Design (Figma)

*all designs are made in figma
*navigations for the main transitions are implemented
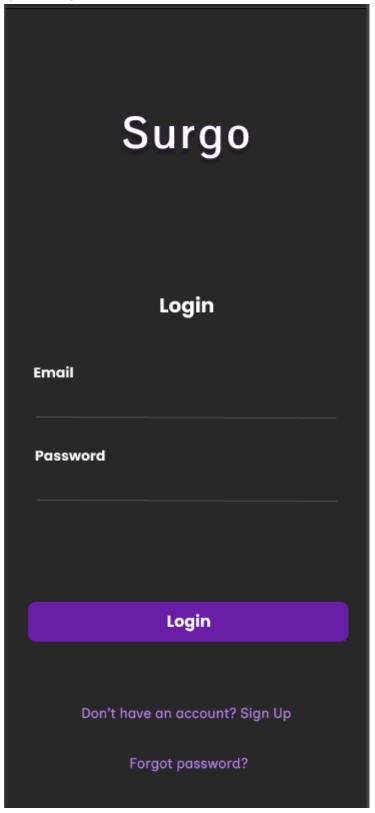*any function not properly displayed in the design but which will be present in the final app is stated separately.

1) Start/Core Pages

*Sign Up Page currently leads nowhere.
*Account creation is not properly ensured yet.
*Settings therefore reflect no use of email/password etc. and only personal data that can be easily edited by the user.
*If account creation functionality is to be added later on, design will reflect accordingly.
*Account Deletion is also not implemented yet.

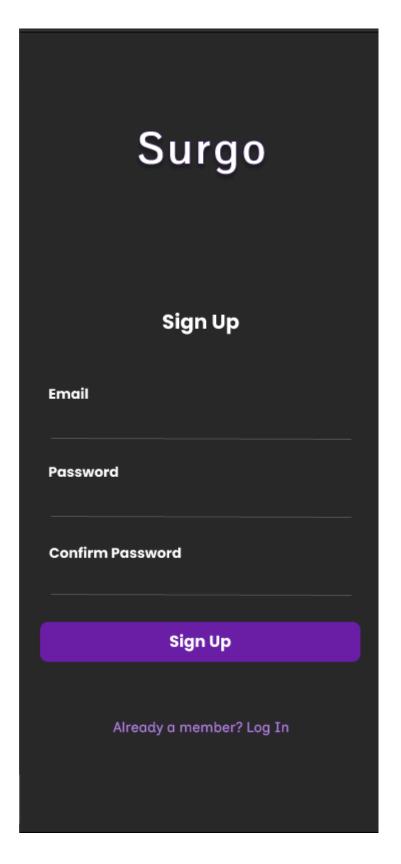a) Splash

b) Login Page

Surgo

Login

Email

Password

Login

Don't have an account? Sign Up

Forgot password?

