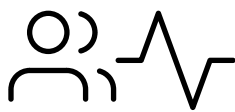


# GymMates

**Track • Train • Transform**



# Welcome to GymMates

Email ID:

Password:

[Forgot Password?](#)

or continue with

Google

Apple

Social Login Buttons

Login Now

Primary Button

New here? Create an account



Daily Stats

Steps  
X,XXX

Calories  
XXX kcal

Streak  
X Days

Active Mins  
XX min

+ Add New Workout

Social Feed



Friend 1 completed 5km run  
250 kcal • 32 min



Like



Comment



Friend 2 hit a 7-day streak  
412 kcal • 48 min



Like



Comment



Friend 3 completed 5km cycling  
450 kcal • 40 min



Like



Comment



# Add New Workout

Workout Type List



Running



Cycling



Treadmill



Yoga



Custom Entry

Navigation Buttons

Cancel

Continue



Workout Logging Screen

# Log Workout — Running

Distance (km)

Input Field Placeholder

Duration (mins)

Input Field Placeholder

Calories (kcal)

Input Field Placeholder

Notes

Multi line Placeholder

Primary Button

Save Workout

OR

Alternate Flow (Live Tracking)

Start Live Tracking

Secondary Button

# My Goals & Progress

Track your fitness targets and achievements

+ Add Goal

Secondary Action Button

## Active Goals

Goal Cards

Goal: Lose 5 kg in 2 months

Start Date: xx/xxTarget Date: xx/xx

Progress Bar Placeholder

Goal: Run 50 km this month

Start Date: xx/xxTarget Date: xx/xx

Progress Bar Placeholder

Goal: Workout 5 days/week

Start Date: xx/xxTarget Date: xx/xx

Progress Bar Placeholder

## Achievements

Achievements Panel



7 - Day Streak Badge

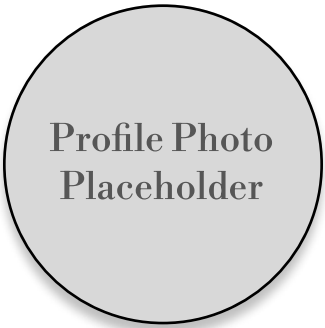


25 Workouts Completed



Certificate Available [Download]

Navigation Bar



User Name

@username ~ Location

Edit Profile

Settings

User Info Section

Fitness Overview

Stats Section

Total Workouts: XX  
Total Calories Burned: XX kcal  
Current Streak: XX days  
Achievements: [View]

Social Connections

Social Section

Friends: 34      Followers: 120  
Following: 89  
[ View Friends List ]



Share Progress



Privacy & Settings



Logout

Account Options

Navigation Bar