

Tab 1

Physique AI must have

The app uses a pure black (#000000) background with no gradients or dark greys. All elevated surfaces and cards use #1A1A1A. The sole accent colour is green, ranging from #22C55E to #86EFAC for gradients and #34D399 for icons, checkmarks, and highlights. Primary text is white (#FFFFFF), secondary text is muted grey (#A0A0A0), and fine print uses a darker grey (#666666). The typeface is the system default — SF Pro on iOS, Roboto on Android, Inter or system-ui on web. Headlines are bold (700 weight) at 34pt with a line height of 1.1, body text is regular (400 weight) at 17pt with a line height of 1.5, and button labels are bold at 18pt. Accent words within headlines (e.g. "PRO") use bold italic in the green accent colour. No thin font weights (below 400) are used — they're unreadable on dark backgrounds.

Opus 4.6

Extended

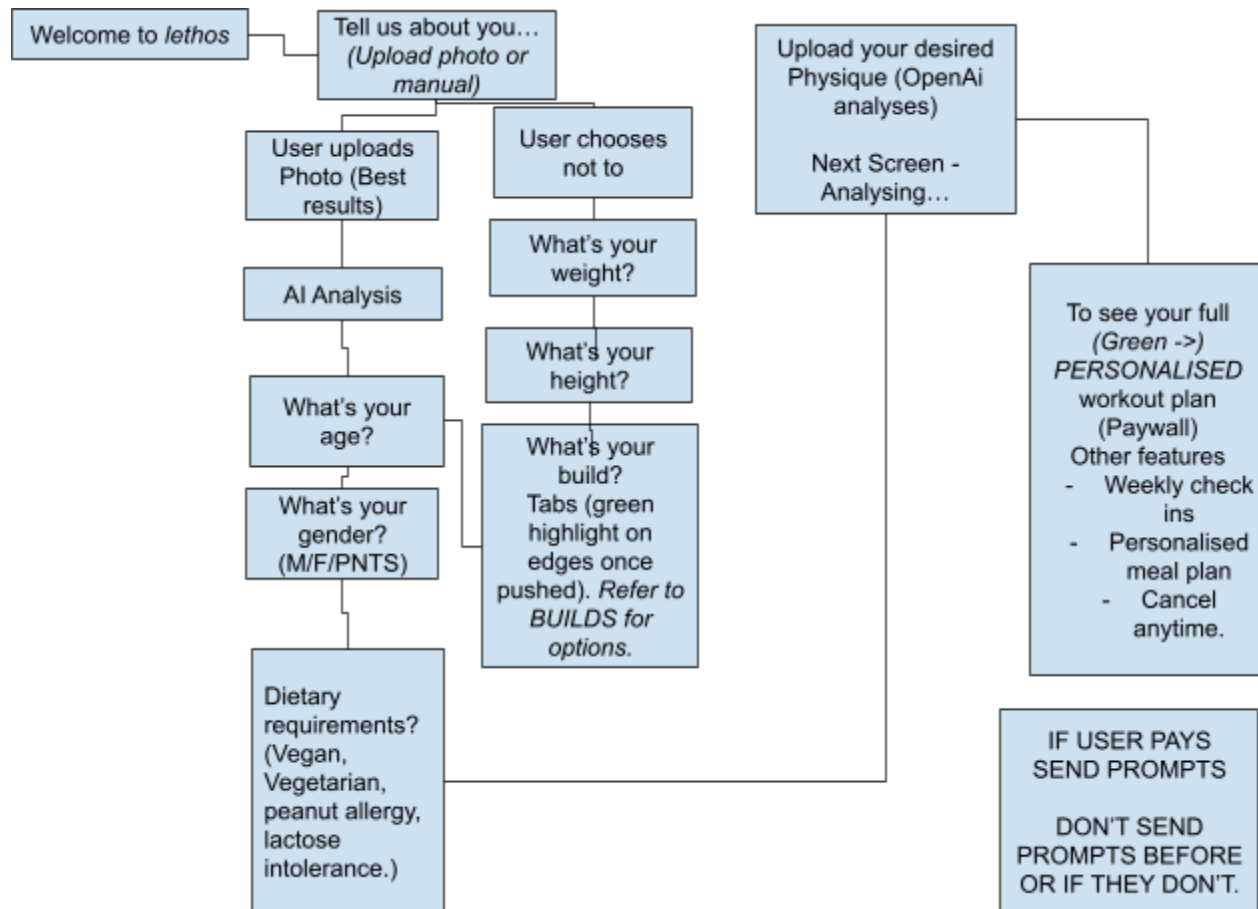
- This app is for **ABSOLUTE BEGINNERS**. Keep it **REALLY** simple.
  - What muscles do you train?
  - Why?
  - How long?
  - DO NOT OVERCOMPLATE IT !!!!
  - What do you eat, why? -< AI agent can respond for this as well.
- Weekly check ins
  - The ai will respond with progress. The app will save the historical photo for the user and give feedback each week.
    - AI PROMPT: COMPARE PHOTO FROM USER FROM THE WEEK PRIOR AND NOTE ACHIEVEMENT (Expand on this please)
    - Percentage difference between user and photo with estimated time between the two.
- Workout plans with retention
  - How many planned workouts a week does the user **actually** do?

Flow

- Onboarding
  - Get your personalised workout plan in SECONDS

Tab 2

## Onboarding



If there are tabs on the screen for the user to push, please add a glowy hue when they push it. Change colours between tabs with agreeable ones as per the styling guide.

## BUILDS

*Bold is the main part of the tab. If a user presses and holds the expansion occurs with the tab expanding. This is only done if either the user has selected manual entry, or the ai responds with a confidence level of <60% on determining the build of the user.*

**Skinny** - I'm naturally thin and find it hard to gain weight.

**Average** 'I'm pretty normal size, nothing extreme'

**Skinny Fat** - 'I look slim in clothes but soft underneath'

**Overweight** - 'I'm carrying extra weight I'd like to lose.'

**Obese** - I have a lot of weight to lose'

**Muscular but out of shape** 'I used to train but I've let it slip'

**PAYWALL**

£7.99 a month.

Or ... COMMIT for a year for £80 (green box, small, top right, SAVE £15) (this should be below £7.99 by the way)

Tab 3



Tab 4



