

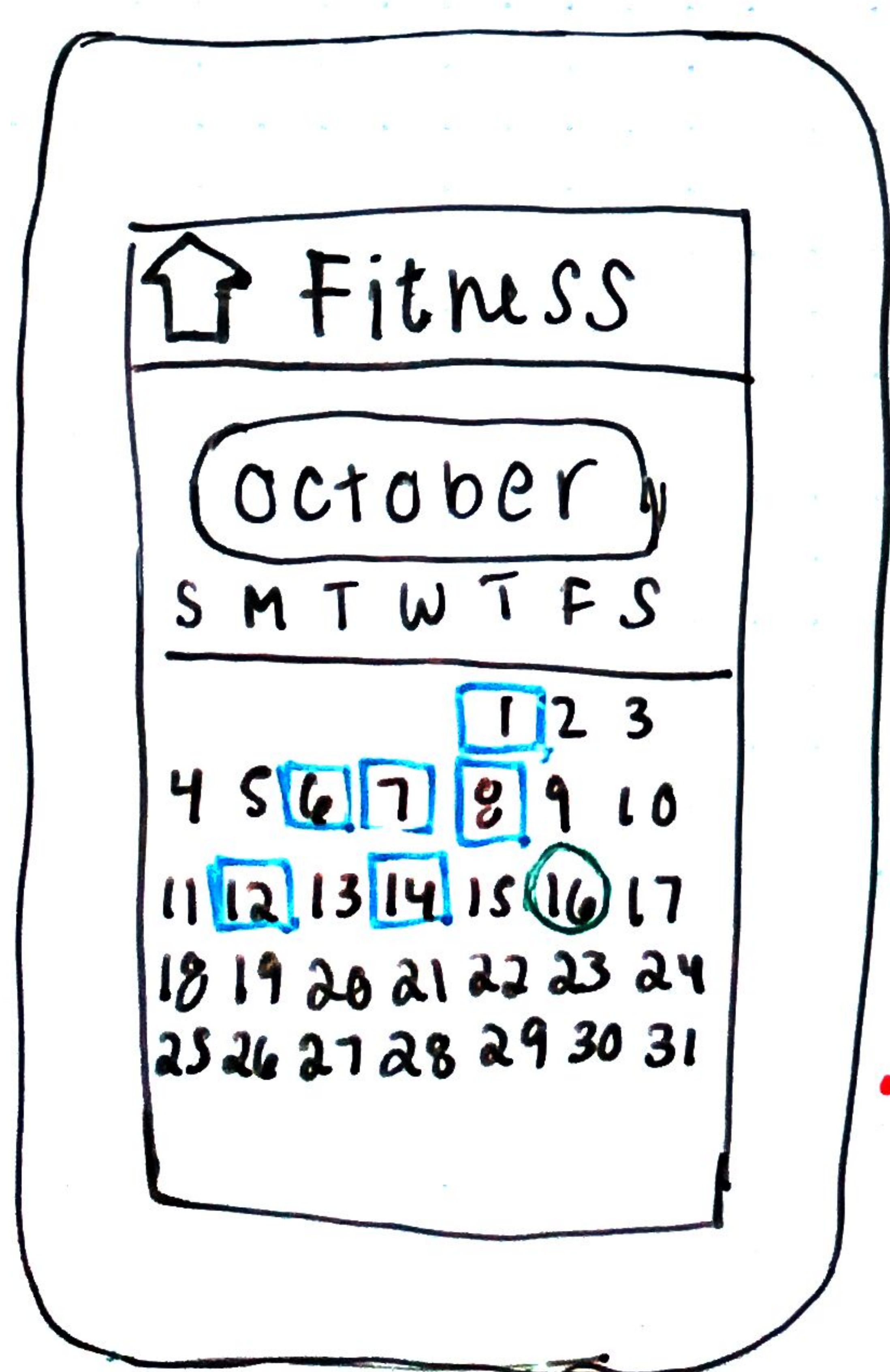
# Sketch #1 - workouts

anna  
michalich



Welcome!  
Home screen

Select  
'Fitness'



overview of  
month

- days w/ completed workouts in blue
- today's date in green



← WORKOUT  
FRIDAY - 9:00am

Warm up

- 10 min treadmill walk

workout

- 9am Body Pump  
@ Strom

complete

select  
today's  
date

overview of  
today's  
workout

press  
'complete'

← WORKOUT  
COMPLETE

Rate your workout

Effort: \_/10

Difficulty: \_/10

Return to home

user enters  
reflection