

The sketch illustrates a user interface flow. On the left, a window titled 'Welcome!' contains five buttons: 'Create Account', 'Set Goals', 'Log Meals', 'View History', and 'Exit'. A mouse cursor is shown clicking the 'Create Account' button. An arrow points from this button to the right, where a second window titled 'Create New Account' is shown. This window contains input fields for 'Username', 'Age', and 'Weight (Kgs)'. Below these is a 'Gender' section with three radio button options: 'Female', 'Male' (which is selected), and 'Other'. At the bottom of the 'Create New Account' window is a 'Submit' button.

Welcome!

Create Account

Set Goals

Log Meals

View History

Exit

Create New Account

Username:

Age:

Weight (Kgs):

Gender: Female ☐ Male ☒ Other ☐

Submit

*** IF ANY FIELDS LEFT BLANK,
USER WILL NOT BE ABLE TO COMPLETE
AND SUBMIT ACCOUNT CREATION ***

Welcome!

Create Account

Set Goals

Log Meals

View History

Exit



Set Fitness Goals

Username:

Age:

Weight (Kgs):

Gender: Female ☐
Male ☒
Other ☐

Ideal Weight (Kgs):

Ideal Workout Hours (Daily):

Ideal Sleep Hours:

Submit

* IF USER LEAVES GOAL BLANK , NO GOAL FOR THAT TOPIC WILL BE SAVED *

* IF USERNAME NOT IN FILE , USER WILL BE PROMPTED TO CREATE NEW ACCOUNT *

Who Are You?

Profile not found.

Create New Account

Welcome!

Create Account

Set Goals

Log Meals

View History

Exit



Log Daily Meals

Username:

Age:

Weight (Kgs):

Gender: Female ☐
Male ☒
Other ☐

Breakfast:

Lunch:

Dinner:

Submit

* USER CAN LEAVE ANY MEAL FIELD BLANK , SAVE WHAT THEY HAVE AND FILL IN LEFT OVER FIELDS LATER *

* IF USERNAME NOT IN FILE , USER WILL BE PROMPTED TO CREATE NEW ACCOUNT *

Who Are You?

Profile not found.

Create New Account

View History

Username:

Age:

Weight (Kgs):

Gender:

Female

☐

Male

☒

Other

☐

What would you like to view?

Profile History


Fitness Goals History

Meal History

Profile History		<input type="button" value="Close"/>
Username:	JohnDoe	
Age:	25	
Weight (Kgs):	55	
Gender:	Male	<input type="button" value="Close"/>

Who Are You?

Profile not found.



Create New Account

Welcome!

Create Account

Set Goals

Log Meals

View History

Exit



Exit

Are you sure you want to exit?

No, Go back to home

Yes, Save and Close



THIS WILL
CLOSE EXIT ALERT
WARNING, BUT WILL
NOT CLOSE THE PROGRAM



THIS WILL CLOSE
PROGRAM AND
POP-UP