

ABC

11:43 PM



Sign up



Enter you current body stats



Height

cm



Weight

kg

Back

Continue

ABC

11:43 PM



Sign up



Current Activity Level



☐ None (I don't exercise out of daily routine)



☐ Low (less than 1 hour of exercise per day)



☐ Moderate (around 1-3 hours of exercise per day)



☐ High (More than 3 hours of exercise per day)

Back

Continue



Sign up



Select your food preferences



☐ Vegan



☒ Vegetarian



☐ Meat Eater

Back

Continue











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Claire's Plan

EAT: You should eat 1,900 calories per day.

MOVE: Exercise for 30 minutes at least 3x per week.

LOG: Log what you eat daily

WEIGH: Weigh yourself daily.

Change Goal

Start

ABC

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Dashboard



See detailed plan
information

View Plan

Task Progress

Target

78 active mins

60 mins

8768 steps walked

8000 steps

57 oz water intake

100 oz

3200 calories burned

3000 cal



5th May 2017



Dashboard



Suggestion



Log Entry



Progress



ABC

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Log Food

Search

Scan Barcode

Take a Picture

Show me the barcode



Kellogg's 100g

Log

Food

Activity

Weight



Dashboard



Suggestion



Log Entry



Progress

ABC

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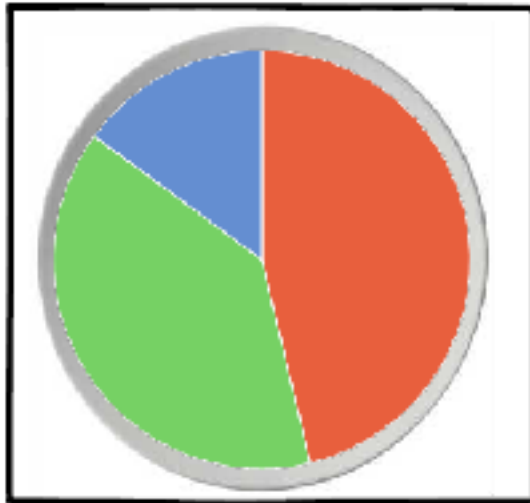
Log Food

Search

Scan Barcode

Take a Picture

Please rotate the nutrients overlay to match the plate's contents.



■ Carbohydrates
■ Fat
■ Protein



Food

Activity

Weight



Dashboard



Suggestion



Log Entry



Progress

ABC

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Log Food

Food Added!

Here's what you've eaten today:

Breakfast (320 cal)

Banana 100 cal

Milk 100 cal

Corn Flakes 120 cal

Lunch (0 cal)

Dinner (0 cal)

Snacks (0 cal)

Food

Activity

Weight



Dashboard



Suggestion



Log Entry



Progress





ABC

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Log Activity

Activity added!

Here's what you've done today:

