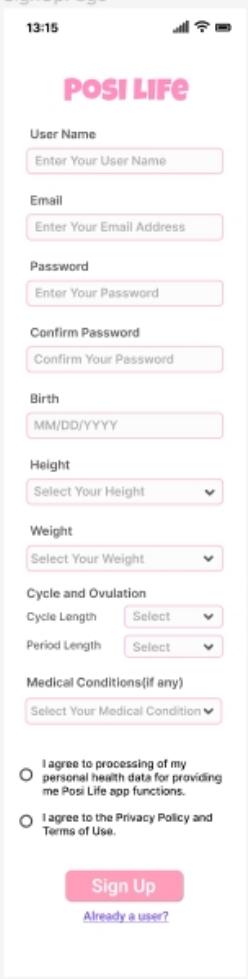
1. Press "Sign In" btn will jump to the SignIn page
2. Press "Sign Up" btn will jump to the SignUp page

LoginPage

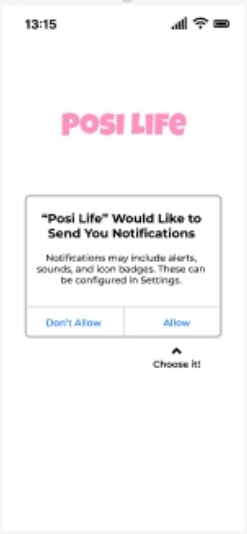
1. users can view this page by scrolling.
2. When user finish the info in the sign up page and press "Sign Up" btn,
3. the step of register is finished. Then automatically jump to "Sign In Page".
4. All new users will encounter this privacy policy agreement page.
5. If user press "Already a user" then jump to "Sign In Page".

SignUpPage



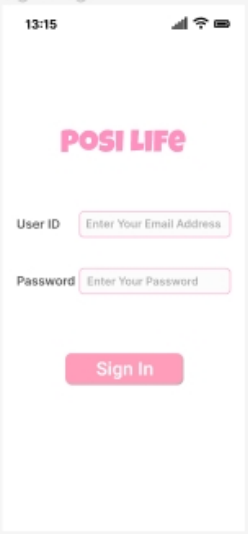
1. Since our app has a key function - reminder, so we suggest users to turn on the notification on their mobile phone.

NotificationPage

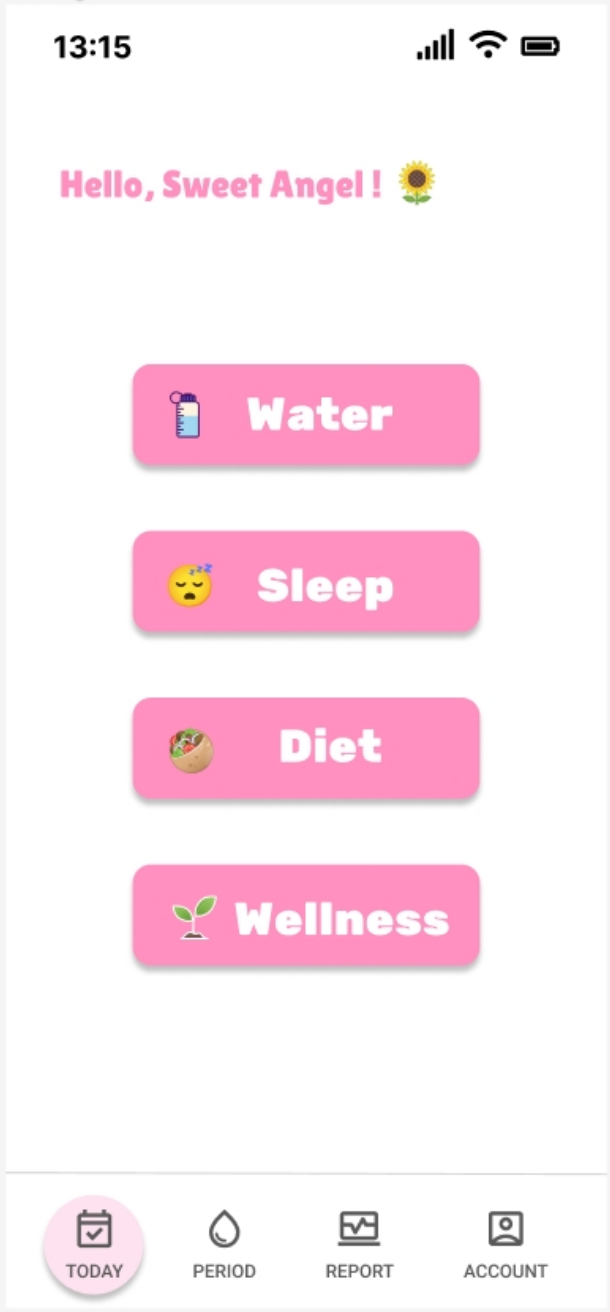


1. When user finish the info in the sign in page and press "Sign In" btn, jump to the HomePage"Today".
2. If user press "New user" then jump to "Sign Up Page".

