

How to Create an Account and Customize Your Fitness Profile

Scribe 

1

Navigate to <https://yellow-pond-0967f9b03.3.azurestaticapps.net/#/>

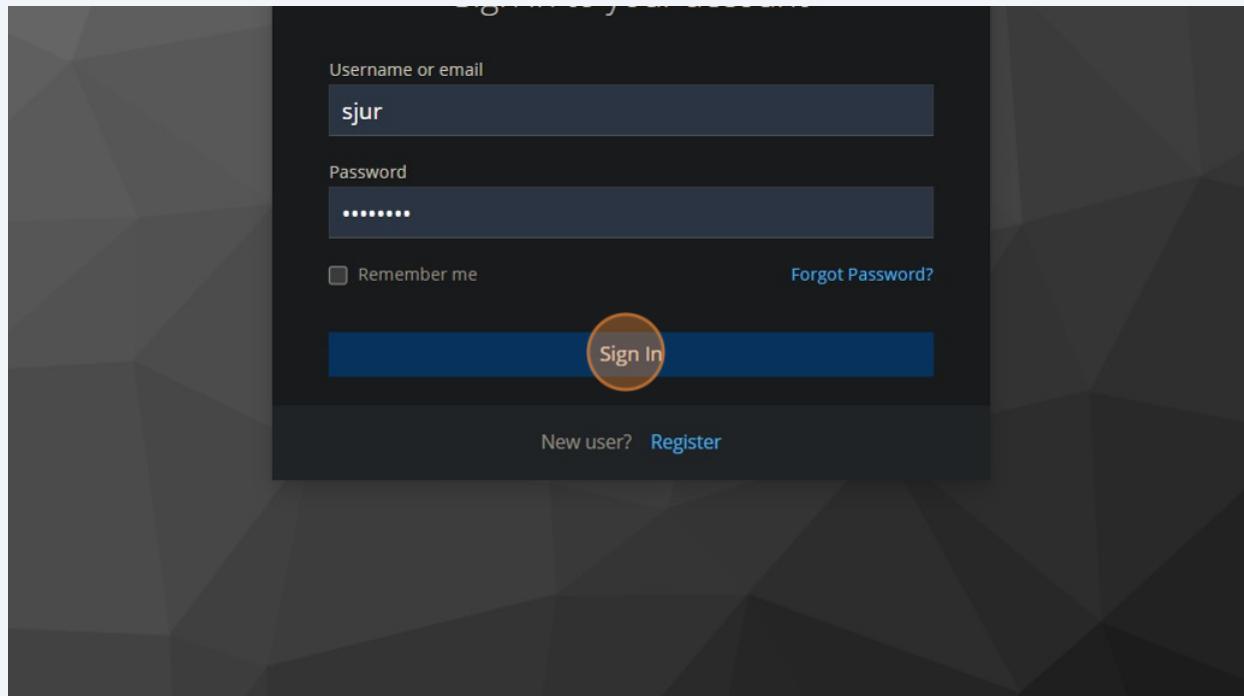
Login and user creation

2

Click "Login" to register



3 Here you can sign in or create a user



4 After created a user you will be sent to the onboarding page. Here we will need some more information to complete the user.

- 5 At the end of the form you can select if you want to be a creator or a normal user. A creator can create Exercises, Workouts and Programs

