

Settings:

Allows Users to give disabilities, and set language for this application

Friends:

Friends list which helps provide motivation to all users to keep using this application, and continue working out. Lists achievements of the friends to help celebrate achievements.

Social Video Sharing:

Allows people to share videos to make the app more addictive

Home:

Display Today's workout

Display Diet

Displays Goal Suggestions

Displays Social Media entrance

Profile:

Allows you to edit your nutrition, Name, Bio, Age, Weight, Height, etc...

Diet:

Nutritional stats with calculator

Add Meal:

Adds meal to diet for calculations

Social:

Search features, and some videos.

Info to be taken:

-Height: Taller people have been statistically more successful in careers and almost all aspects of life making ads with higher costs be more commonly shown to taller people

-Weight: Weight loss ads to those who are overweight