SignInPage



HomePage



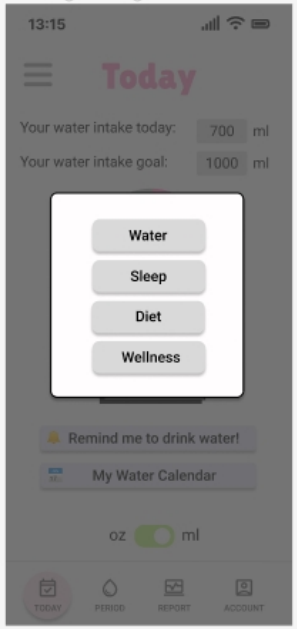
1. Say Hello to the User at the top of the page.

2. If user press the "Water" btn, then jump to the "Today-Water Page". The other sections are similar.

3. Users can navigate to other key sections via the bottom bar.

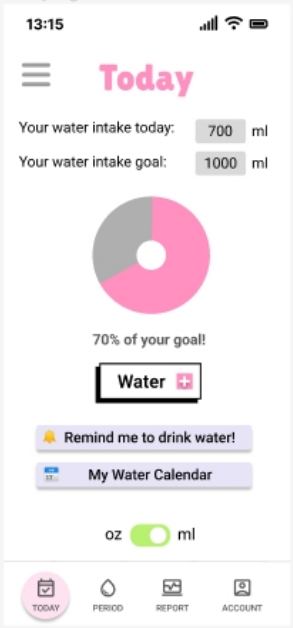
Users can navigate to other health habit record section via the hamburger btn.

HamburgerBtnPage

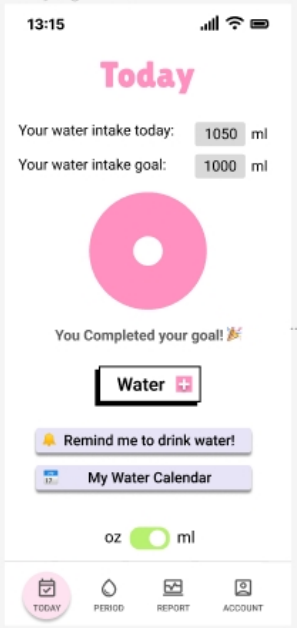


1. When user press the“Add Calories”btn , then jump to "CaloriesRecord" page.
2. When user press the“Remind me the calories limitation”btn , then jump to "Reminder" page.
3. When user press the“My Diet Calendar”btn , then jump to "DietCalendar" page.
4. Users can change the mode between "cal" and "kcal".

TodayPage-water1

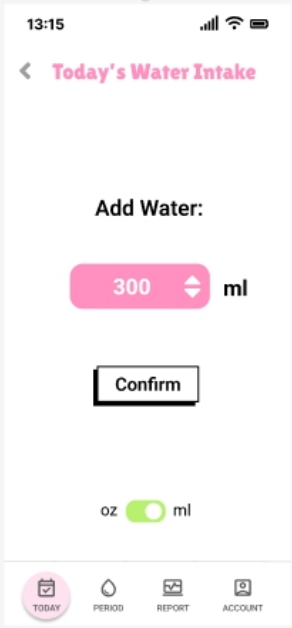


TodayPage-water2



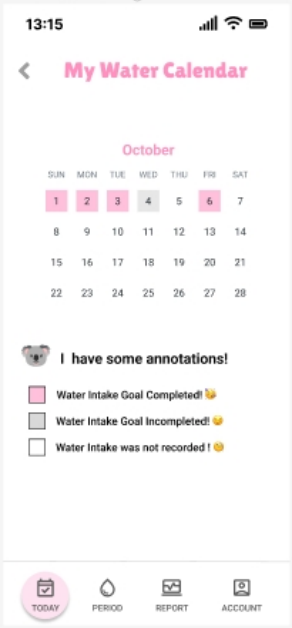
1. When user press the back arrow on the top of the page, you will go back to "Today-Water" page.
2. Users can select the number, to record their water intake.
3. When user press the "Confirm" btn, store the data, change the data of the water calendar on the backend. Automatically back to to "Today-Water" page on the frontend.