Gender*
Male

Weight (kg)*
123

Height (cm)*
123

Birthday (MM/dd/yyyy)*
3/19/1998

Want to be a creator: No Yes

Submit

- 6 Click "Submit" to submit the form and start using the website

Gender*
Male

Weight (kg)*
123

Height (cm)*
123

Birthday (MM/dd/yyyy)*
3/19/1998

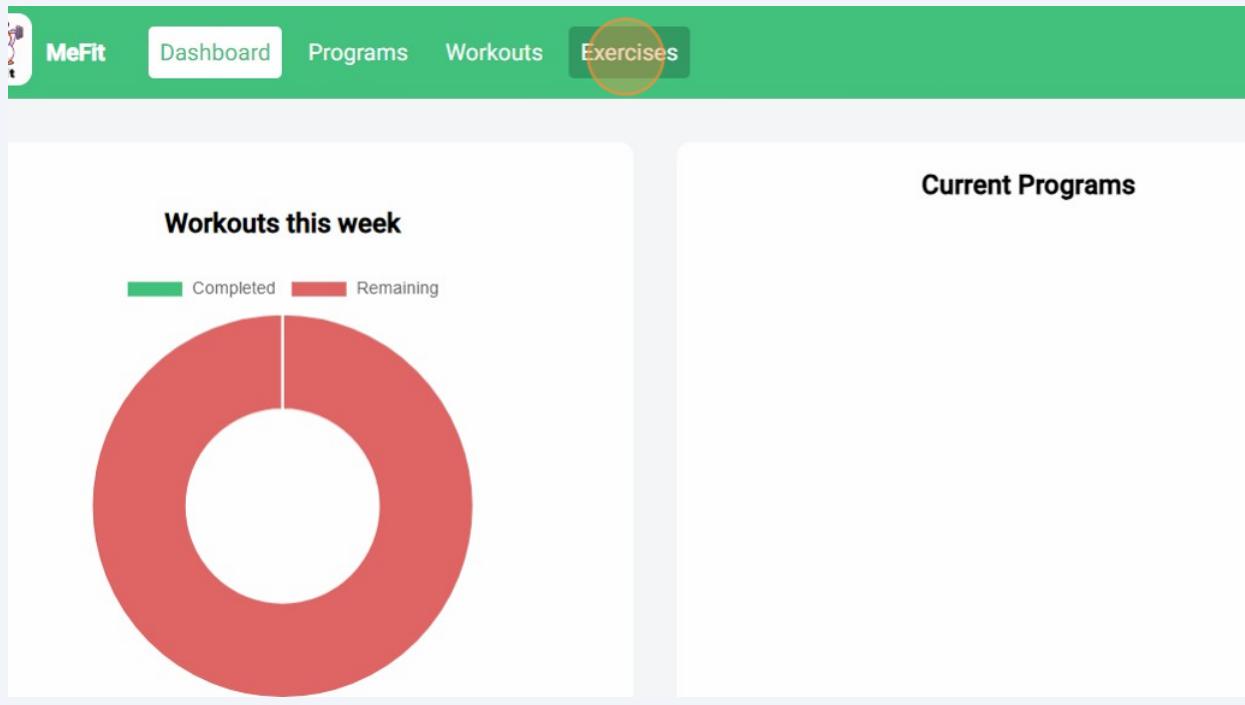
Want to be a creator: No Yes

Submit

Using the Website

7

Click "Exercises" to navigate to the Exercise page. Here you can find all the exercises.



- 8 Click a exercise to open a details page on the exercise.

The screenshot shows the MeFit app's 'Exercises' section. It features three cards, each with an image, title, and brief description:

- Barbell Bench Press**: An image of a person performing a bench press. Description: Lay on your back on a flat bench, lower the barbell down in a slow pace to your chest level, and then press upwards by extending your arms.
- Situp**: An image of a person performing situps on a mat. Description: Situps are classic abdominal exercises done by lying on your back and lifting your torso. They use your body weight to strengthen the core-stabilizing abdominal muscles.
- Pull up**: An image of a person performing pull-ups on a horizontal bar. Description: Lift you up.

- 9 Click "Workouts" button to navigate to the workouts page. Here you can see all the workouts.

The screenshot shows the MeFit app's 'Workouts' section. A card for 'Situp 2' is displayed, featuring an image of a person performing situps, a detailed description, and a video thumbnail:

- Situp 2**: Description: Situps are classic abdominal exercises done by lying on your back and lifting your torso. They use your body weight to strengthen and tone the core-stabilizing muscles.
- Muscle Groups used**: Abs
- Video Preview**: A thumbnail for a YouTube video titled 'HOW TO DO A SIT UP / SIT UPS FOR BEGINNERS'. The thumbnail shows a person performing a situp on a mat. Buttons for 'Watch on YouTube' and 'Share' are visible.

- 10 Click a workout to open a detailed view of the workout.

The MeFit app interface shows two workout cards. The first card is titled "Chest Day" with a sub-description "Chest day is a day where you train your chest muscles". It features a photo of a person performing a bench press. The second card is titled "upper arm day" with a sub-description "Workout to get bigger upper arms". It features a photo of a person performing pull-ups. An orange circle highlights the "upper arm day" card.

- 11 Here you will find all the Exercises in the workout. If you click on a exercise it will take you to that exercise details page.

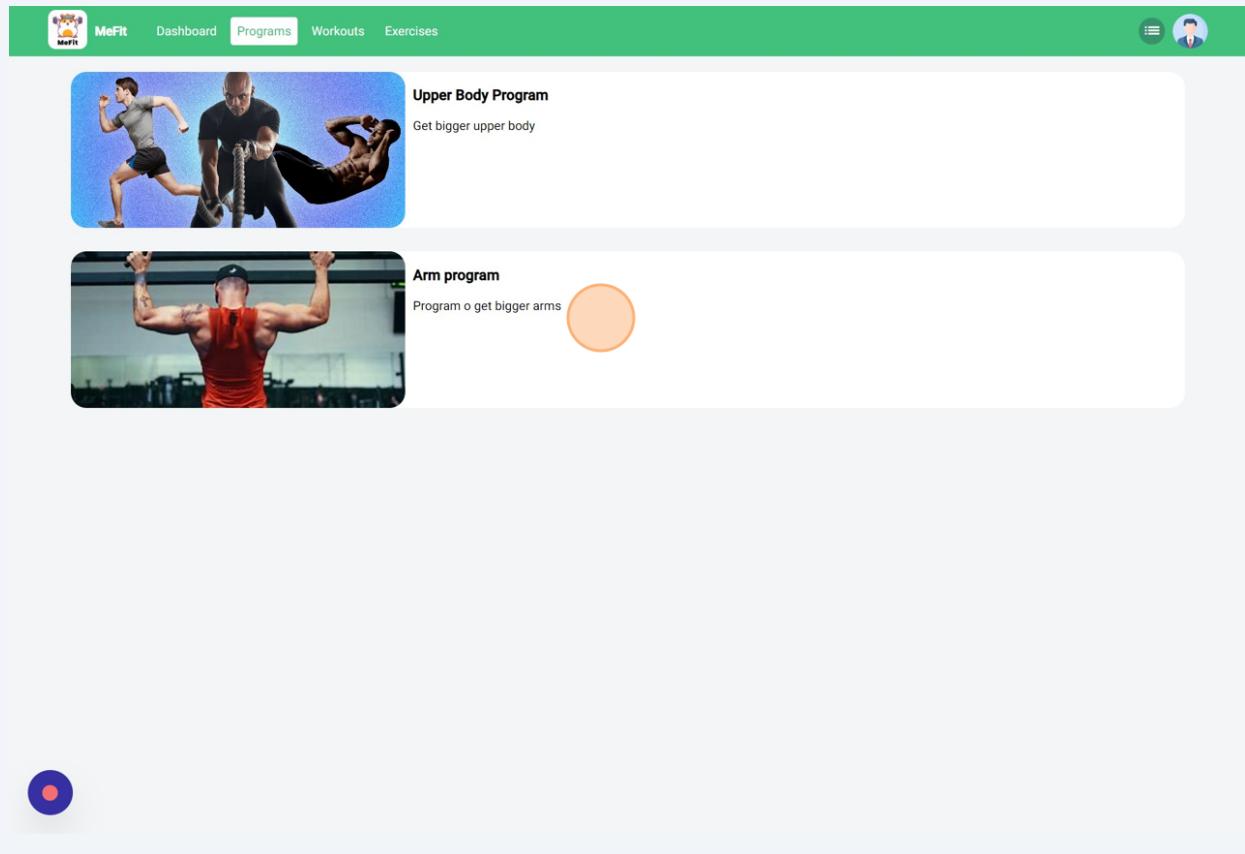
The MeFit app interface shows the details of the "upper arm day" workout. The title is "upper arm day" with the sub-description "Workout to get bigger upper arms". Below the title, there is a "Pull up" exercise entry with "Reps: 6 Sets: 3". To the right, there are fields for "Recommended Level", "Category", and "Duration", each with a corresponding empty input line. An orange circle highlights the "Pull up" exercise entry. At the bottom, there is a green "Add" button.

