The loading screen
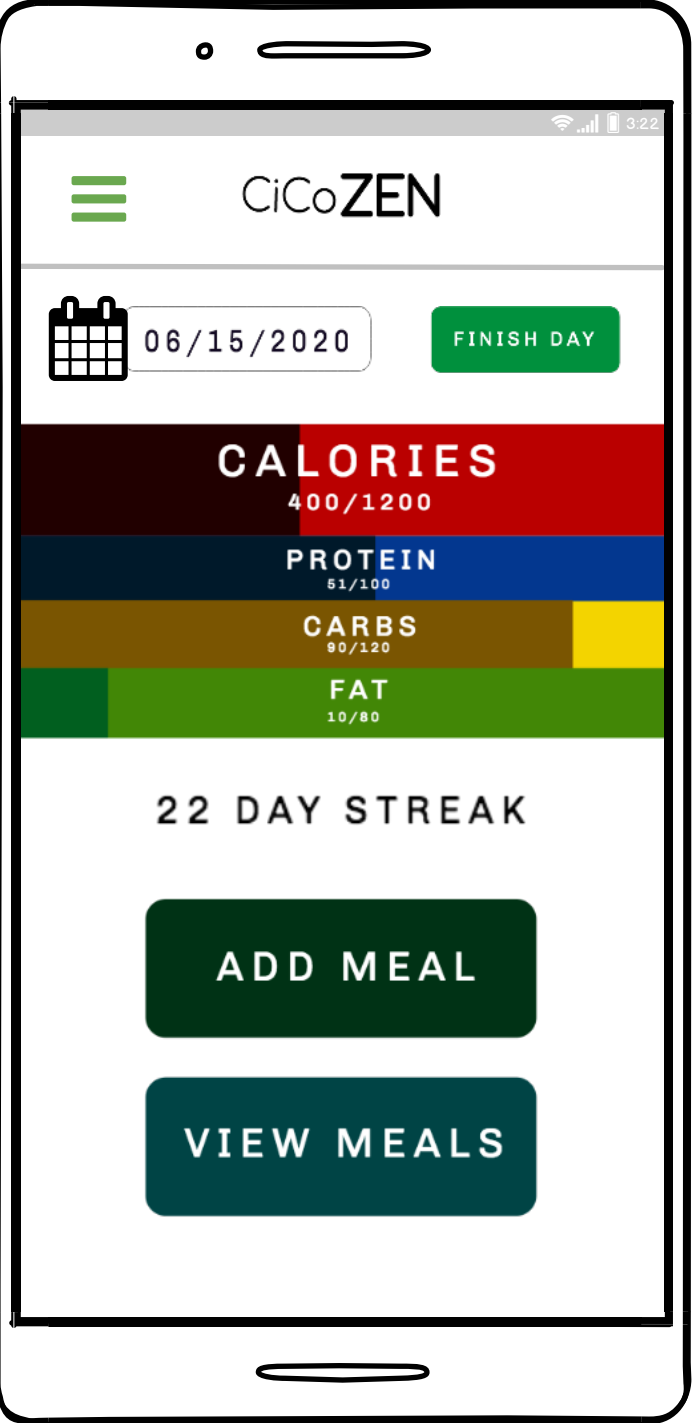
Login page. Likely to use Facebook or Google. As of now it's google, but want local strategy implemented as well.

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FOOD

EFFORT

PROGRESS

This is the main dashboard. Simplicity is key. I want to seperate the workout and diet parts as much as possible, as far as the UI is concerned.

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06/15/2020   FINISH DAY

CALORIES
400/1200

PROTEIN
51/100

CARBS
90/120

FAT
10/80

22 DAY STREAK

ADD MEAL

VIEW MEALS

CALORIES
400/1200

PROTEIN
51/100

CARBS
90/120

FAT
10/80

Colors will be customizable.
Displayed bars will be customizable,
but these are the defaults.

The search will come down with recent foods,
or connect to a database/API of food info.

Plans to add the ability for the user to save foods and meals, but leaning towards simplicity.

There will be a little menu bar on top that will drop down with a different form based on selection - to the left, the
user clicked search.

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📅 06/15/2020   FINISH DAY

BEGIN STRENGTH

BEGIN CARDIO

⚙ SET UP WORKOUTS

Colors will be customizable.
Displayed bars will be customizable,
but these are the defaults.

