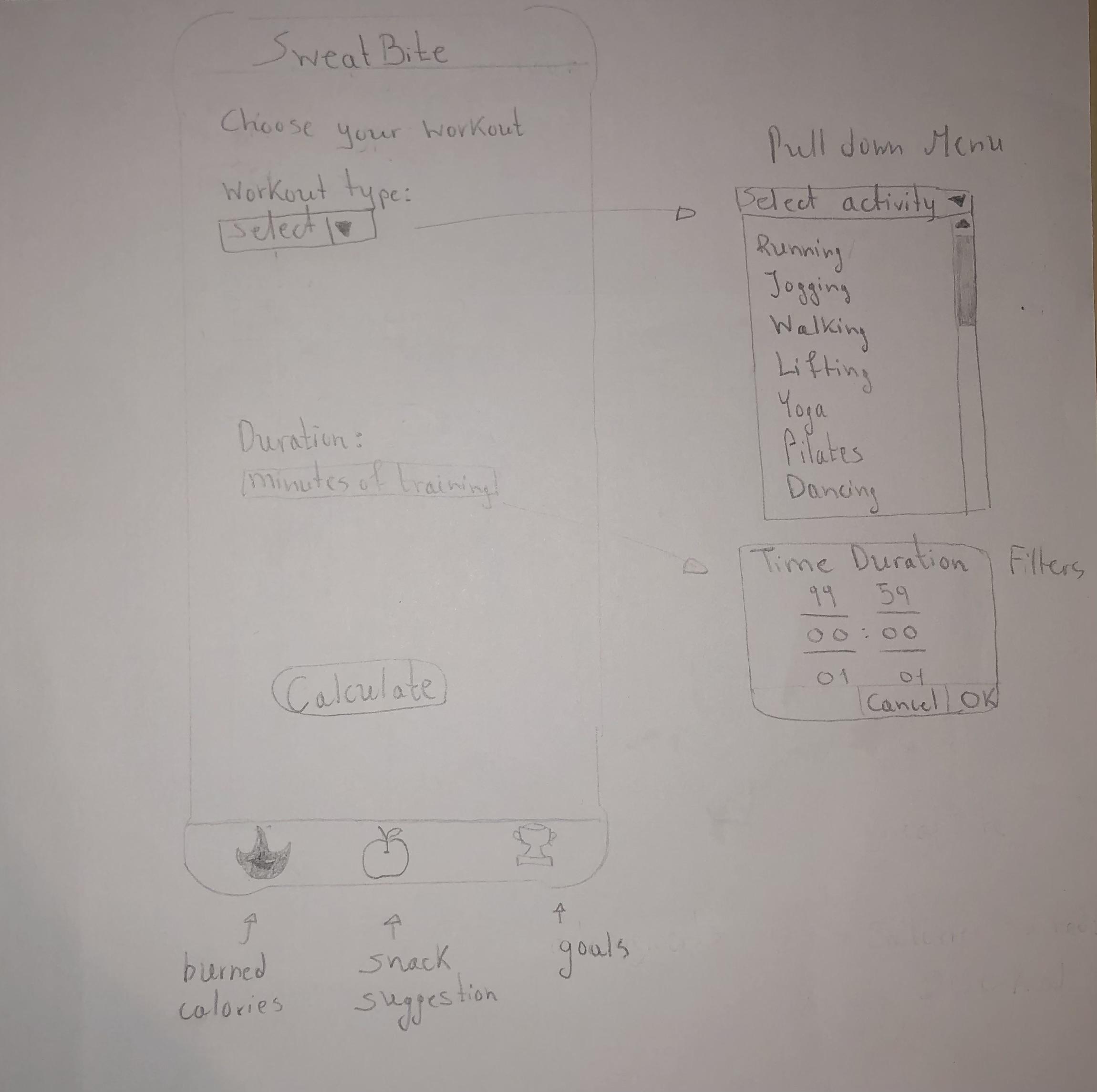
***Paper prototypes***

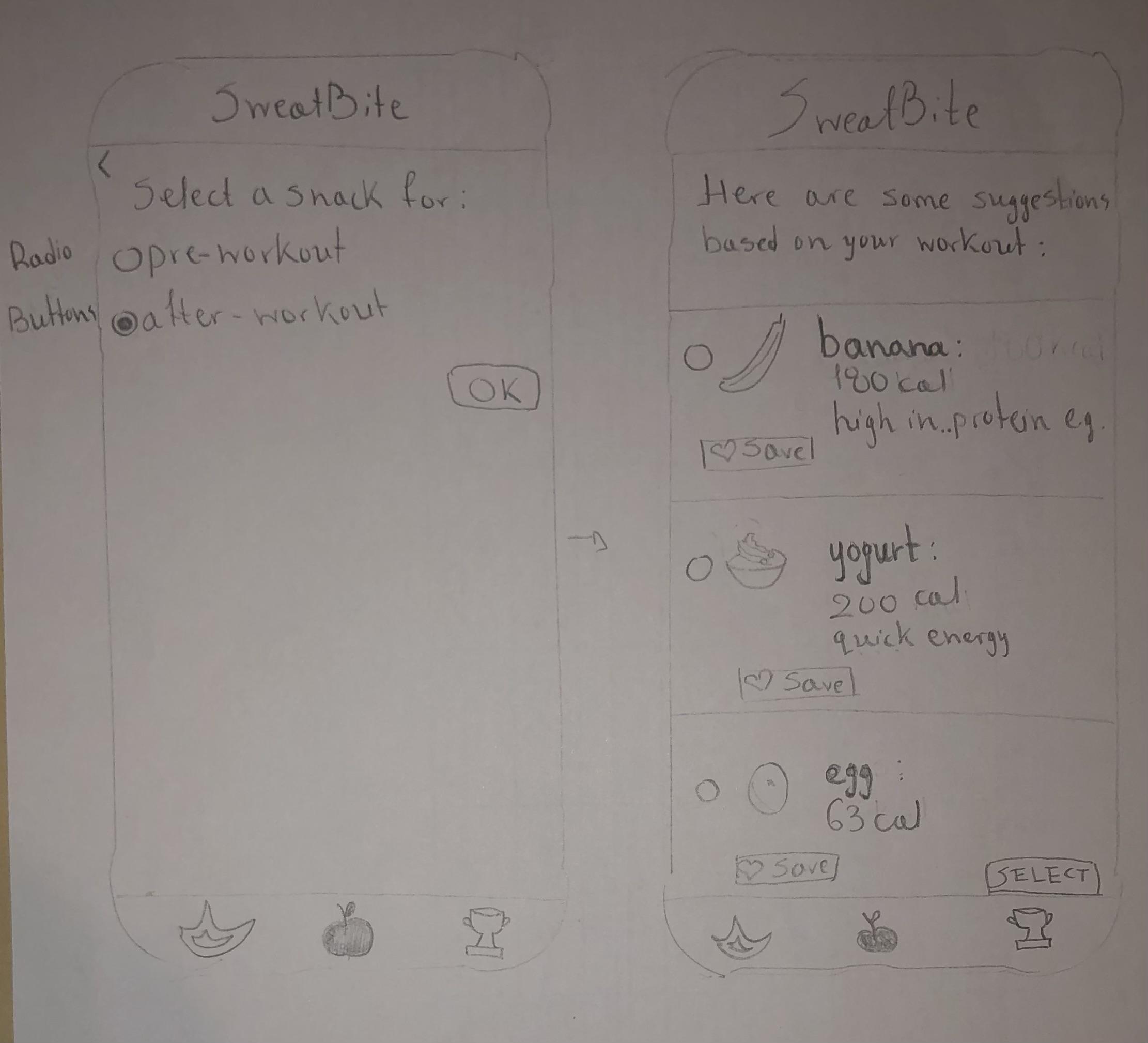
**INITIAL PROTOTYPES**

**Calories Tab**: Select workout type through pull-down