12

To view the programs click the Programs button. This will take you to a list of all the programs.

The screenshot shows the MeFit application interface. At the top, there is a green navigation bar with four tabs: 'MeFit' (icon), 'Dashboard' (text), 'Programs' (text, highlighted with a yellow circle), 'Workouts' (text), and 'Exercises' (text). On the far right of the bar is a user profile icon. Below the navigation bar, the main content area has a light gray background. On the left side, there is a large image of a woman in a black sports bra and blue patterned leggings performing pull-ups on a horizontal bar. To the right of the image, the text 'Pull up 3' is displayed, followed by the instruction 'Lift you up'. Below this, under the heading 'Muscle Groups used', there is a bulleted list: '• Triceps', '• Shoulders', and '• Biceps'. At the bottom left of the content area, there is a small circular icon with a blue outline and a red dot inside.

13 Click on a program to open its details.



The screenshot shows the MeFit app's main interface. At the top, there is a green navigation bar with the 'MeFit' logo, a user icon, and tabs for 'Dashboard', 'Programs' (which is selected), 'Workouts', and 'Exercises'. Below the navigation bar are two program cards. The first card, titled 'Upper Body Program', features an image of two men: one running and one performing a pull-up. The second card, titled 'Arm program', features an image of a man from behind, flexing his arms while hanging from a pull-up bar. An orange circle highlights the 'Arm program' card, indicating it is the target for the next step. In the bottom left corner of the main area, there is a small circular icon with a blue background and a red dot in the center.

14

Here you will get a detailed view of all the workout in the program, as well as information about its duration, level, category

The screenshot shows a mobile application interface for fitness tracking. At the top, there is a green navigation bar with the 'MeFit' logo, a user icon, and tabs for 'Dashboard', 'Programs' (which is selected), 'Workouts', and 'Exercises'. Below the navigation bar, there is a large image of a person from behind, wearing a red tank top, flexing their arms. To the right of the image, the title 'Arm program' is displayed, followed by a subtitle 'Program o get bigger arms'. A specific workout entry, 'upper arm day', is highlighted with a light gray background and an orange circle around its name. The entry includes a description: 'Workout to get bigger upper arms' and a duration of '0'. To the right of the main content area, there is a sidebar with the following information:

Recommended Level:	Intermediate
Category:	Strength
Duration:	1 Days
Workouts:	1

At the bottom of the screen, there is a green 'Add' button.

Adding a program or a workout to your user

15

To add a workout to your to-dos navigate to the workouts detail page and click "Add"

The screenshot shows the MeFit app interface. At the top, there's a green navigation bar with icons for user profile, dashboard, programs, workouts (which is the active tab), and exercises. Below the navigation bar, there's a large image of a person from behind, wearing an orange tank top, performing pull-ups. To the right of the image, the title 'upper arm day' is displayed, followed by the subtitle 'Workout to get bigger upper arms'. Underneath the title, a specific exercise is listed: 'Pull up' with 'Reps: 6 Sets: 3'. On the far right, there are four informational cards: 'Recommended Level: Intermediate', 'Category: Muscle Gain', 'Duration: 0 Minutes', and another card that is mostly obscured. At the bottom of the screen, there's a green horizontal button with the word 'Add' in white. This 'Add' button is highlighted with a yellow circle.

16

To add a Program to your to-dos navigate to the programs detail page and click "Add"

The screenshot shows the 'MeFit' application interface. At the top, there is a navigation bar with icons for 'MeFit', 'Dashboard', 'Programs' (which is highlighted in blue), 'Workouts', and 'Exercises'. On the far right of the header is a user profile icon.