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Lift name:

Flat bench

Muscle group:

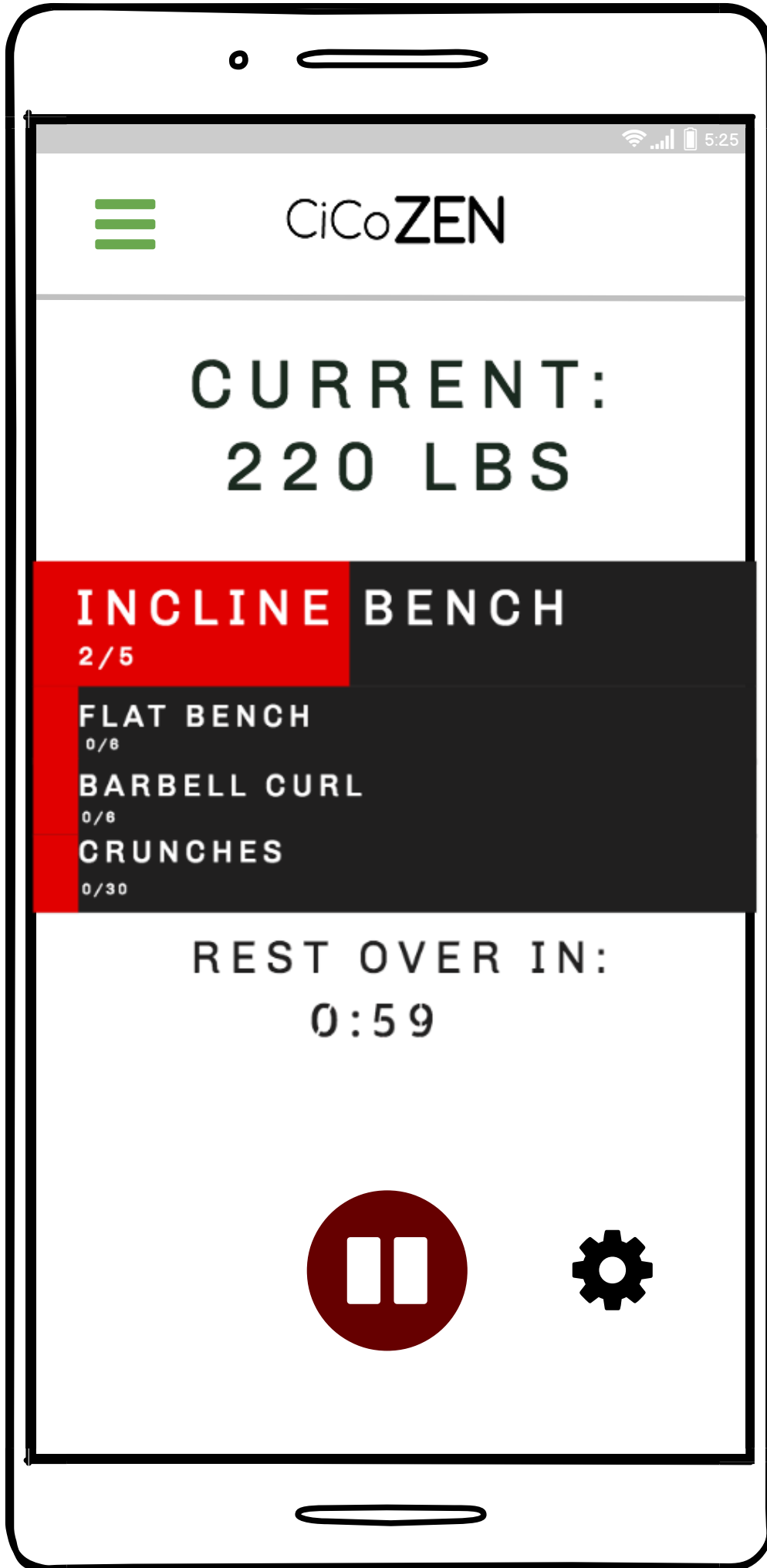Chest

Starting weight:

215

Reps: Sets: Rest:

6   3   130

ADD LIFT

Users will be able to to add individual workouts,
and set up routines.

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CURRENT:
220 LBS

INCLINE BENCH
2/5

FLAT BENCH
0/6

BARBELL CURL
0/6

CRUNCHES
0/30

REST OVER IN:
0:59

The workout system will alert the user when
the rest time is done. User will be able to pause the workout.

Cardio will be a timer.

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SETTINGS

FOOD

EFFORT

PROGRESS

LOG OUT

This is the menu the user will get when the
hamburger is clicked. It's a site-map to the major pages, but also the settings and log out buttons are here.

