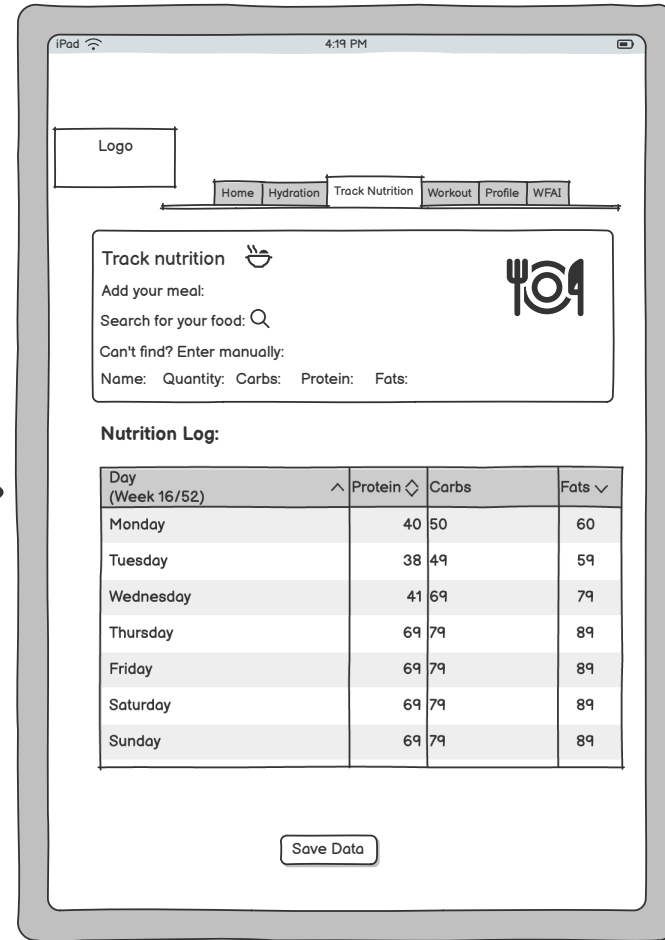
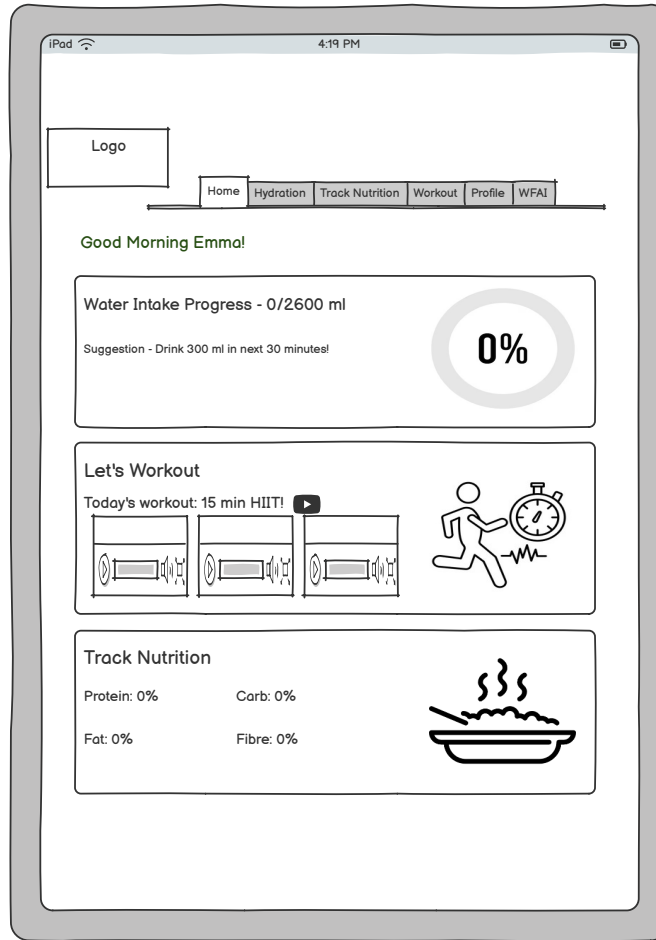
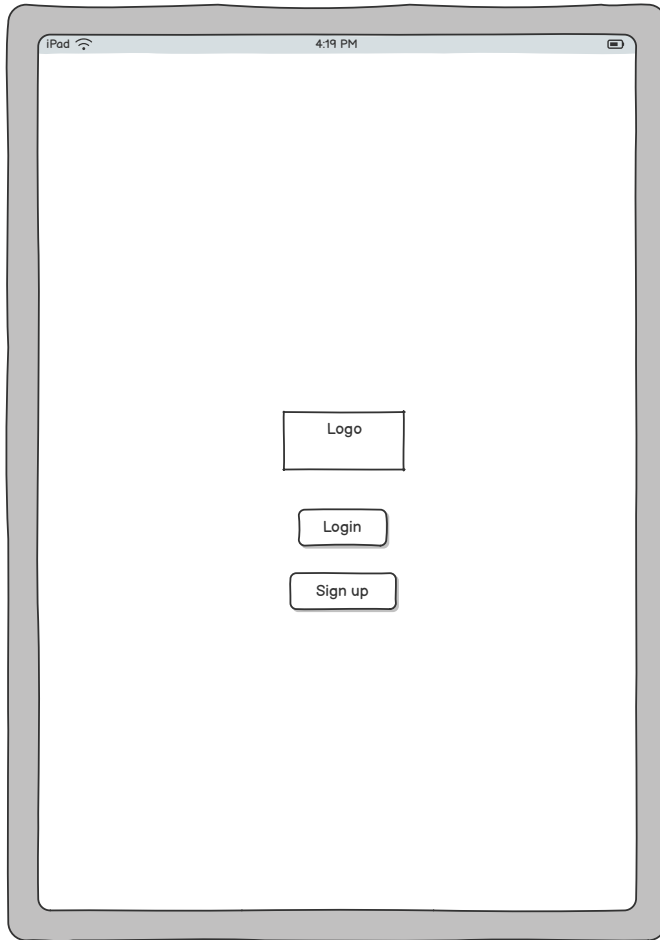
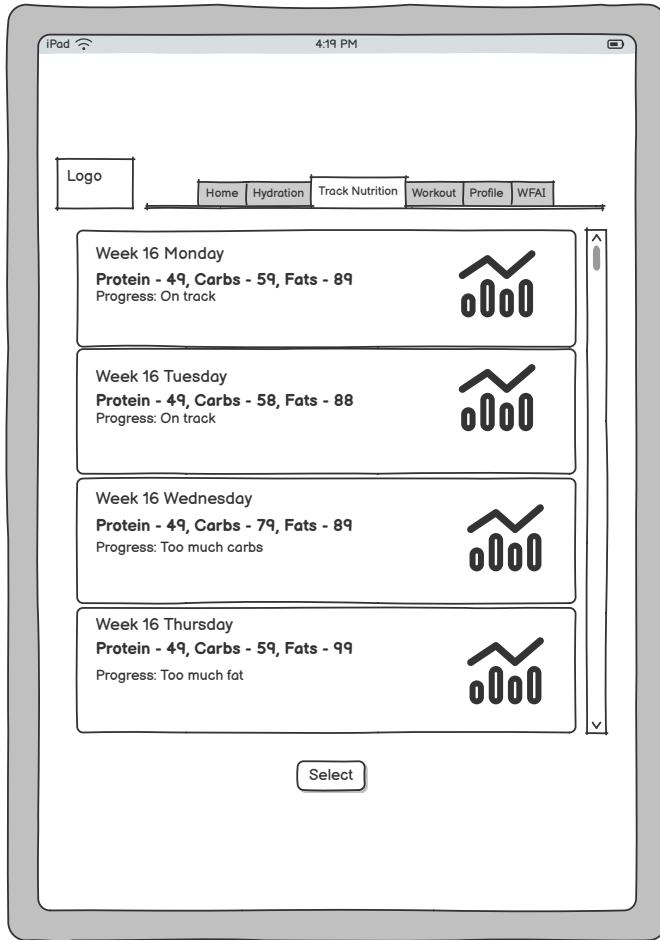


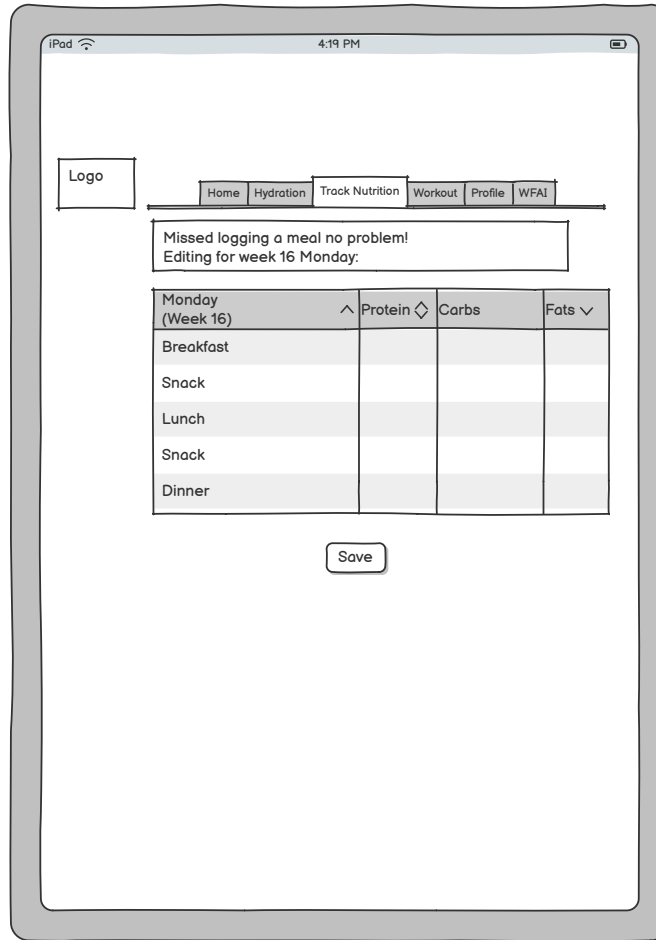
Use Case 3.1 – Log Food Entries - Akshay