WaterIntakeEditPage



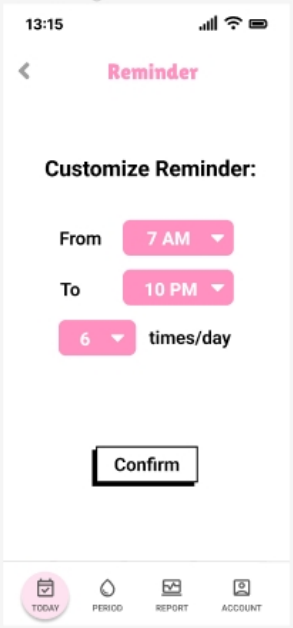
1. When user press the back arrow on the top of the page, you will go back to "Today-Water" page.
2. Users can select the number, to record their water intake.
3. When user press the "Confirm" btn, store the data, change the data of the sleep calendar on the backend. Automatically back to to "Today-Water" page on the frontend.

WaterCalendarPage



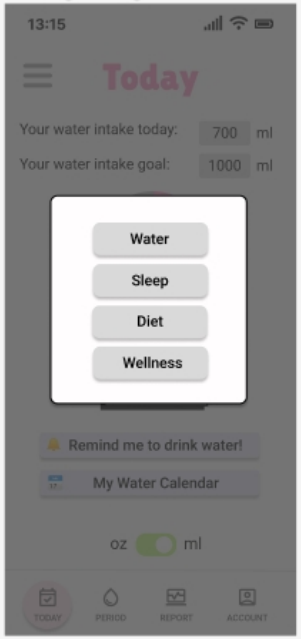
1. When user press the back arrow on the top of the page, you will go back to "Today-Water" page.
2. Users can select the number, to set the time of the reminder.
3. When user press the "Confirm" btn, store the data, set the notification on the backend. Automatically back to to "Today-Water" page on the frontend.

ReminderPage



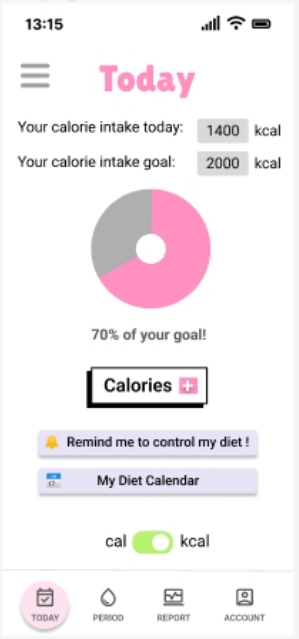
Users can navigate to other health habit record section via the hamburger btn.

HamburgerBtnPage

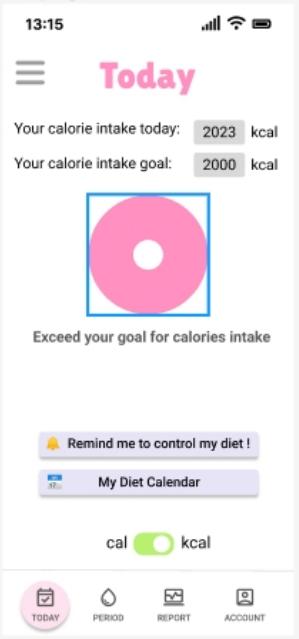


1. When user press the"Add Calories"btn , then jump to "CaloriesRecord" page.
2. When user press the"Remind me the calories limitation"btn , then jump to "Reminder" page.
3. When user press the"My Diet Calendar"btn , then jump to "DietCalendar" page.
4. Users can change the mode between "cal" and "kcal".