c) Sign Up Page

Surgo

Sign Up

Email

Password

Confirm Password

Sign Up

Already a member? Log In
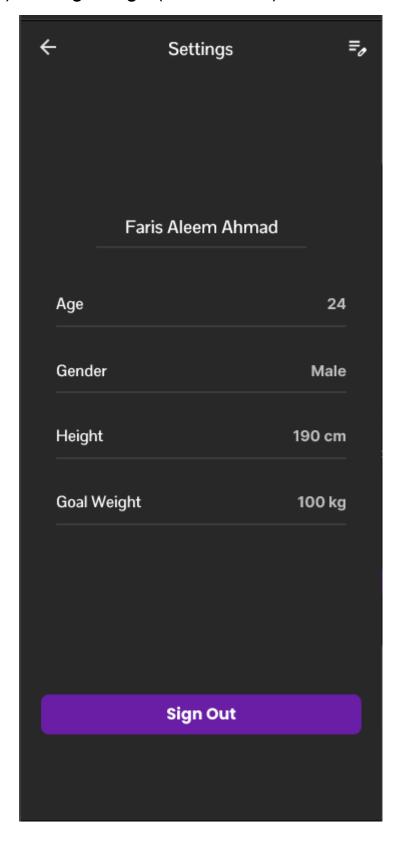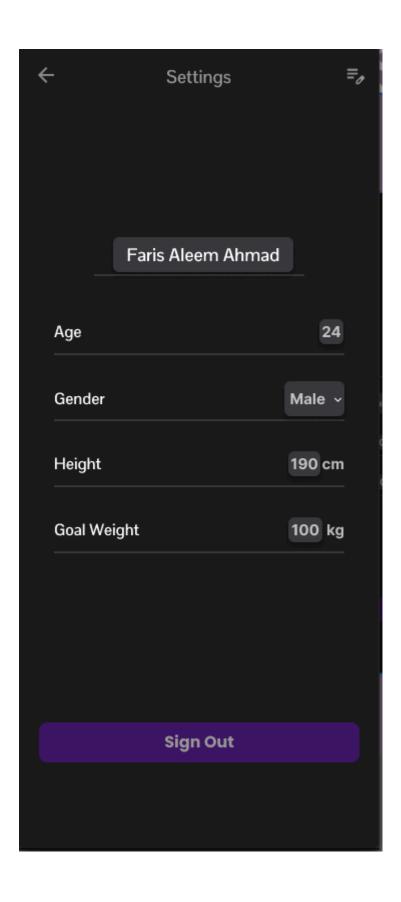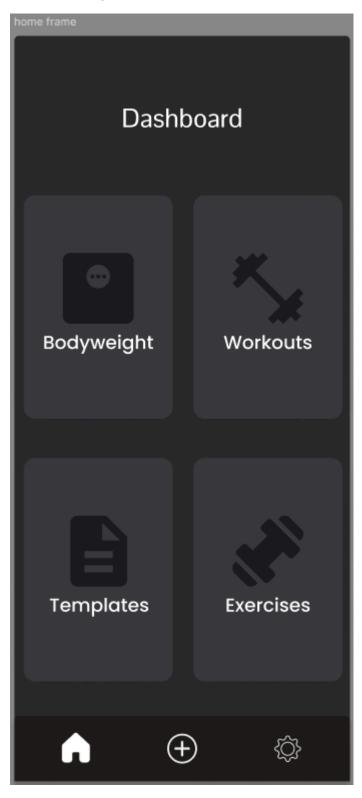
d) Settings Page (basic + edit)

← Settings ✎

Faris Aleem Ahmad

Age	24
Gender	Male
Height	190 cm
Goal Weight	100 kg

Sign Out

Faris Aleem Ahmad

Age   24

Gender   Male ⌄

Height   190 cm

Goal Weight   100 kg

Sign Out
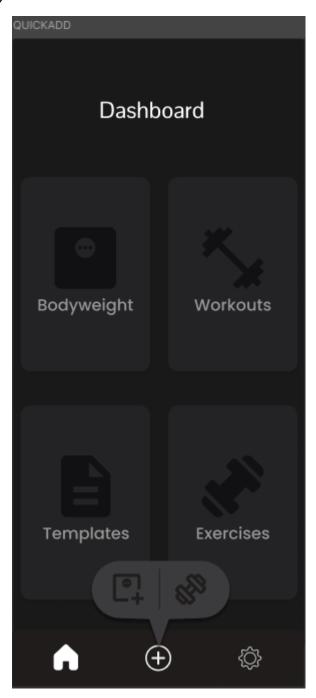
2) Home Page
a) Home Page

b) Quick Add

c) Quick Add Bodyweight

Dashboard

New Bodyweight

Weight   75.4 kg

Date   31st September, 2025 🗓

Note

[   ]

[Confirm]

Templates   Exercises
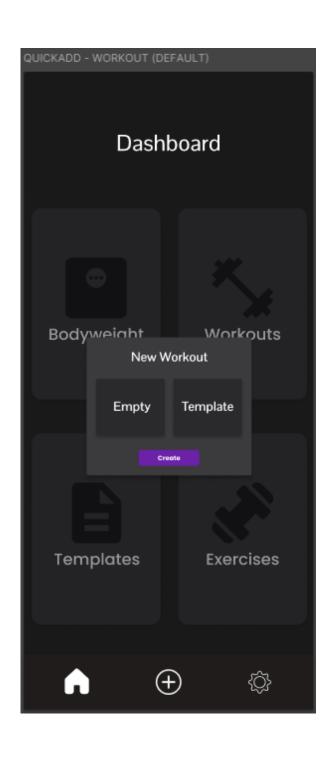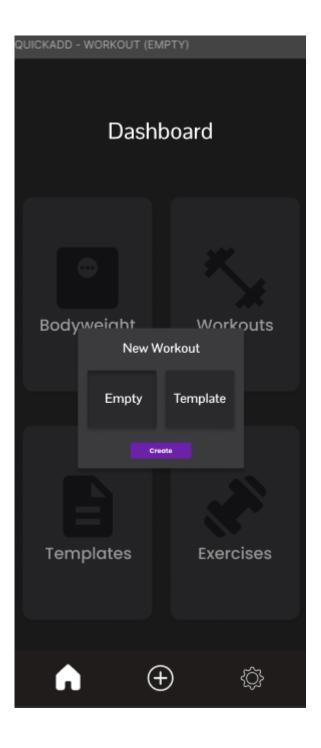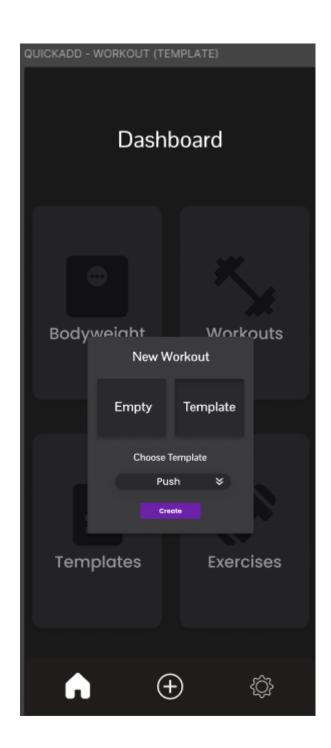
d) Quick Add Workout