Walking

30 minutes

300 calories

Tennis

OK

Food

Activity

Weight



Dashboard



Suggestion



Log Entry



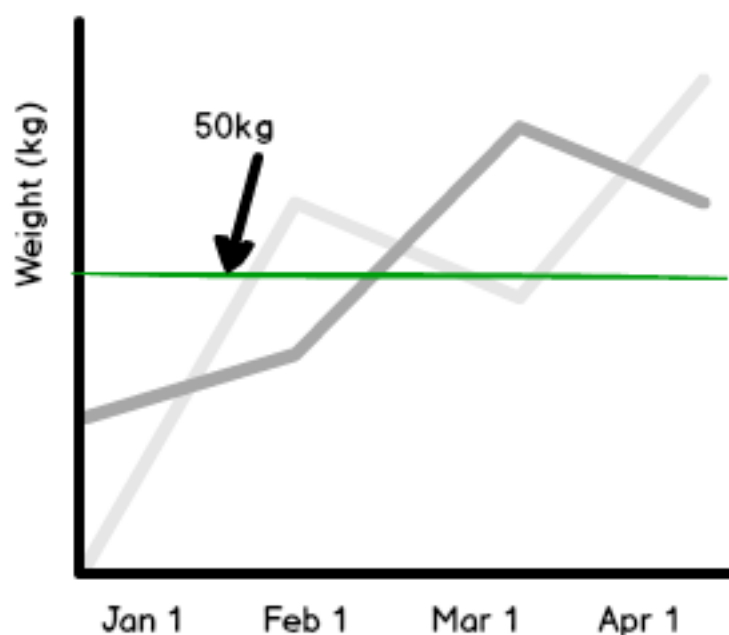
Progress

ABC

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Log Weight



Last record: 55 kg



Weight

kg

Log it

Food

Activity

Weight



Dashboard



Suggestion



Log Entry



Progress

●●●● ABC

11:44 PM



Meal Suggestions

Hello Claire!

1,900 - 500 + 100 = 1,500

Total
calories

Eaten

Burned

Calories
remaining

Get a suggestion for:

Done
(150 Cal)

Breakfast

Done
(350 Cal)

Lunch

NEXT MEAL

Dinner

Snack



Dashboard



Suggestion



Log Entry



Progress

ABC

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Breakfast

You should eat about 500 calories for breakfast.
Here's our suggestion:



1/2 cup black beans
Rich in Protein
(200g), VitaminD



1/2 Oatmeal
Rich in Fiber and
Vitamin B Complex.



1 Banana (Sugar50g)
High in potassium,
Fiber



Meal Stats:

Log Food

450cal, 55% protein, 20% fat, 40% carbs



Dashboard



Suggestion



Log Entry



Progress

ABC

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Snacks

You can eat about 300 calories for a snack.
Here's our suggestion:



2 Apples
High in fiber



2 tbsp Peanut Butter
Sugar (20g)
Protein (40g)
Fat (15g)



Snack Stats:

Log Food

250cal, 20% protein, 15% fat, 25% carbs



Dashboard



Suggestion



Log Entry



Progress

ABC

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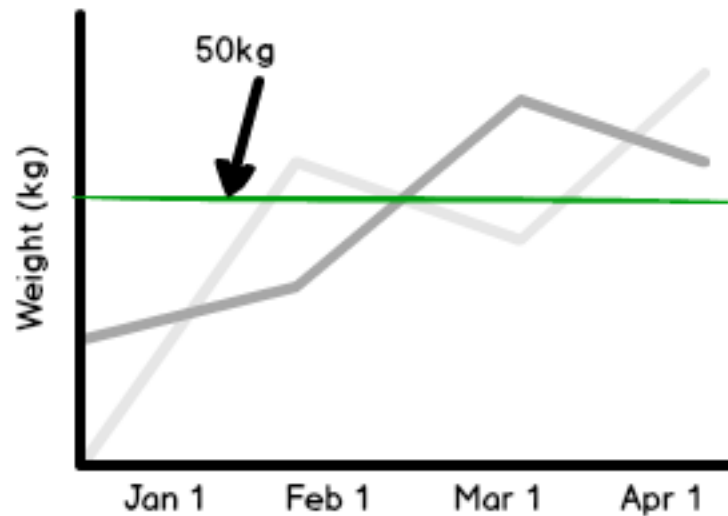
Progress

Weight

Calories

Macronutrients

Activity



Last record: 55 kg

You're above your starting weight of 50kg. Try to eat no more than 1,900 calories and stay active!



Dashboard



Suggestion



Log Entry



Progress

ABC

11:44 PM



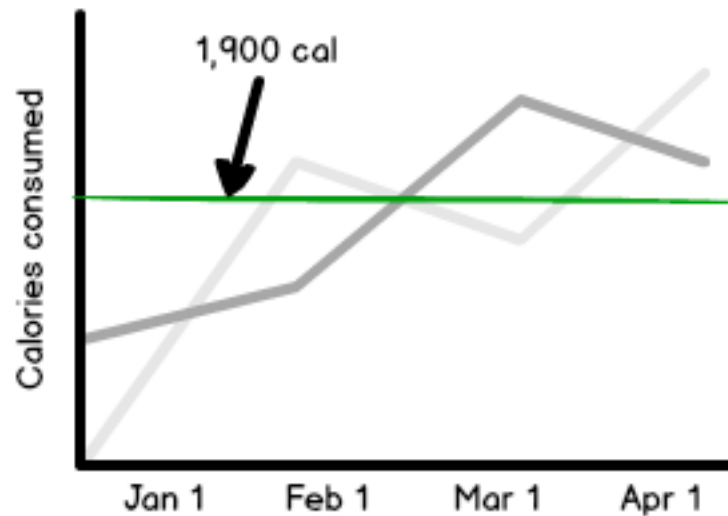
Progress

Weight

Calories

Macronutrients

Activity



You've been consuming more than your calorie goal recently!
Try to eat no more than 1,900 calories per day.