TodayPage-Diet1

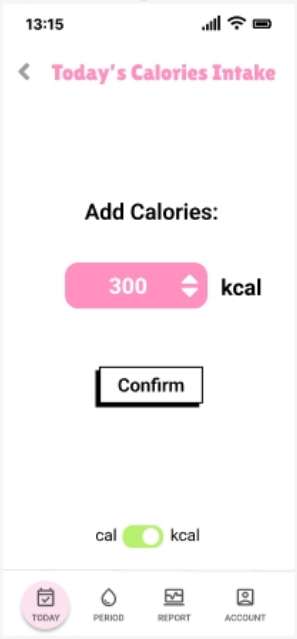


TodayPage-Diet2



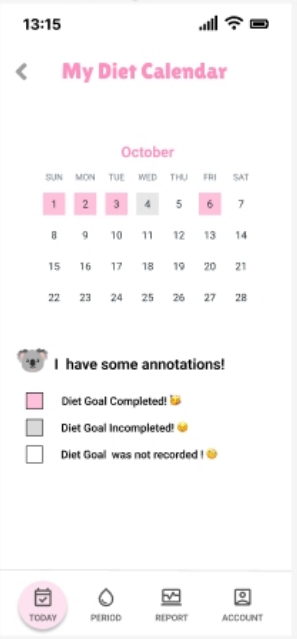
1. When user press the back arrow on the top of the page, you will go back to "Today-Diet" page.
2. Users can select the number, to record their asleep time today.
3. When user press the "Confirm" btn, store the data, change the data of the sleep calendar on the backend. Automatically back to to "Today-Sleep" page on the frontend.

WaterIntakeEditPage



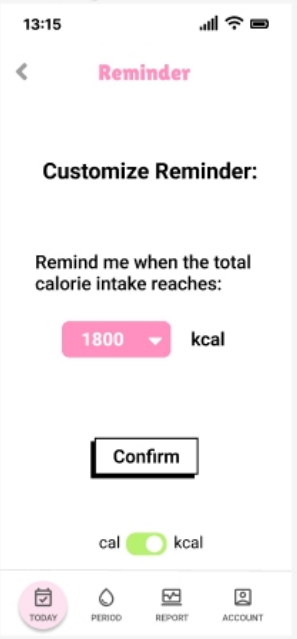
1. If the date is in hollow circle, that means the user didn't fulfill the goal that day.
2. If the date is in solid circle, that means the user accomplished the goal that day.
3. If the date with no circle, that means the user didn't record the diet info that day.

WaterCalendarPage



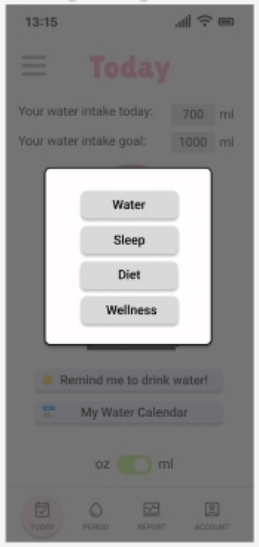
1. When user press the back arrow on the top of the page, you will go back to "Today-Diet" page.
2. Users can select the number, to set the time of the reminder.
3. When user press the "Confirm" btn, store the data, set the notification on the backend. Automatically back to to "Today-Diet" page on the frontend.

ReminderPage



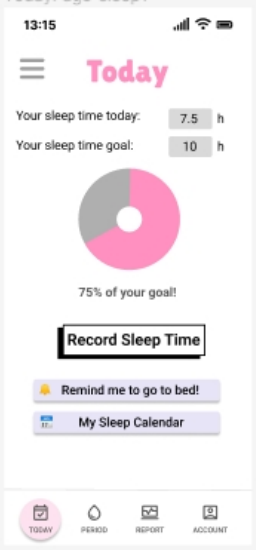
Users can navigate to other health habit record section via the hamburger btn.

HamburgerBtnPage

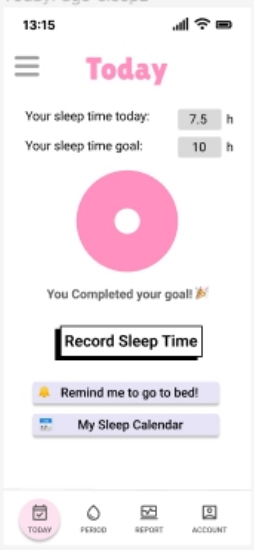


1. When user press the"Record Time Asleep Today"btn , then jump to "AsleepTimeRecord" page.
2. When user press the"Remind me to go to bed"btn , then jump to "Reminder" page.
3. When user press the"My Sleep Calendar"btn , then jump to "Reminder" page.

