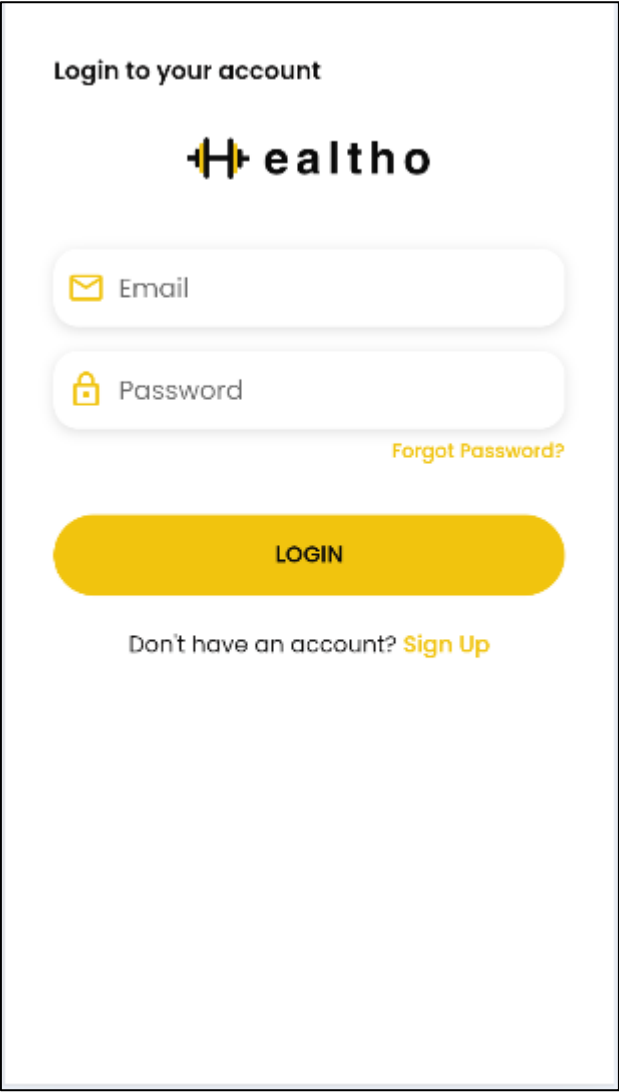
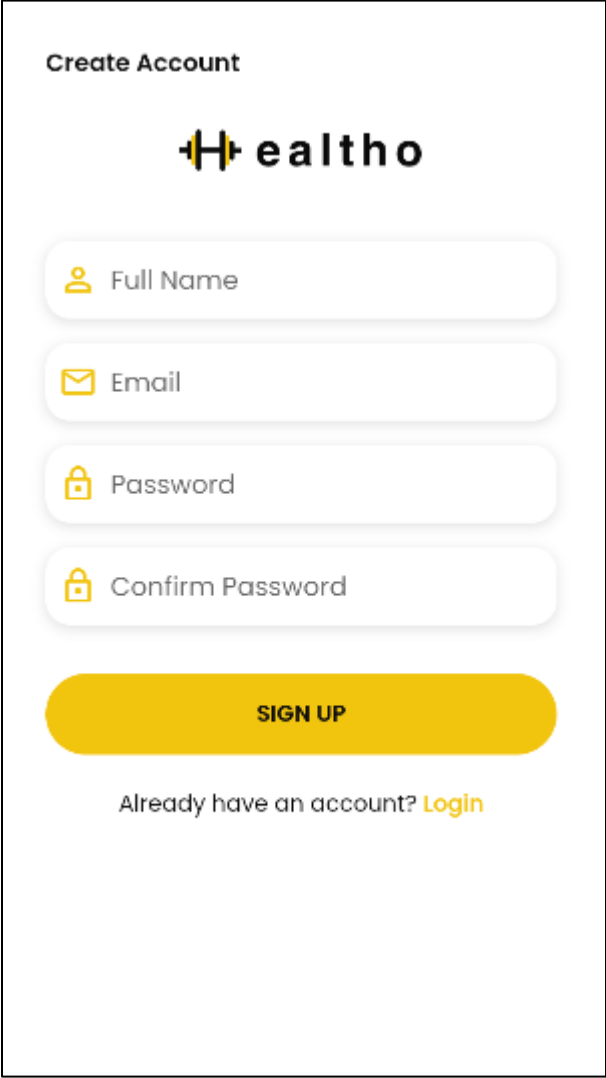