*allows choice between empty creation or from a template

Dashboard

Bodyweight

Workouts

New Workout

Empty

Template

Choose Template

Push ⌄

Create

Templates

Exercises
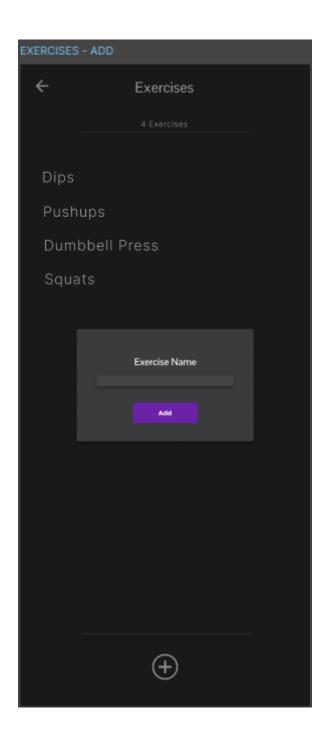
3) Exercise Pages

*deleting exercises has not been shown here. it will be possible, but with a few caveats/warnings, as most exercises will be linked to templates/workouts.

a) Default View

b) Add Exercise

c) Edit Exercises

← **Exercises**

4 Exercises

Dips ✎ ✕

Pushups ✎ ✕

Dumbbell Press ✎ ✕
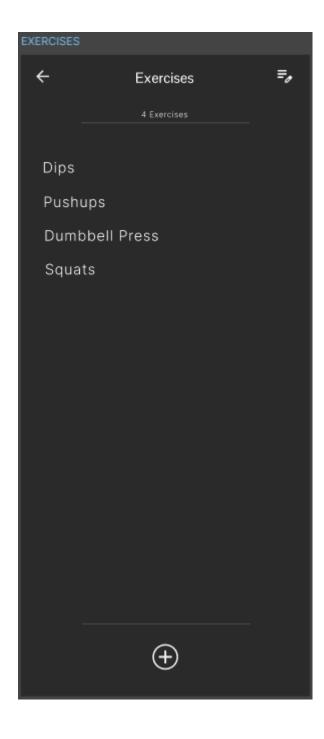
Squats ✎ ✕

⊕

4) Bodyweight Pages
a) Graph View

← **Bodyweight History**

Last 30 days

78			
76			•
74		• •	
72	• •		
70			
60			
July 1	July 10	July 20	July 30

Tracking weight change for July 1 – July 30

Insights

NET CHANGE	AVERAGE WEIGHT
+5.1 KG	74.3 KG

LOWEST WEIGHT	HIGHEST WEIGHT
71 KG	76.1 KG

+ Log Weight

b) Table View (open and close)

← **Bodyweight History**

2025 ⌄⌄

July	5 entries	⌄
September	2 entries	⌄
October	4 entries	⌄
November	3 entries	⌄

← **Bodyweight History**

2025 ⌄⌄

July	5 entries	⌄
September	2 entries	⌄
October	4 entries	⌃

Oct 14	74.5kg	empty stomach	≡✎
Oct 18	75.6g	morning weight	≡✎
Oct 21	74.7kg	didn't eat	≡✎
Oct 22	75.4kg		≡✎

