**Page Flow**

**Login Page**

**Home Page**

**Workouts Page**

**Food Log Page**

**Account Page**

- Single Sign on

- Register

- Link to account, workouts, log

- Basic user info

- Link to account, workouts, log

- Basic user info

- Personalized account based on plan selected.

**User Setup Page**

- Log daily intake

- Edit profile

- Delete account