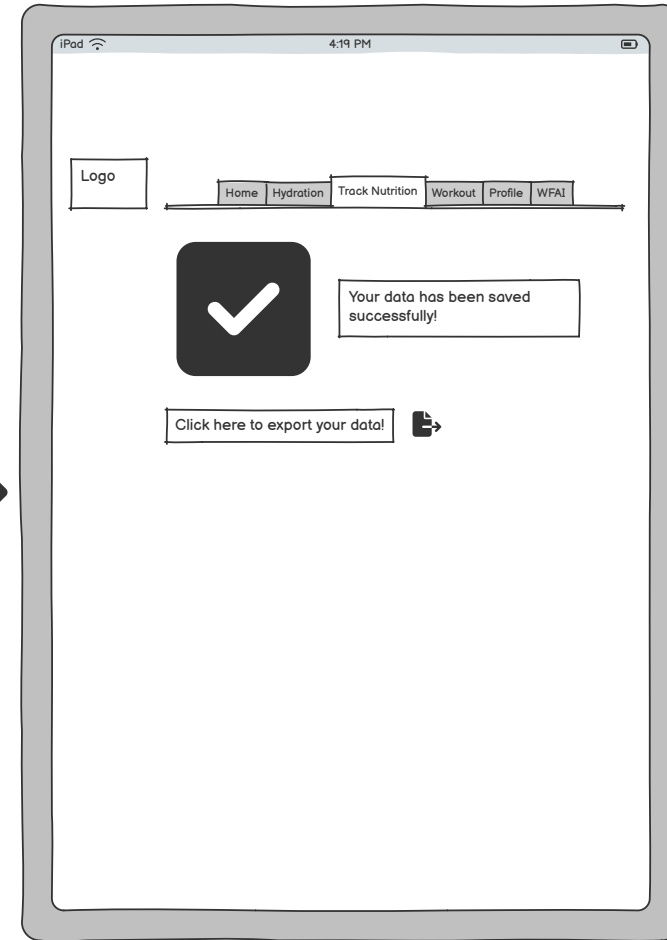
Use Case 3.1 – Log Food Entries - Akshay



UI 3.1.4
Track Nutrition Page
The user has option to review previously logged meals.



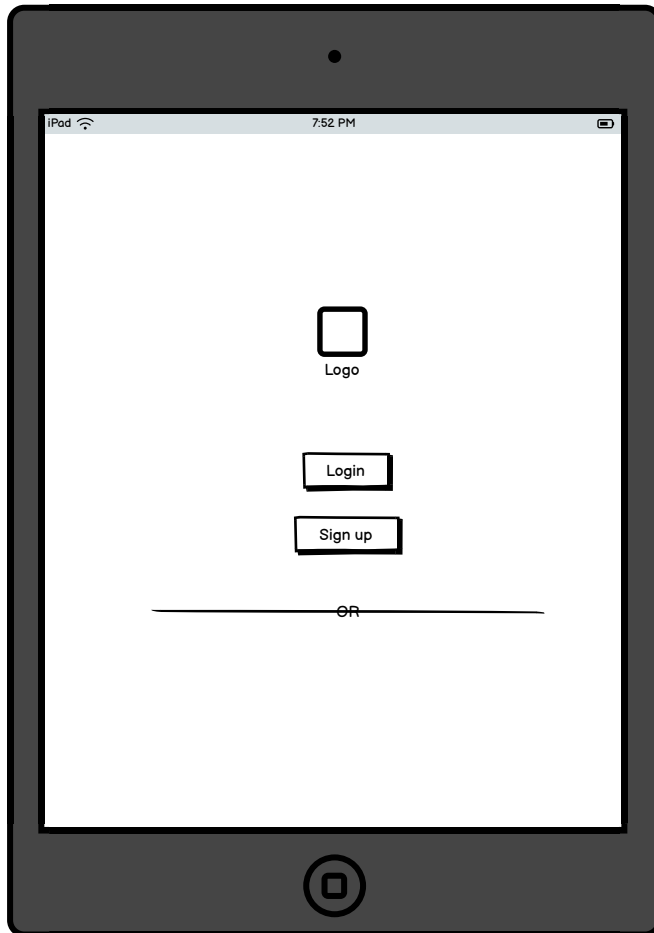
UI 3.1.5
Edit Nutrition Page
Users selects a particular day to make changes.



UI 3.1.5
Confirmation Page
User can export data externally.

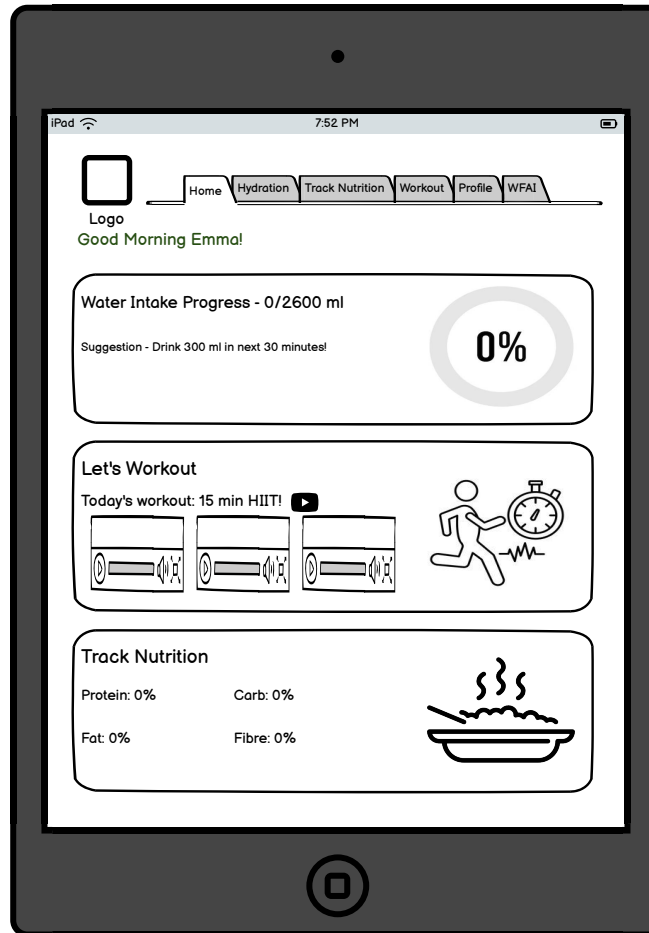
Use Case 2.1 – Customize Workout Plans by Labdhi Shah

UI 1.1 Login / Signup Screen



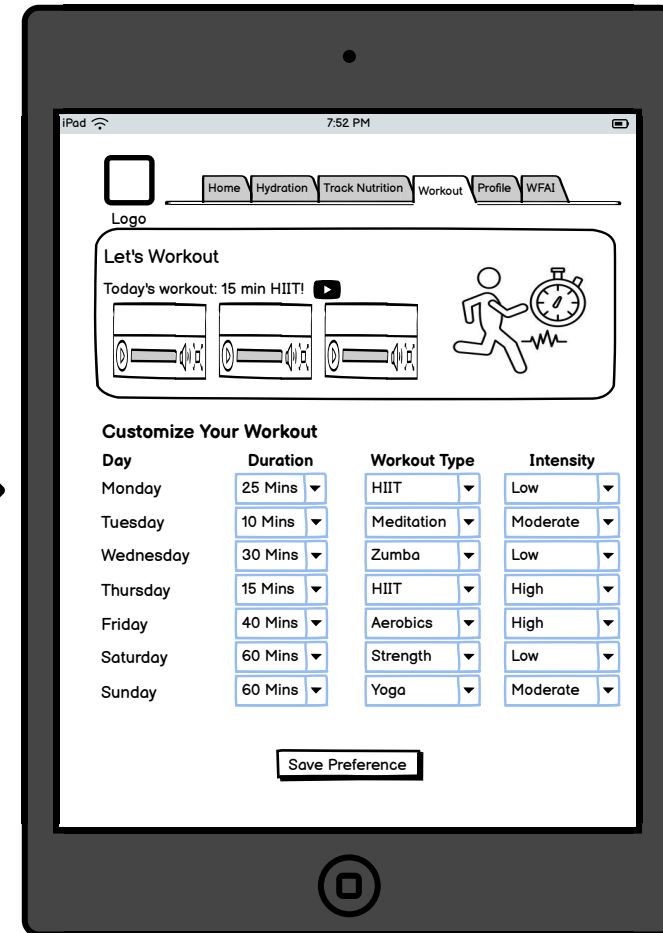
The user has created the account and now has to login into the account

UI 1.2 Home screen



The user reaches the homescreen where he/she/they are able to see various features of WellFitAI app and also has completed the preliminary test to add their workout preferences. The user can change/customize the workout plan at their convenience anytime.

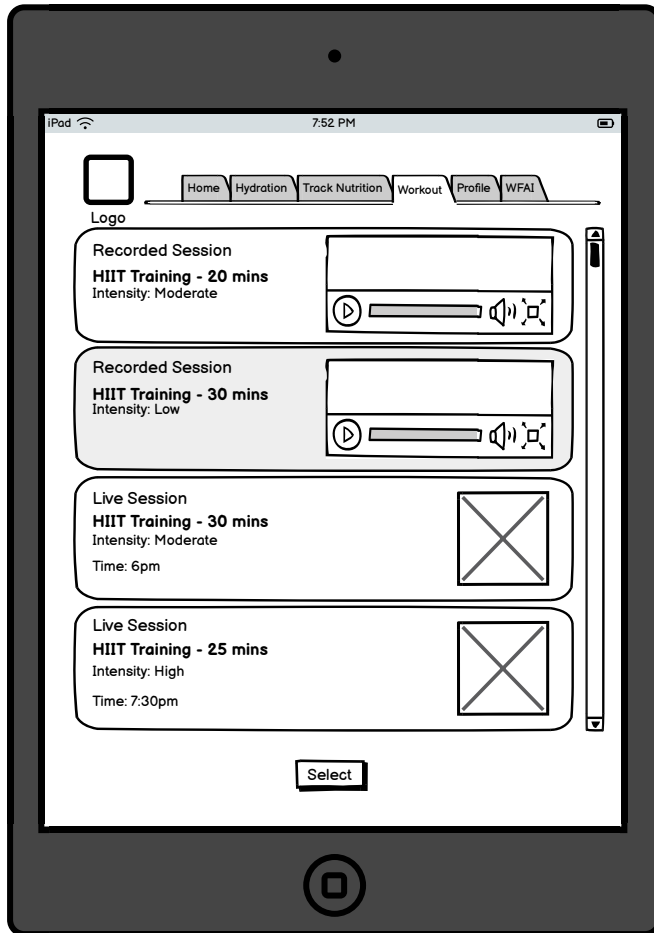
UI 1.3 Workout Page



The user has the option of selecting the workout preference how they want their workout plan to be. The user can select the duration, level, and workout type that matches their need.