November	3 entries	⌄

c) Add Bodyweight (from graph or table view)

← Bodyweight History

Last 30 days

New Bodyweight

Weight   75.4 kg

Date   31st September, 2025 📅

Note

Confirm

71 KG   76.1 KG

+   Log Weight

5)Template Pages
a) Template (default view)

← **Templates**

5 Templates

Push	3 Exercises	6 Sets	›
Pull	4 Exercises	9 Sets	›
Leg	5 Exercises	12 Sets	›
Upper	6 Exercises	15 Sets	›
Lower	4 Exercises	11 Sets	›

⊕
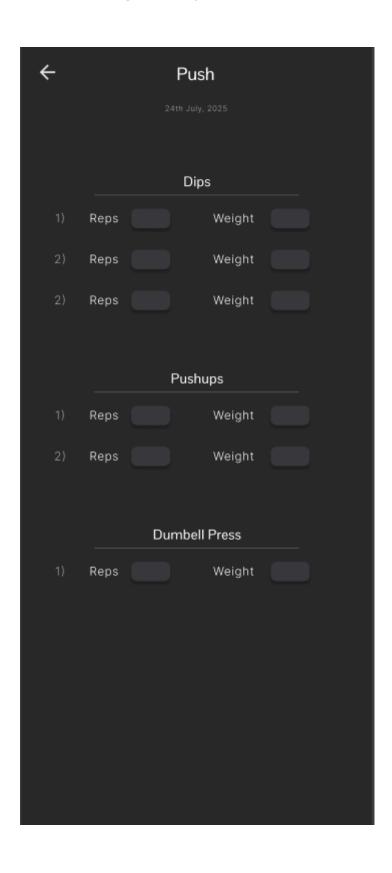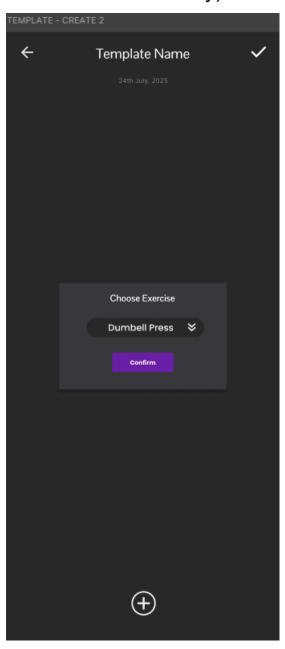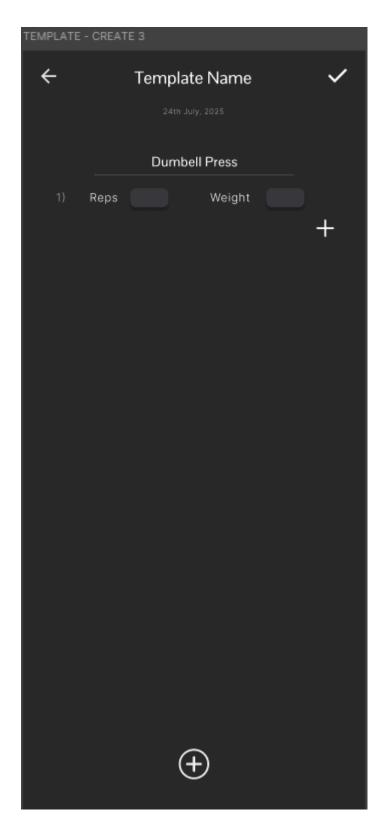
b) Template (Single entry detailed view)

←   **Push**

24th July, 2025

Dips

1)   Reps   [ ]   Weight   [ ]

2)   Reps   [ ]   Weight   [ ]

2)   Reps   [ ]   Weight   [ ]

Pushups

1)   Reps   [ ]   Weight   [ ]

2)   Reps   [ ]   Weight   [ ]

Dumbell Press

1)   Reps   [ ]   Weight   [ ]
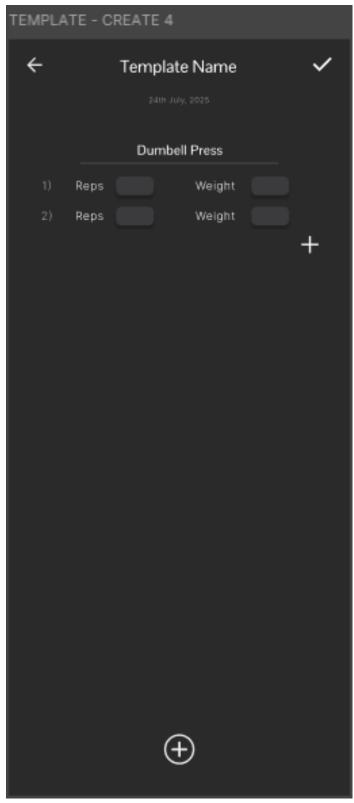
c) Template Create (add exercise / set functionality)