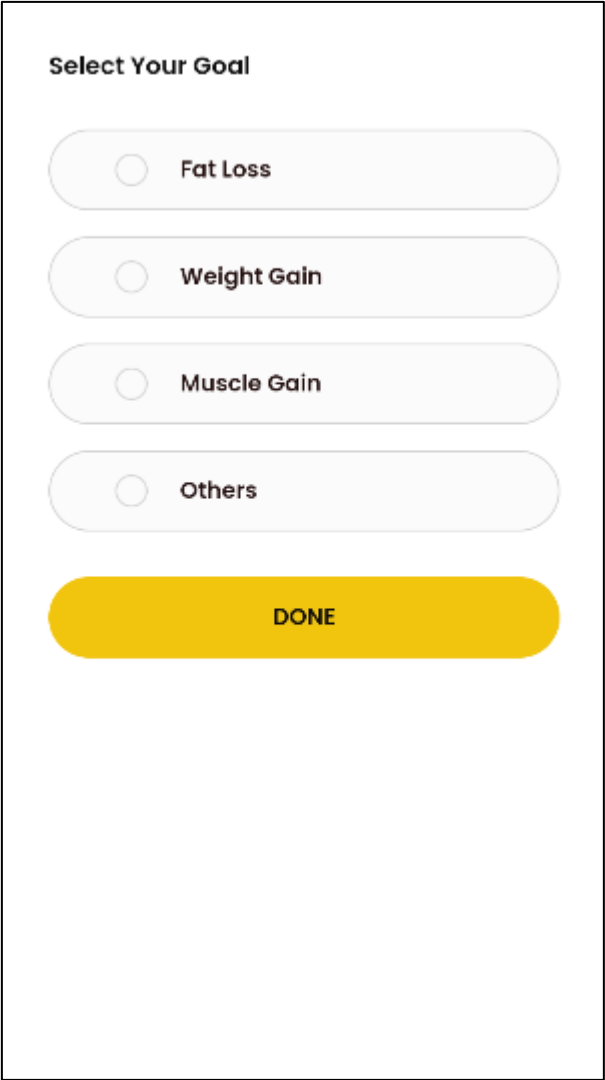
**MAD and PWA LAB**


**Aim:** Selecting features for application development, the features should comprise

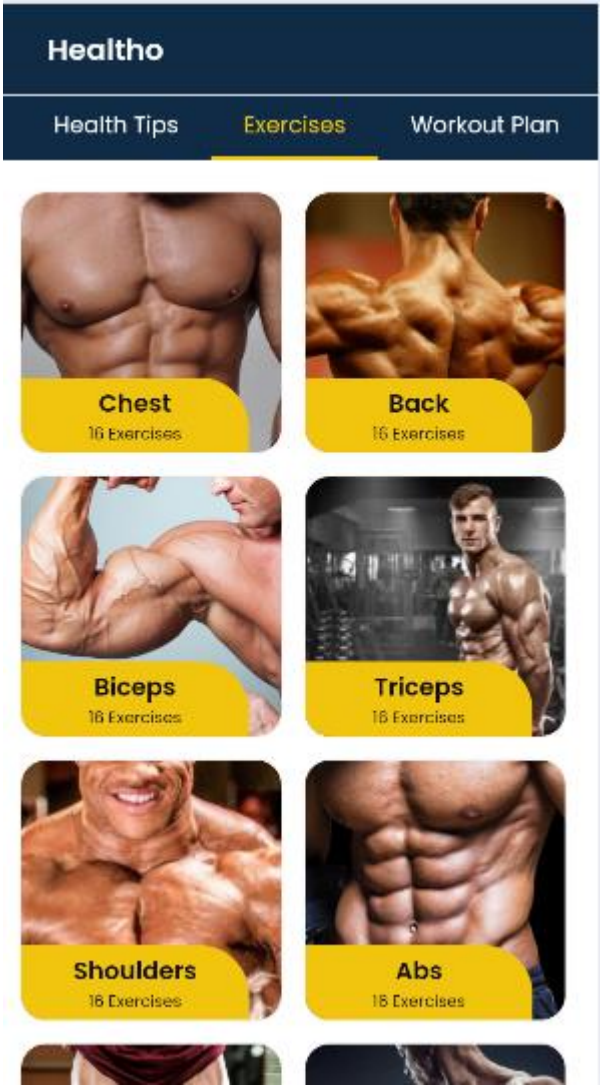
- of:
1. Common widgets
  2. Should include icons, images, charts etc.
  3. Should have an interactive Form
  4. Should apply navigation, routing and gestures
  5. Should connect with FireBase database