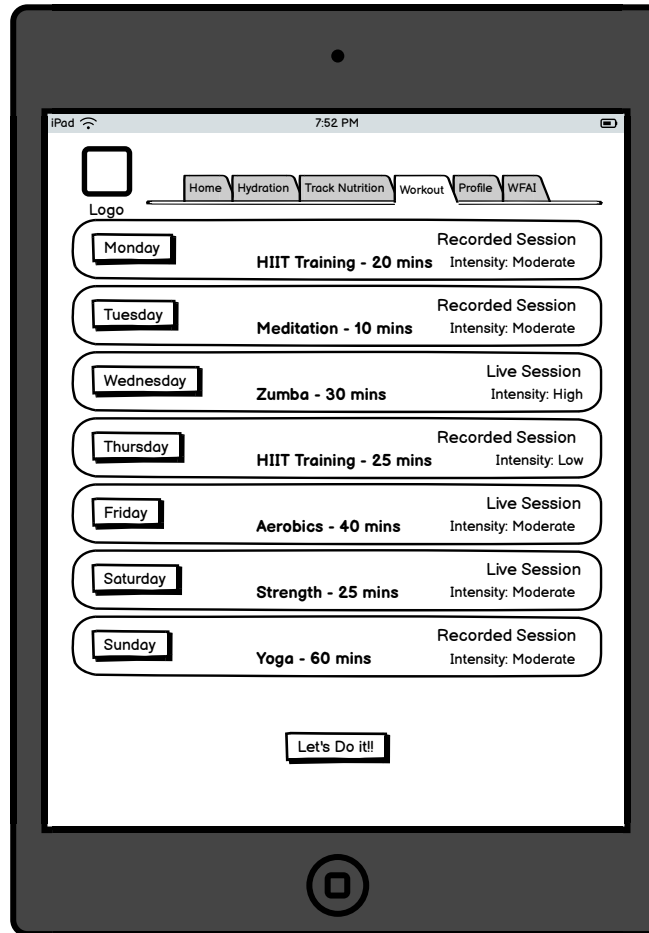
Use Case 2.1 – Customize Workout Plans by Labdhi Shah

UI 1.4 Session Booking Page



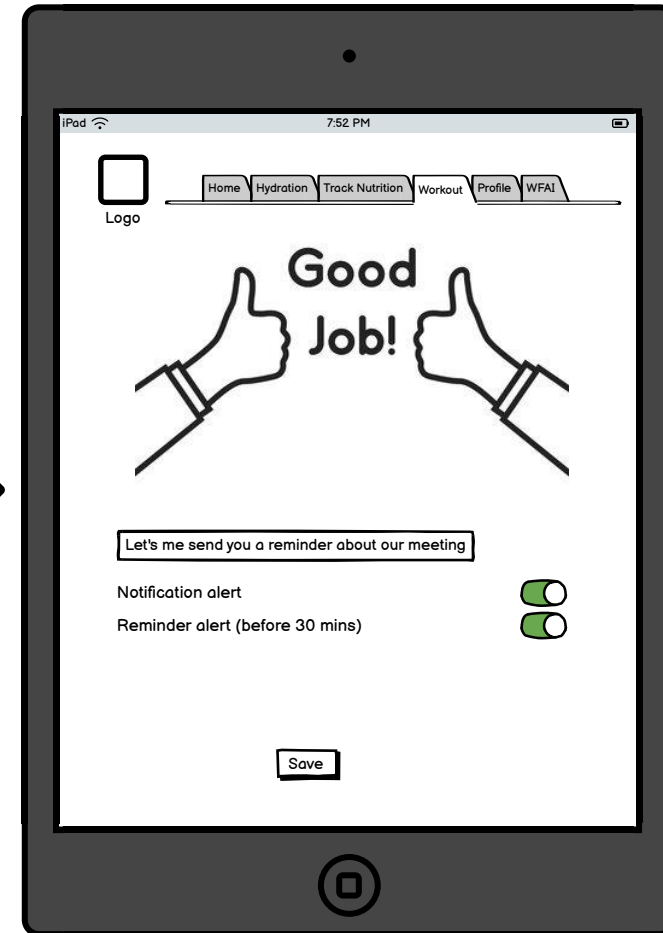
The user has option to select their preference of the live or recorded workshop based on the preference given of the workout they want to do during the whole week. The user can change the preference anytime and change their selection on a need basis.

UI 1.5 Weekly Workout Plan



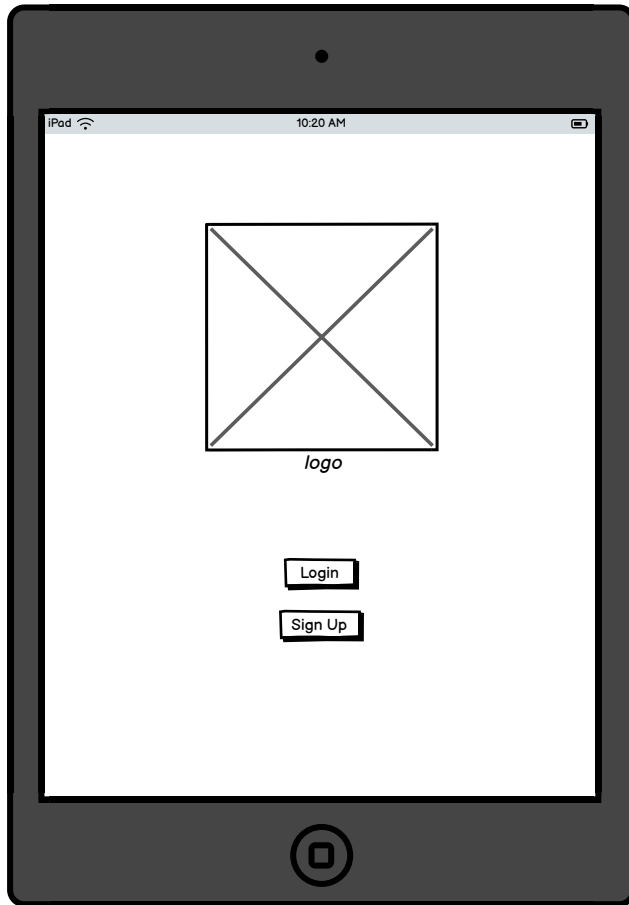
Users select from the type of workout day-wise and confirm their workout plan which they will be following. The plan can be changed from the profile or workout section, as there will be an option to edit the workout to make it flexible and need-based.

UI 1.6 Notification Alert Page



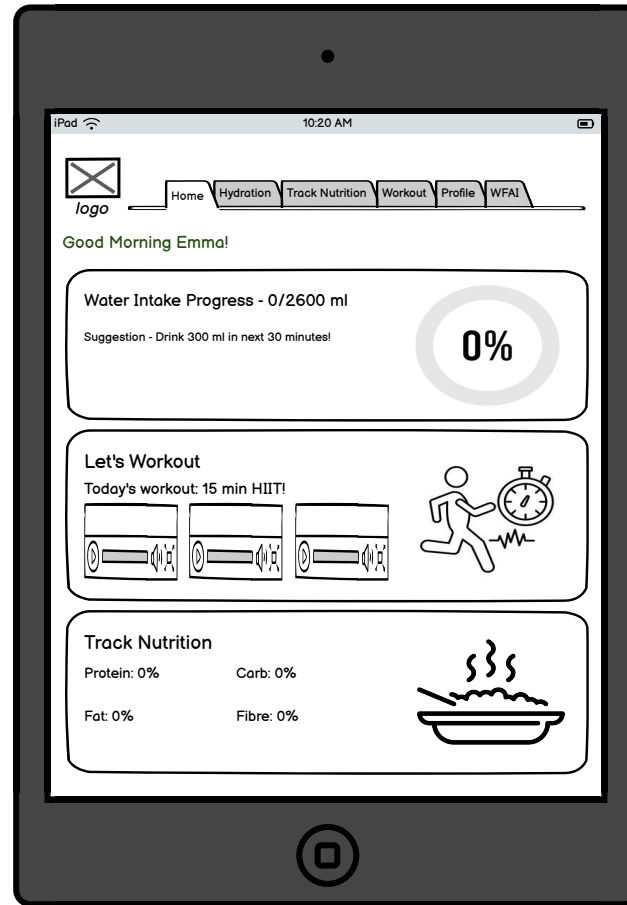
User can set the notification and reminder settings to stay on track with their workout plan.

Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



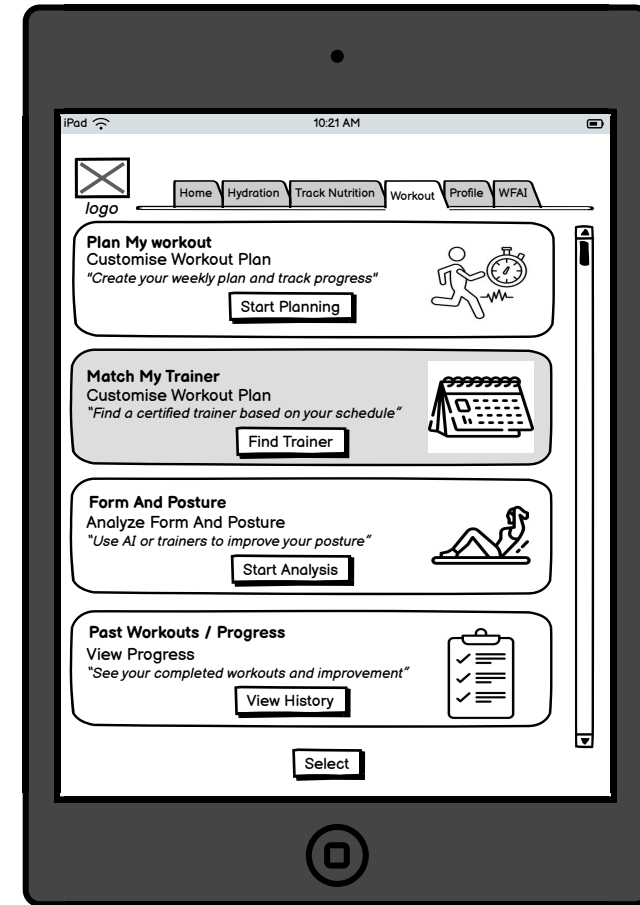
Login/Signup Screen

The user opens the WellFit AI app on their tablet. From this screen, they can either log in to an existing account or sign up for a new one to access all features including workout customization and trainer matching.



