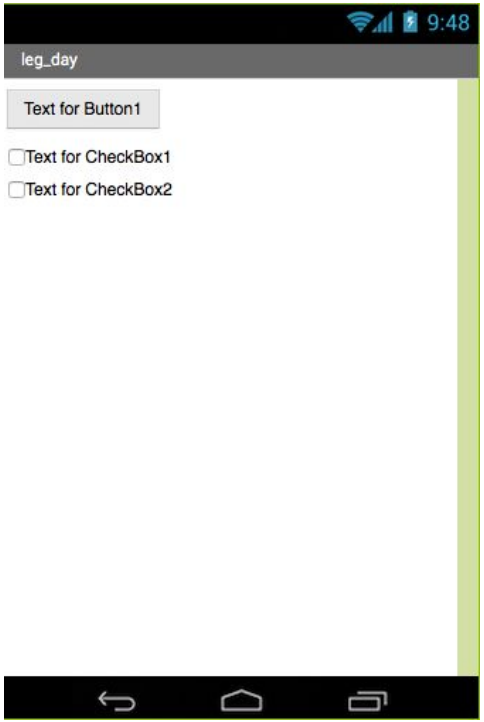


1. Click on “Add Screen” above the User Interface
2. Name it whatever workout you want

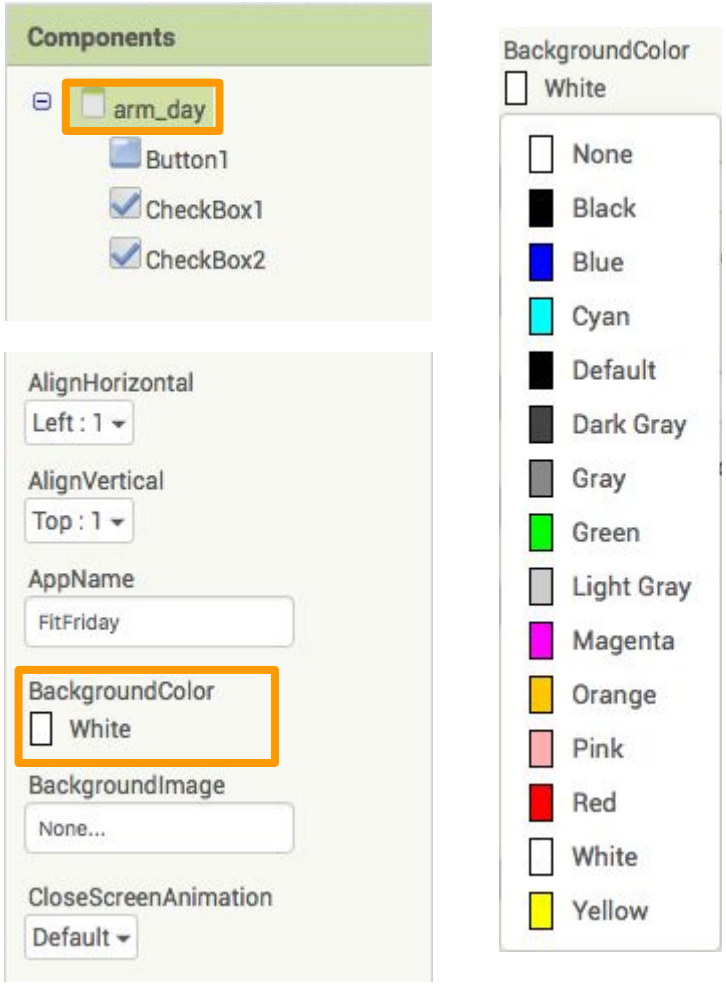
- The button that is inside the red box allows you to switch between Screens