menu, duration and calculation of calories after pressing ‘Calculate’ button.

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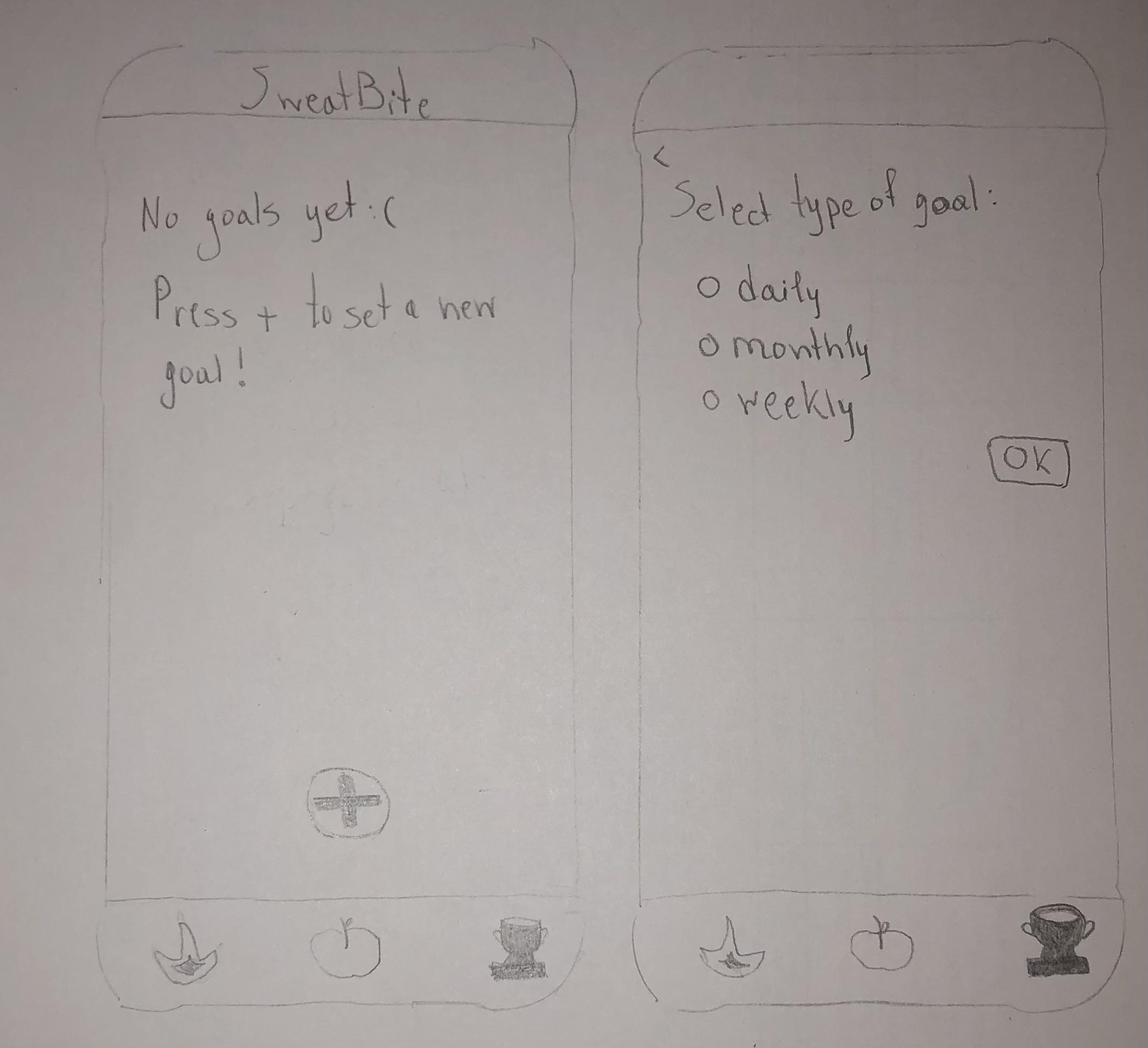
**Snacks Tab:**