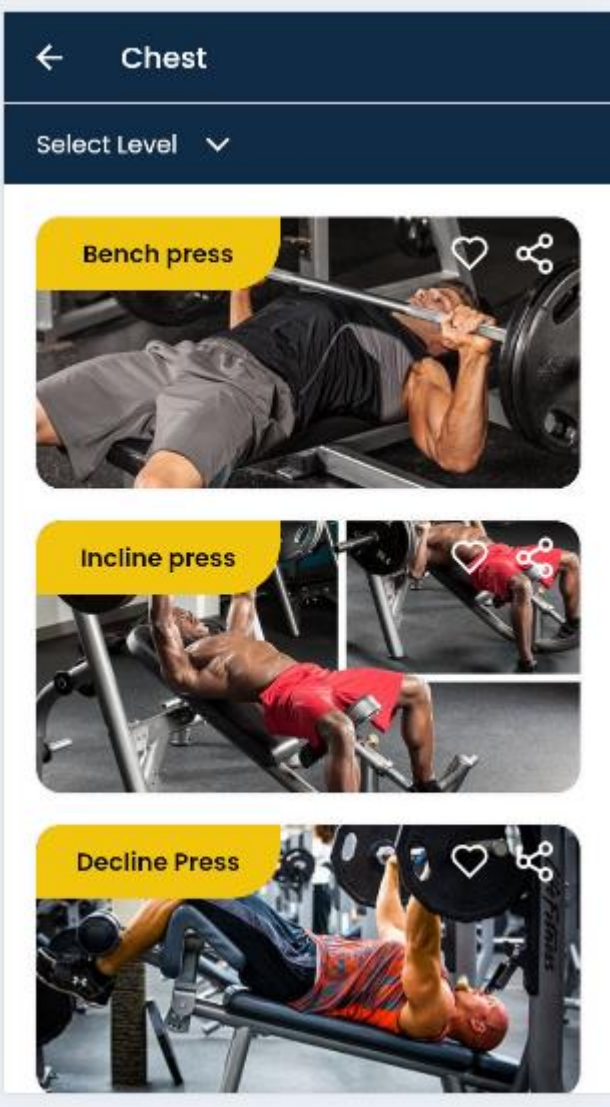
Screenshot	Features
	<p><b>Landing Page</b></p> <ol style="list-style-type: none"><li>1. Sign in using email (Firebase Authentication).</li><li>2. Alternate Sign in using Gmail or Facebook id.</li><li>3. Forgot Password (Password Recovery option)</li></ol>