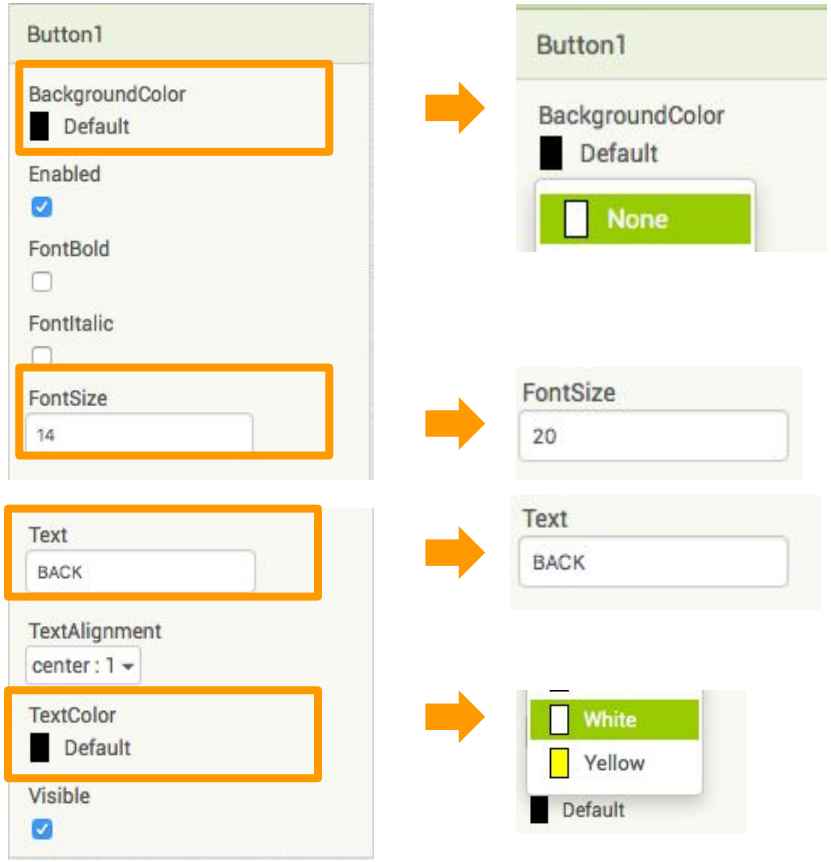
End Result



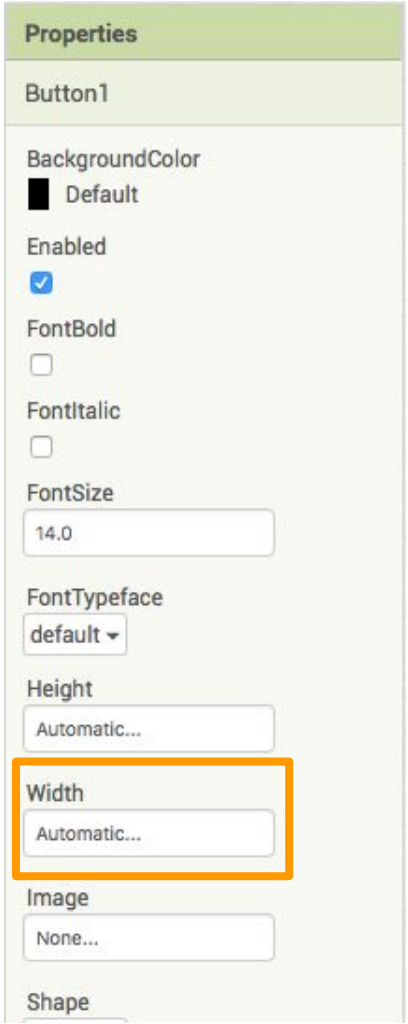
1. Click and drag one button (it will be the “back” button.
2. Add two (or more) checkboxes for your workouts.