Dashboard



Suggestion



Log Entry



Progress

ABC

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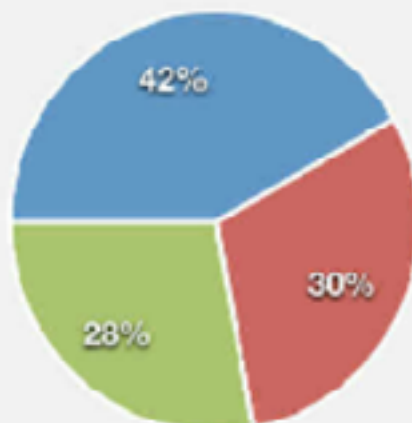
Progress

Weight

Calories

Macronutrients

Activity



Carbohydrates

Actual

42%

Goal

40%



Fat

30%

30%



Protein

28%

30%

Your macronutrients look good, Claire! Keep up the good work.



Dashboard



Suggestion



Log Entry



Progress

ABC

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Progress

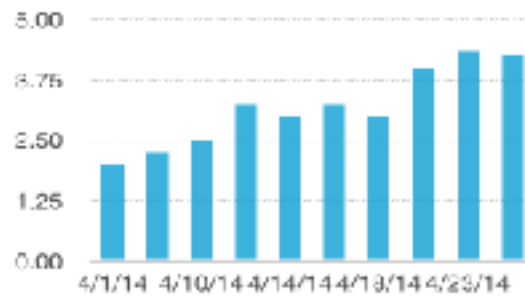
Weight

Calories

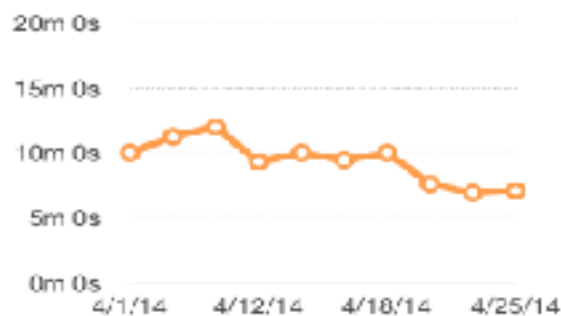
Macronutrients

Activity

DISTANCE (MILES)



PACE (TIME / MILE)



You're doing a great job of staying active. Keep it up!