← Template Name ✓

24th July, 2025

⊕

← Template Name ✓

24th July, 2025

Choose Exercise

Dumbell Press ⌄

Confirm

⊕

← **Template Name** ✓

24th July, 2025

Dumbell Press

1)   Reps [ ]   Weight [ ]

\+

⊕

← **Template Name** ✓

24th July, 2025

Dumbell Press

1)   Reps [ ]   Weight [ ]
2)   Reps [ ]   Weight [ ]

\+

⊕
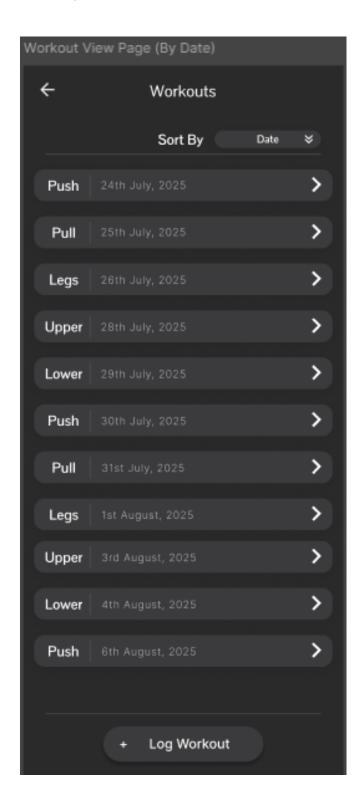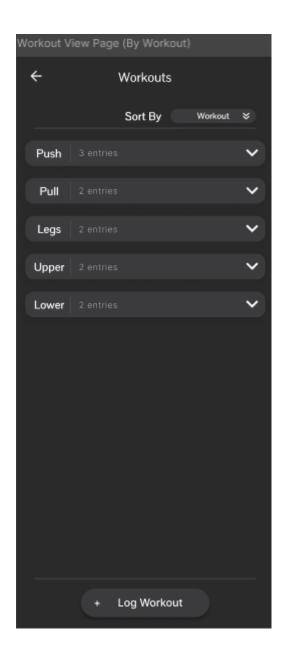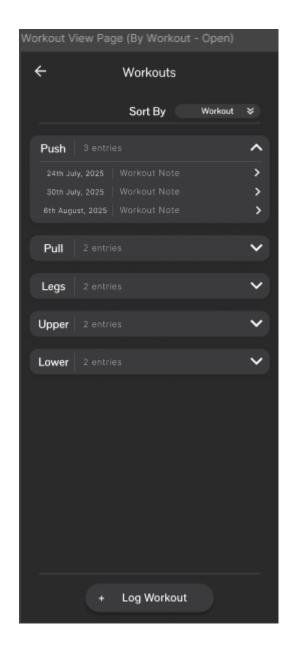
6)Workout Pages
a) Workouts (by date view)

← **Workouts**

Sort By   Date ⌄

Push	24th July, 2025	›
Pull	25th July, 2025	›
Legs	26th July, 2025	›
Upper	28th July, 2025	›
Lower	29th July, 2025	›
Push	30th July, 2025	›
Pull	31st July, 2025	›
Legs	1st August, 2025	›
Upper	3rd August, 2025	›
Lower	4th August, 2025	›
Push	6th August, 2025	›

+ **Log Workout**
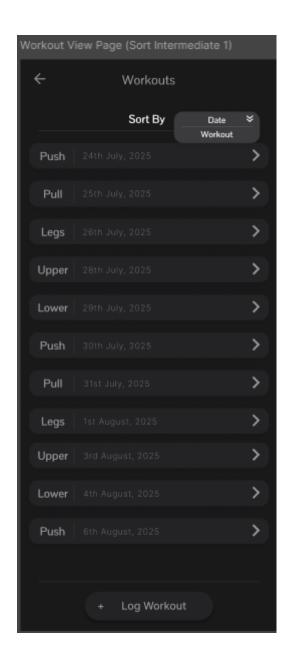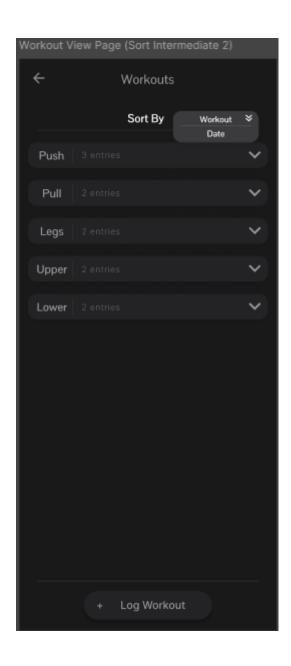
b) Workouts (by name/template view)(open + closed)

