



Welcome to FitLife

Your personal health and fitness companion. Let's get started on your journey to a healthier you!



Track Your Goals

Set and achieve your fitness targets



Personalized Plans

Get workouts tailored to your level

Get Started

Personal Details

Help us personalize your experience

Age

Enter your age

Weight (kg)

Enter your weight

Height (cm)

Enter your height

Fitness Level

 Beginner

 Intermediate

 Advanced

Back

Continue

Your Goals

What do you want to achieve?

Weight Loss



Burn calories and shed pounds

Muscle Gain



Build strength and muscle mass

Endurance



Improve stamina and cardio

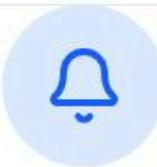
General Fitness



Stay healthy and active

Back

Continue



App Permissions

Enable features for the best experience

Push Notifications

Get reminders for workouts and daily goals

Health Data Access

Sync with Apple Health or Google Fit for accurate tracking

You can change these settings anytime in your profile

Back

Complete Setup

Welcome back, Alex!

Sunday, November 2, 2025

00

68%

Steps

6,847

Goal: 10,000

00

82%

Calories

1,647

Goal: 2,000

Active Minutes



45 / 60 minutes

75%

15 minutes more to reach your daily goal!



Home



Workouts



Doctors



Nutrition



Profile



Start Workout



Log Meal



Book a Consultation

Connect with expert doctors & nutritionists



Upcoming Workouts

[View All](#)



Upper Body Strength

⌚ Today, 6:00 PM



Morning Cardio

⌚ Tomorrow, 7:00 AM



Home



Workouts



Doctors



Nutrition



Profile

↗ Today's Summary

Workouts Completed

1

Meals Logged

2 / 3

Water Intake

6 / 8 glasses

Sleep Duration

7.5 hours



3 Day Streak!

You're on fire! Keep up the great work.



Home



Workouts



Doctors



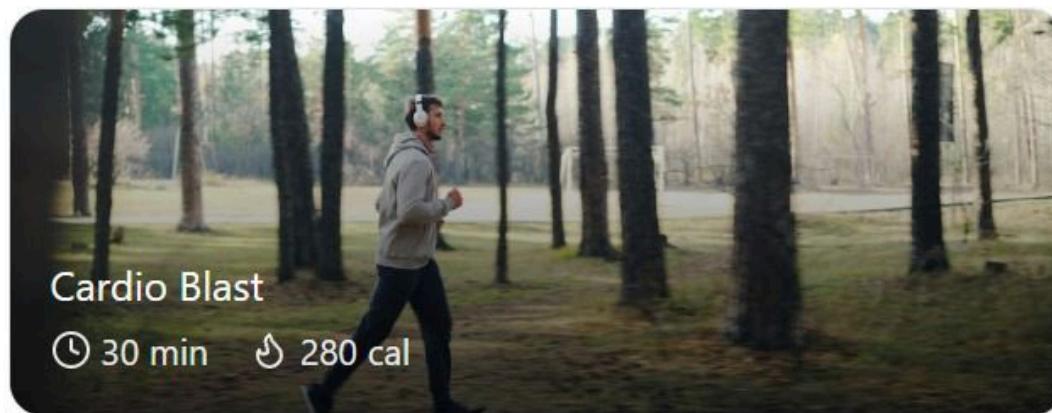
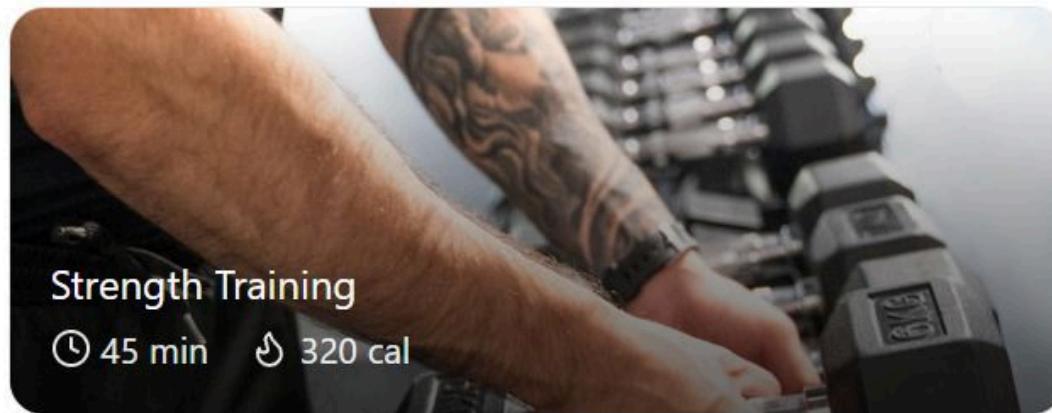
Nutrition



Profile

Workouts

Choose a workout to get started



Recent Workouts



Home



Workouts



Doctors



Nutrition



Profile



Recent Workouts

Strength Training

Yesterday • 42 minutes

Complete

Morning Cardio

2 days ago • 30 minutes

Complete

Yoga Session

3 days ago • 25 minutes

Complete



Home



Workouts



Doctors



Nutrition



Profile

Health and Fitness App Prototype



47

Workouts



3 days

Streak



12

Friends

Current Goal

[Edit](#)

Weight Loss

3.3 kg

Target: 78 kg

to go

Account



Personal Information



Home



Workouts



Doctors



Nutrition



Profile

Account



Personal Information >



App Preferences >



Notifications >

Connected Devices



Wearable Devices >



Home



Workouts



Doctors



Nutrition



Profile

Health and Fitness App Prototype ▾



Health Data Sync

Sync with Apple Health



App Information

Version 1.0.0

Language English >

Privacy Policy >

Terms of Service >

Log Out



Home



Workouts



Doctors



Nutrition



Profile