

## Login Screen

# 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

Home Dashboard

Logout ➔

**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**

饼图图标  
**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

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



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.

## < 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

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.

### 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.

Back to today

Confirm

Generate Confirmation Message

# Change today

## Skip today – rest



Mark today as rest to reduce leg impact.

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.



## Shorter session

Keep the sport, cut duration to 50%.



## Different sport

Swap Run for Swim or Bike.

Back to today

Confirm

✓ Week updated – new schedule saved

[Dismiss](#)

# Training load

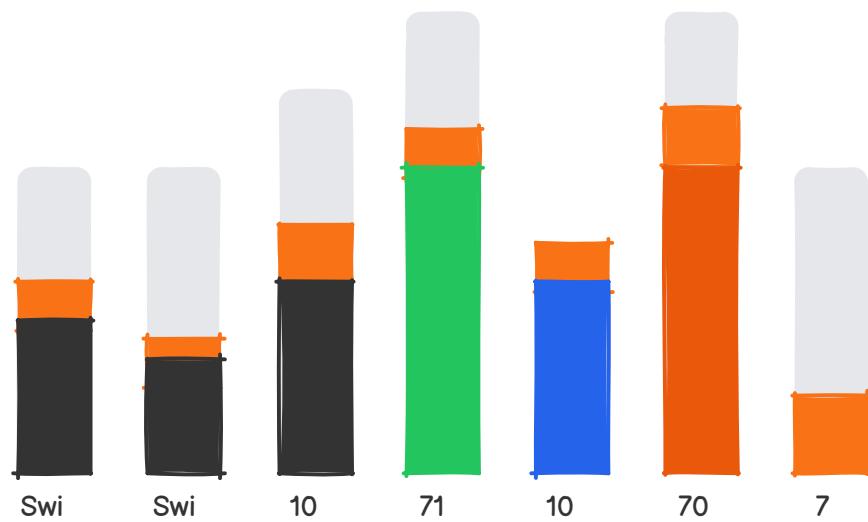
Load OK

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

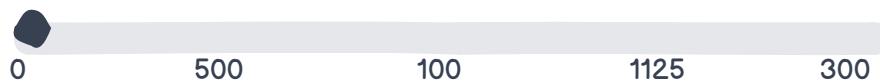
This screen highlights the race countdown, best records, and monthly totals so Paul can easily see his improvement over time, keeping him motivated to continue training.

## 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**

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.

Confirms and updates Session

## Suggested Session



# Swim 45 min – Easy

Fits 06:30-07:15

Change

Accept



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

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.