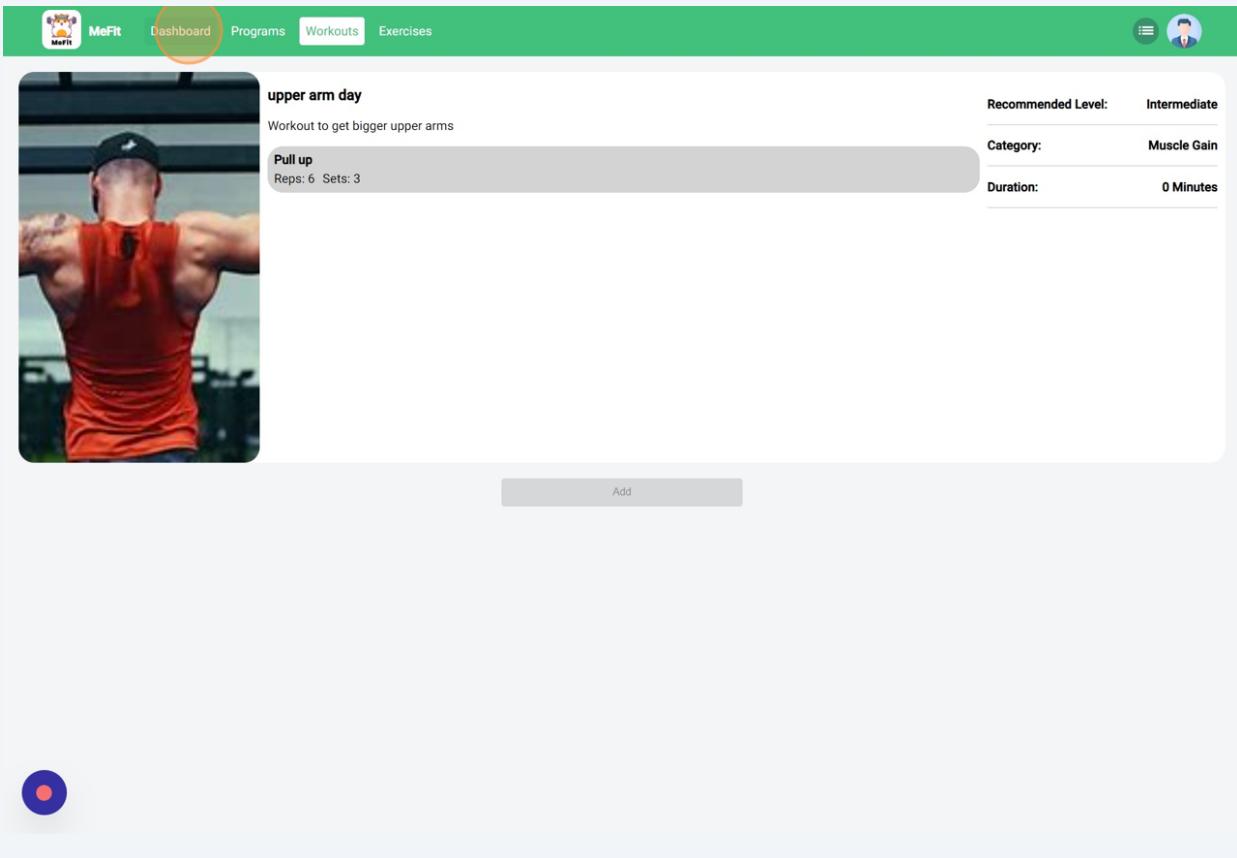
The main content area displays a program titled 'Arm program' with a sub-section for 'upper arm day'. The 'upper arm day' section includes a description: 'Workout to get bigger upper arms' and a duration: 'Duration: 0'. To the right of the program details, there is a summary table:

Recommended Level:	Intermediate
Category:	Strength
Duration:	1 Days
Workouts:	1

At the bottom of the program detail screen, there is a prominent green button labeled 'Add'. This button is circled in orange, indicating it is the target for the next step in the process.