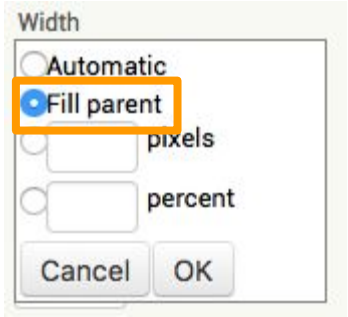


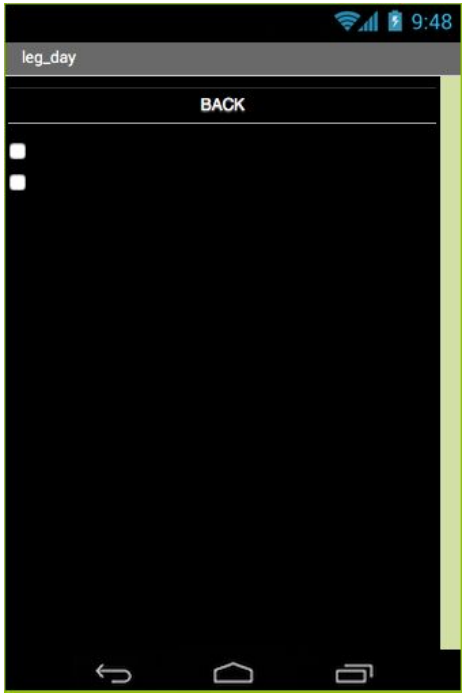
1. Click on the name of your page
2. Change the background color to whatever you want.



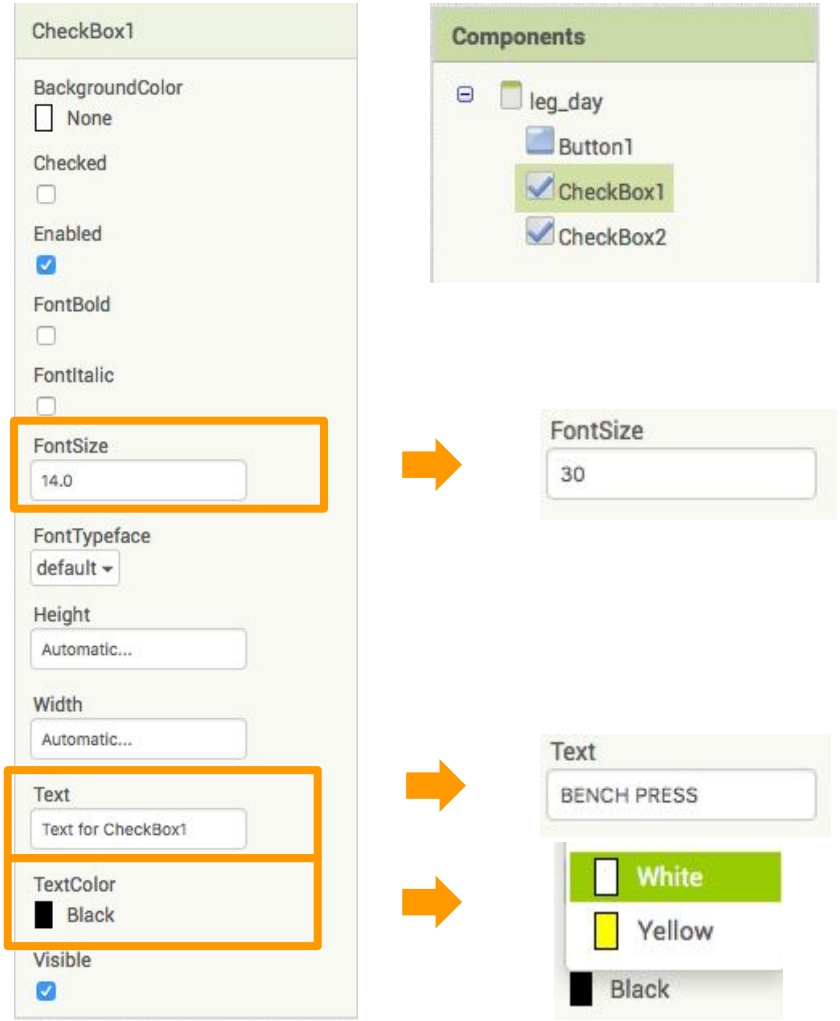
1. Click on “button1”
2. Change the BackgroundColor to none
3. Change the FontSize to 20
4. Change the text to “BACK”
5. Change the TextColor to “white”