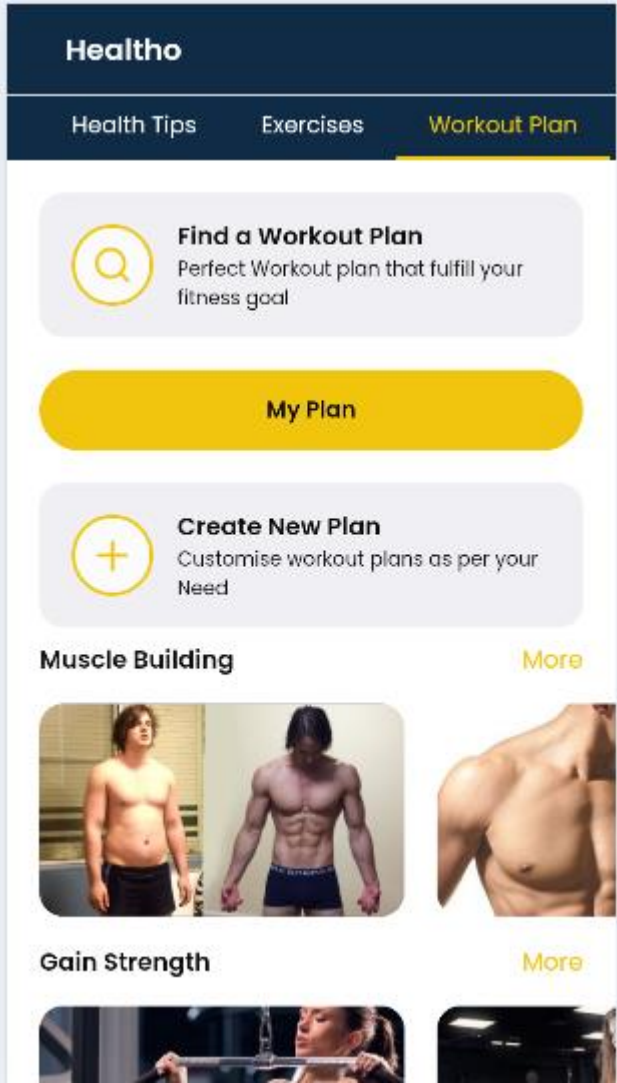
Screenshot	Features
 <p>The screenshot shows a 'Create Account' form for a service named 'ealtho'. The form is titled 'Create Account' and features the 'ealtho' logo. It contains four input fields: 'Full Name' with a person icon, 'Email' with an envelope icon, 'Password' with a lock icon, and 'Confirm Password' with a lock icon. Below these fields is a prominent yellow 'SIGN UP' button. At the bottom, there is a link that says 'Already have an account? Login'.</p>	<ol style="list-style-type: none"><li>4. Sign up / Create a new user using social accounts.</li><li>5. Firebase integration to store and retrieve user data (e.g., name, email).</li></ol>

Screenshot	Features
	<p><b>Goal-setting section:</b></p> <ol style="list-style-type: none"><li>1. User can Tap on one of the radio buttons to select their fitness goal</li><li>2. Once a goal is selected, tap the "DONE" button to confirm their choice and proceed to the next step.</li></ol>

Screenshot	Features
	<ol style="list-style-type: none"><li><b>1. Scrollable List of Health Tips</b> with:<ul style="list-style-type: none"><li>• Engaging titles</li><li>• Short, educational descriptions</li><li>• Supporting images</li></ul></li><li><b>2. Clean and modern card-style layout</b></li><li><b>3. Tab navigation</b> to switch between Health Tips, Exercises, and Workout Plans</li></ol>

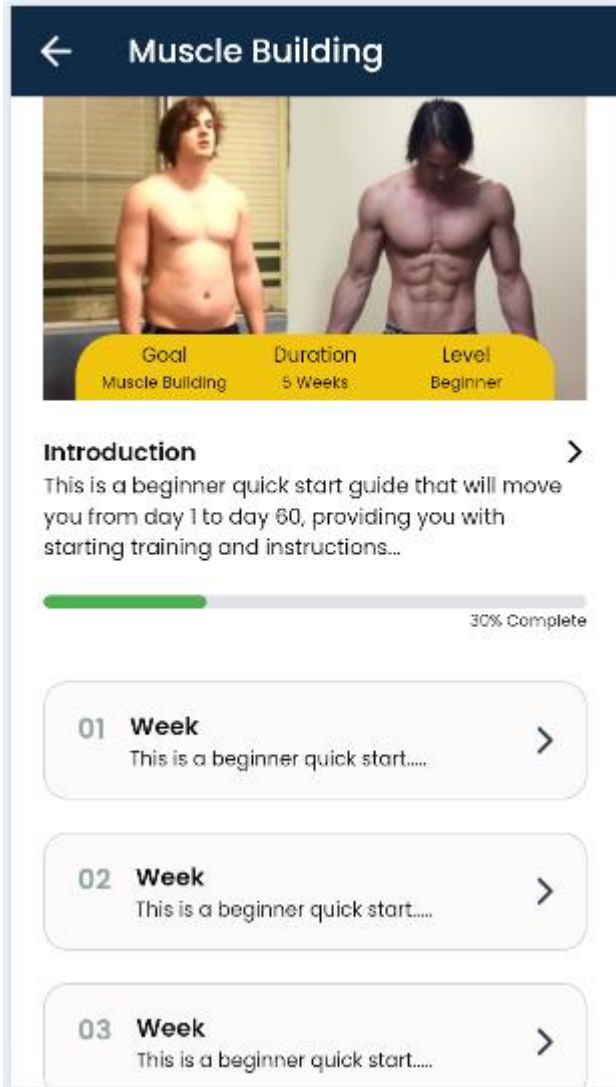
Screenshot	Features
	<ol style="list-style-type: none"><li>1. <b>Visually rich layout</b> for intuitive selection</li><li>2. <b>Organized muscle-wise</b> for targeted workouts</li><li>3. Smooth navigation between different sections (Health Tips, Exercises, Workout Plan)</li><li>4. Likely interactive: tapping on a category would take users to a list of <b>16 detailed exercises</b></li></ol>

