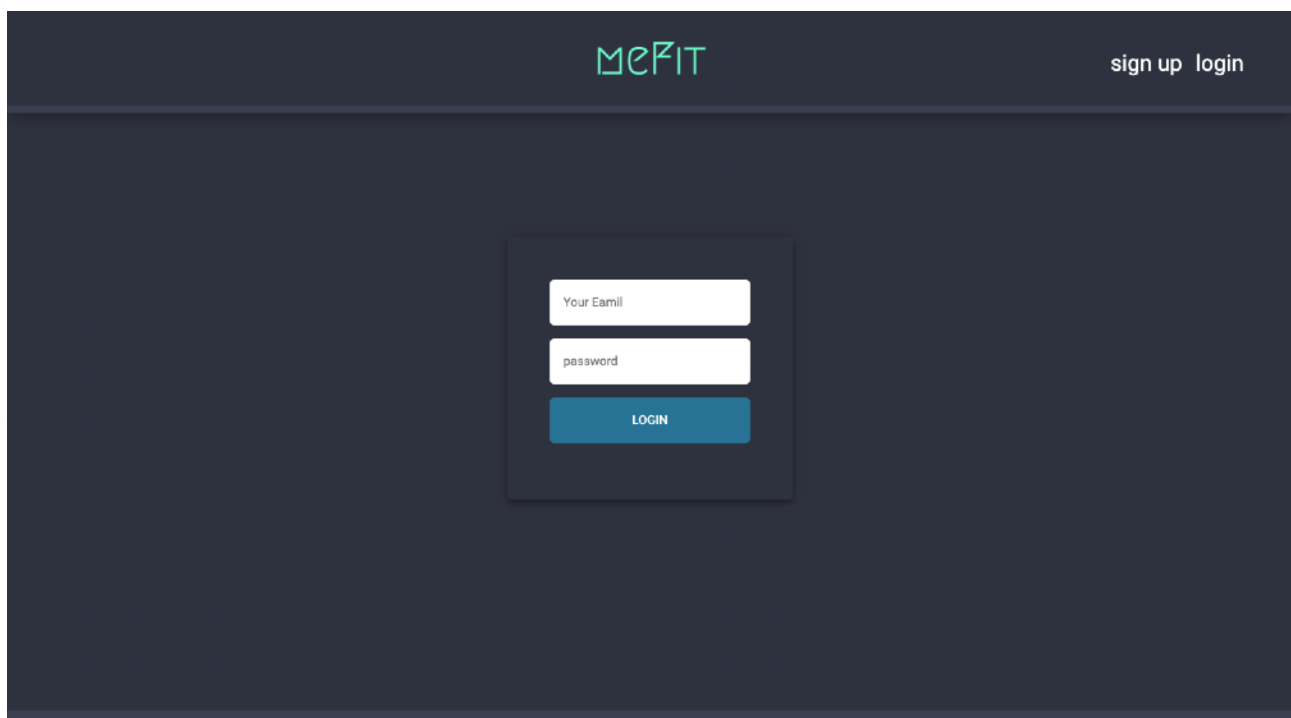


Login



The login page features a dark blue background. At the top, the 'meFIT' logo is centered in a light green font, and 'sign up login' links are on the right. A central white box contains two input fields: 'Your Email' and 'password', followed by a blue 'LOGIN' button.