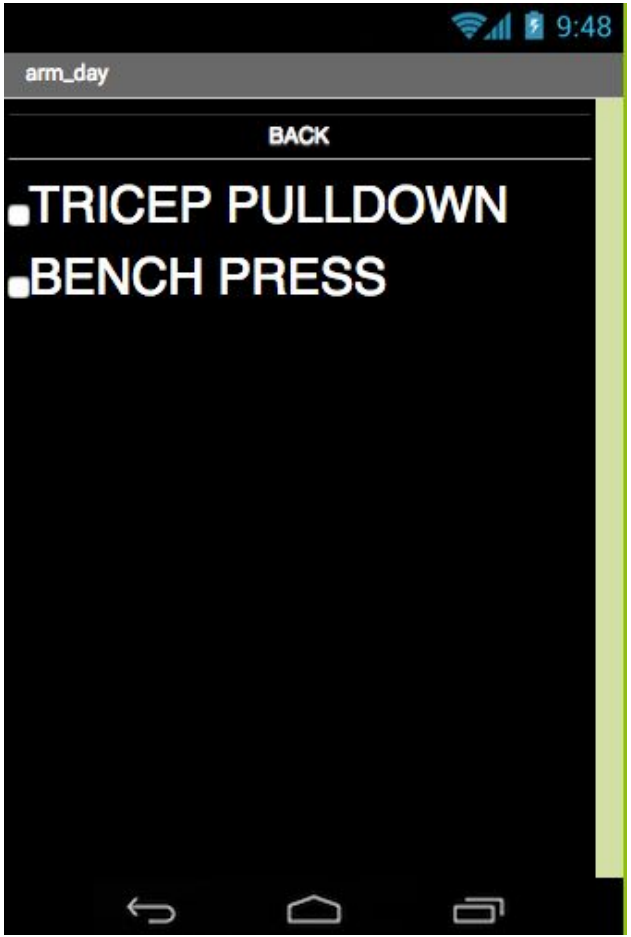




1. Click on “width” for the button
2. Click “Fill parent”



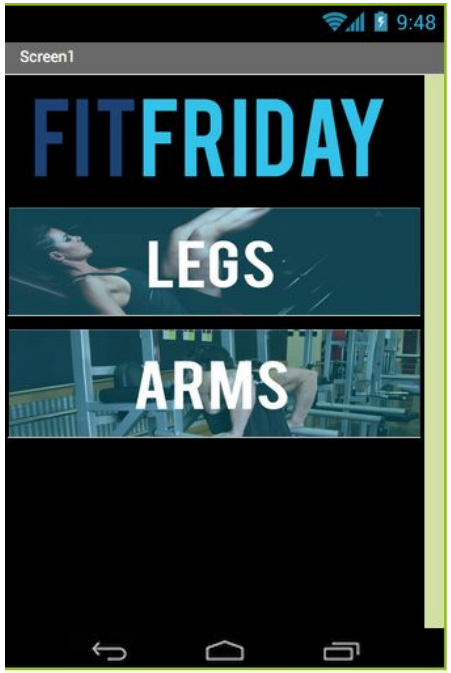
1. Click on Checkbox
2. Change the Font Size to 30
3. Change the text to whatever workout you want to do (ex. squats for leg day)
4. Change Text Color to white
5. (repeat this process for the remaining checkbox)