TodayPage-sleep1

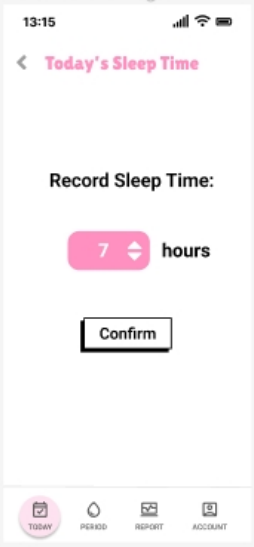


TodayPage-sleep2



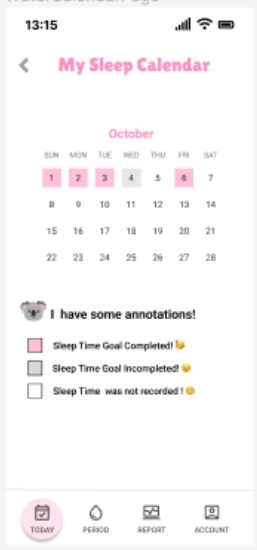
1. When user press the back arrow on the top of the page, you will go back to "Today-Sleep" page.
2. Users can select the number, to record their asleep time today.
3. When user press the "Confirm" btn, store the data, change the data of the sleep calendar on the backend. Automatically back to to "Today-Sleep" page on the frontend.

WaterIntakeEditPage



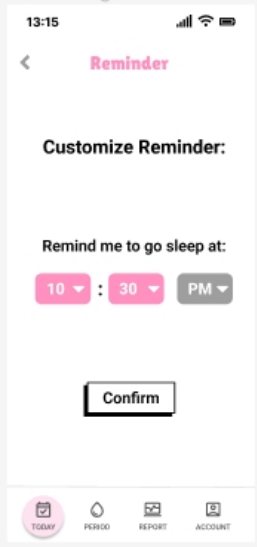
1. When user press the"Record Time Asleep Today"btn , then jump to "AsleepTimeRecord" page.
2. When user press the"Remind me to go to bed"btn , then jump to "Reminder" page.
3. When user press the"My Sleep Calendar"btn , then jump to "SleepCalendar" page.

WaterCalendarPage



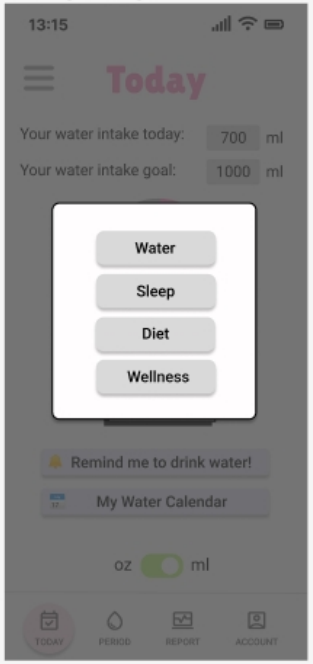
1. When user press the back arrow on the top of the page, you will go back to "Today-Sleep" page.
2. Users can select the number, to set the time of the reminder.
3. When user press the "Confirm" btn, store the data, set the notification on the backend. Automatically back to to "Today-Sleep" page on the frontend.

ReminderPage



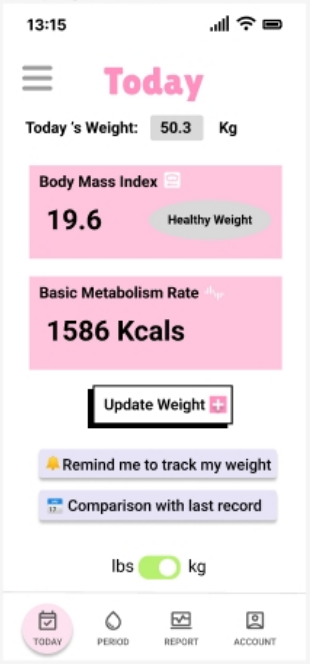
Users can navigate to other health habit record section via the hamburger btn.

HamburgerBtnPage



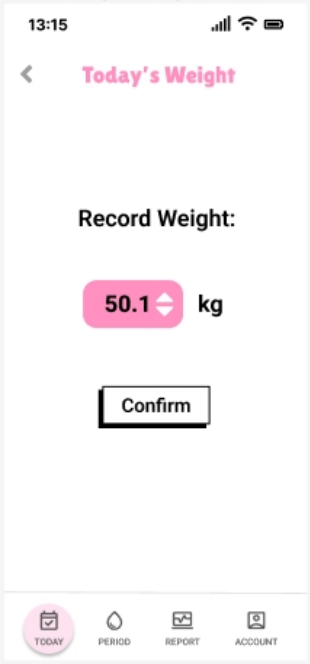
1. When user press the“Update Weight”btn , then jump to "WeightRecord" page.
2. When user press the“Remind me to track my weight”btn , then jump to "Reminder" page.
3. When user press the“Weight Comparison”btn , then jump to "Last Record Comparison" page.
4. Users can change the mode between "kg" and "lbs".