Dashboard



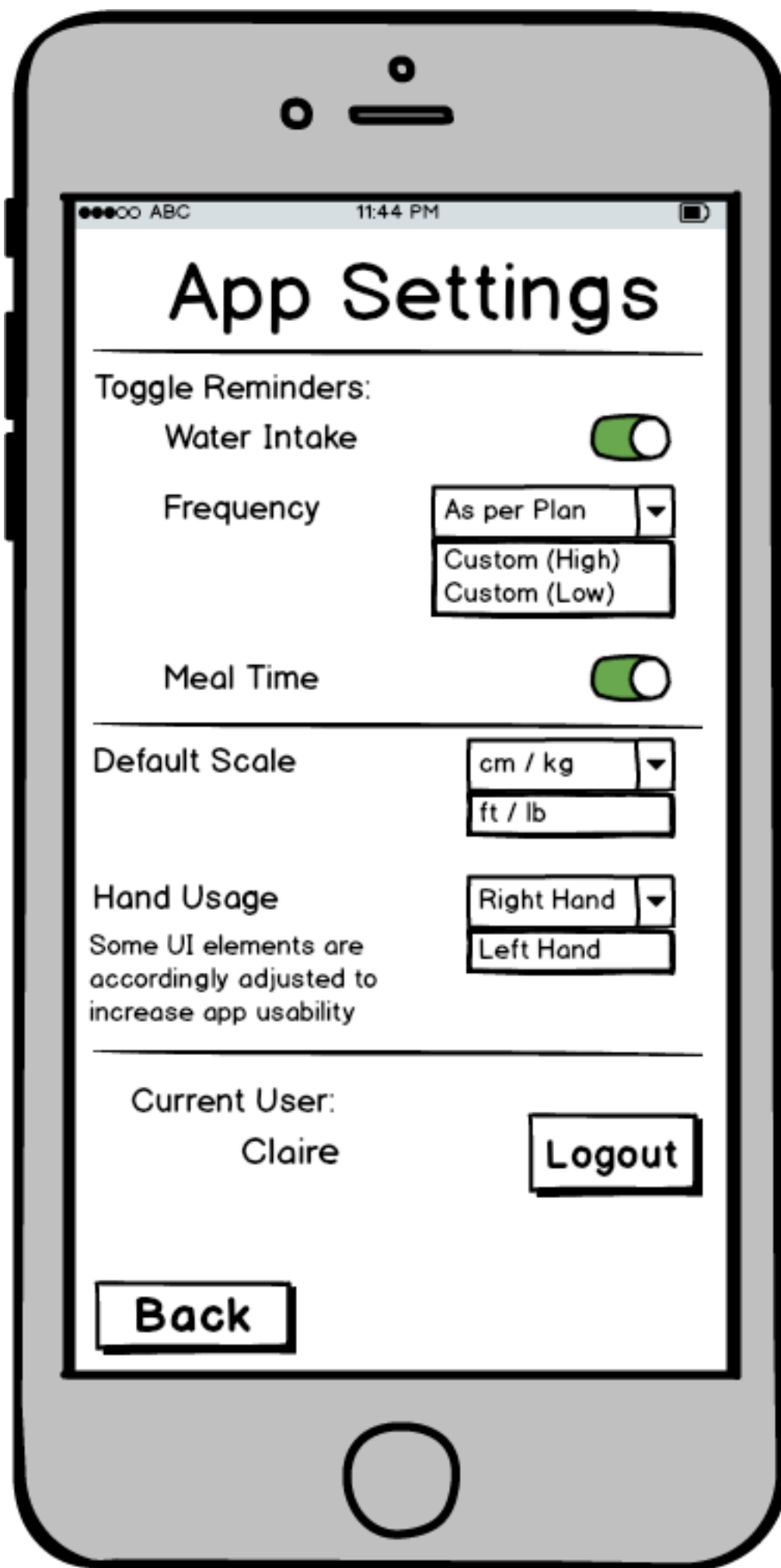
Suggestion



Log Entry



Progress



ABC

11:44 PM



App Settings

Toggle Reminders:

Water Intake



Frequency

As per Plan



Custom (High)

Custom (Low)

Meal Time



Default Scale

cm / kg



ft / lb

Hand Usage

Right Hand



Left Hand

Some UI elements are accordingly adjusted to increase app usability

Current User:

Claire

Logout

Back



Profile Settings

Claire Concerned



clair.concerned@people.com



PIN: ****



Current Goal: Stay Fit



Changing you current goal will update your plan and reset your progress report.

Back

ABC

11:44 PM



Its Breakfast Time ! Would you like a suggestion or Log Food

Log Food

Get Suggestion

Dismiss



You: Let's meet at home and decide wh...



Kevin Kim

5:57 PM

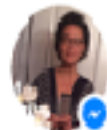
Nice to meet you at Elena's party!



sunday 🐼🍷🍊 crew

4:37 PM

You changed Kendra's nickname to: 🦋🔥



Abuela 🐱

2:12 PM

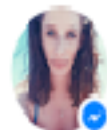
¿Cómo estás nieto?



Russell Andrews

10:56 AM

What chapters do we have to read for tomorro...



Chice Bower

9:10 AM

You: Did I leave my umbrella at your place?



Roxane Clediere

