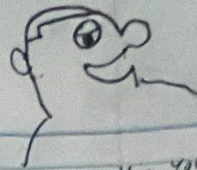


Client: Peter Griffin



Obj: Peter Griffin would like to track the number of exercise each week.

Sol:  
Start Here

Project Ex

- > Exercises
- > PR's
- > Fuel tracker
- > AI PT
- > Help/Settings

Title Screen

Peter looks at his log of Exercises

I

Tricep Pushdown  $\frac{3}{4}$

Bicep curl  $\frac{1}{2}$

Shoulder press  $\frac{1}{2}$

Here you can type a new workout

Pre-saved workouts

Peter decides to type out a new workout, that isn't pre-saved.

Muscle Groups

- > Arms:  $\frac{0}{5}$
- > Back:  $\frac{6}{8}$
- > Chest:  $\frac{10}{4}$

The Exercises screen takes Peter to each muscle group.

These #s represent the number of exercise completed for the week.

Let's say Peter wants to log the # of arm exercise he's done this week

The muscle groups would most likely be more specific (like bicep, tricep, etc.)

Lateral Raises

Reps  $\frac{12}{1}$

Sets  $\frac{2}{1}$

Weight  $\frac{10}{1}$  lbs

Advanced settings back

Typed out by Peter.

These are for more complex workout like Super-Set, drop set, and varying reps and weights per set.

Arms (Bicep/Tricep)

- > Add workout
- > Add workout
- > Add workout
- > back

Peter presses "Add Workout" to make a workout for the week.



## Scenario 2: Brain's trying to Bulk



Obj: calculate the caloric intake Brain needs to gain  $\frac{1}{2}$  lbs a week, until he reaches his desired weight.

Start Here

Project EX	Title
> Exercises	Screen
> PR'S	
> Food Tracker	Brian opens the food tracker
> AI PT	
> Help/settings	

W: 160 lbs	H: 5'10"
Weight goal: 165	
In how long: 10	
Budget: 1000	

current weight and height of Brain  
in weeks  
per week

Brian can set a weight goal, and on time he wants to hit it by, and the app will tell him how many calories he must eat in a day, a budget option will recommend foods based on the budget given.

Each value is the amount and how it is linked to the goal

OCT/10/24 ← Today!	
> Calories: 504	3000
> Protein: 59	180 g
> Fat: 70	100 g
> Carb: 150	250 g
> Advanced nutrients	
> Goals	Brian wants to set a meal goal.
> water 3 1/2 cups	

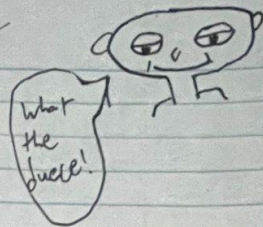
Calories: 3500
Protein: 170 g
Fat: 130 g
Carb: 260 g
Recommended food settings

The app gives Brian the recommended diet to achieve his goals.

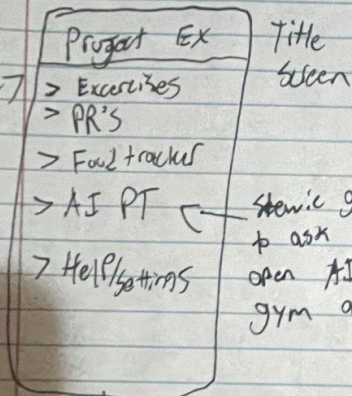


### Scenario 3: Stewie Needs gym Advice

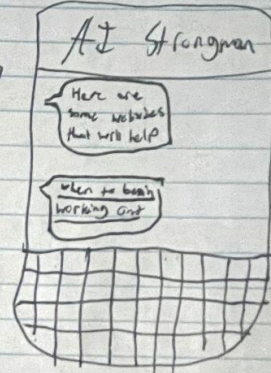
Obj: Stewie wishes he could ask a gym expert specific questions in the context of his life.



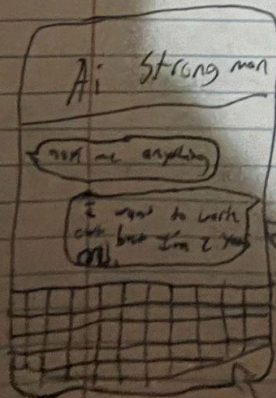
Sol:  
Gary  
Here



Stewie goes to ask a trained open AI for gym advice.



The open AI helps Stewie answer his question



Stewie wants to work out but he is 2 years old!

Keyboard