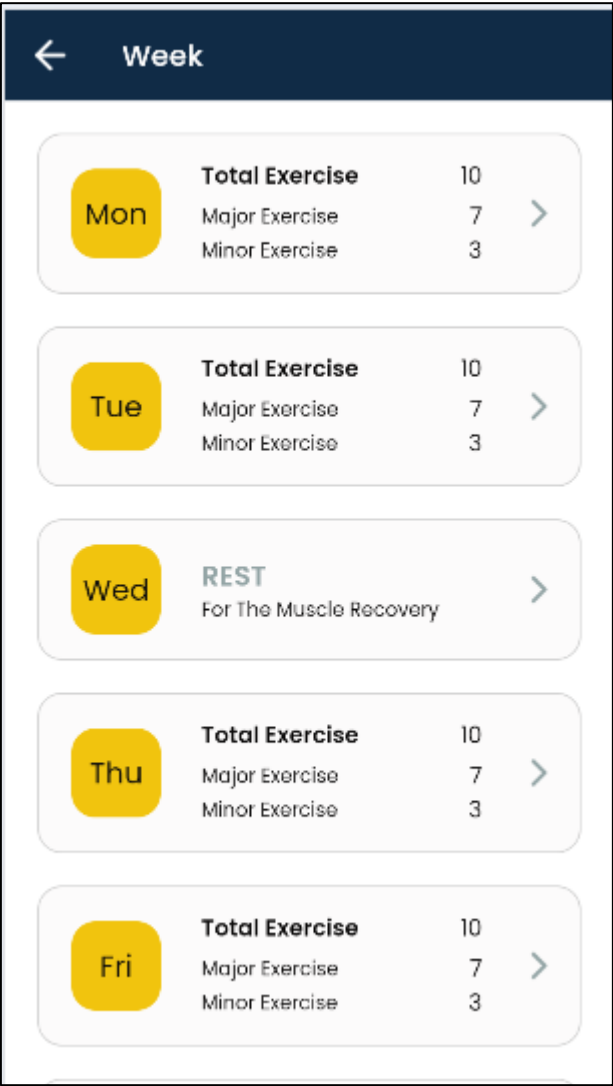
Screenshot	Features
	<p><b>Chest Exercise page:</b></p> <ol style="list-style-type: none"><li>1. Filter by difficulty level</li><li>2. Favorite and share options for each workout</li><li>3. Clear visual demonstration of proper form through images</li><li>4. Organized and engaging UI for exploring specific workouts</li></ol>

Screenshot	Features
	<p><b>Workout Plan Page:</b></p> <ol style="list-style-type: none"><li>1. Easy access to <b>personalized plans</b></li><li>2. Option to <b>create your own workout routines</b></li><li>3. Predefined goals like <b>Muscle Building</b> and <b>Strength Gaining</b></li><li>4. <b>Visual content</b> to motivate and help users understand their workout type</li><li>5. <b>User-friendly layout</b> with clear actions</li></ol>