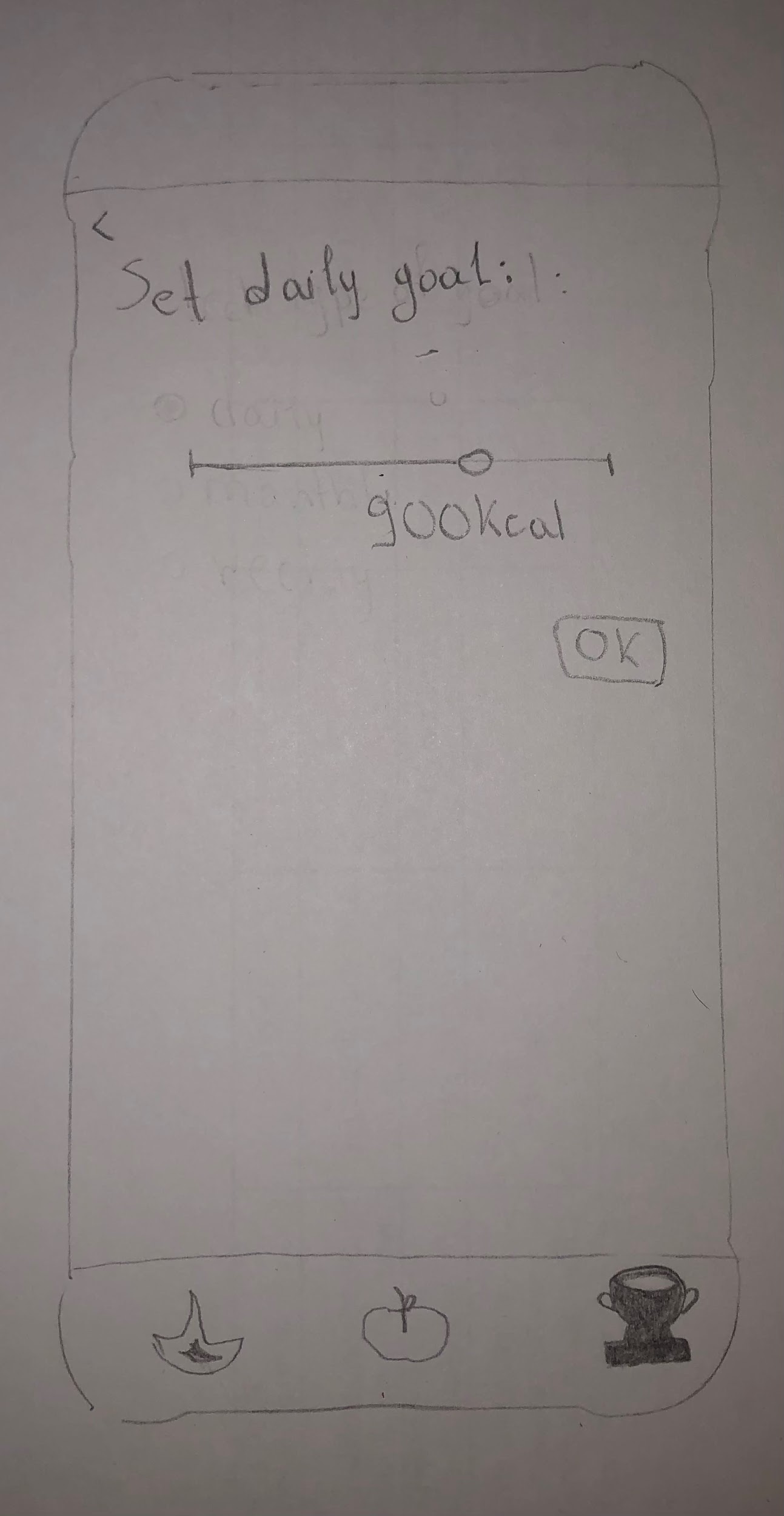
* Choose between two radio button options and view snacks suggestions as cards with some basic description, from which the user can choose.