meFIT

sign up login

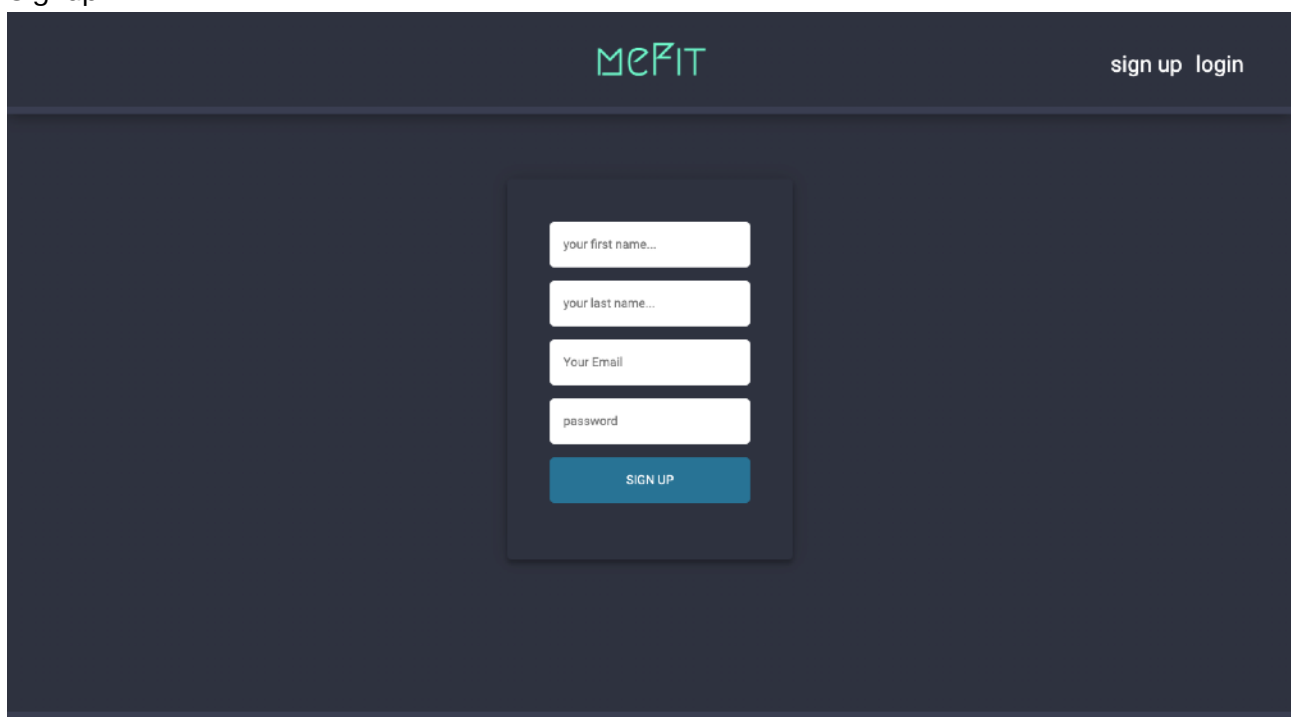
Your Email

password

LOGIN

Login if you have a user supplying your email and password

Signup



The signup page features a dark blue background. At the top, the 'meFIT' logo is centered in a light green font, and 'sign up login' links are on the right. A central white box contains four input fields: 'your first name...', 'your last name...', 'Your Email', and 'password', followed by a blue 'SIGN UP' button.

meFIT

sign up login

your first name...

your last name...