← **Workouts**

Sort By   Workout ⌄

| Push | 3 entries | ⌄ |

| Pull | 2 entries | ⌄ |

| Legs | 2 entries | ⌄ |

| Upper | 2 entries | ⌄ |

| Lower | 2 entries | ⌄ |

＋ Log Workout

← **Workouts**

Sort By   Workout ⌄

| Push | 3 entries | ⌃ |

24th July, 2025	Workout Note	›
30th July, 2025	Workout Note	›
6th August, 2025	Workout Note	›

| Pull | 2 entries | ⌄ |

| Legs | 2 entries | ⌄ |

| Upper | 2 entries | ⌄ |

| Lower | 2 entries | ⌄ |

＋ Log Workout
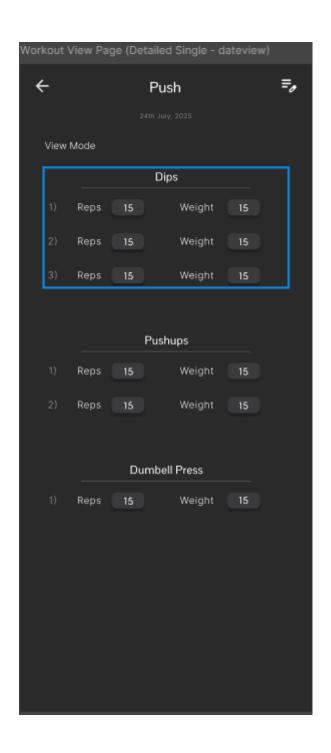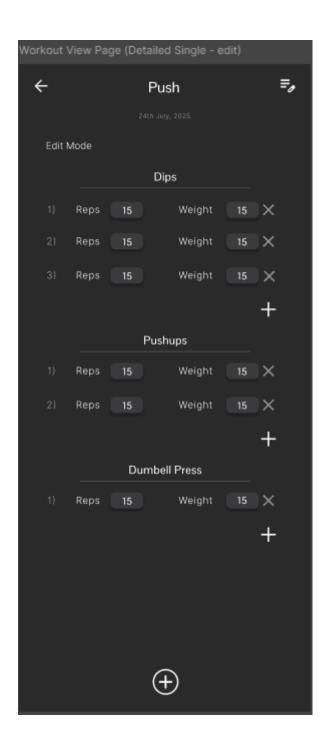
c) Switching between views

← Workouts

Sort By | Date ⌄ Workout

Push	24th July, 2025	›
Pull	25th July, 2025	›
Legs	26th July, 2025	›
Upper	28th July, 2025	›
Lower	29th July, 2025	›
Push	30th July, 2025	›
Pull	31st July, 2025	›
Legs	1st August, 2025	›
Upper	3rd August, 2025	›
Lower	4th August, 2025	›
Push	6th August, 2025	›

+ Log Workout

← Workouts

Sort By | Workout ⌄ Date

Push	3 entries	⌄
Pull	2 entries	⌄
Legs	2 entries	⌄
Upper	2 entries	⌄
Lower	2 entries	⌄

