FITNESS APP : GENERAL USER EXPERIENCE

1 It starts with our user:

who connects with

their personal trainer

2 decide on goals & personal movement plan

trainer creates a plan for user

3 user logs in to fitness app

4 they are brought to "pre-workout dashboard"
- asks how they feel
- asks if they are ready for their scheduled movement (Y/N)

"yes"

"no"

asks if they want to wait until later in the day or logs "did not workout" to that day's data

4 they are brought to "workout in progress" window

- animated, interactive list of movements and breaks
- shows countdown timer for each movement
- option to do "continuous" which goes through each movement automatically or "move by move" which allows you to start the timer for each movement manually
- option to end early

at end of workout

5 "Congratulations!" Page

logs workout data to database

6 they are brought to "post-workout dashboard"
- shows graph of past progress
- shows calendar of upcoming workout sessions from their plan with their trainer
- option to contact trainer