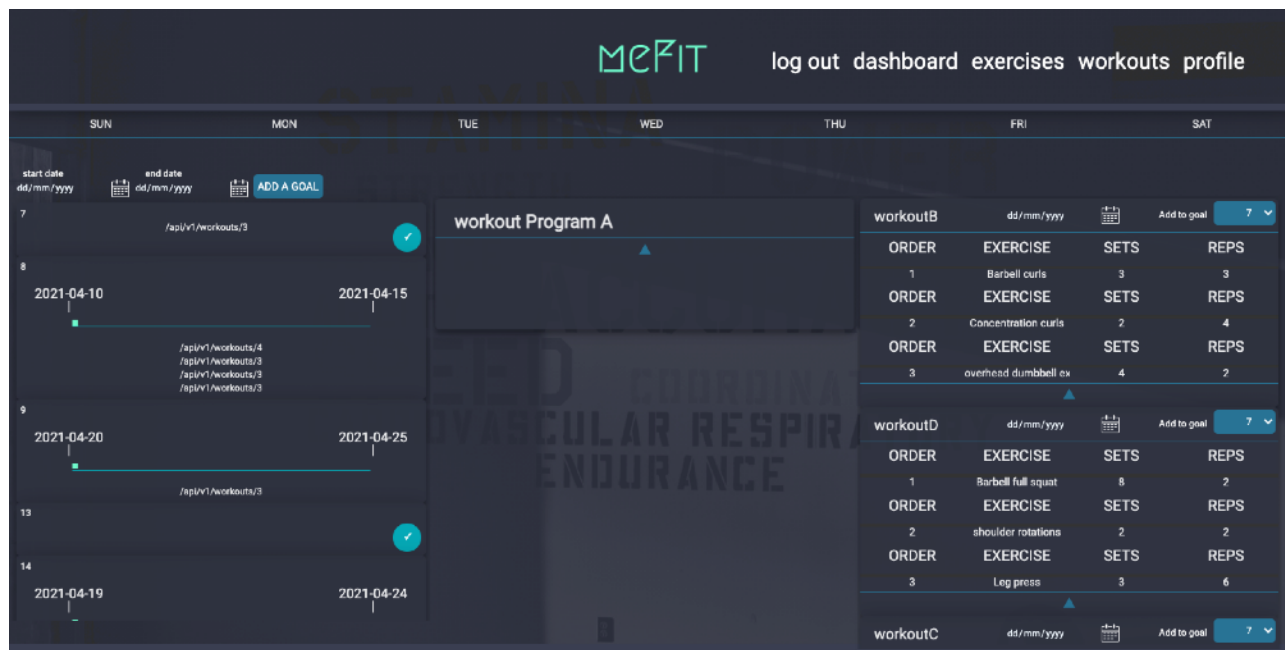
Your Email

password

SIGN UP

Sign up if you are a new user supplying first name, last name email and a password of your choice. ***If you are a first time user see *profile section***

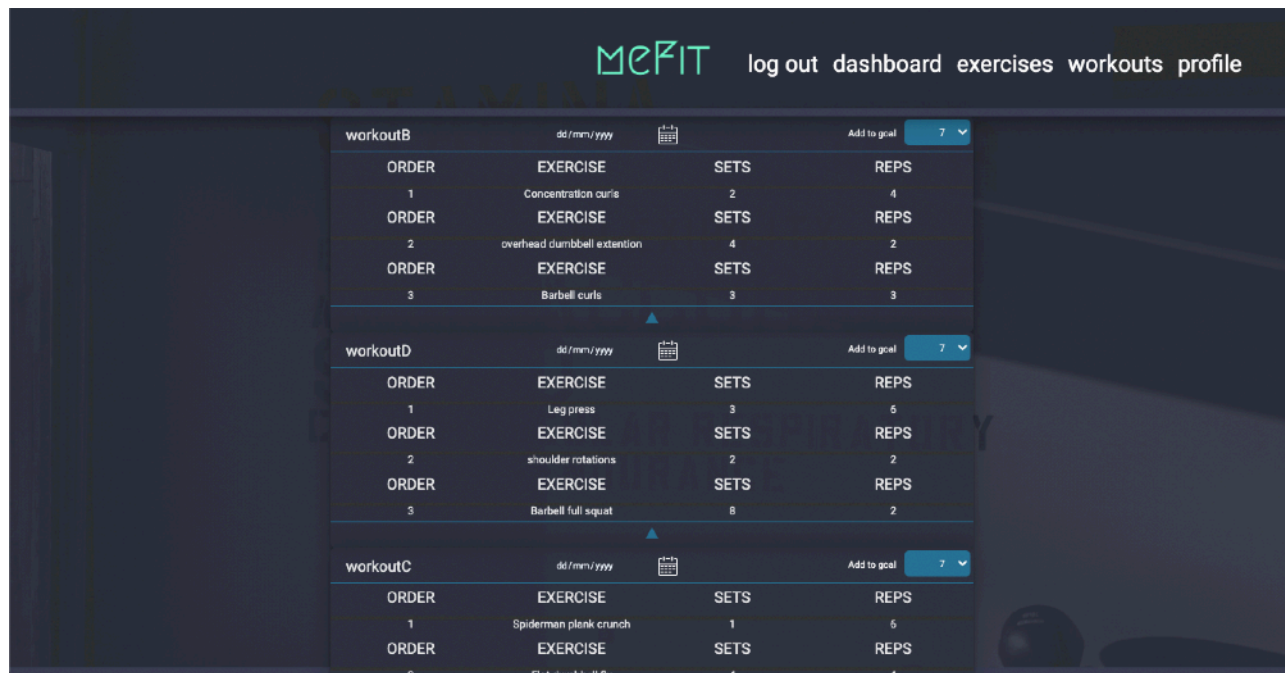
Dashboard



After login you will see the Dashboard where you can manage your workout goals. By adding workouts or workout programs to your goals.