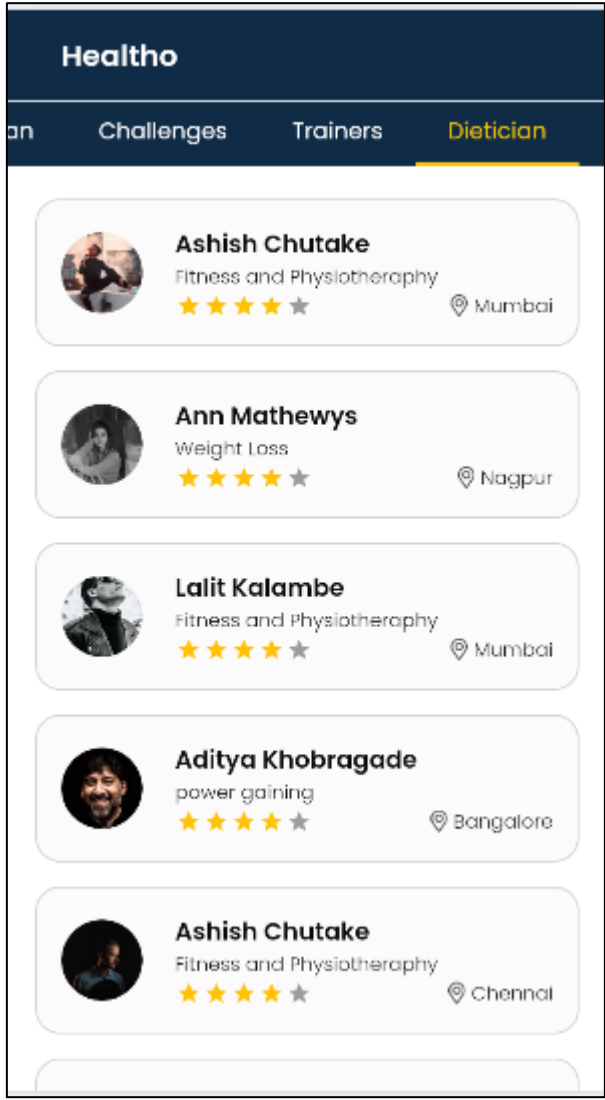
Screenshot	Features
	<p><b>Challenges Page:</b></p> <ol style="list-style-type: none"><li>1. Visually engaging with motivational images</li><li>2. Each challenge is time-based for goal tracking</li><li>3. Focus on strength, endurance, and cardio</li><li>4. Encourages consistency through progressive routines</li><li>5. Likely allows tracking progress within each challenge (not shown but implied)</li></ol>



Screenshot	Features
	<p><b>Muscle Building Page:</b></p> <ol style="list-style-type: none"><li>1. Progress tracking</li><li>2. Motivational visuals</li><li>3. Beginner-friendly breakdown</li><li>4. Structured weekly format</li></ol>

Screenshot	Features
	<p><b>Plan Workout:</b></p> <ol style="list-style-type: none"><li><b>Day-wise Workout Summary</b> Displays each day's exercise breakdown with total, major, and minor exercises.</li><li><b>Interactive Daily Cards</b> Each day card includes a forward arrow for navigation to detailed routines.</li><li><b>Rest Day Highlight</b> Special styling for rest days with subtle grey text and muscle recovery note.</li><li><b>Clean, Consistent UI Layout</b> Uses uniform card design with day badges and aligned exercise data.</li><li><b>Navigation &amp; Tracking</b> Top navigation bar for back navigation and structured weekly progress view.</li></ol>

Screenshot	Features
	<b>Trainer Screen - Key Features</b> <ol style="list-style-type: none"><li>1. <b>Trainer Profiles with Ratings</b> Displays trainer names, specialties, and star-based user ratings.</li><li>2. <b>Location Tagging</b> Each trainer card includes the city/location with a pin icon for quick regional reference.</li><li>3. <b>Tabbed Navigation</b> Easy switching between <i>Workout Plan</i>, <i>Challenges</i>, <i>Trainers</i>, <i>Dietician</i> via top tab bar.</li><li>4. <b>Profile Pictures</b> Circular trainer profile images add a personal and authentic touch.</li><li>5. <b>Clean Card Layout</b> Consistent, user-friendly card design for easy scanning of multiple trainers.</li></ol>

Screenshot	Features
	<p><b>Dietician page:</b></p> <ol style="list-style-type: none"> <li>1. Top Navigation Bar – Contains tabs like Plan, Challenges, Trainers, and highlights the selected tab "Dietician".</li> <li>2. Profile Cards – Each card shows a dietitian's photo, name, specialization, star rating, and location.</li> <li>3. Icons – Star icons for ratings and location pin icons for cities.</li> <li>4. Circular Avatars – Used for profile images of dietitians.</li> <li>5. Vertical Scroll List – Profiles are displayed in a scrollable vertical list.</li> </ol>