+ Log Workout

d) Detailed single workout view + edit

← **Push** ≡✎

24th July, 2025

View Mode

Dips

1)	Reps	15	Weight	15
2)	Reps	15	Weight	15
3)	Reps	15	Weight	15

Pushups

| 1) | Reps | 15 | Weight | 15 |
| 2) | Reps | 15 | Weight | 15 |

Dumbell Press

| 1) | Reps | 15 | Weight | 15 |

← **Push** ≡✎

24th July, 2025

Edit Mode

Dips

1)	Reps	15	Weight	15	✕
2)	Reps	15	Weight	15	✕
3)	Reps	15	Weight	15	✕

+

Pushups

| 1) | Reps | 15 | Weight | 15 | ✕ |
| 2) | Reps | 15 | Weight | 15 | ✕ |

+

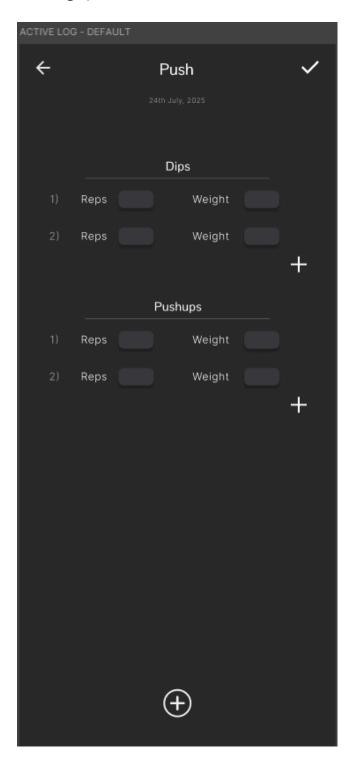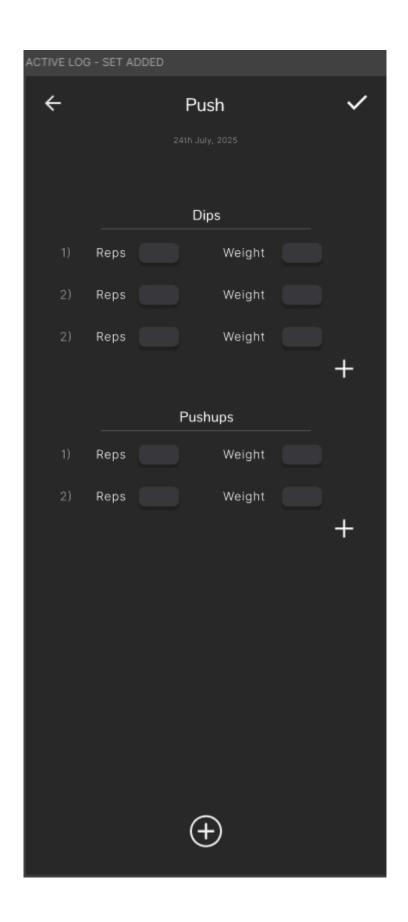### Dumbell Press