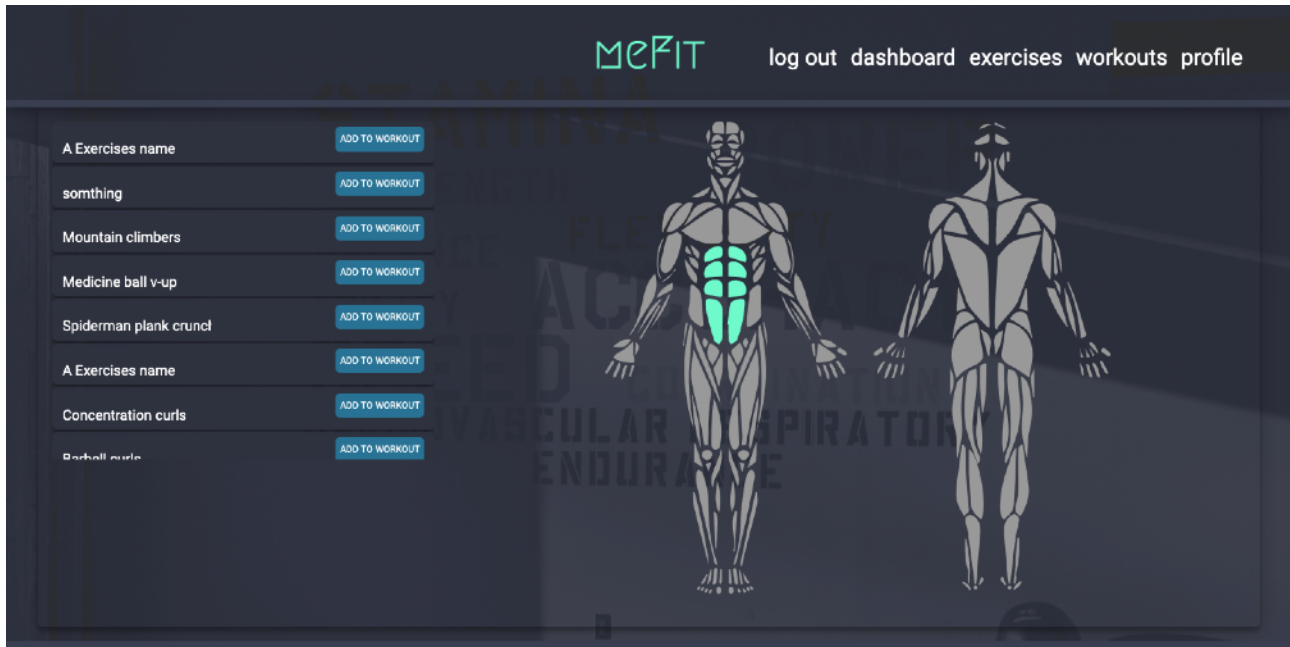
Add goal: select a start date and an end date and press the button (Add A Goal) then select a workout you want to add to your goal. Set an end date for your workout and select what goal to add it to by selecting in the blue dropdown menu in the top right corner of the selected workout.