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**Goals Tab:**

* Tap button ‘+’ to set a new goal. Initially the goal was only one - calculate burned calories, with different options depending on the duration of the goal.

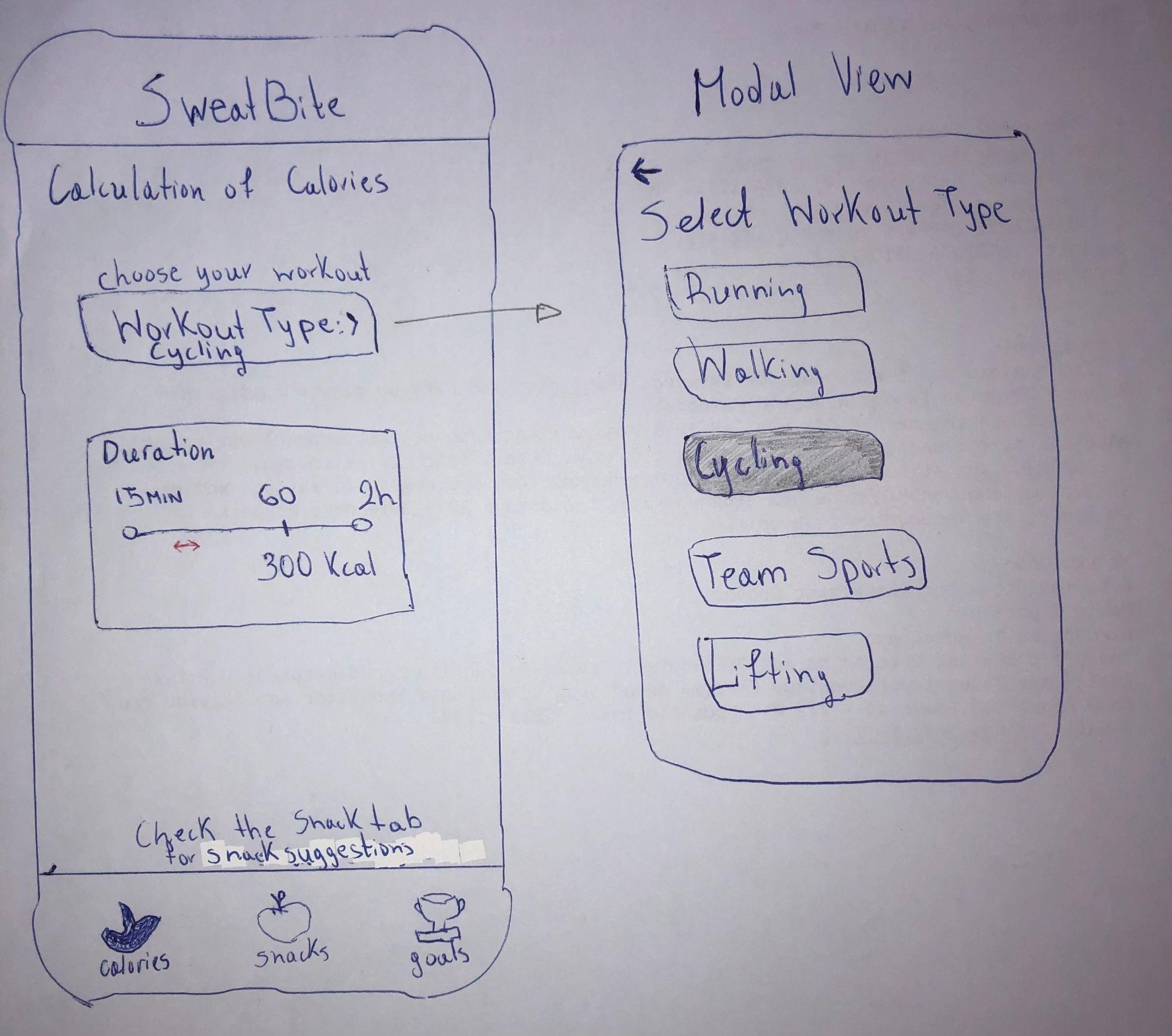
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**IMPROVED PROTOTYPES**