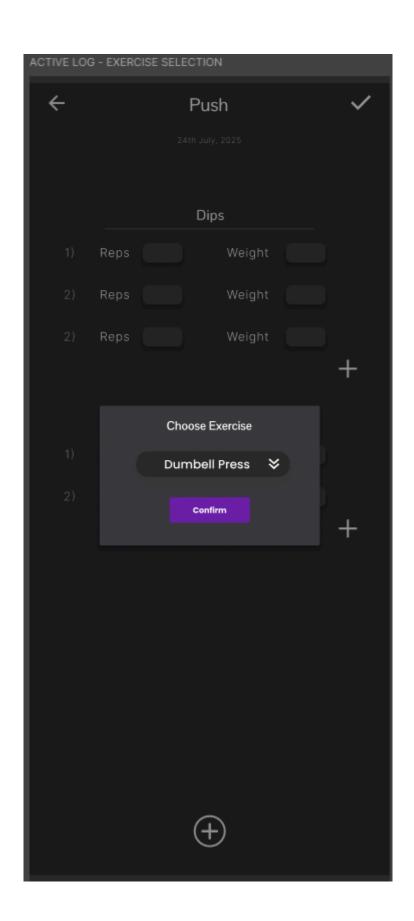| 1) | Reps | 15 | Weight | 15 | ✕ |

+

⊕

7)Actively Logging Workout

*currently does not have notes implemented in figma. they will be there in the final app, and are accounted for in the database design.
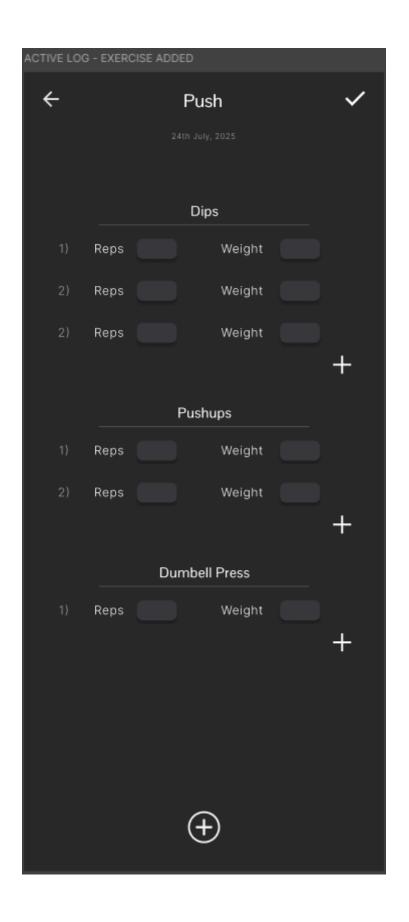
*concerning the ability to edit workouts born for a template on the go, this is a major decision concerning multiple screens and will be discussed at the end of this document.
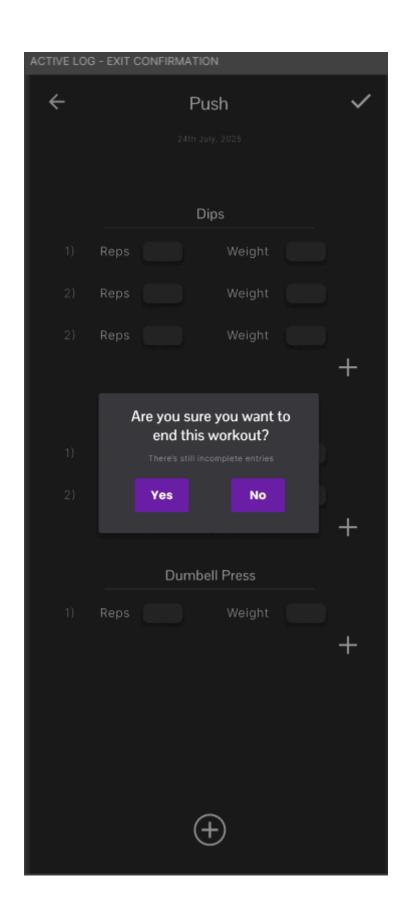
a) Active Log (Default, Set added, Exercise added, exit)

← **Push** ✓

24th July, 2025

Dips

1) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

\+

Pushups

1) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

\+

⊕

←   Push   ✓

24th July, 2025

Dips

1) Reps [ ]   Weight [ ]

2) Reps [ ]   Weight [ ]

2) Reps [ ]   Weight [ ]

+

Choose Exercise

1)

Dumbell Press ⌄

2)

Confirm

+

⊕

← **Push** ✓

24th July, 2025

Dips

1) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

+

Pushups

1) Reps [   ]   Weight [   ]

2) Reps [   ]   Weight [   ]

+

Dumbell Press

1) Reps [   ]   Weight [   ]

+

⊕

← Push ✓

24th July, 2025

Dips

1) Reps [ ] Weight [ ]

2) Reps [ ] Weight [ ]

2) Reps [ ] Weight [ ]

+

Are you sure you want to end this workout?

There's still incomplete entries

| Yes | No |

1)

2)

+

Dumbell Press

1) Reps [ ] Weight [ ]

+

⊕

Final Notes - Frontend Design

DECISION 1

An exercise will occur multiple times in templates/workouts. Similarly, a template will be the source for multiple workouts.

When offering the user the ability to delete these, how should it be handled?

option 1 : allow deletion but restrict it to where that exercise/template must not be used inside any workout (user has to manually make sure)

option 2 : allow soft deletion - remove the exercise from view, but it will be present in old workouts. make sure it doesn't exist in any templates tho
similarly for templates, they can be removed from the list view, but the workouts born from them can exist in history

DECISION 2

A soft preview of last instance of an exercise's set will be shown in the weight/rep boxes. this is one of the core purpose of this app. However, there are two ways to do this.

1 - just pick up the last instance of that specific exercise, regardless of set number / which workout it belongs to
        this is easier, but the performance of a person in a specific set should only be measured against a similar set performed in a similar workout at the same conditions

2 - only match it to the exact set from the exact workout's last instance. this can be done with templates easily, and workouts that are created empty can be allocated an adhoc template id, and won't offer this accuracy of last-rep/weight. rather the adhoc workouts can have fallback to option 1 of this function

however here we encounter a problem - if we allow the workout to be edited(different sets/exercises added/removed) while logging it, even though it came from a template. the template id will be similar - but the workout structure will differ. so when grabbing the data for set 3 of exercise 1 of push day template for example, if the last instance of that day was edited to have 2 sets - there won't be any data there. this can also benefit from a fallback to the last exercise instance maybe? or handled differently.

This issue is still under review*