

Login Screen



FitAPP

Email

Password

[Forgot password?](#)

Log in

[New here?](#)

Create account

Registration Screen



FitApp

Name

Email

Password

Confirm Password

☐ I agree to the Terms

Sign up



OR

Log in With Google



Already have an account?

Log in



Login Screen



FitAPP

✓ Sign Up Successful Please Login! [Dismiss](#)

Email

Password

[Forgot password?](#)

Log in



Hi Paul

Logout →

Home Dashboard

Today: Run 30 min – Easy



Start

Change plan →

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13

Swim 45m ▾

Reset



My week



Today's workout



Change today



Training load



Progress





This screen gives Paul a quick overview of today's workout and shortcuts to Change today, Training load, and Progress so he can manage his training in a few taps around his busy schedule.

My week


The weekly view shows all planned sessions as clear cards so Paul can see at a glance how training fits around work and family, supporting efficient weekly planning.


Mon 06:30–07:15

 Swim – Easy





Tue 18:00–19:00

 Run – Tempo





Wed 07:00–08:00

 Bike – Endurance





Thu 06:00–06:45

 Strength – Core



Fri 17:30–18:30

 Swim – Intervals





Sat 08:00–10:00

 Run – Long




Sun 09:00–11:00

 Bike – Long Ride



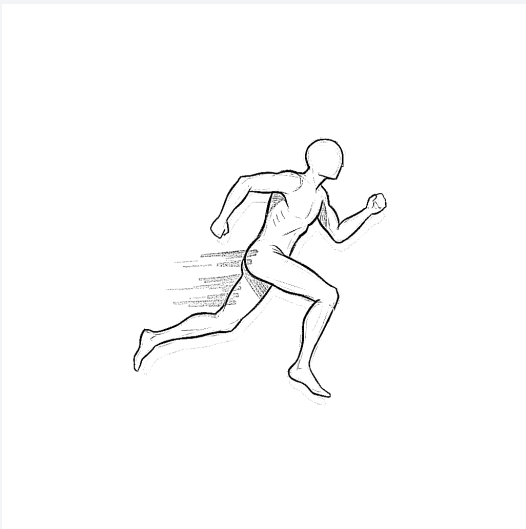
Plan my week



< Today's workout

Run

30 min - Easy



Pace



Start workout

Safety-first trigger

I feel tired - change plan →

This screen focuses on one simple session with an easy 'Start workout' button and a fatigue-sensitive link, helping Paul listen to his body and adapt his plan without complexity.

Change today

Skip today – rest



Mark today as rest to reduce leg impact.

Shorter session



Keep the sport, cut duration to 50%.

Different sport



Swap Run for Swim or Bike.

These options (Skip, Shorter, Different sport) are presented as clear choices so Paul can quickly pick a safer alternative when life or fatigue interferes with the original plan.

Back to today

Confirm

Generate Confirmation Message

Change today



Skip today – rest

Mark today as rest to reduce leg impact.



Shorter session

Keep the sport, cut duration to 50%.



Different sport

Swap Run for Swim or Bike.

These options (Skip, Shorter, Different sport) are presented as clear choices so Paul can quickly pick a safer alternative when life or fatigue interferes with the original plan.

Back to today

Confirm

✓ Week updated – new schedule saved

[Dismiss](#)

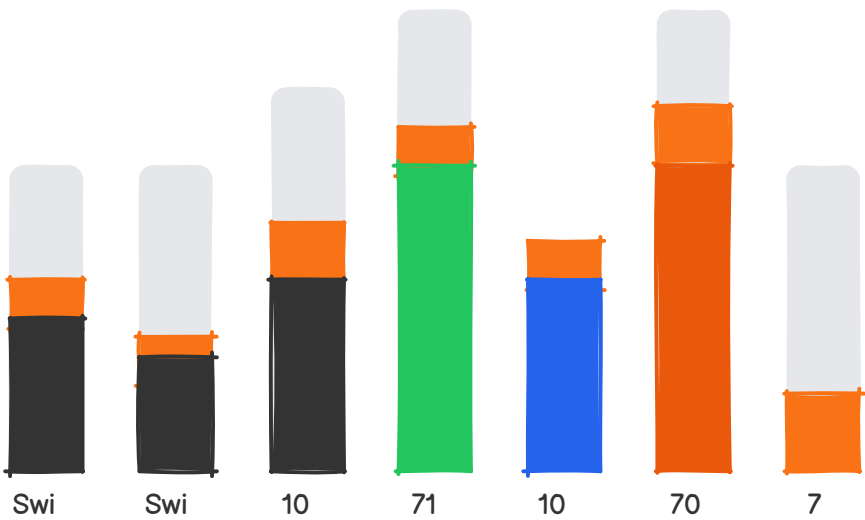
Training load

Load OK

Load high—Protect Your Leg !
Tomorrow : Swap Run for Swim or
take a full rest day.

The Training load panel uses a status message and weekly bars by sport to show whether Paul is training safely, directly supporting his goal of protecting his injured leg.

Mon Sun Sup Swim Bike Run



This week: 3h20m

Sessions: 3/4

Plan next week based on load



Progress

67 days to race

This month

- Swim: 8 km
- Bike: 50 km
- Run: 20 km

Best records

- Best 5K: 28:00
- Longest ride: 60 km

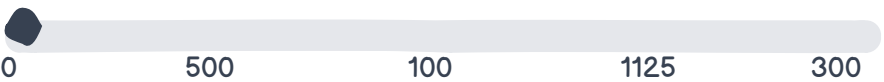
This screen highlights the race countdown, best records, and monthly totals so Paul can easily see his improvement over time, keeping him motivated to continue training.

Notifications

Reminder: Swim at 6:30 >

Great job, all sessions done >

Tip: Rest tomorrow >



Plan My Week

- Day
- Mon
- Tue
- Wed

☐ Work

☐ Kids

☐ Swim

☒ Free 05:30–06:00

☐ Free 06:00–07:00

☐ Free 07:00–08:15

☐ Free 20:30–21:00

Use this slot



This view combines Paul’s constraints (Work/Kids) with free slots so he can select realistic windows for training sessions that fit his specific family responsibilities.

Generates new session

Suggested Session



Swim 45 min –
Easy

Fits 06:30-07:15

Cancel

Accept

Confirms and updates Session

The Suggested session screen proposes a concrete workout that fits a chosen free slot, reducing Paul’s planning effort while allowing him to accept the change in a single tap.

The Suggested session screen proposes a concrete workout that fits a chosen free slot, reducing Paul’s planning effort while allowing him to accept the change in a single tap.

Suggested Session



Swim 45 min –
Easy

Fits 06:30-07:15

Change

Accept

✓ Week updated – new session added to your week [Dismiss](#)