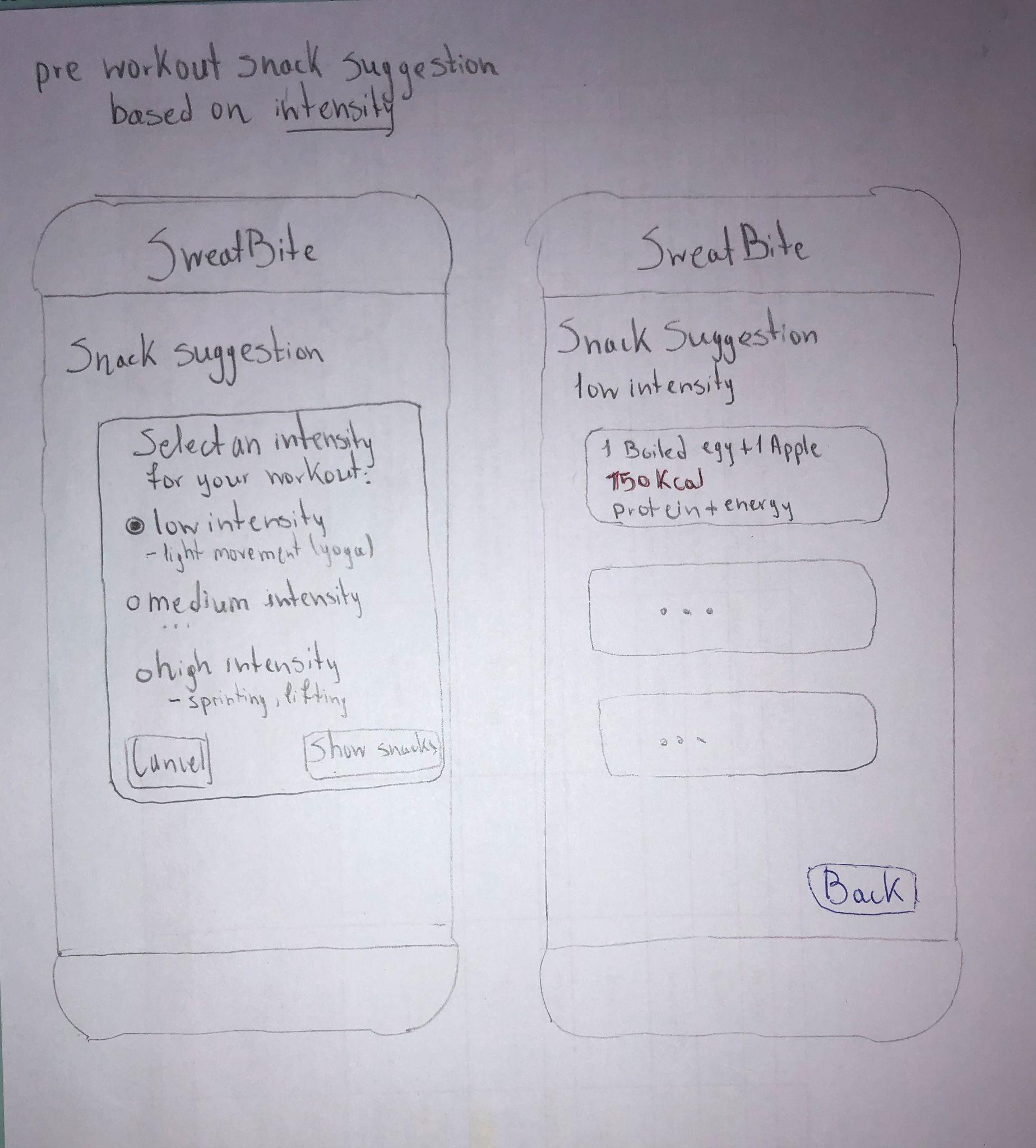
Calories Tab:

* real-time calculation of calories instead of manual calculation
* No ‘calculate’ button
* Workout type is a modal and not a small pull-down menu
* Duration can be chosen through a slider
* It does not navigate the user automatically to the Snacks tab, instead there is a label encouraging him to go to the Snacks tab to get suggestions.