TodayPage-wellness



1. When user press the back arrow on the top of the page, you will go back to "Today's Weight" page.
2. Users can select the number, to record their weight today.
3. When user press the "Confirm" btn, store the data, change the data of the today's weight on the backend. Automatically back to "Today's Weight" page on the frontend.

WellnessWeightEditPage

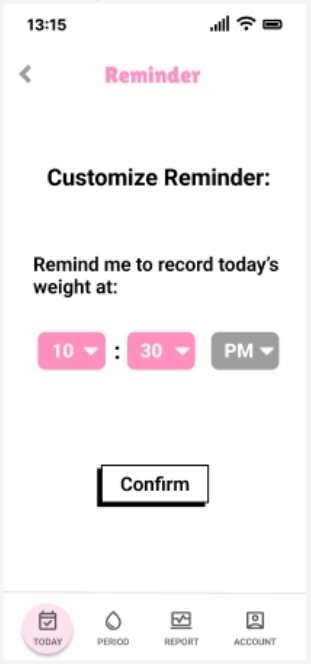


1. Users can view their change compared to the last recorded weight

WeightComparisonPage

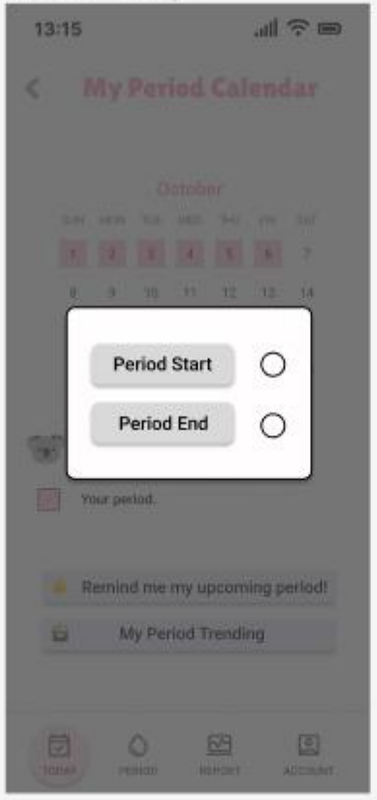
1. When user press the back arrow on the top of the page, you will go back to "Today's Weight" page.
2. Users can select the number, to set the time of the reminder.
3. When user press the "Confirm" btn, store the data, set the notification on the backend. Automatically back to to "Today's Weight" page on the frontend.

ReminderPage



1. When user select the one date, this page will show up. Users can select if this day is the start day or end date of her period.
2. If user don't want to record anything, just simply touch the blank area and will be led to the "PeriodCalendar" page.
3. Users only need to record the start date and the end date of their period, and the period length will be calculated on the backend. Then all days during the period will be marked on the frontend.

PeriodRecordPage

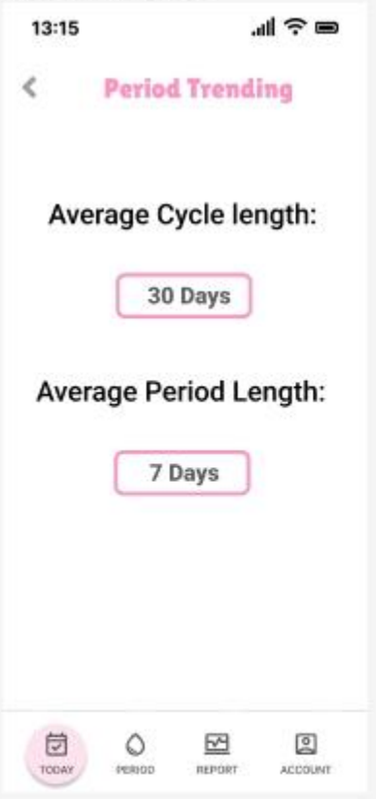


1. User can user the forward and back arrows on the calendar to switch the month
2. When user press one"date" , then show up the "PeriodRecord" page.
3. When user press the"Remind me before my period"btn , then jump to "Reminder" page.
4. When user press the"My Period Trending"btn , then jump to "Period Trending" page.

