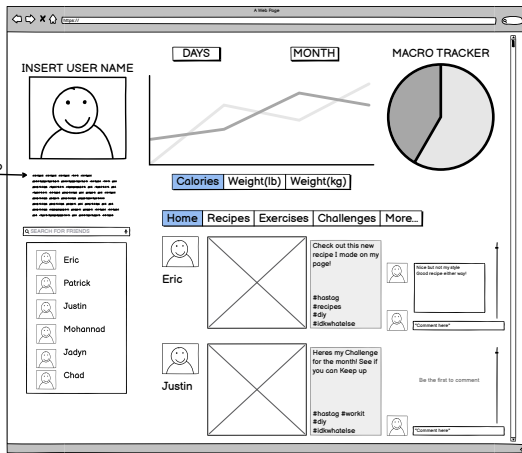
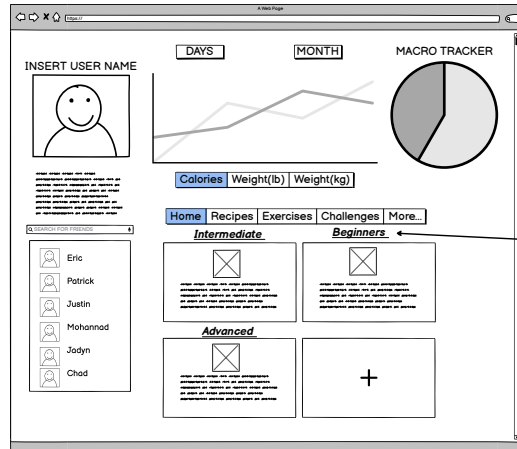


Home Page

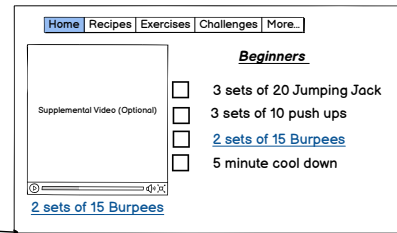


The home page will contain a linear graph showing the user's progress in either days or months and calories or weight (lb or kg). It will show social page similar to that of Facebook showcasing ONLY posts from others that the user follows and include a commenting function

Exercises Page

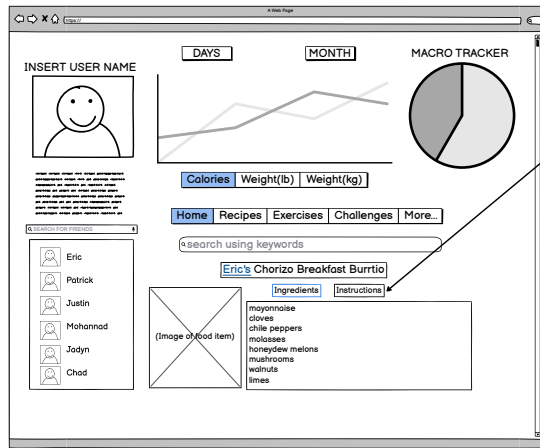
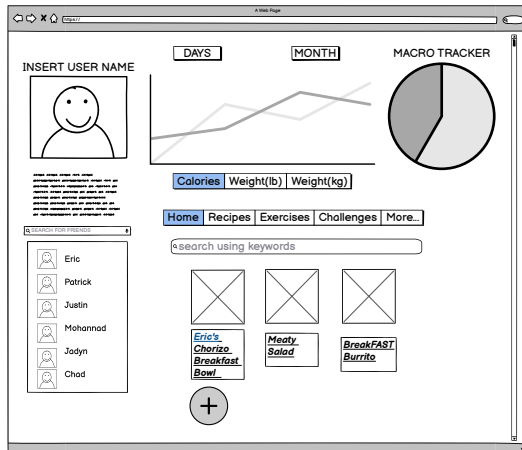


Example of exercise



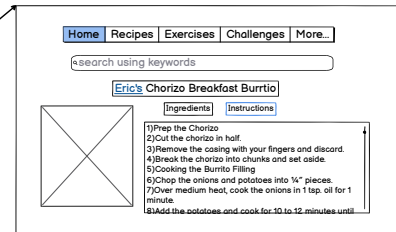
The Exercises Page will still show the users progress include an area where the user can make customizable workout routines

Recipes Page

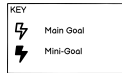
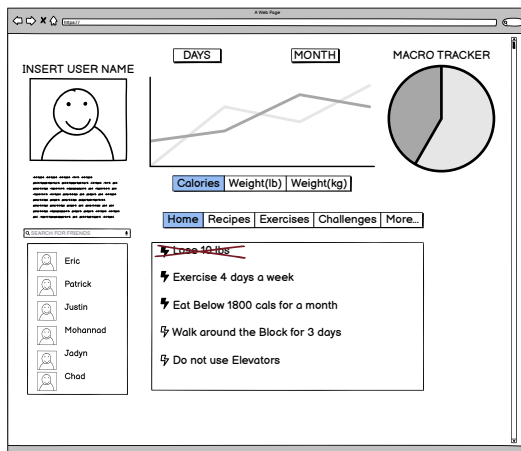


The recipes page will include 2 pages showing ingredients and instructions with a picture of the finished product on the side. The ingredients page will have a list of items that can be checked off. The instructions page will contain the steps to make the recipe (additional pictures are optional here)

Example of exercise



Challenges (Goals) Page



The goals pages will be a simple check list of things the user wants to complete. The user can decide if their goal is a "Main Goal" or a "Mini-Goal" once completed it will be checked off.