Home Screen

This is the main home interface after logging in. The user is greeted by name and can view quick health stats like water intake and current workout progress. Below, they have access to core features like "Let's Workout", "Track Nutrition", and "Plan My Workout", which includes sub-features such as "Match My Trainer" and "Form and Posture Analysis".

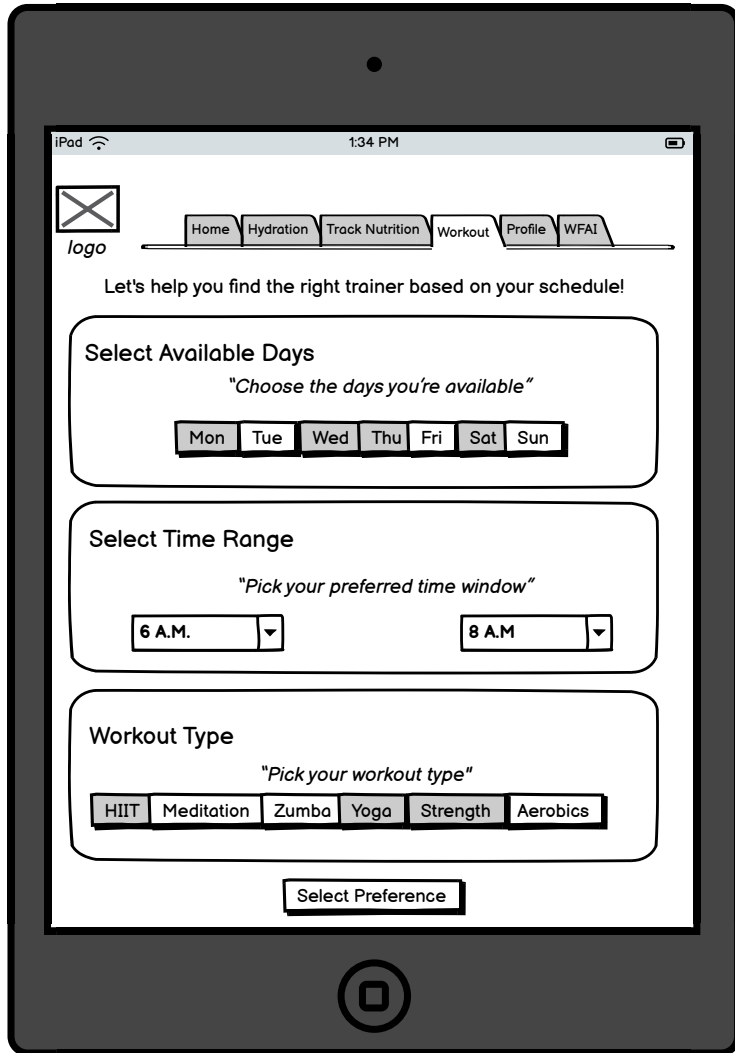


Workout Option Screen

After tapping "Let's Workout" from the Home Screen, the user is taken to a categorized workout menu. This screen presents four core features:

- 1) Plan My Workout: Customize a weekly workout plan based on goals.
 - 2) Match My Trainer: Select certified trainers based on the user's availability and preferences.
 - 3) Form and Posture: Use AI tools to analyze and correct workout form.
 - 4) Past Workouts / Progress: Track history and visualize improvement over time.
- The user can now tap on "Find Trainer" to proceed with trainer matching based on availability.

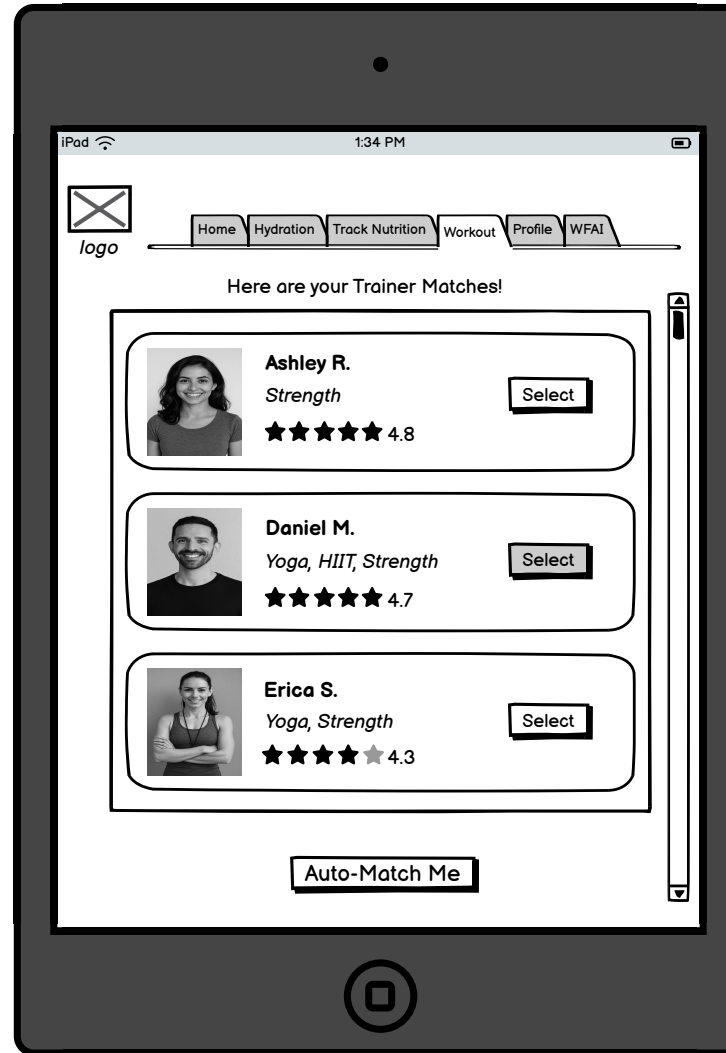
Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



The screen displays a navigation bar with a logo and tabs for Home, Hydration, Track Nutrition, Workout, Profile, and WFAI. Below the navigation bar, a message reads "Let's help you find the right trainer based on your schedule!". The screen is divided into three main sections: "Select Available Days" with a prompt "Choose the days you're available" and a row of buttons for Mon, Tue, Wed, Thu, Fri, Sat, and Sun; "Select Time Range" with a prompt "Pick your preferred time window" and two time range inputs (6 A.M. and 8 A.M.); and "Workout Type" with a prompt "Pick your workout type" and a row of buttons for HIIT, Meditation, Zumba, Yoga, Strength, and Aerobics. A "Select Preference" button is located at the bottom of the screen.

Trainer Availability Filter Screen

This screen allows the user to input preferences to find a compatible trainer. Users select the days they're available, pick a preferred time range, and optionally choose workout types (e.g., HIIT, Yoga, Strength). Once preferences are selected, the user taps "Select Preference" to proceed to view matched trainers based on their availability and goals.

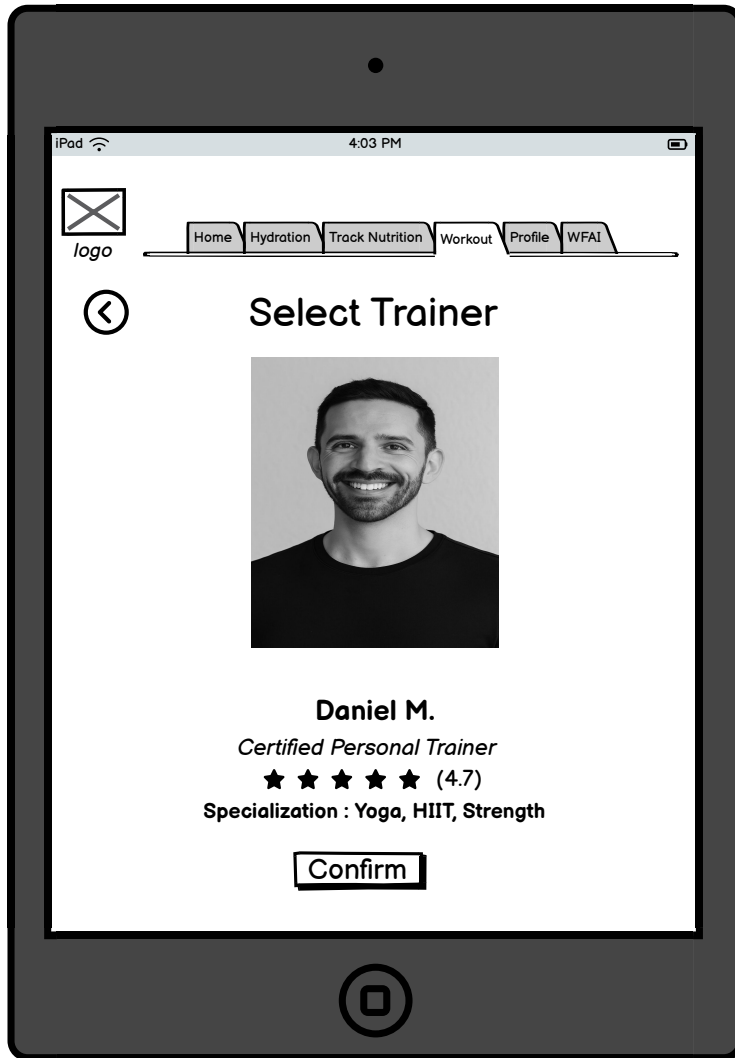


The screen displays a navigation bar with a logo and tabs for Home, Hydration, Track Nutrition, Workout, Profile, and WFAI. Below the navigation bar, a message reads "Here are your Trainer Matches!". The screen shows a list of three trainer match cards. Each card includes a profile photo, the trainer's name, expertise areas, a star rating, and a "Select" button. The trainers are Ashley R. (Strength, 4.8 stars), Daniel M. (Yoga, HIIT, Strength, 4.7 stars), and Erica S. (Yoga, Strength, 4.3 stars). An "Auto-Match Me" button is located at the bottom of the screen.