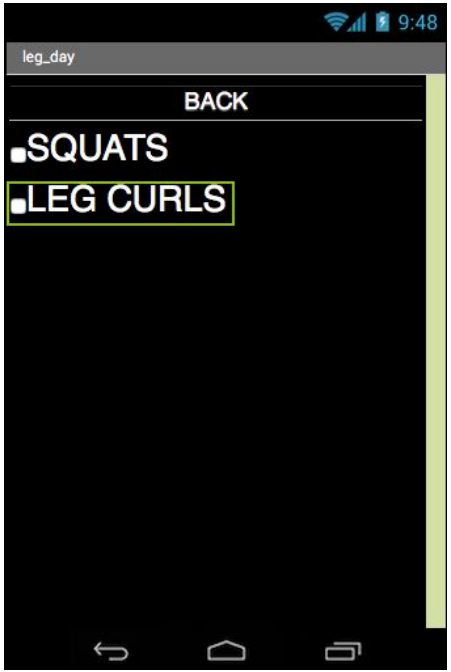


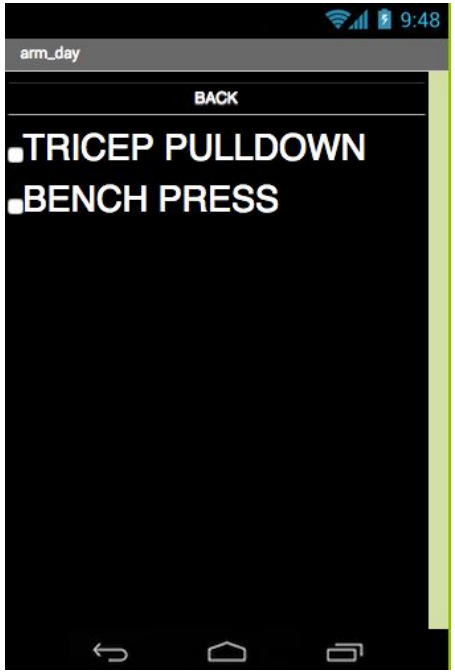
1. This is what it should look like.

End of Designing

You should end up with something like these **three pages**.