PeriodCalendarPage

This page shows the report of the average Cycle length and average period length for user.

PeriodTrendingPage



1. When user press the back arrow on the top of the page, you will go back to "PeriodCalendar" page.
2. Users can select the number, to set the time of the reminder.
3. When user press the "Confirm" btn, store the data, set the notification on the backend. Automatically back to to "PeriodCalendar" page on the frontend.

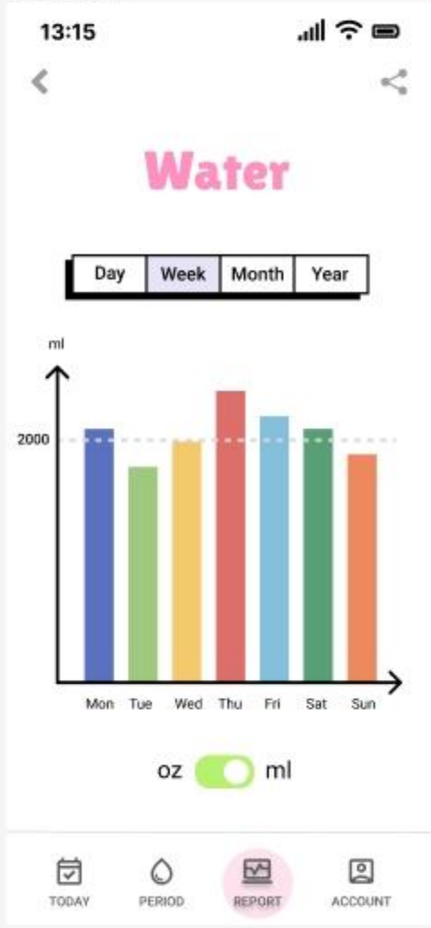
ReminderPage

If user press the "Water" btn, then jump to the "WaterReportPage". The other sections are similar.

ReportPage

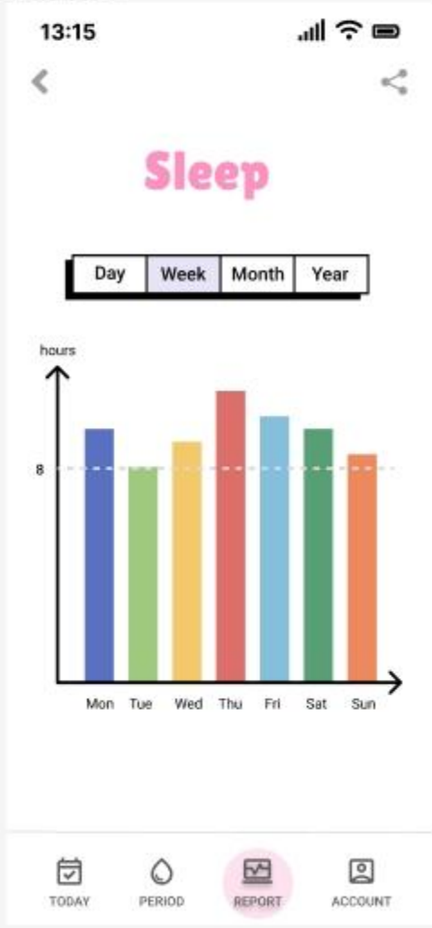
1. Users can switch between"Daily Report","Weekly Report", "Monthly Report" and "Yearly Report".
2. Users can change the mode between"ml" and "oz" in the water report.

WaterReport



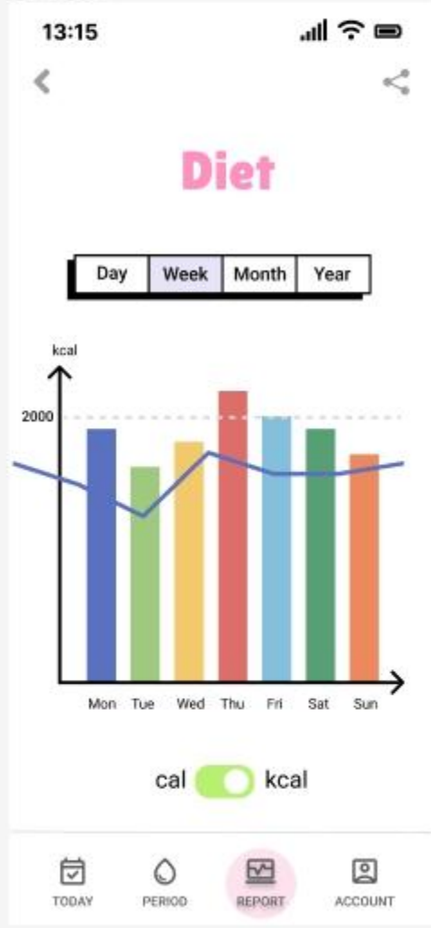
1. Users can switch between"Daily Report","Weekly Report", "Monthly Report" and "Yearly Report".