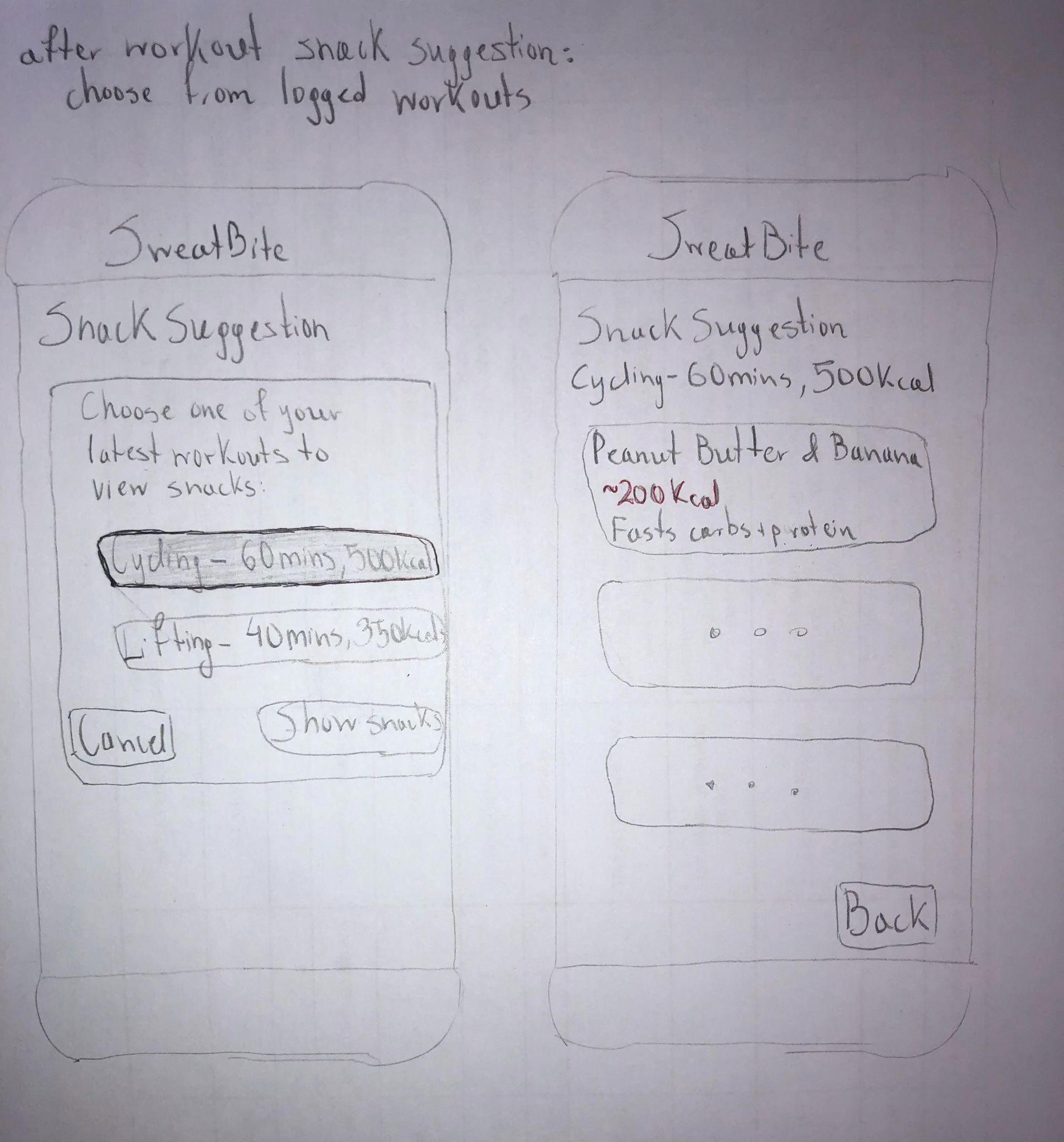
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**Snacks Tab**

* Pre-workout snack based on intensity of workout the user wants to perform (modal view)
* Snack suggestions as cards in a list and not options to choose from, since the selection of the snack does not benefit anything and it confuses the users.