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◀

Goal calories:

2300

CALCLUATE CALORIES
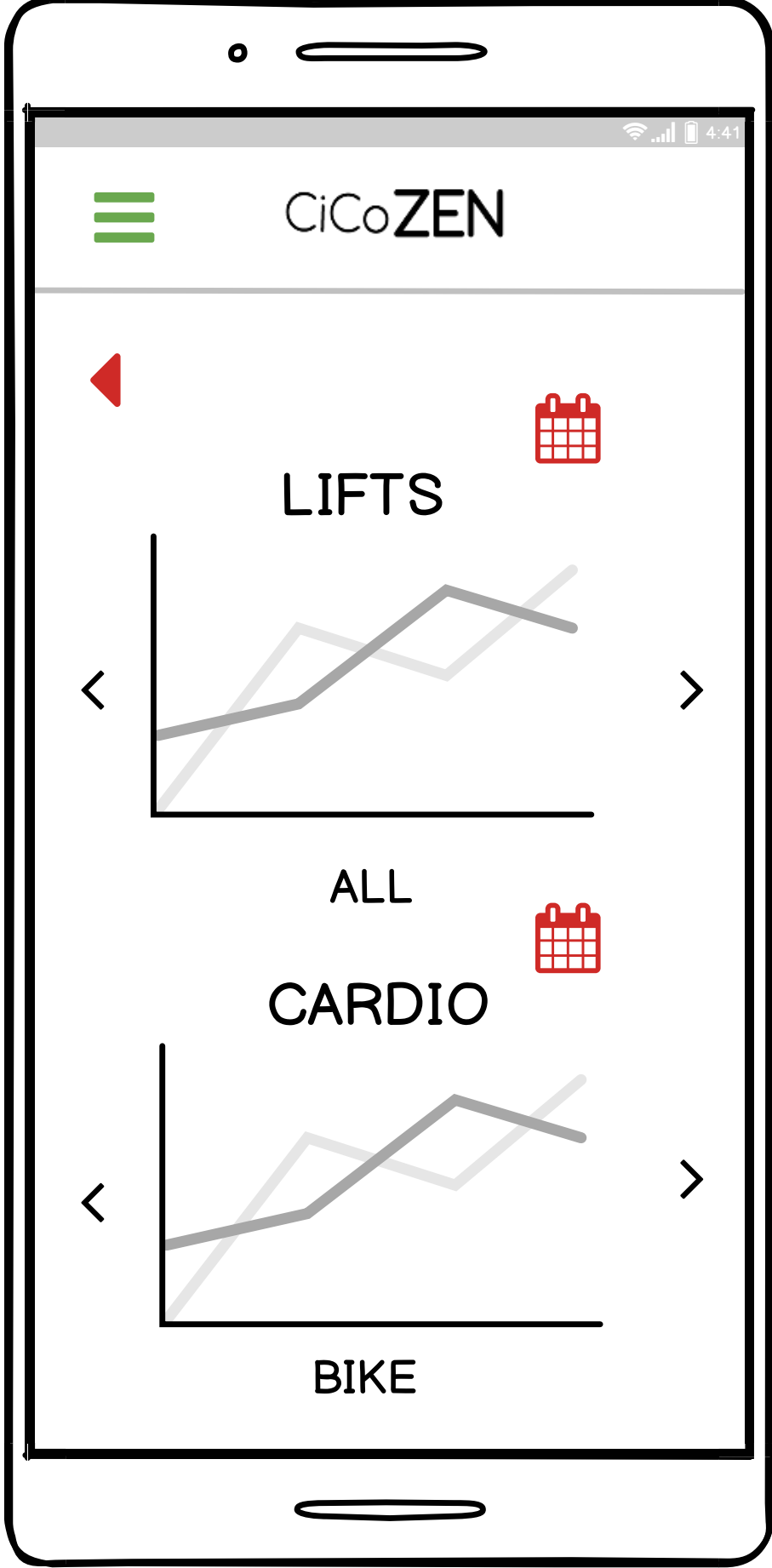
Height:

182 cm

Weight:

215

Age:

23

SUBMIT

Users can update their data here.
If the calculate calories button is clicked, it will run a calculation based on the data in the settings fields and populate the data.

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LIFTS

ALL

CARDIO

BIKE

Different colors on the line graph will
be used for the various lifts so they can all
be seen at once, or the user can select
just one lift to observe at a time.

There will be a date range picker here.

Same deal with cardio, although it may be represented by several different values on the Y axis (time spent, heart rate BPM, etc.)