Trainer Match Result Screen

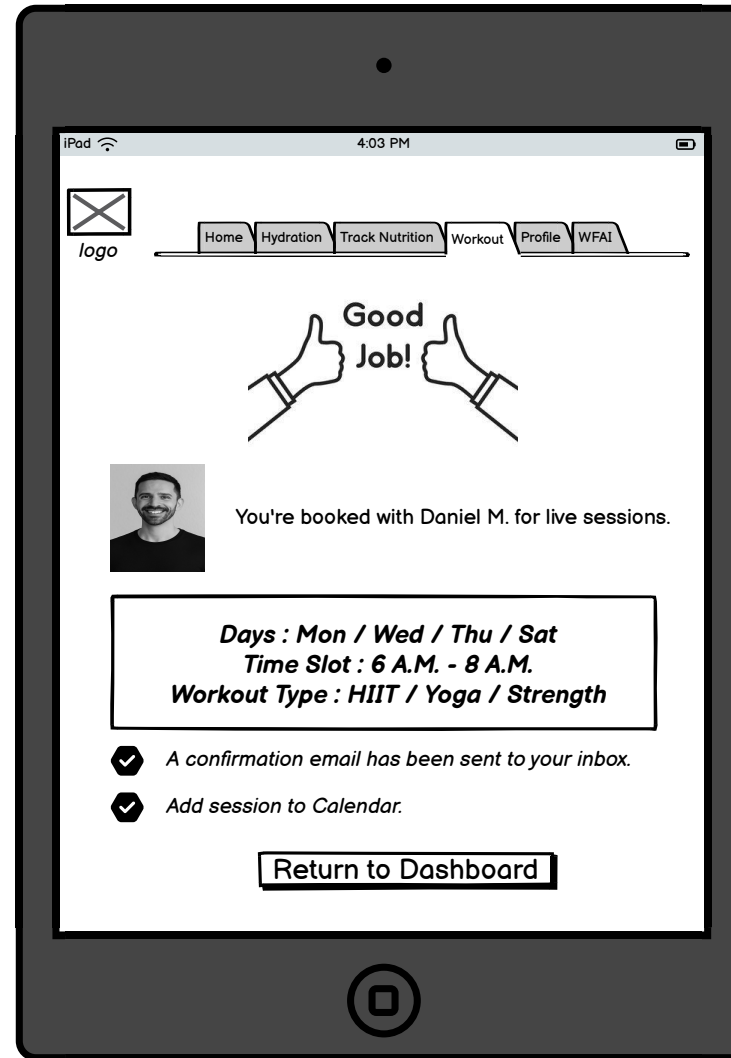
Based on the input from the previous screen, this page displays a list of matched certified trainers. Each card shows the trainer's name, expertise areas, profile photo, star rating, and a "Select" button. Users can scroll through the list or tap "Auto-Match Me" to allow the app to choose the best-fit trainer automatically.

Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



Select Trainer Screen

After viewing the list of matched trainers, the user selects one to view a detailed profile. This screen displays the trainer's name, photo, title, average rating, and specializations. It helps users make an informed choice before confirming. Once satisfied, the user taps "Confirm" to proceed with the booking.

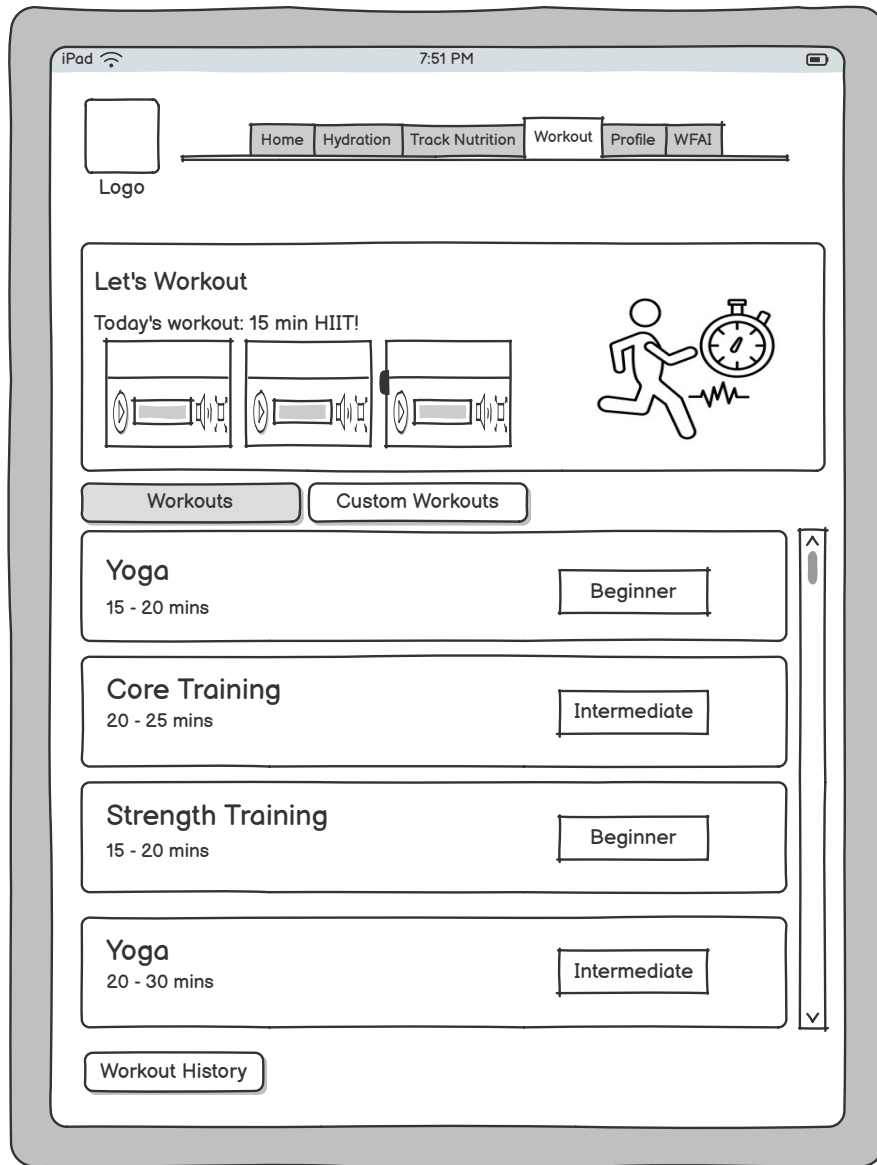


Booking Confirmation Screen

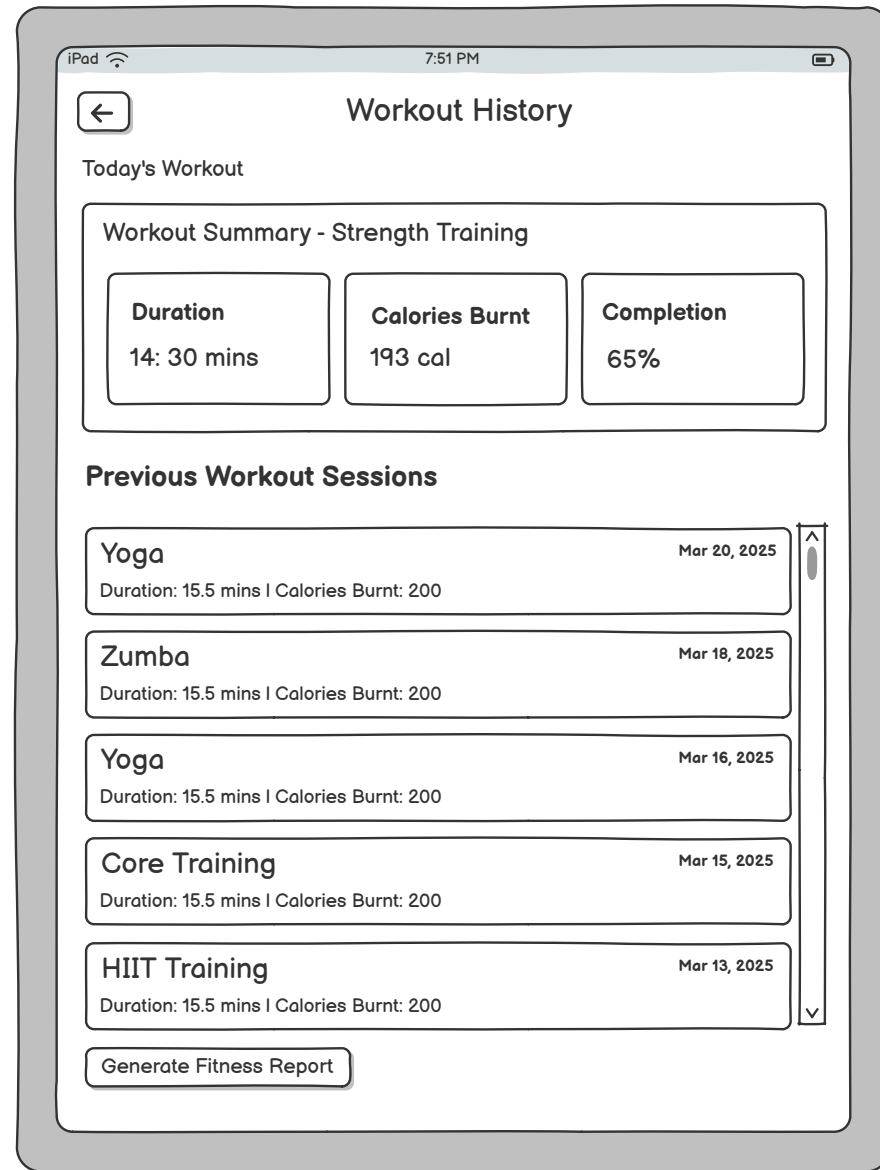
Once a trainer is confirmed, the app displays a success message with trainer details, scheduled days, time slot, and workout types. It also notifies the user that a confirmation email has been sent. Users are given the option to add the session to their calendar or return to the dashboard, completing the trainer-matching process.