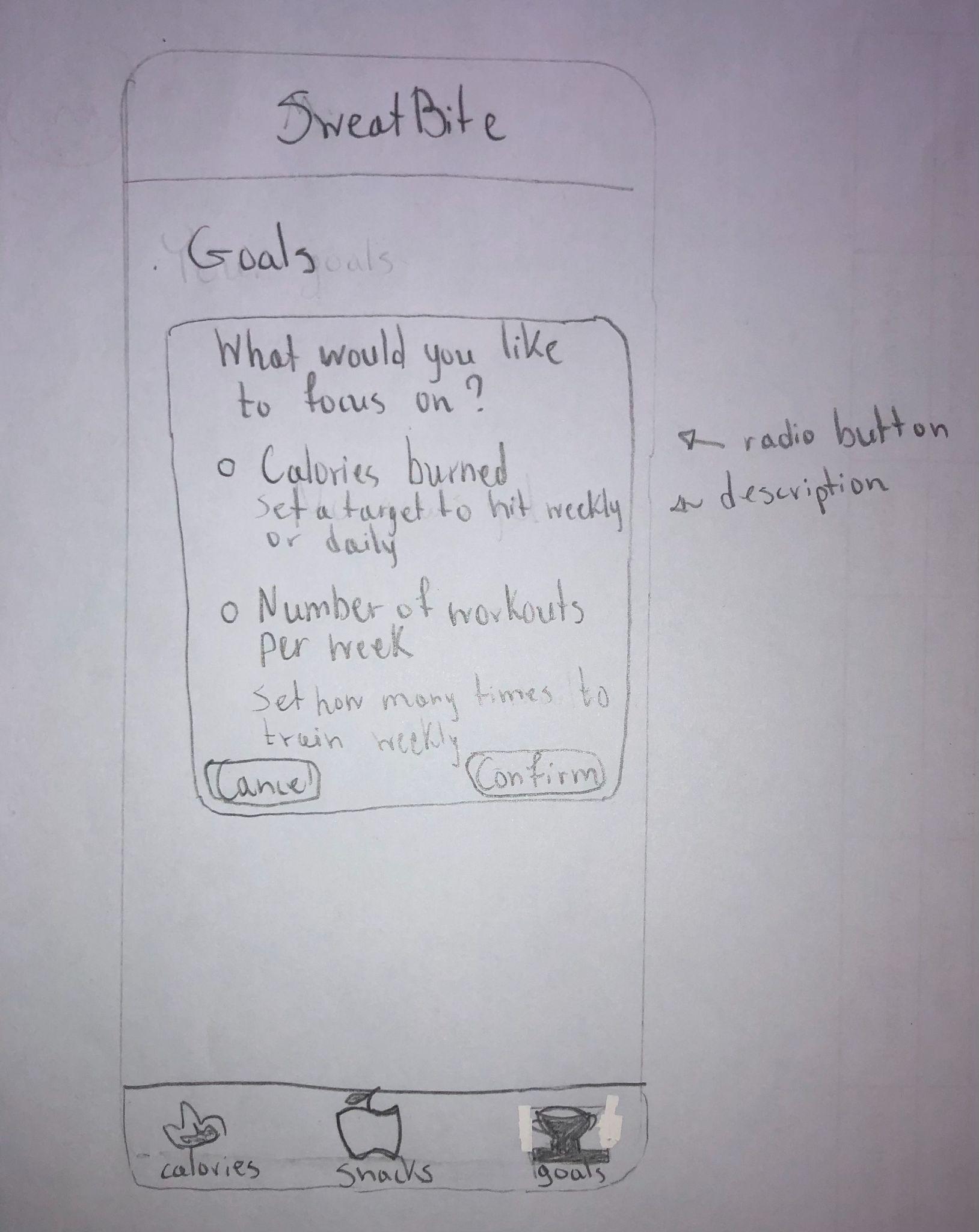
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* After-workout snack based on recent workouts: the user can choose one of his latest workout to get a snack suggestion on(modal view)
* Snack suggestions are shown in a list of cards, on top there is a basic summary of the workout