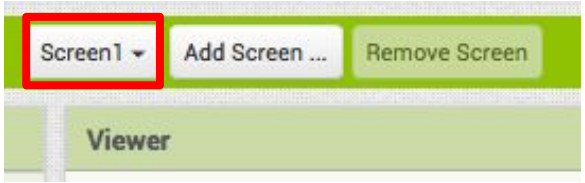


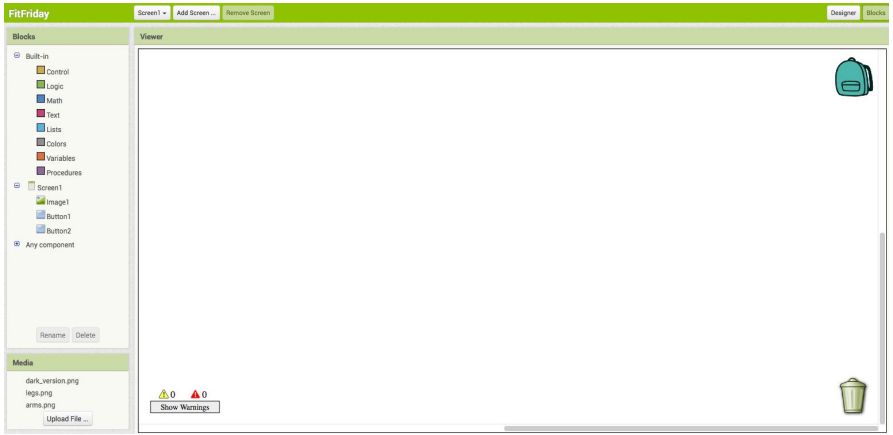




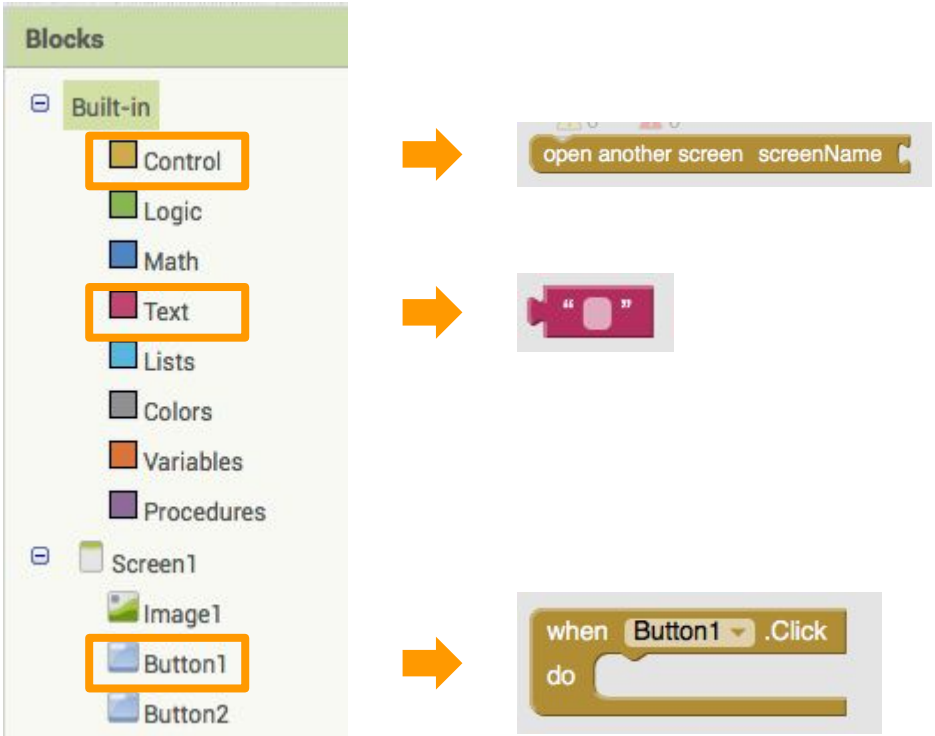
Programing

The one that will link your pages together





1. Go back to the home page
2. Click on “block”
3. It should show you this screen



1. Click on control and find the one with “Open another Screen Screen Name”, drag that onto the white screen
2. Click on text and find the first one, drag that onto the white screen
3. Click on Button1 and find the one with “when Button1 .Click do”, drag that onto the white screen

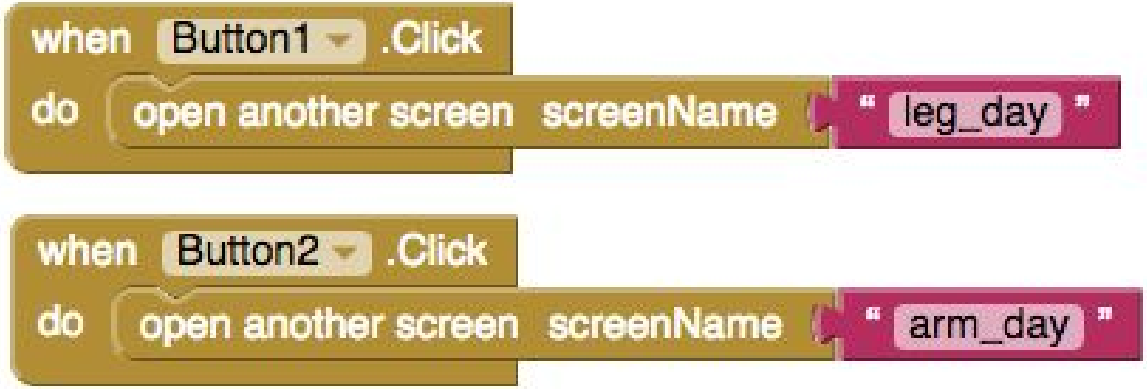
What is this?

When Button 1 is being click, do….

When the above statement is true, perform this action

The name of your screen

The Blocks for the home screen



The Block for Sub Page 1

The Block for Sub Page 2