Use Case 5.4 - Generate Fitness Report - Musaab

UI 5.4.1 Workout Page



UI 5.4.2 Workout History

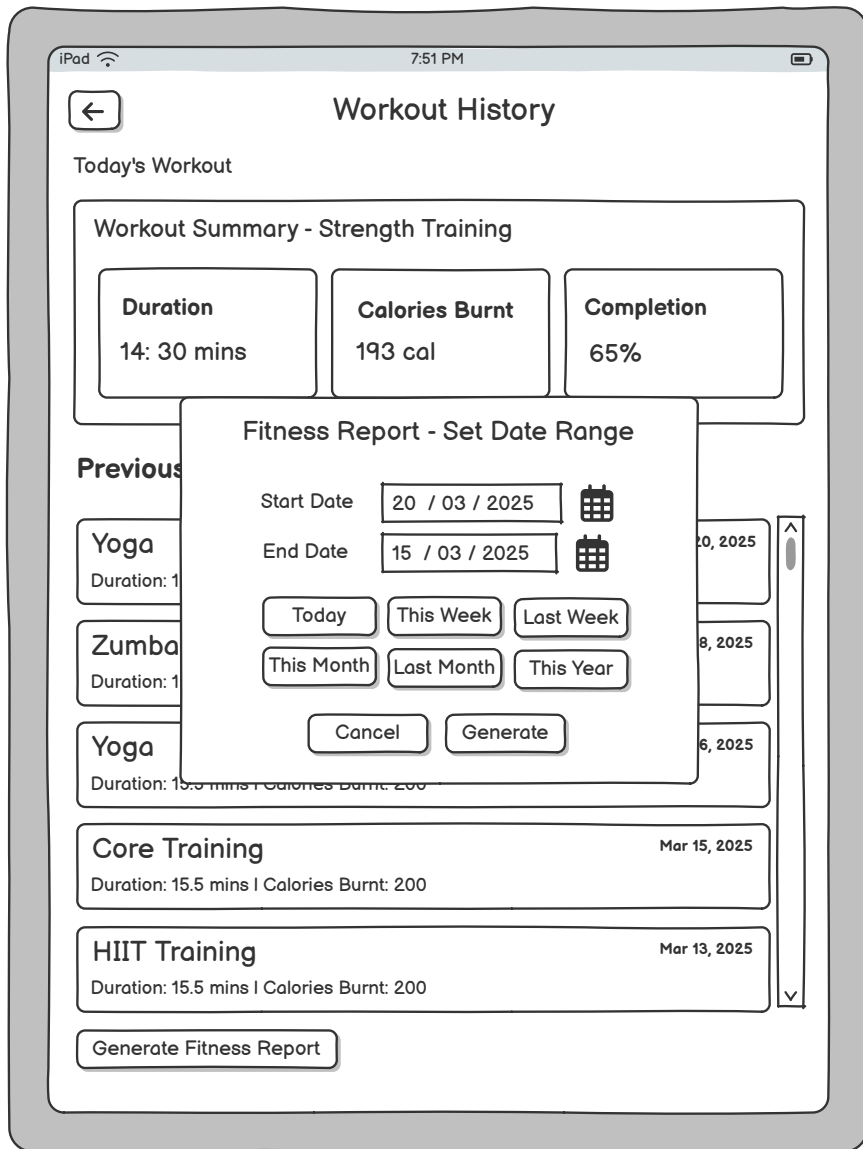


In the workout page, user can click on "Workout History" to see all previous workout sessions

This is the screen where users view their past workouts. User gets an option to Generate Fitness Report

Use Case 5.4 - Generate Fitness Report - Musaab

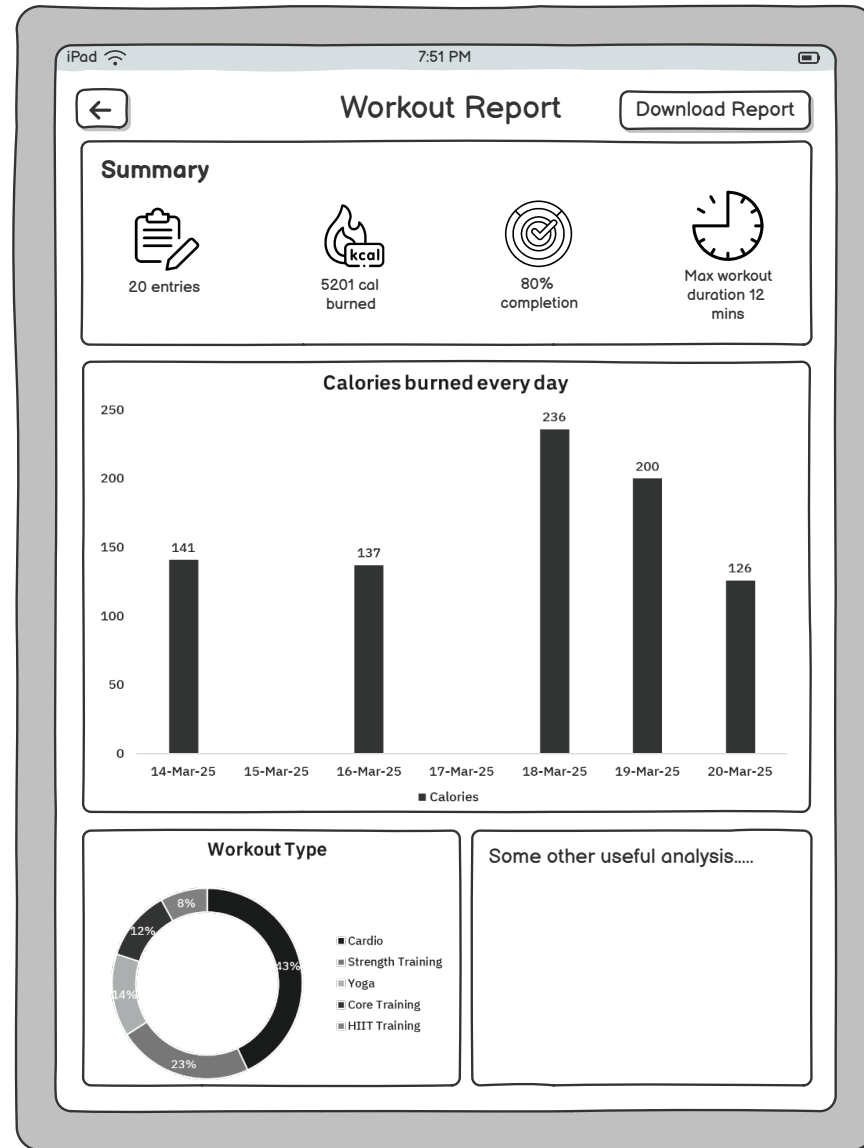
UI 5.4.3 Fitness Report Parameters - Date Range



The screenshot shows the 'Workout History' screen on an iPad. At the top, there's a back arrow and the title 'Workout History'. Below it, 'Today's Workout' is highlighted. A 'Workout Summary - Strength Training' box displays 'Duration: 14: 30 mins', 'Calories Burnt: 193 cal', and 'Completion: 65%'. A modal titled 'Fitness Report - Set Date Range' is open, showing 'Start Date: 20 / 03 / 2025' and 'End Date: 15 / 03 / 2025'. It includes preset buttons: 'Today', 'This Week', 'Last Week', 'This Month', 'Last Month', and 'This Year'. 'Cancel' and 'Generate' buttons are at the bottom. The background shows a list of previous workouts: 'Yoga' (15.5 mins, 200 cal), 'Zumba' (15.5 mins, 200 cal), and 'Core Training' (15.5 mins, 200 cal) on Mar 15, 2025. A 'Generate Fitness Report' button is at the bottom.

User can set the date range or select a preset button from options (today, this week, last week etc.)
User can cancel if they change their mind
User can click on "Generate" to open Workout Report Page

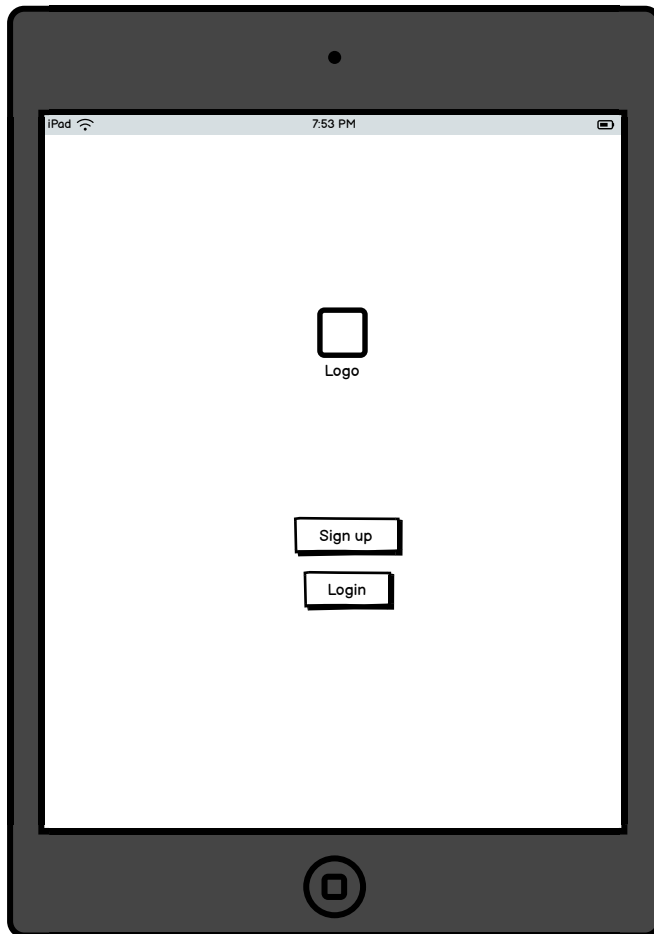
UI 5.4.4 Workout Report



User can view all workout data for the selected range
User can download report by clicking "Download Report" button

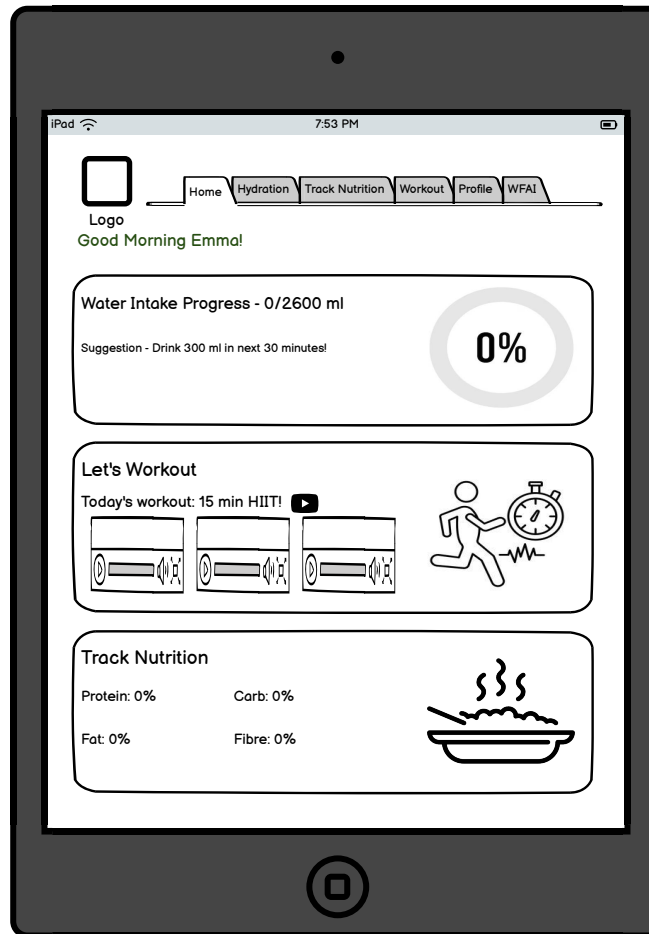
Use Case 5.1 - Track Exercise Repetition by Md. Asad Bin

