

Signup/ logging in

Returning user login

If login is incorrect

User logs in. If they are not an existing user thw app will have them create a account and enter stats.

**Fitness Warrior**

Member Login

  
  
Forgot Password

**Fitness Warrior**

Member Login

**Incorrect Try Again**

  
  
Forgot Password

Sign up/ Enter stats for new users

**Fitness Warrior**

Looks like your are not a member!  
Please click next to sign up and enter your stats.

**Fitness Warrior**

What is your name?

**Fitness Warrior**

How tall are you?

How much do you weight?

What is you goal weight?

**Fitness Warrior**

What is your gender?

☐ Male   ☐ Female

How old are you?

**Fitness Warrior**

What are your Fitness Goals?

Fitness Warrior

Whats your Activity Level?

Not Active

Lightly Active

Active

Very Active

Next

Fitness Warrior

What Schedule Works Best for You?

Early Morning

Late Morning

Afternoon

Evening

Night Time

Next

Fitness Warrior

Would you like a workout plan created for you?

Yes

No

Fitness Warrior

Account Creation Complete!!!

Fitness Warrior

Here is your personalized workout plan!

Day 1: Full Body Hit

Duration: 30 minutes

Difficulty Intermediate

Equipement:Bodyweight

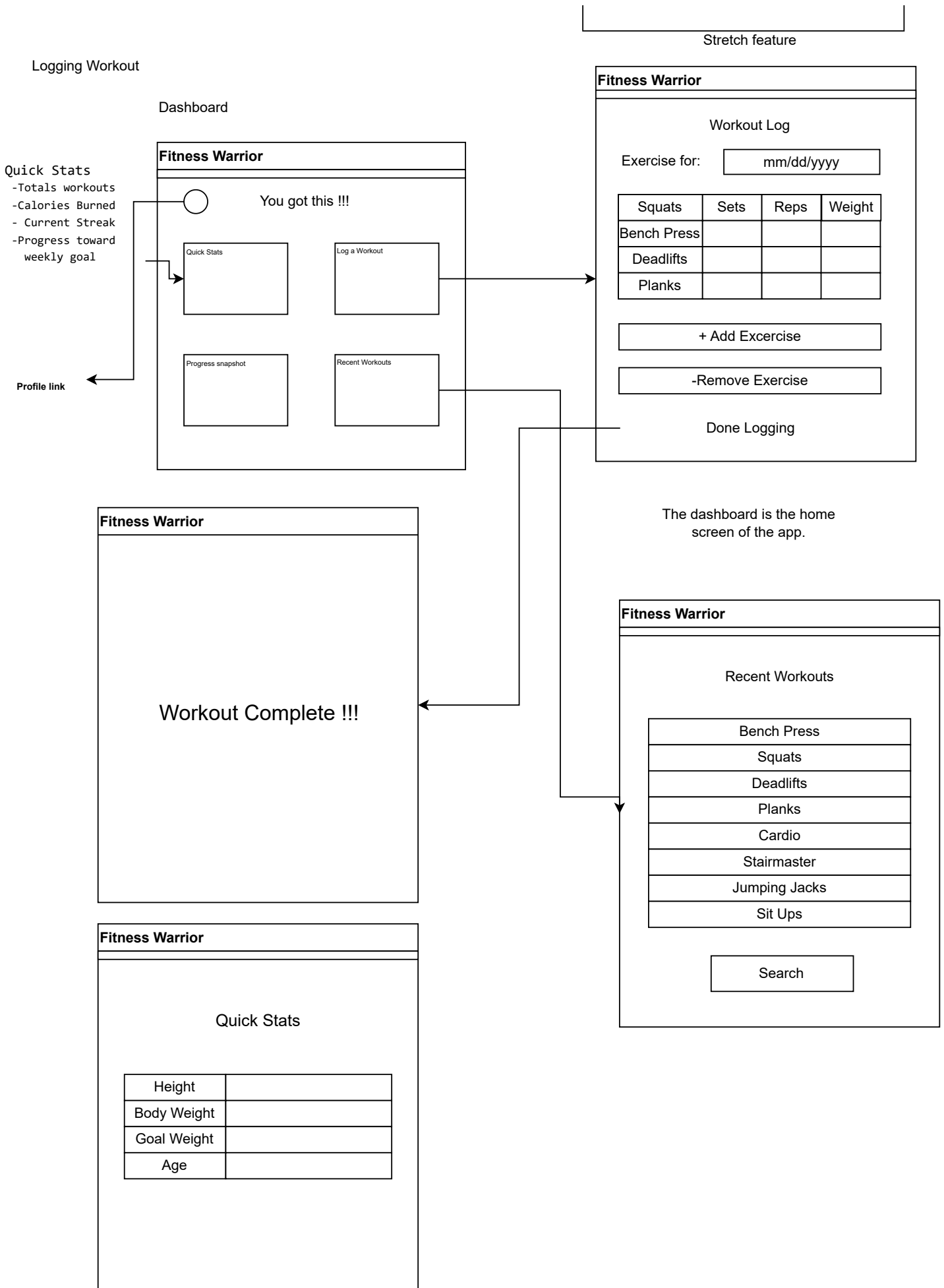
Day 2: Full Body Hit

Duration: 30 minutes

Difficulty Intermediate

Equipement:Bodyweight

Go to Dashboard



Fitness Warrior

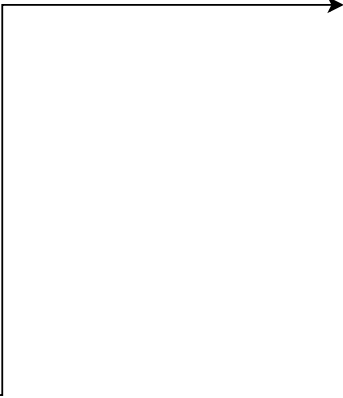
You got this !!!

Quick Stats

Log a Workout

Progress snapshot

Recent Workouts



Fitness Warrior

Stats

7 Days

30 Days

90 Days

Reps

Reps