SleepReport



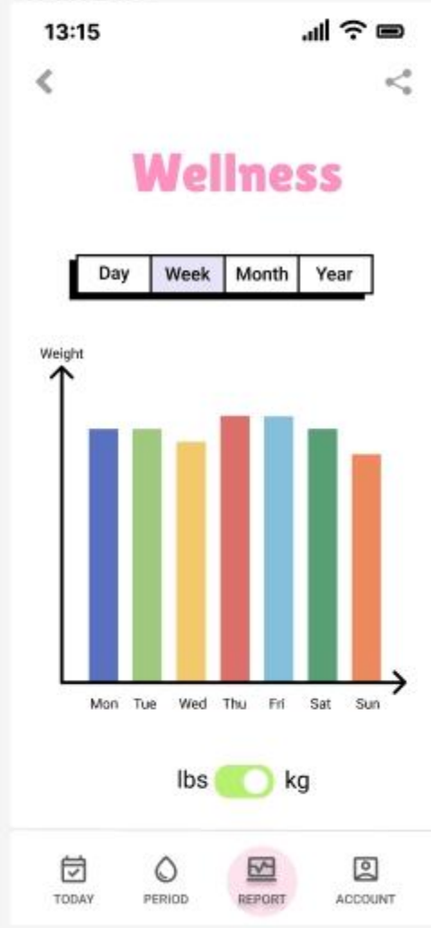
1. Users can switch between"Daily Report","Weekly Report", "Monthly Report" and "Yearly Report".
2. Users can change the mode between"cal" and "kcal" in the water report.

DietReport



1. Users can switch between"Daily Report","Weekly Report", "Monthly Report" and "Yearly Report".

WellnessReport

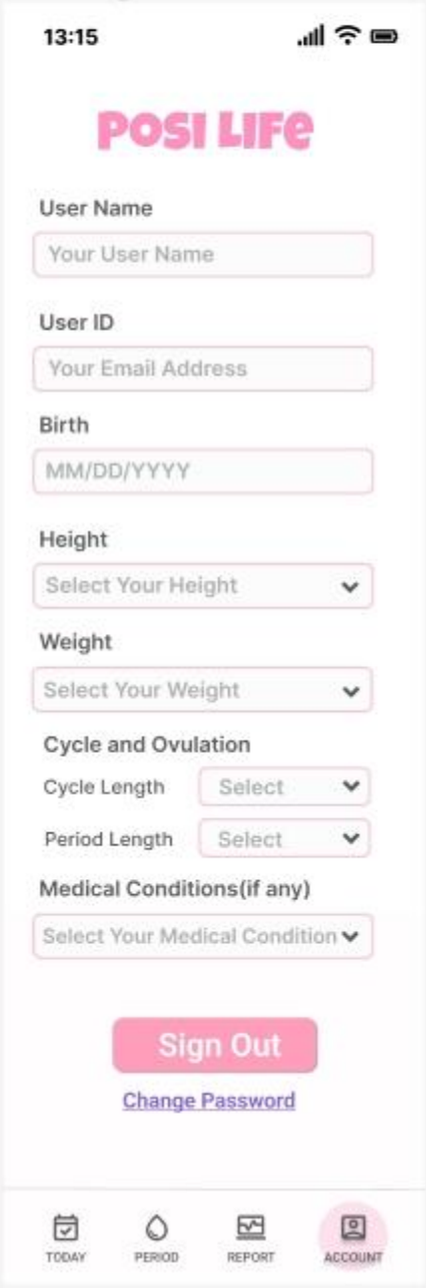


1. Account Info1 and 2 is exactly in one page. users just need to use the scroll bar on the right side of the screen to scroll up and down.
2. Users can see all account info here.

If users press "Confirm" btn, then change the user's password on the backend and jump to the "Password update confirmation" page on the frontend.

If users press "OK" btn back to the "Sign In" page on the frontend and force user to Sign In again.

AccountPage



ChangePasswordPage

PasswordConfirmPage