UI 1.1 Login / Signup Screen



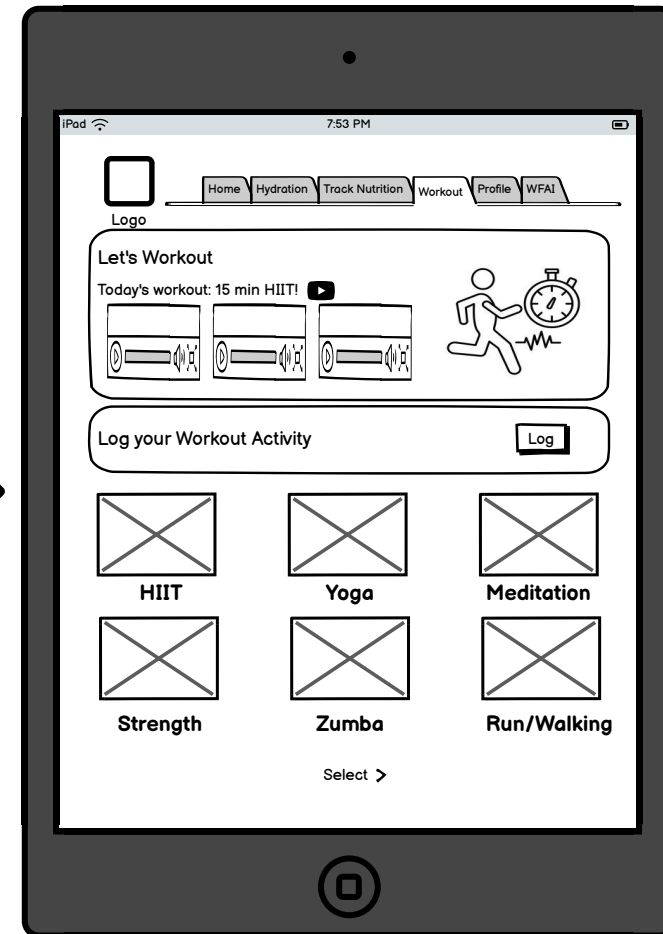
The user has created the account and now has to login into the account

UI 1.2 Home screen



The user reaches the homescreen where he/she/they are able to see various features of WellFitAI app and also has completed the preliminary test to add their workout preferences. The user can change/customize the workout plan at their convenience anytime.

UI 1.3 Workout Page



The user has the option of selecting the workout preference how they want their workout plan to be. User has the option of logging their activity so that the track can be keep for the workout done

Use Case 5.1 - Track Exercise Repetition by Md. Asad Bin

UI 1.4. Log Workout Data

Logo

Log Workout Data Record

Exercise Type: High-Jump

No. of repetition:

No. of Sets: 1

Difficulty Level: Low

Weight used: Yes

Weight: 2 LBS

Exercise Type: Squat

No. of repetition:

No. of Sets: 3

Difficulty Level: Moderate

Weight used: Yes

Weight: 5 LBS

Log Entry

User has the option of recording their workout data manually so that the app can keep track of the continuity and repetition of the type of activity performed.

UI 1.5. Workout Data successfully saved

Logo

Log Workout Data Record

Exercise Type: High-Jump

No. of repetition:

No. of Sets: 1

Difficulty Level: Low

Weight used: Yes

Weight: 2 LBS

Record Successfully Saved!!
Great Job! Keep It Up!

Log Entry

Manually added record is successful recorded hence the database is updated

UI 1.6. Report Page

Logo

Home Hydration Track Nutrition Workout Profile WFAI

Workout Summary - HIIT Session

Duration: 14:30mins

Calories Burn: 193 cal

Exercises: High Jumps, Squats, Burpees, Plank

Connect with your fitness band
Collect data from fitness band

Previous Workout Sessions

HIIT Training
Duration: 15.5 mins | Calories Burnt: 2
Mar 20, 2025

Zumba
Duration: 30 mins | Calories Burnt: 27
Mar 18, 2025

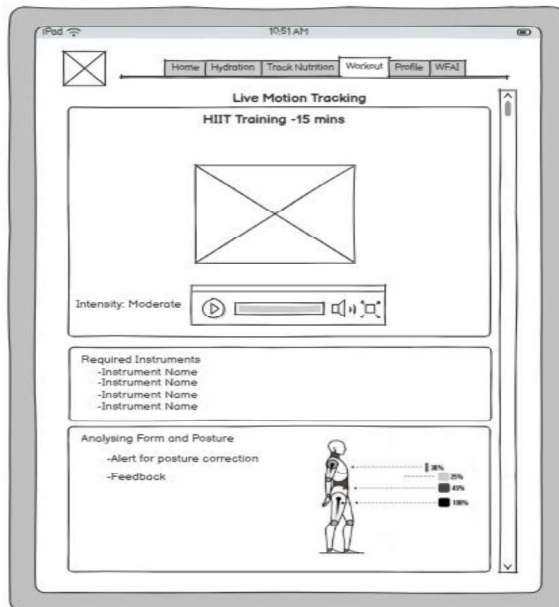
Yoga
Duration: 25 mins | Calories Burnt: 18
Mar 17, 2025

HIIT Training
Duration: 20 mins | Calories Burnt: 25
Mar 15, 2025

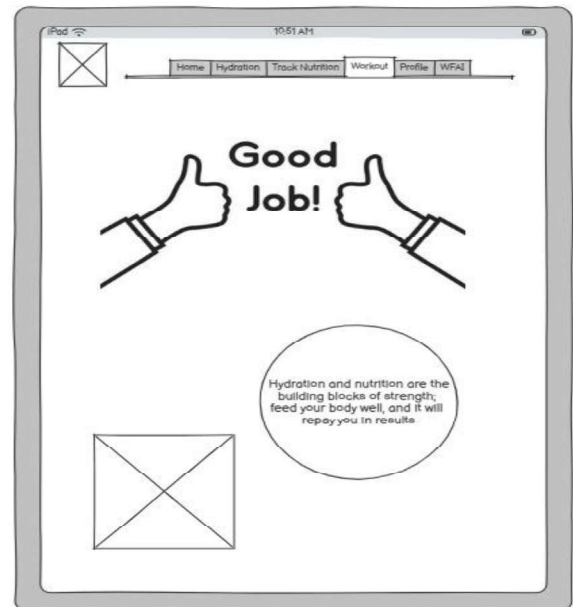
HIIT Training
Duration: 13.5 mins | Calories Burnt: 1
Mar 12, 2025

Manually added record is successfully recorded and is now part of the report, hence keeping the continuity.

Use Case 2.4- Analyse Form & Posture

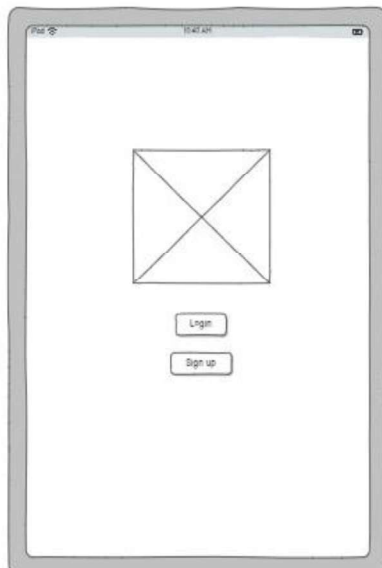


Live Motion Tracking.
Users can track their posture in real time to ensure they're performing each exercise with proper form. The app will display a list of the instruments or equipment required for the exercise, making sure user is fully prepared.
As user move through the workout, the app provides continuous feedback on your form and posture, showing an accuracy percentage to help user gauge how well user is doing. If the app detects any issues with users posture, it will send an alert and offer suggestions for correction.

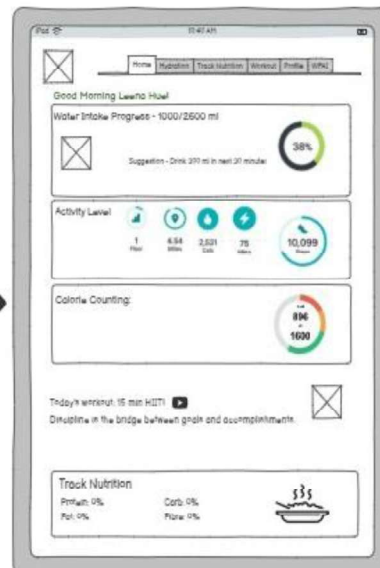


Recommendation
At the end of the workout, the app will provide AI-generated recommendations focused on hydration and nutrition. Based on the intensity and duration of the exercise, it will suggest the ideal hydration levels to replenish lost fluids and provide personalized nutrition advice to help the user recover and build strength. Whether it's post-workout meals, snack suggestions, or hydration tips, the app ensures the user is fueling their body the right way for optimal recovery and progress.

