



# MyLife - MobileApp

Tomas Costa



13

screens



## Welcome to MyLife, Carlos

Create a training plan →

Set daily nutrition plan →

Register a food log →

Register an workout →



Meals



Exercise



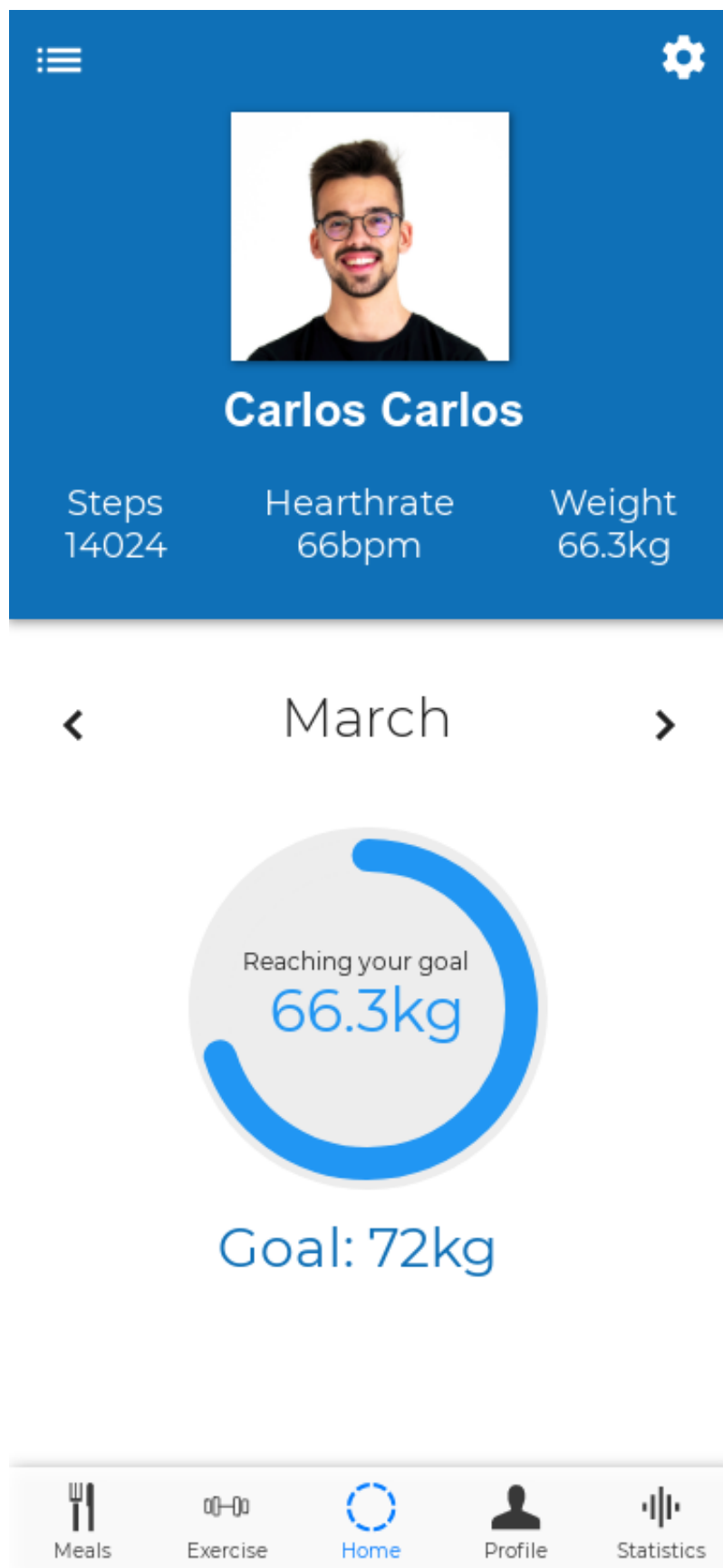
Home



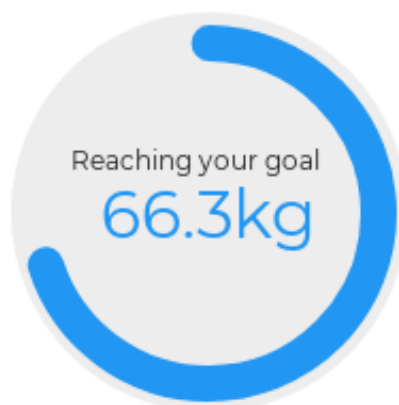
Profile



Statistics



< March >



Goal: 72kg

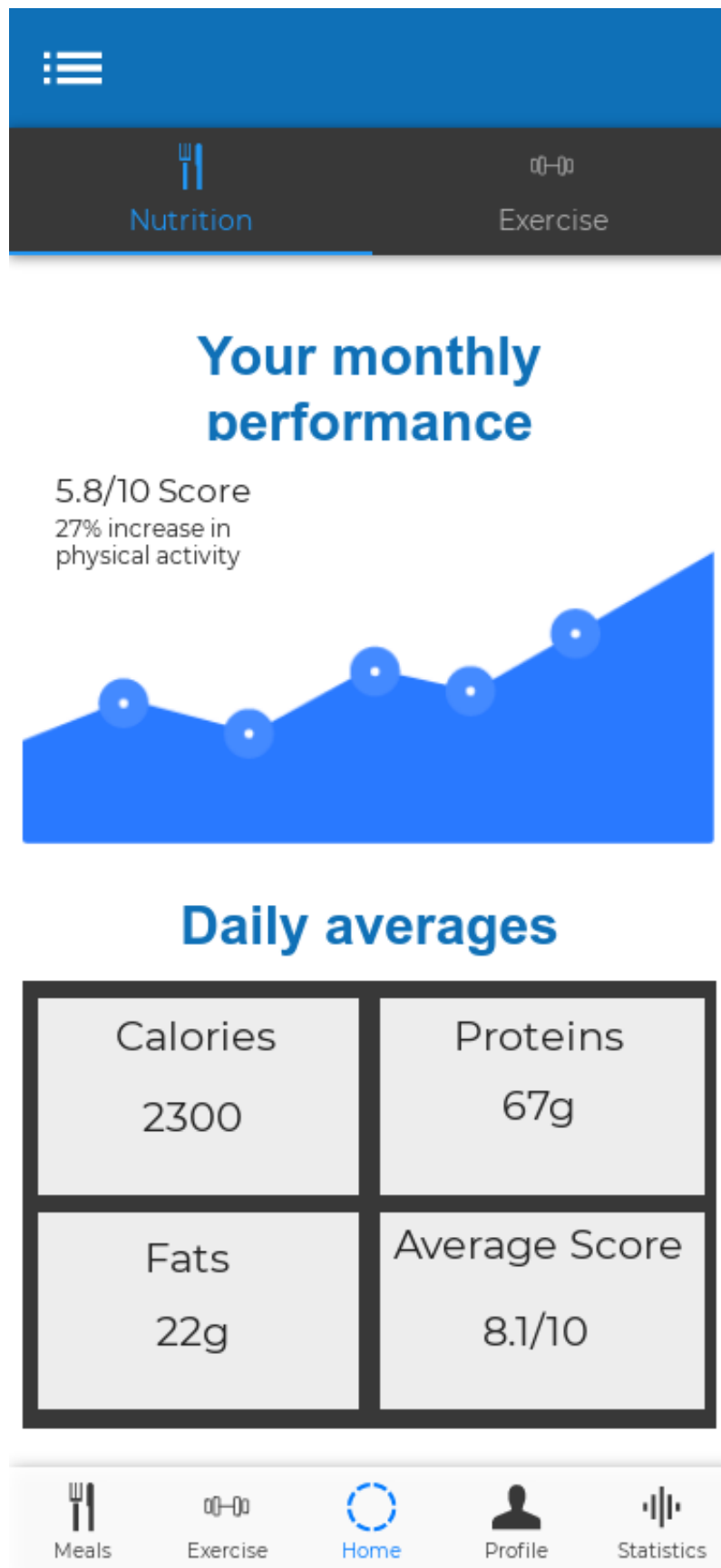
  
Meals

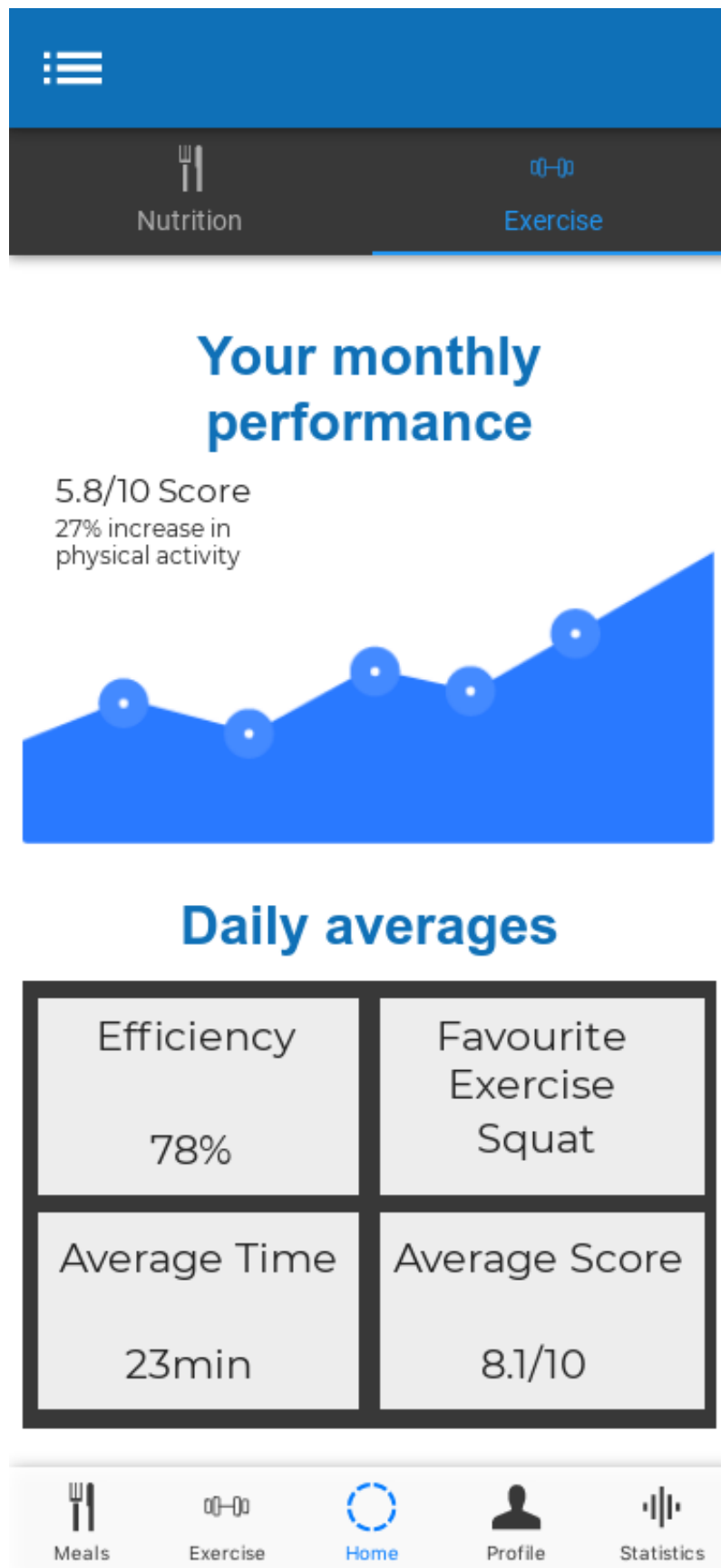
  
Exercise

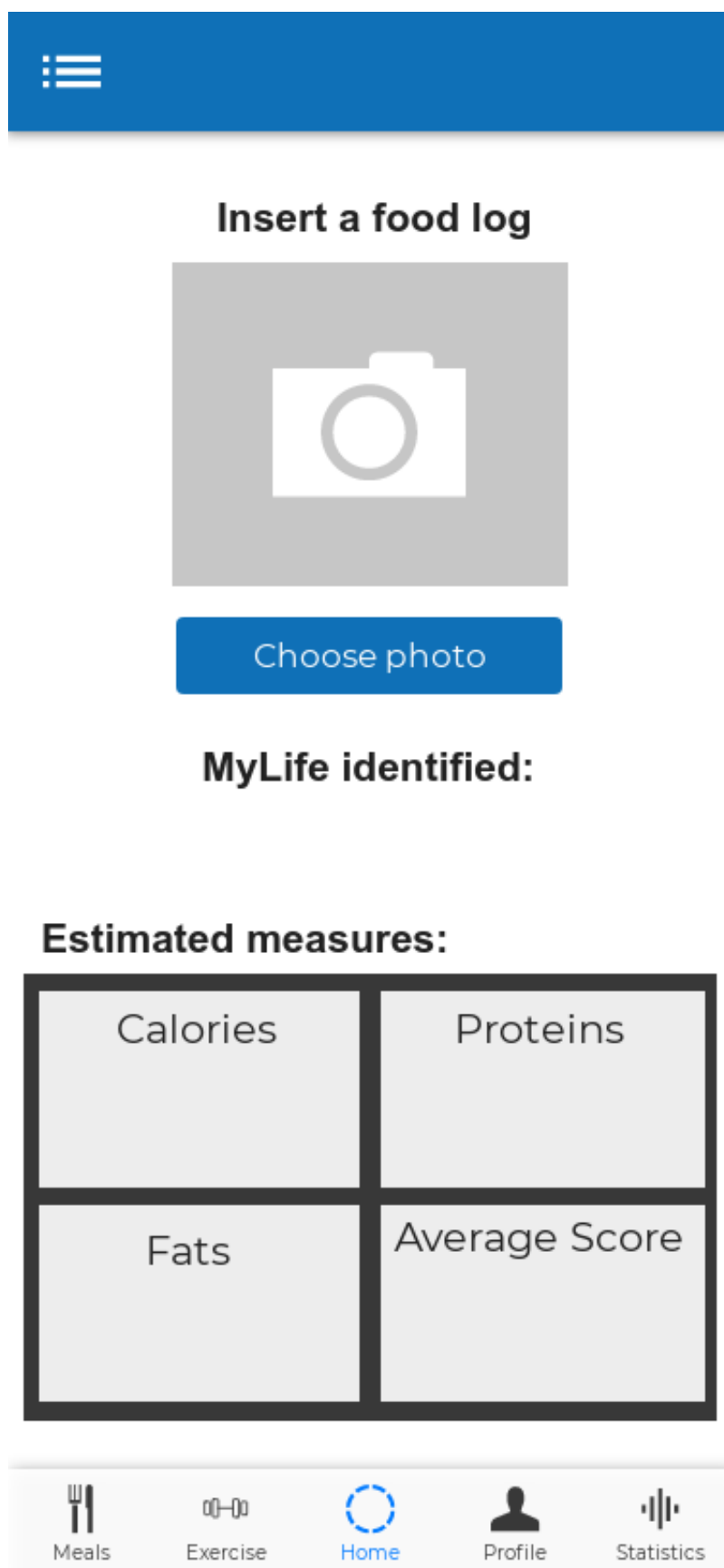
  
Home

  
Profile

  
Statistics









## Insert a food log



Choose photo