Workouts



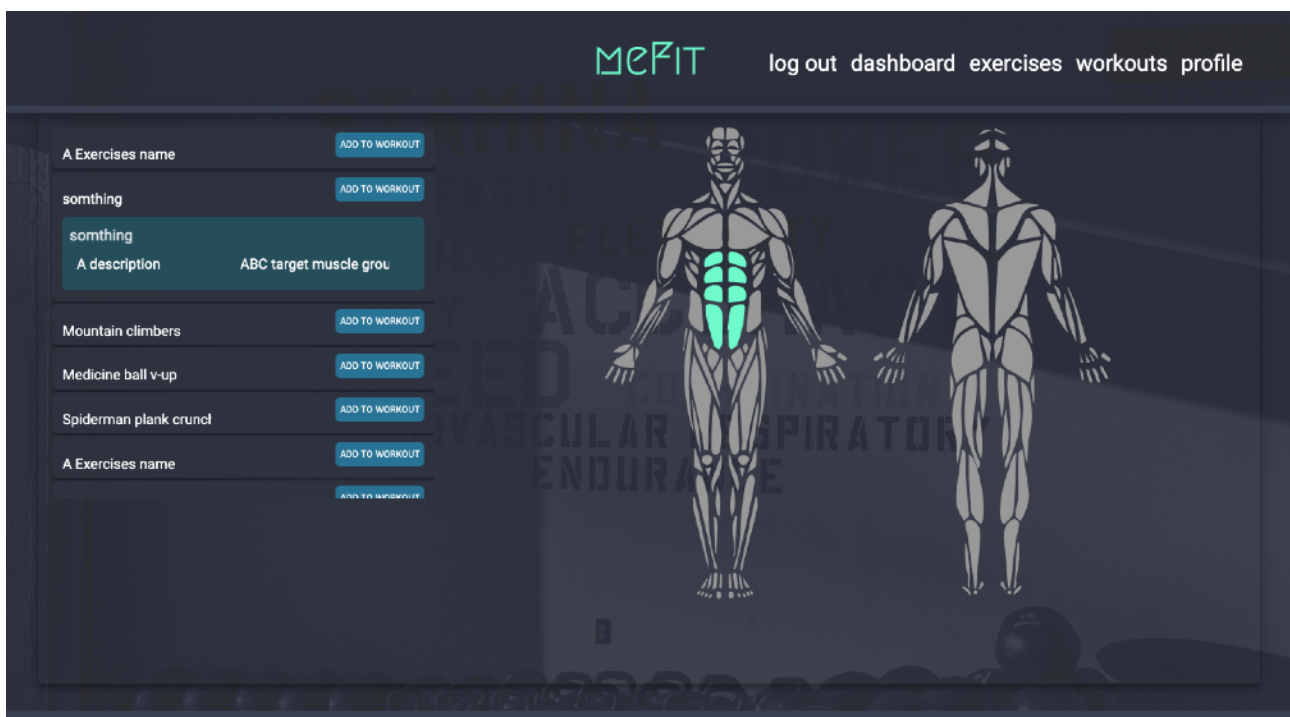
In the workout section you can see all workouts and add them to your goals by setting a date and selecting the blue dropdown in the top right corner.

Exercises



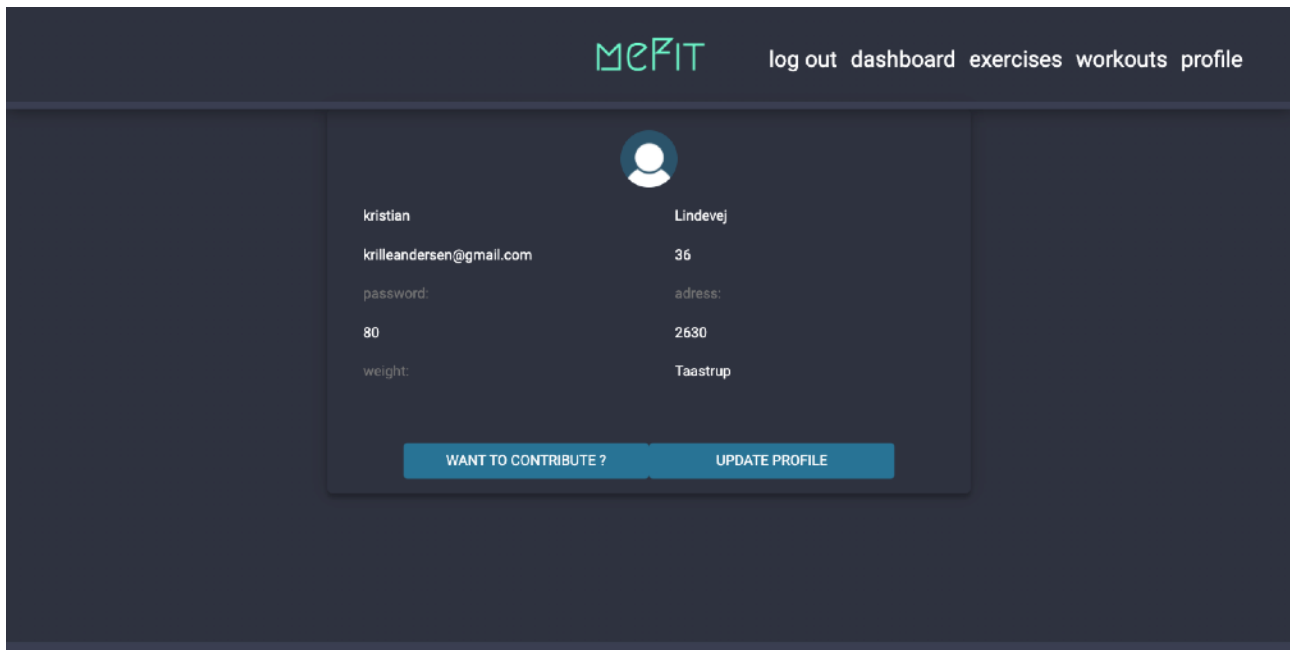
Mouse over the exercises list to highlight the muscle group for the given exercise. Or click on the muscle group in the figure to sort the exercises list to get the specific exercise at the top of the list