17

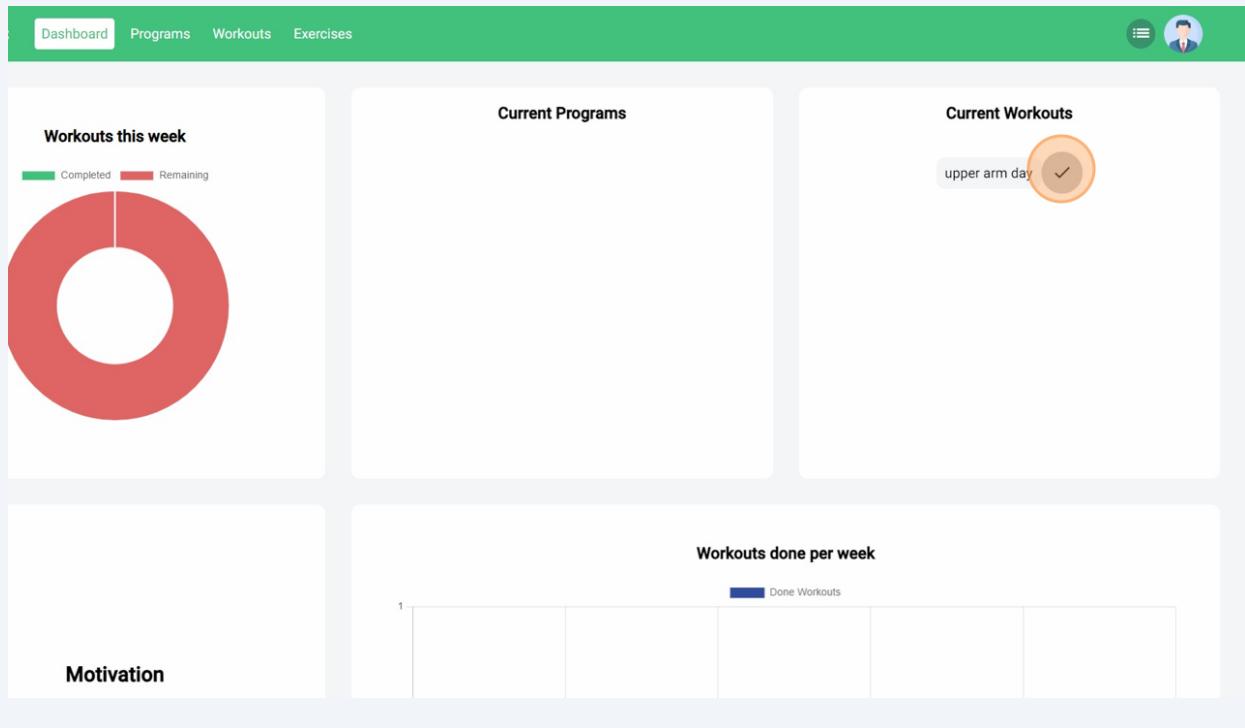
To view all your Workouts or programs. navigate to the Dashboard by clicking the "Dashboard" button.



Navigating the dashboard

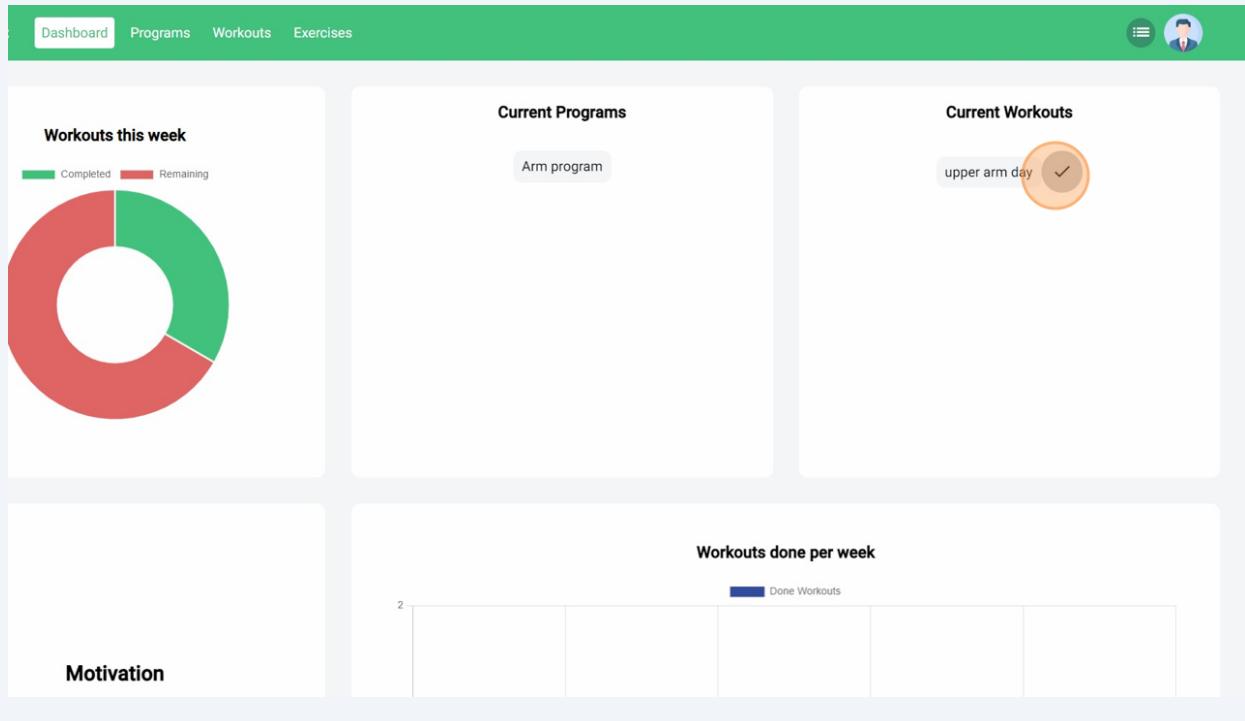
18

On the dashboard you will find all your workouts in the "Current Workouts" panel. To mark a workout as done. Click the checkmark.