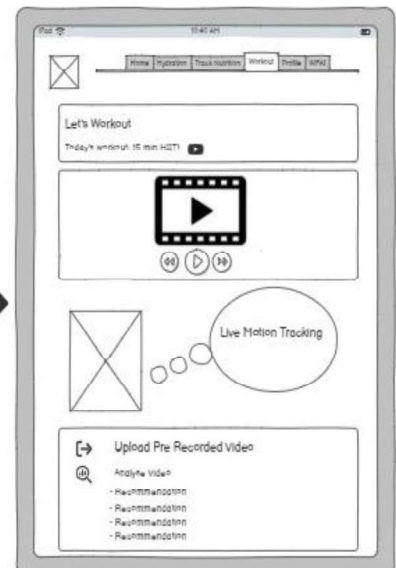
Use Case 2.4- Analyse Form & Posture



Login / Signup Screen
The user has created the account and now has to login into the account



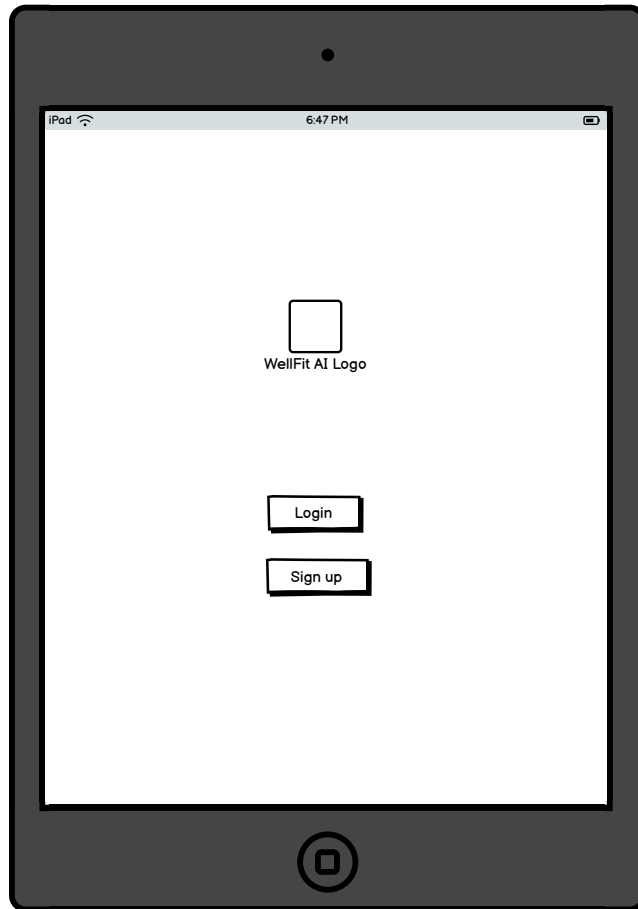
Home screen
Upon opening the WellFit AI app, the user is presented with a personalized home page, designed for a swift overview of daily health metrics. This screen provides an immediate snapshot of the user's progress in key areas, including hydration levels, activity tracking, calorie consumption, and a brief summary of nutritional intake. The app proactively offers suggestions, such as reminders to increase water intake, and highlights scheduled workouts. This centralized dashboard allows the user to efficiently monitor their progress and maintain motivation throughout the day, without navigating to separate sections of the application.



Workout Page
When users open the "Workout" section of the WellFit AI app, they'll find their daily exercise routine presented through a pre-recorded video. The video player, with its straightforward controls, makes it easy to follow along. Additionally, the app's AI, represented by a helpful icon, suggests using the "Live Motion Tracking" feature for real-time feedback on their movements.
Users will also have the option to upload their own pre-recorded workout videos. After the video is uploaded, the app analyses it and provides personalized feedback and recommendations based on their form and technique. This gives users even more flexibility and personalized guidance.

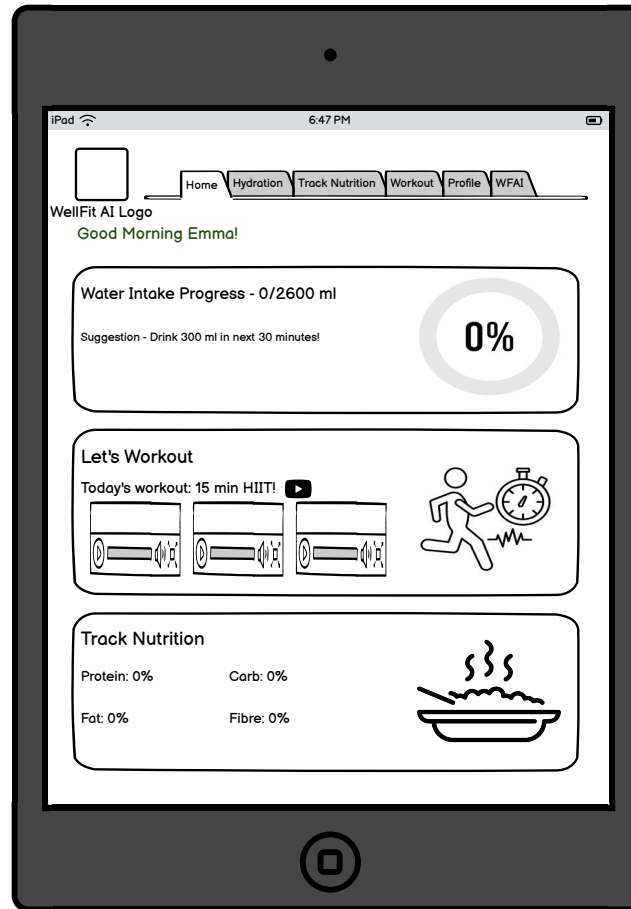
Use Case 3.2 – Track Water Intake

UI 1.1 Login/SignUp Screen



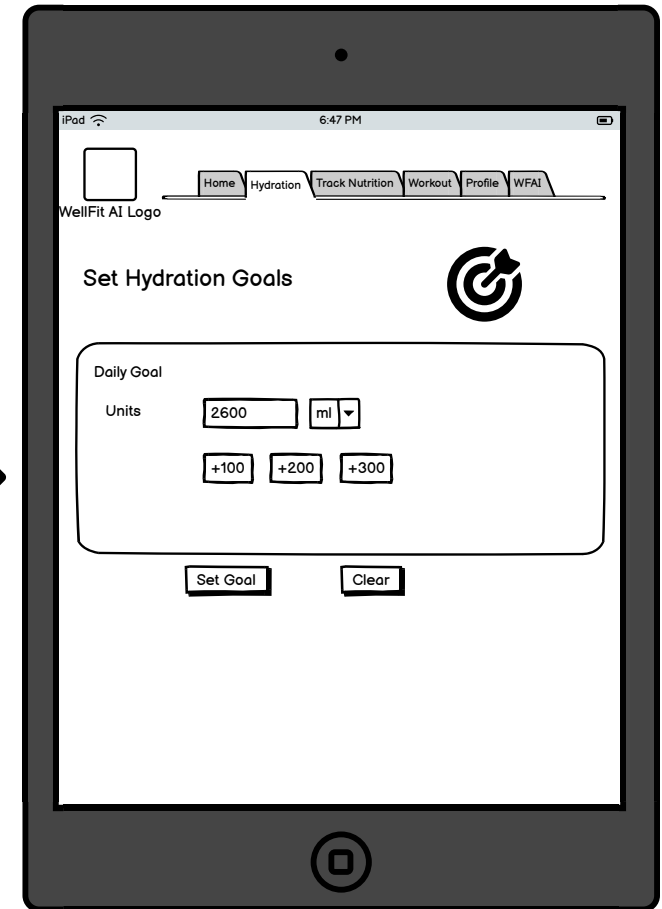
Login / Signup Screen
The user has created the account and now has to login into the account

UI 1.2 Home Screen



Home screen
The user reaches the homescreen where he/she/they are able to see various features of WellFitAI app and also has completed the preliminary test to add their workout preferences.
The user can change/customize the workout plan at their convenience anytime.

UI 3.2.1 Set Hydration Goals



Set Hydration Goals Screen
The user has the option to input the water intake values.
The user can select between unit options (ml,oz)
The user can add intake using predefined buttons.
The user can set goal or clear.

Use Case 3.2 – Track Water Intake

UI 3.2.2 Log Water Intake

UI 3.2.2 Log Water Intake screen shows a form to log water intake. The screen includes a header with the app name 'WellFit AI Logo' and navigation tabs: Home, Hydration, Track Nutrition, Workout, Profile, and WFAI. The main title is 'Log Water Intake'. Below the title is a large 'X' icon. The form has a 'Current Progress' bar showing 200/2600ml. The 'Amount' field is set to 200 ml, with buttons for +100, +200, and +250. The 'Time' field is set to 08:00 am, with a dropdown menu for time selection. There are 'Add' and 'Clear' buttons. At the bottom, there is a 'Hydration Feedback' button and a link to 'View your daily Hydration Feedback'.

Log Water Intake Screen
The user logs their water consumption by entering the amount of water consumed and the time.
The user can change the entries anytime.

UI 3.2.3.1 Log Water Intake- Success

UI 3.2.3.1 Log Water Intake- Success screen shows a success message in a pop-up dialog box: 'Intake Logged Successfully. Your water intake of 200ml at 08:00 am has been logged successfully.' The dialog has 'Ok' and 'Cancel' buttons. The background shows the 'Log Water Intake' form with the 'Current Progress' bar updated to 200/2600ml. The 'Add' button is highlighted.

Log Water Intake Screen
The system displays information message in a pop-up message box upon success or failure.
On success, the system displays "Intake Logged Successfully" message box with "Your water intake of amount at time has been logged." message.
The user can click on "Ok" to continue or "cancel" if wishes to stay on same page.

UI 3.2.4 Hydration Feedback

UI 3.2.4 Hydration Feedback screen shows a progress bar for 'Current Progress' at 1800/2600ml. Below the bar is a 'History' list showing water intake for different times: 10:00 am (200ml), 12:00 pm (500ml), 02:00 pm (500ml), and 04:00 pm (300ml). There is a 'Click Here to view complete' link. To the right is a 'Today's Motivational Tip' section with a lightbulb icon and the text: 'See the glass - THEN Fill it - THE REST OF THE WAY'.

Hydration Feedback Screen
The user selects hydration feedback to track his/her progress.
The system displays the user's hydration progress, history, feedback and motivational tip.

UI 3.2.5 Hydration Summary

UI 3.2.5 Hydration Summary screen shows a 'Summary' section with a bar chart titled 'Hydration Intake Log'. The chart shows water intake for different times. Below the chart is an 'AI Suggestion' box that says: 'Drink 1 more glass of water in the evening. Consider drinking before meals.' The 'Current Progress' bar is at 1800/2600ml. The screen also shows '7 entries', 'First Intake 10:00am', and 'Last Intake 08:00pm'.

Hydration Summary Screen
The user views a summary of their daily water consumption, including graphical perspectives, missed goals, and AI suggestions.

UI 3.2.3.2 Log Water Intake- Error

UI 3.2.3.2 Log Water Intake- Error screen shows an error message in a pop-up dialog box: 'Water Intake Logging Error. Water intake could not be logged. Please try again.' The dialog has an 'Ok' button. The background shows the 'Log Water Intake' form with the 'Current Progress' bar at 200/2600ml. The 'Add' button is highlighted.

Log Water Intake Screen
The system displays information message in a pop-up message box upon success or failure.
On failure, the system displays Water Intake Logging Error message box with "Water intake could not be logged. Please try again." message.
The user can click on "Ok" to make changes.