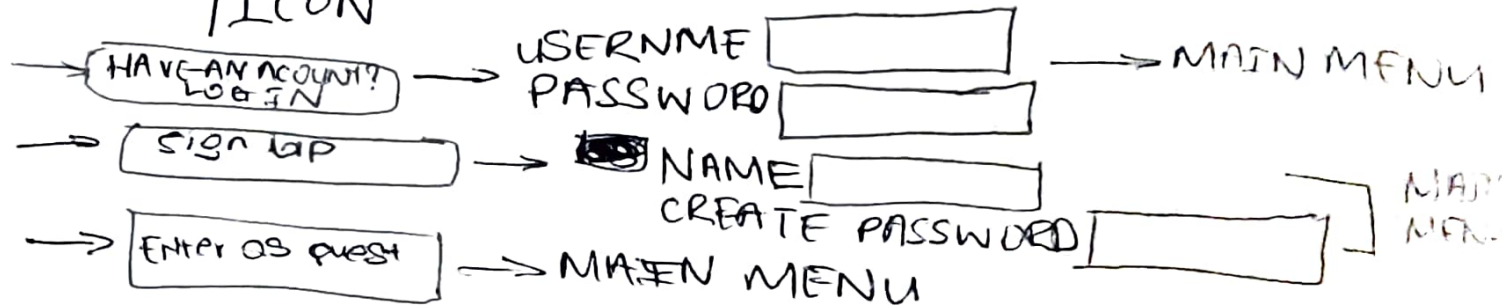


SCREEN 1

Welcome Page [USER INTERFACE]

"Welcome to our 'The' Fitness App..."

*  LOGO/DESIGN OF THE APP
ICON



SCREEN 2

FITNESS APP [TAB]

EQUIPMENT FREE
WORKOUTS

- UPPER BODY - ARMS, CHEST, CHES, PUSH UP.
- LOWER BODY - THIGHS, LEGS.
- FULL BODY - PLANK WORKOUTS.

EQUIPMENT
WORKOUTS

- UPPER BODY
 - ARM - SINGLE ARM DUMBBELL ROWS.
 - CHEST - BENT OVER BARBELL ROWS.
- LOWER BODY
 - LEGS -
- FULL BODY
 - TRAP BAR DEADLIFTS, .

SCREEN 3

DIET TAB [BREAKFAST]

[MEAL RECOMMENDATIONS]

[BEFORE]

- * Whole-grain cereals or bread
- * Low-fat milk
- * Juice
- * A BANANA
- * Yogurt
- * A pancake

[LUNCH]

[MEAL RECOMMENDATIONS]

- * Protein, carbs and fat [for postworkout]
- Protein for repairing and building muscle
- Carbs for recovery

[Protein]

- eggs
- chicken
- Yogurt
- chicken
- tuna
- etc. (list goes on !!) ...

[CARBS]

- milk
- rice
- pasta
- sweet potatoes
- fruits
- grains
- Bread.

[fats]

- Avocado
- nut butters
- trail mix
- etc.

[SUPPER]

[MEAL RECOMMENDATIONS]

- vegetables, protein and carbs
- etc.

SCREEN 4

SCHEDULE [TAB]
[INTERFACE]

→ CALENDER
 → fitness days
 → time frame [IN DAYS]

→ GYM PERIODS

eg. - 06:30 AM : MORNING RUN
 DURATION : 30 minutes

→ Reminder [contain sound, tones]
 + Adding more

→ ACTION PLANS
 → TASKS FOR COMPEITION

SCREEN 5

SCALE [TAB] [SOURCE] calculator.net
[INTERFACE]

CALORY CALCULATOR

ENTER CURRENT CALORIES

AGE

GENDER ▾
 MALE
 FEMALE

WEIGHT ▾
 KG
 lbs

HEIGHT ▾
 CM
 ft

Activity ▾
 - Moderate
 - BMR
 - Light
 - Active

CALORIES LEFT.

SCREEN 6

PROGRESS REPORT [TAB]



+ UPLOAD PHOTO

↳ DISPLAY PHOTO

AND

UPLOADING DATA TO KEEP TRACK

DIARY

↳ DAY, MONTH, YEAR

+ ADD NOTES


↳ can be about planning of daily meals

↳ self monitoring

↳ post workout plans

pre/feeling about training

SCREEN 7

ACCOUNT SLIDE 

— USERNAMES & PASSWORDS

ADD ACCOUNT

REMOVE ACCOUNT

PRIVACY POLICY

LOG OUT

(X) BACK [MAIN]
TAB

SCREEN 8



SETTINGS

NOTIFICATIONS

SOUNDS

VIBRATIONS

— TONE —

REMINDES

DISPLAY

THEME

— CHOOSE COLOR

SI UNITS

[METRIC]

[US UNITS]

[OTHER UNITS]

LANGUAGE

— SELECTED LANGUAGE

ENGLISH

[CHOOSE LANG.]

VOICE

SHARE AP

RESTARTR PROGRESS