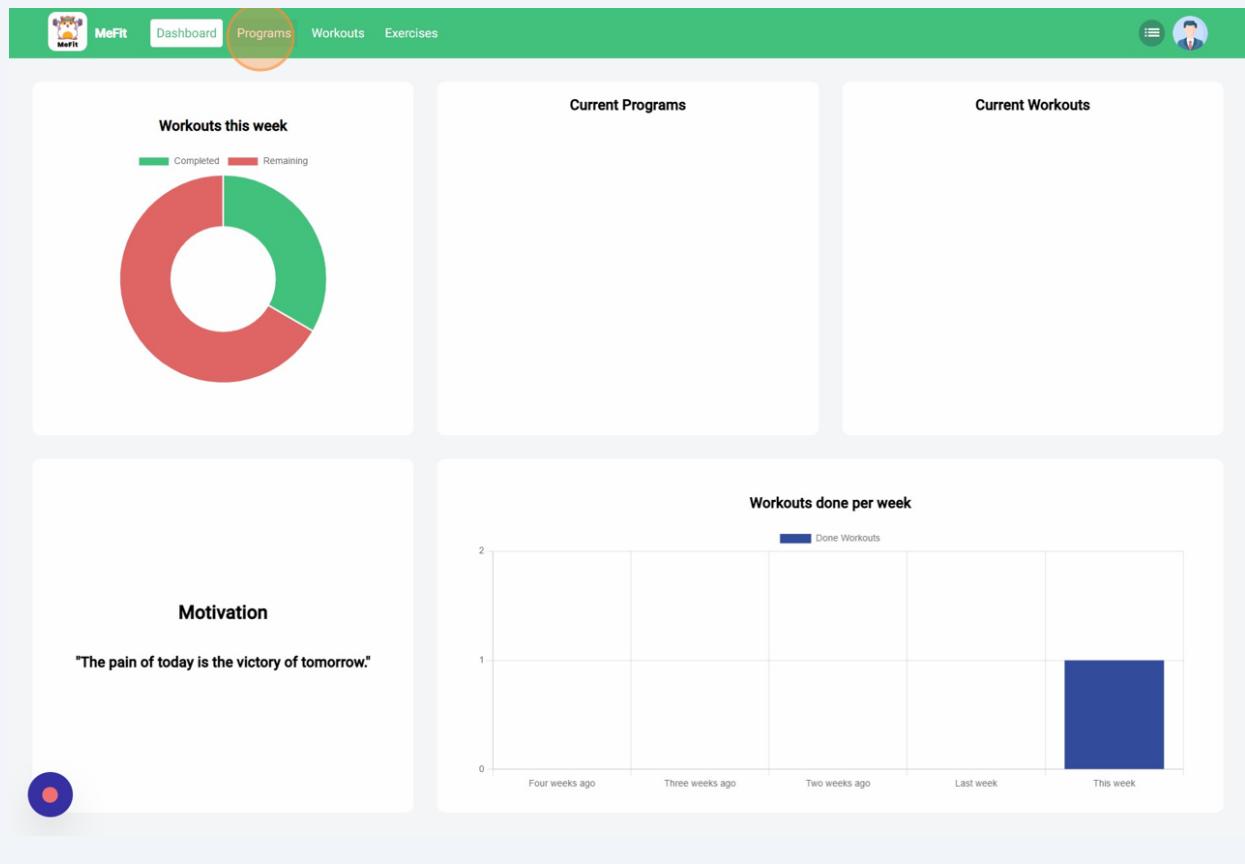


19

If you have any currently active programs they will also show on the dashboard under the "Current Programs" panel. All the workouts in the program are automatically added to the workouts panel.



