Welcome!

[Create Account]

[Set Goals]

[Log Meals]

[View History]

[Exit]

→

Create New Account

Username: [I]

Age: [ ]

Weight (Kgs): [ ]

Gender: Female   ○
            Male   ●
            Other   ○

[Submit]

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

Window 1 — Welcome

Welcome!

- Create Account
- Set Goals
- Log Meals
- View History
- Exit

→

Window 2 — Set Fitness Goals

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

Window 3 — Who Are You?

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

Welcome!

- Create Account
- Set Goals
- Log Meals
- View History
- Exit

→

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

Username:	JohnDoe
Age:	25
Weight (Kgs):	55
Gender:	Male

Close

THIS FORMAT WILL BE SIMILAR FOR OTHER TWO HISTORY OPTIONS

* 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

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