```tsx file="app/App.tsx"
import { StatusBar } from 'expo-status-bar';
import { View, Text } from 'react-native';

export default function App() {
  return (
    <View className="flex-1 justify-center items-center bg-white p-4">
      <Text className="text-2xl font-bold text-gray-800 mb-4">
        Wellness AI Assistant
      </Text>
      <Text className="text-base text-gray-600 text-center">
        Your personal fitness companion powered by AI
      </Text>
      <StatusBar style="auto" />
    </View>
  );
}
```

```tsx file="screens/Dashboard.tsx"
import { Text, View, Pressable } from 'react-native';

export default function Dashboard() {
  return (
    <View className="flex-1 bg-gray-50 p-4">
      <Text className="text-xl font-semibold text-gray-800 mb-6">
        Fitness Dashboard
```

```tsx
      </Text>

      <Pressable className="bg-blue-500 rounded-lg p-4 mb-4">
        <Text className="text-white text-center font-medium">Start Workout</Text>
      </Pressable>

      <Pressable className="bg-green-500 rounded-lg p-4 mb-4">
        <Text className="text-white text-center font-medium">Log Nutrition</Text>
      </Pressable>

      <Pressable className="bg-purple-500 rounded-lg p-4">
        <Text className="text-white text-center font-medium">View Progress</Text>
      </Pressable>

    </View>
  );
}
```

```tsx file="components/FitnessGoalCard.tsx"
import { Text, View } from 'react-native';

export default function FitnessGoalCard({ title, progress }: { title: string; progress: string }) {
  return (
    <View className="bg-white rounded-lg shadow p-4 mb-4">
      <Text className="text-lg font-semibold text-gray--800">{title}</Text>
      <Text className="text-base text-gray-600 mt-2">Progress: {progress}</Text>
    </View>
  );
}
```

<QuickEdit>

  - In `App.tsx`, update the main text to "Wellness AI Fitness App"

  - Add import for Dashboard screen

  - Register Dashboard as the main screen

</QuickEdit>