20 When a workout is marked as complete it will show in the charts.



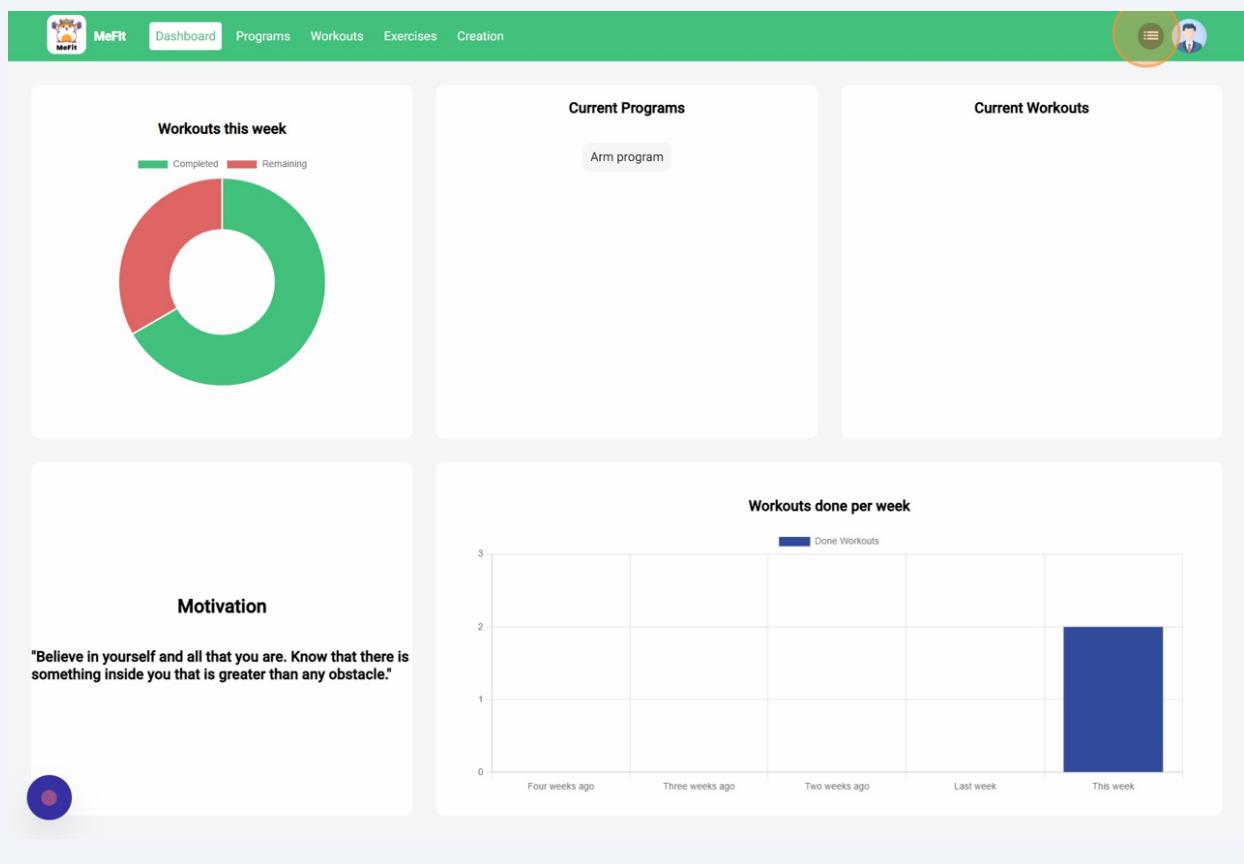
Profile page

How to Update Profile Information on MeFit Dashboard

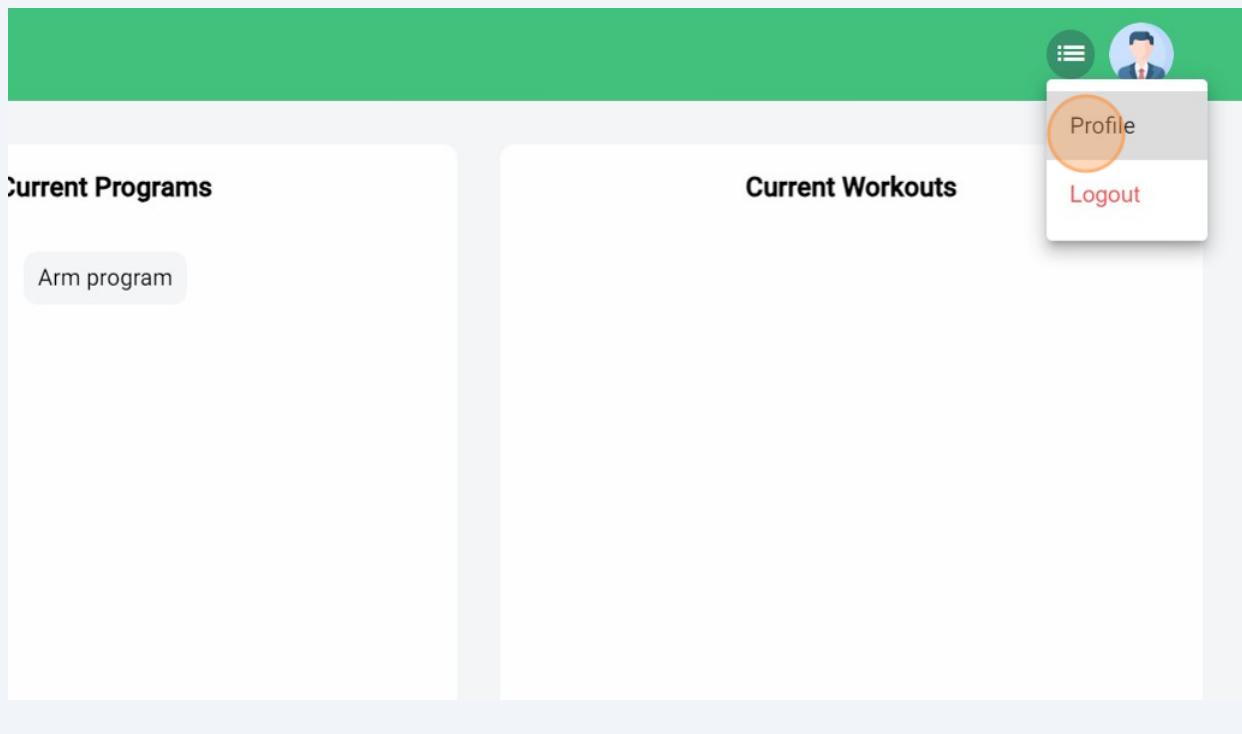
Scribe 

- 1 Navigate to <https://yellow-pond-0967f9b03.3.azurestaticapps.net/#/dashboard>

