

Track your progress,  
Shop for personalized  
workout gear, and  
Achieve Glory!

Get Started



- Use cases
- UI design
  - UX design
  - Wireframing
  - Diagramming
  - Brainstorming
  - Online whiteboard
  - Team collaboration

- Explore
- Design
  - Prototyping
  - Development features
  - Design systems
  - Collaboration features
  - Design process
  - FigJam

- Resources
- Blog
  - Best practices
  - Colors
  - Color wheel
  - Support
  - Developers
  - Resource library



**Welcome Back!**  
Login to access your  
personalized  
recommendations and  
more!

LOG IN

Email

Value

Password

Value

Sign In

[Forgot password?](#)

Not a User?  
[Register Here](#)



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## BENEFITS OF REGISTERING

- ✓ **Shop All Merchandise** – Access premium fitness apparel, accessories, and supplements.
- ✓ **Exclusive Discounts** – Enjoy special deals and members-only pricing on all fitness products.
- ✓ **Create Your Own Workout Routine** – Design workouts that match your fitness goals and lifestyle.
- ✓ **Organize Your Fitness Schedule** – Plan and track your workouts effortlessly.
- ✓ **Calorie Intake Calculator** – Monitor your nutrition and optimize your diet.
- ✓ **Personal Fitness Journal** – Log workouts, track progress, and stay motivated.

**Sign up today and take control of your fitness journey!**

First Name

Last Name

Date of Birth

Phone

Email

**Register**



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Filter ▾

Men's Clothing ☒

Women's Clothing ☒

T-Shirts / Tops ☒

Sweatshirts / Hoodies ☒

Sweatpants ☒

Shorts ☒

Graphic Tops ☒

Graphic Pants ☒

Shaker Bottles ☒

Gym Accessories ☒

Supplements ☒

All ☒



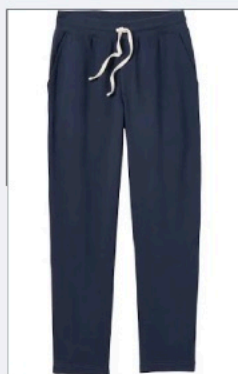
Men's Graphic Tee  
\$10.99



Men's Graphic Tee  
\$10.99



Men's Gray Sweatpants  
\$14



Men's Blue Tapered  
Sweatpants  
\$20



28oz Shaker Bottle  
\$20



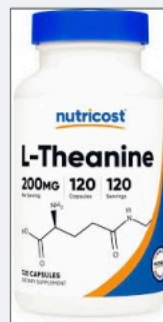
20oz Shaker Bottle  
\$15



Micronized Creatine  
\$40



Bulk Supplements  
Creatine Monohydrate  
\$35



L-Theanine  
\$20

- Graphic Tops ☒
- Graphic Pants ☒
- Shaker Bottles ☒
- Gym Accessories ☒
- Supplements ☒
- All ☒

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\$10.99

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# My Cart

2 items



BlenderBottle \$9.99



Gym T Shirt for Men \$14.99

### Order summary

Subtotal	\$24.98
Shipping	\$3.99
Tax	\$2.00
Total	\$30.97

Continue to payment →



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Journal Entries

Filter ▾



Journal 1 - Mar. 1, 2025

Today was a good day because I was able to do all of the things which I enjoy doing and that was pretty cool!

Edit



Journal 2 - Mar. 2, 2025

In here, I have written a journal entry, in order to document the things which people normally document in journals.

Edit



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# My Workouts

## Routine 1

5 Exercises 40 Minutes~ Weightlifting

## Routine 2

1 Exercise 15 Minutes~ Running

## Routine 3

4 Exercises 35Minutes~ Weightlifting

Add Routine



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# Routine 1

## Pull ups

3 Sets | 8 Reps | Bodyweight

## One Arm Bent Over Rows

4 Sets | 10 Reps | 50lbs

## Bicep Curls

3 Sets | 12 Reps | 25lbs

## Cable Face pulls

3 Sets | 15 Reps | 20lbs

Add Exercise



Use cases

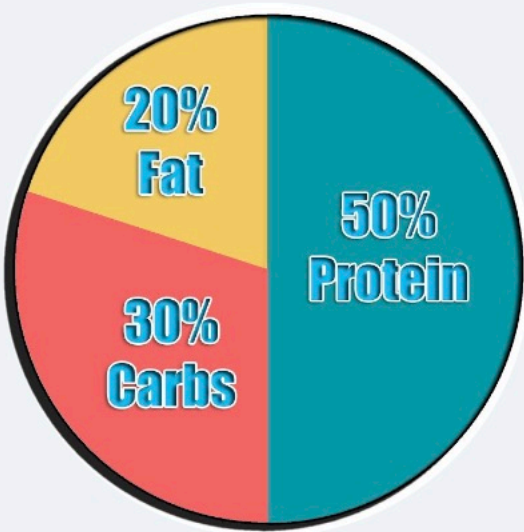
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**Carbs:**  
Total Carbs: 180g  
Percentage Calories from Carbs: 30%


**Protein:**  
Total Protein: 200g  
Percentage Calories from Protein: 50%

**Fat:**  
Total Fat: 70g  
Percentage Calories from Fat: 20%

Nutrition:

Filter ▾






**Mar. 1, 2025**


List of Food:

- 1. Apple
- 2. Bagel
- 3. Peanut Butter ...

Edit

View






**Mar. 2, 2025**

List of Food:

- 1. Ground Turkey
- 2. Eggs
- 3. Cheese ...

Edit

View





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# My Schedule

Sun Mon Tue Wed Thur Fri Sat

Routine 1

Routine 3

Routine 1

Routine 3

Routine 1

Routine 2



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# Admin DASHBOARD

## Search User

User's Email

Enter Email

Search

## Manage Order

Search Order

Enter Order Number

Search

Track Order

Cancel Order

✂

Select Item

Remove Item

## EDIT USER

Change Password

Reset

Change Phone Number

Reset

Delete User

Delete

## Sales Report

Date

08/17/2025 to 08/23/2025

MM/DD/YYYY

Download Report

## User Details

- First Name: Emily
- Last Name: Carter
- Email: emily.carter@example.com
- Password: EmilyFit#2024
- Phone: 908-345-9860
- Date of Birth: 1995-06-10
- Date Account Created: 2022-02-18
- Total Money Spent: \$1,875.25

## Purchase History:

- Order ID: #C1001
  - Date: 2024-02-12
  - Items: High-Waist Leggings (Black), Seamless Sports Bra (Blue)
  - Total Amount: \$89.99
- Order ID: #C1002
  - Date: 2023-11-28
  - Items: Running Shoes (Nike Air Zoom), Compression Socks (2 Pack)
  - Total Amount: \$159.99
- Order ID: #C1003
  - Date: 2023-09-10
  - Items: Oversized Gym Hoodie (Gray), Biker Shorts (Pink)
  - Total Amount: \$74.99
- Order ID: #C1004
  - Date: 2023-06-05
  - Items: Performance Tank Top (White), Mesh Leggings (Green)
  - Total Amount: \$65.99