Exercises2



Click the exercises list to expand and read more about the given exercise.

Profile



The image shows the 'Profile' page of the MeFit application. At the top, there is a dark blue header with the 'MeFit' logo in green on the left and navigation links 'log out', 'dashboard', 'exercises', 'workouts', and 'profile' on the right. The main content area has a dark blue background. In the center, there is a white circular profile icon. Below it, there are two columns of text representing profile information: 'kristian', 'krilleandersen@gmail.com', 'password:', '80', and 'weight:' on the left; and 'Lindevej', '36', 'adress:', '2630', and 'Taastrup' on the right. At the bottom of this central area, there are two blue buttons: 'WANT TO CONTRIBUTE ?' and 'UPDATE PROFILE'.

After you sign up you will be redirected to the profile section to create a profile.
Click update profile

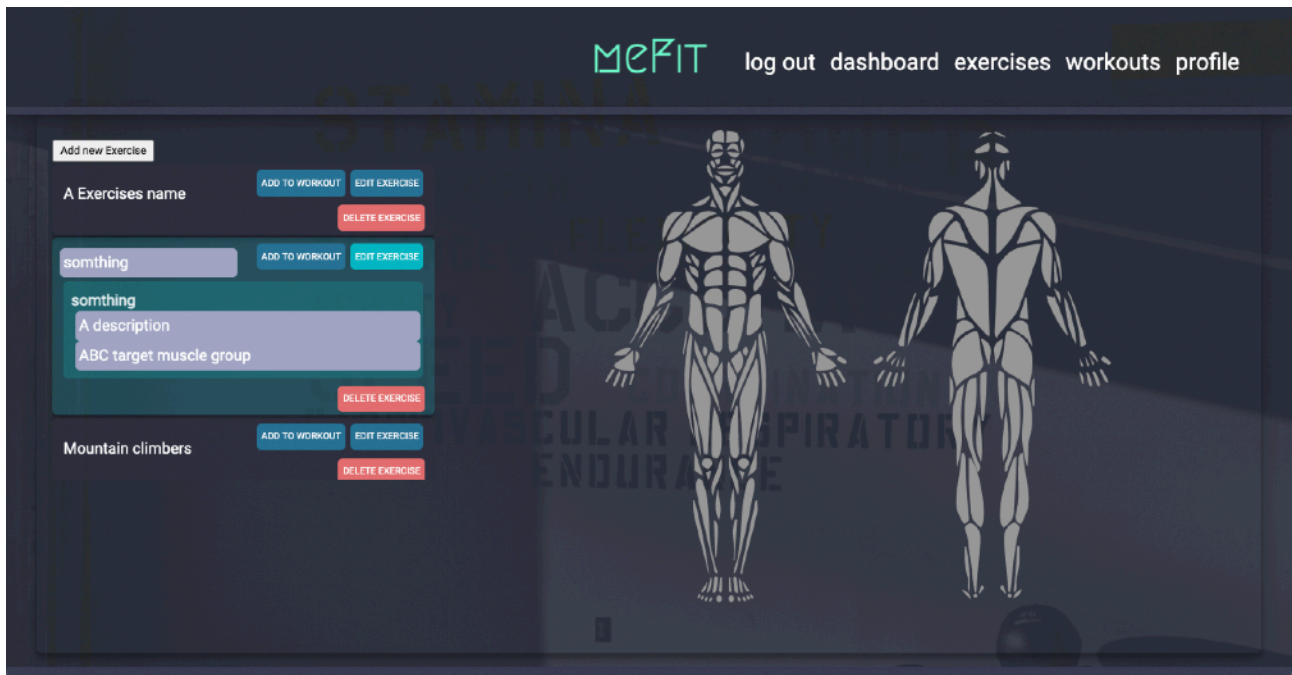
Profile update