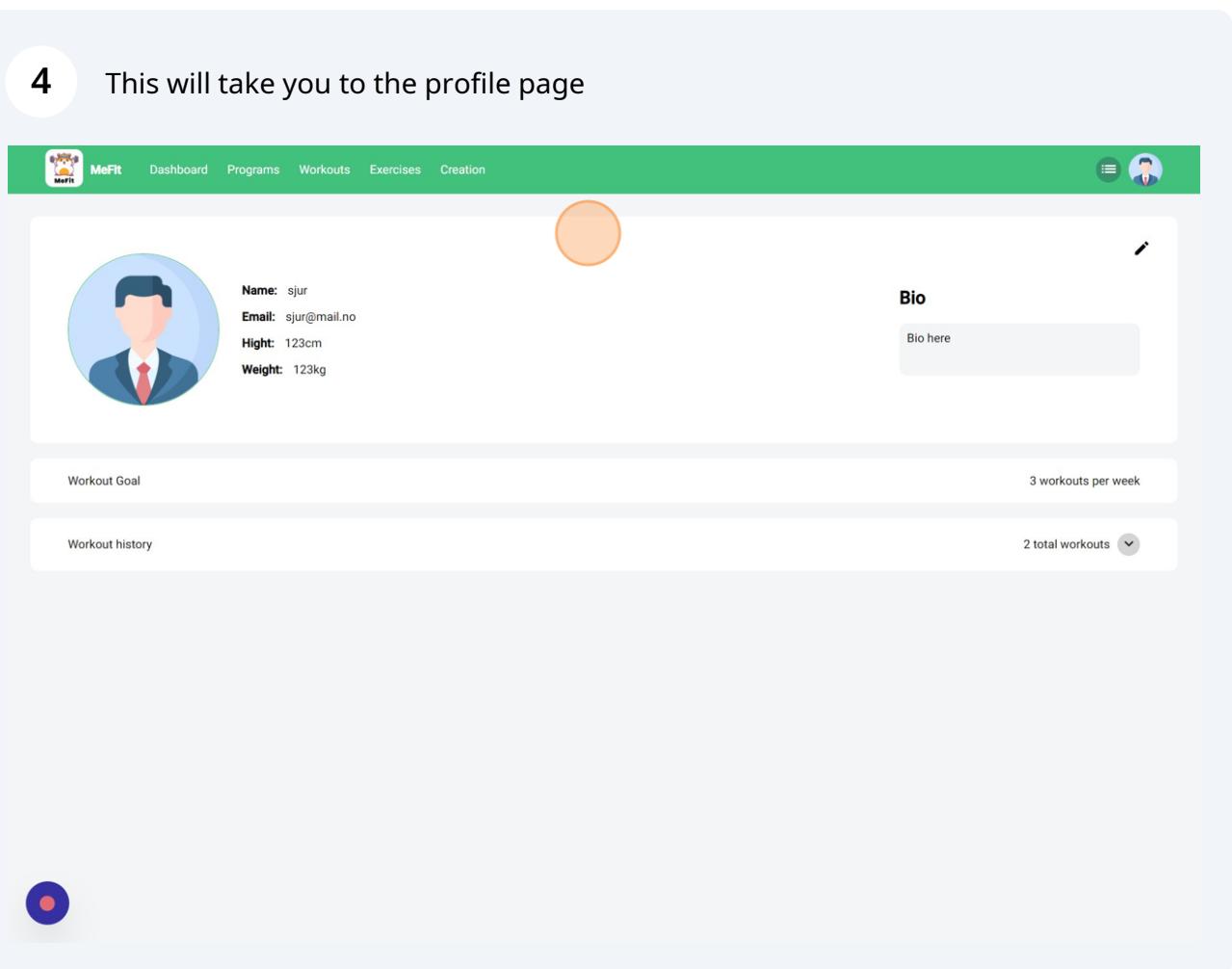
- 2 To navigate to the profile page. Click the menu icon in the top left.



3 Click "Profile"



4 This will take you to the profile page



- 5 Here you can see your workout history by clicking the down arrow on the "Workout history" panel.

The screenshot shows the MeFit app interface. At the top, there's a green header bar with the 'MeFit' logo, a navigation menu ('Dashboard', 'Programs', 'Workouts', 'Exercises', 'Creation'), and a user profile icon. Below the header is a large white area containing a circular profile picture of a man in a suit. To the right of the profile picture, there are four lines of text: 'Name: sjur', 'Email: sjur@mail.no', 'Height: 123cm', and 'Weight: 123kg'. Further to the right is a 'Bio' section with a placeholder 'Bio here' and a pencil icon. Below this, there are two horizontal cards: 'Workout Goal' (with the text '3 workouts per week') and 'Workout history' (with the text '2 total workouts' and a dropdown arrow). A small blue circular icon with a red dot is located at the bottom left of the main content area.

6 To edit your profile information. Click the "edit" icon

The screenshot shows the MeFit app's profile interface. At the top, there is a navigation bar with the MeFit logo, a search icon, and links for Dashboard, Programs, Workouts, Exercises, and Creation. On the right side of the header is a user icon.

The main content area displays the following information:

- User Profile:** A circular placeholder image of a person in a suit. Below it, the user's details are listed:
 - Name:** sjur
 - Email:** sjur@mail.no
 - Height:** 123cm
 - Weight:** 123kg
- Bio:** A section with a placeholder "Bio here" and an edit icon (pencil).
- Workout Goal:** A section indicating "3 workouts per week".
- Workout history:** A list of completed workouts:
 - upper arm day (Completed at: 20-10-2023)
 - upper arm day (Completed at: 20-10-2023)A small "2 total workouts" summary is shown above the list.

7

This will open a form to edit your information.

The screenshot shows a user profile edit form. At the top, there is a navigation bar with the MeFit logo, Dashboard, Programs, Workouts, Exercises, Creation, and a user icon. The main form contains the following fields:

- Name*: sjur
- Email*: sjur@mail.no
- Experience: Beginner
- Weight (kg): 123
- Height (cm): 123
- Bio: Bio here
- Profile Picture (Url): <https://cdn-icons-png.flaticon.com/512/3135/3135715.png>

A large blue "Submit" button is at the bottom of the form.

8

Click "Submit" when you are done editing.

The screenshot shows the same profile edit form as above, but the "Submit" button is now highlighted with a red circle, indicating it is the next step.