**MyLife identified:**

**Pasta with tuna (340g)**

### Estimated measures:

Calories ~580	Proteins 18g
Fats 12g	Average Score 8.1/10



Meals



Exercise



Home



Profile



Statistics



## Choose workout:

Abs\_Exemplo 

Create Workout

  
Meals

  
Exercise

  
Home

  
Profile

  
Statistics





## Choose workout:

Abs\_Exemplo



**Abs\_Exemplo:** 3 sets

10x Crunches

15x Abdominals

20x Knee Raisers

10secs Rest

15x Moutain Climbers

---

**Total Calories: -280kcal**

Start Workout



Meals



Exercise



Home



Profile



Statistics



## Select type of exercise:



### Current list:

10x Crunches  
15x Abdominals  
20x Knee Raisers  
10secs Rest  
15x Moutain Climbers

Create Workout



Meals



Exercise



Home



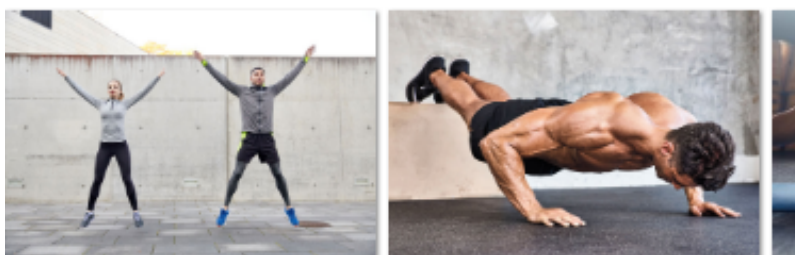
Profile



Statistics



## Select type of exercise:



### Adding Jumping Jacks

Number of repetitions:



Add

### Current list:

10x Crunches

15x Abdominals

20x Knee Raisers

10secs Rest

15x Mountain Climbers

Create Workout



Meals



Exercise



Home



Profile



Statistics



## Select type of exercise:



### Current list:

10x Crunches  
15x Abdominals  
20x Knee Raisers  
10secs Rest  
15x Moutain Climbers  
5x Jumping Jacks

Create Workout



Meals



Exercise




Home



Profile



Statistics




## Hello, Carlos!


What is your desired weight?


How often do you exercise?


Calculate Averages


Calories	Proteins
Carbohydrates	Daily exercise

  
Meals

  
Exercise

  
Home

  
Profile

  
Statistics



Hello, Carlos!

What is your desired weight?

Ex: 75 (kg)

How often do you exercise?

Ex: 3 times a week

Calculate Averages

**MyLife recommends these  
averages daily. Let's get  
you in shape!**

Calories 2300	Proteins 67g
Carbohydrates 220g	Daily exercise 21min



Meals



Exercise



Home



Profile



Statistics