

App's Navigation Flow

- 1.Splash Screen
- 2.Login/Signup Screen
- 3.Home Screen (Dashboard)
- 4.Track Workout Screen
- 5.Workout in Progress Screen
- 6.Workout Summary Screen
- 7.View Progress Screen
- 8.Progress Chart Screen
- 9.Detailed Progress Screen
- 10.Set Goals Screen
- 11.Challenges Screen
- 12.Challenge in Progress Screen
- 13.Challenge Summary Screen
- 14.Profile Screen
- 15.Edit Profile Screen
- 16.Settings Screen

Wireframe Details

1. Splash Screen

Elements: App logo, app name.

2. Login/Signup Screen

Elements:

Login: Email field, password field, login button, sign-up button.

Sign-Up: Email field, password field, signup button.

3. Home Screen (Dashboard)

Elements:

Navigation bar: Home, Track Workout, View Progress, Challenges, Profile, Settings.

Summary of today's activities.

Quick stats (steps, calories burned, active minutes).

Motivational quote or image.

Shortcut buttons: Start Activity, View Plan, Log Health Metric.

4. Track Workout Screen

Elements: List of workout types (Running, Walking, Cycling, etc.), start button.

5. Workout in Progress Screen

Elements: Timer, distance, calories burned, pause/resume button, finish workout button.

6. Workout Summary Screen

Elements: Summary of workout (duration, distance, calories burned), save workout button.

7. View Progress Screen

Elements: Progress type options (Weight, Steps, Calories), view details button.

8. Progress Chart Screen

Elements: Graph showing progress, view details button.

9. Detailed Progress Screen

Elements: Detailed statistics and graphs for selected progress type.

10. Set Goals Screen

Elements: Fields for setting fitness goals (e.g., target weight, daily steps), save goals button.

11. Challenges Screen

Elements: List of available challenges, start challenge button.

12. Challenge in Progress Screen

Elements: Timer, pause/resume button, finish challenge button.

13. Challenge Summary Screen

Elements: Summary of challenge, claim reward button.

14. Profile Screen

Elements: Profile picture, name, bio, recent activities, edit profile button.

15. Edit Profile Screen

Elements: Fields for profile information (name, bio), save profile button.

16. Settings Screen

Elements: Account settings, notification preferences, app theme (light/dark mode), save settings button.

Basic UI Elements

- Buttons: Primary buttons (filled), secondary buttons (outlined), and tertiary buttons (text).
- Text Fields: Standard input fields with labels and placeholders.
- Icons: Standard icons for activities, progress, challenges, and settings.
- Navigation Bar: Icons and labels for each section, with the active section highlighted.
- Graphs/Charts: Simple line/bar/pie charts for visualizing health data.