



FITNESS TRACKER


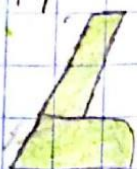
RECORD	LOG	SETTINGS
RECORD DATA		
Enter Date:		
Y 2017	M 06	D 12
		
04	10000	
Hours	Steps	
Record	Record	

← Tabs, which change the screen to display

Each Grid Square is 30 x 30 pixels

This is a GUI mockup of a basic fitness tracker app, which would log steps taken and hours slept each day.


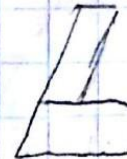
The first screen, Record, would accept a date and value for each of the two criteria.

RECORD	LOG	SETTINGS
DATA LOG		
Select Date:		
Y 2017	M 06	D 12
LOAD		
June 12, 2017		
		
04 Hours		10,000 Steps

Each Grid Square is 30x30 pixels

The second screen, Log, would accept a date value and recall the hours slept and steps walked for that date from memory.

Additionally, the icons for sleep and steps walked would change color depending on whether or not the user has satisfied a goal they have set.

RECORD	LOG	SETTINGS	
SETTINGS			
Determine Recommended Amount by:			
Goals			
 <input type="text" value="06"/> Hrs/Night	OR Age		 <input type="text" value="10000"/> steps/Day
Record			
OR			
Enter Age:	<input type="text" value="16"/> <input type="radio"/> Male <input type="radio"/> Female		

← The radio buttons would record the age as well as designate the user's gender.

Each Grid Square is 30x30 pixels

The purpose of the Settings Screen is to set a step and sleep hours goal. The user may do this by manually entering a value for each.

Alternatively, the user could enter their age and gender and have the program determine a good goal, based on known health guidelines.

Hopefully this and the log data can be saved between sessions on some sort of a 'save file' that the program can read & write.