The image shows the 'Profile update' page of the MeFit application. It has the same header as the previous page. The main content area has a dark blue background. In the center, there is a white circular profile icon. Below it, there are two columns of input fields for updating profile information: 'kristian', 'krilleandersen@gmail.com', 'password:', '80', and 'weight:' on the left; and 'Lindevej', '36', 'adress:', '2630', and 'Taastrup' on the right. At the bottom of this central area, there are three buttons: 'WANT TO CONTRIBUTE ?' (blue), 'CANCEL' (light blue), and 'SAVE PROFILE' (blue).

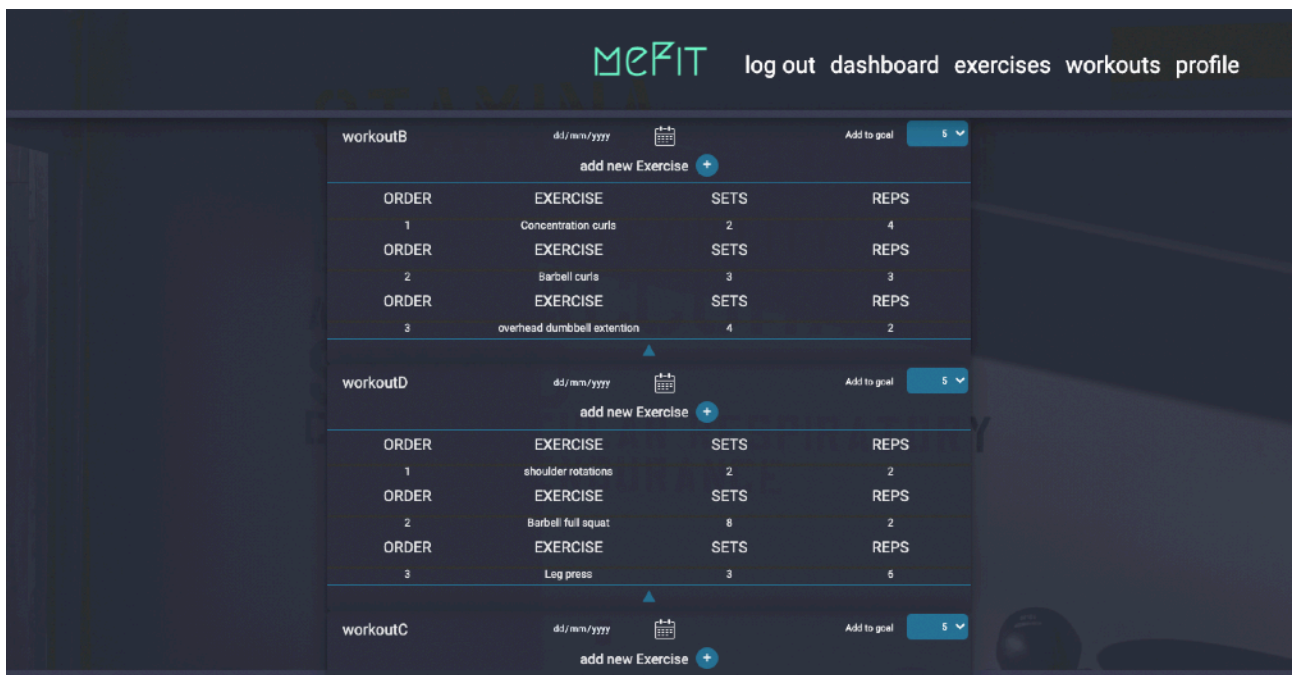
Fill out the required fields and save profile. Now you can use MeFit

Exercises for contributor



As a contributor you can add, edit or delete exercises

Workout for contributor



As a contributor you can add exercises to workouts and in next release yo can also add, edit or delete workouts and programs. :)