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**Assignment 1b**

**FIT BOOK**

## Dashboard Screen Layout:

This layout serves as the main screen of the Fit Book app, providing users with an overview of their fitness activities. It includes two main sections:

**Workout Section:** Allows users to start a new workout session by selecting predefined muscle groups using checkboxes.

**Body Measurements Section:** Enables users to update their body measurements such as weight, height, etc.

### Fit Book

#### Add a New Exercise

Exercise Name

Reps

Number of Sets

Weight Added

Submit Exercise

#### Existing Exercises

Exercise 1: Bench Press - 10 reps x 3 sets, 50kg

Exercise 2: Squats - 12 reps x 4 sets, 60kg

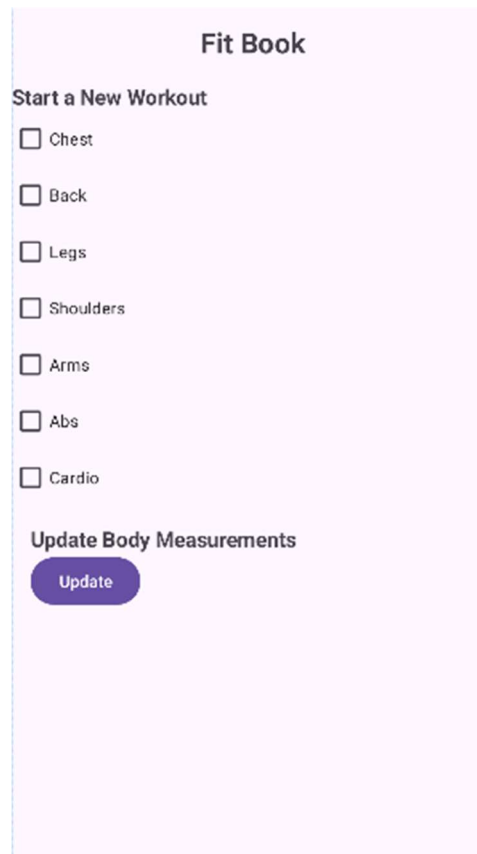
Exercise 3: Deadlifts - 8 reps x 3 sets, 70kg

## Add Exercise Layout:

This layout is used for adding new exercises to the user's workout routine. It comprises two sections:

**Add Exercise Section:** A form where users can input details of the exercise they performed, including exercise name, number of reps, sets, and weight.

**Existing Exercises Section:** Displays previously added exercises, providing users with a history of their workout sessions.



The image shows a mobile app interface titled "Fit Book". It features a light pink background. Under the heading "Start a New Workout", there is a vertical list of seven categories, each with a square checkbox: "Chest", "Back", "Legs", "Shoulders", "Arms", "Abs", and "Cardio". Below this list, the text "Update Body Measurements" is displayed. Underneath this text is a purple rounded rectangular button with the word "Update" in white.

**Add Measurements Layout:** This layout facilitates the addition of new body measurements such as height, weight, and any custom measurements the user desires. It consists of:

**Add Measurements Section:** A form for users to input their height, weight, and any additional personalized measurements.

**Submit Button:** Allows users to submit the entered measurements for tracking and analysis

Fit Book

Add Measurements

Height (cm)

Weight (kg)

Custom Measurement (optional)

Submit