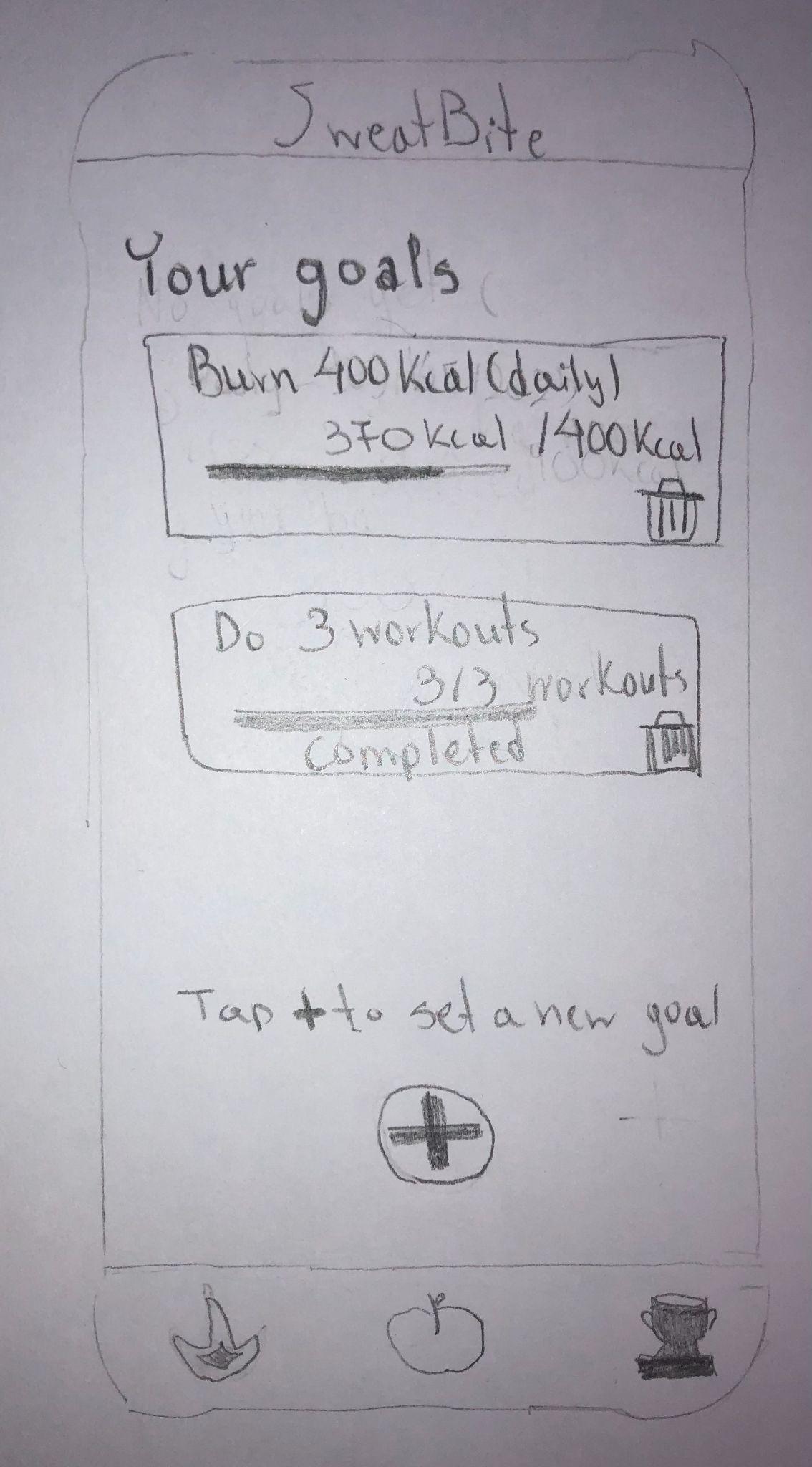
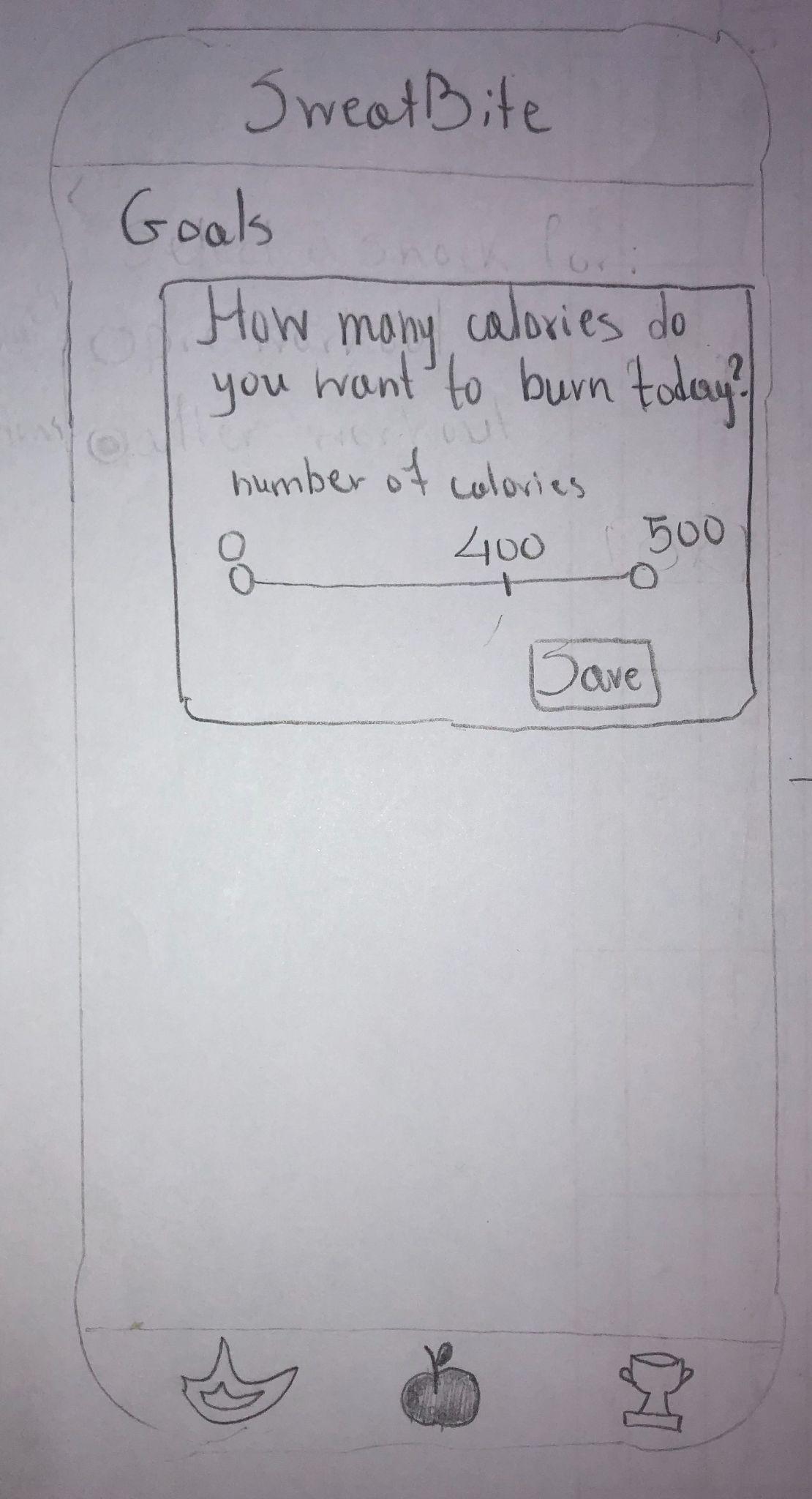
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**Goals Tab**

* The user can set between two goals(shown in a modal view as a radio button with description).

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* The user can view all of his goals, completed or not, as well as their progress in the Goals Tab and delete the ones he does not longer need.

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