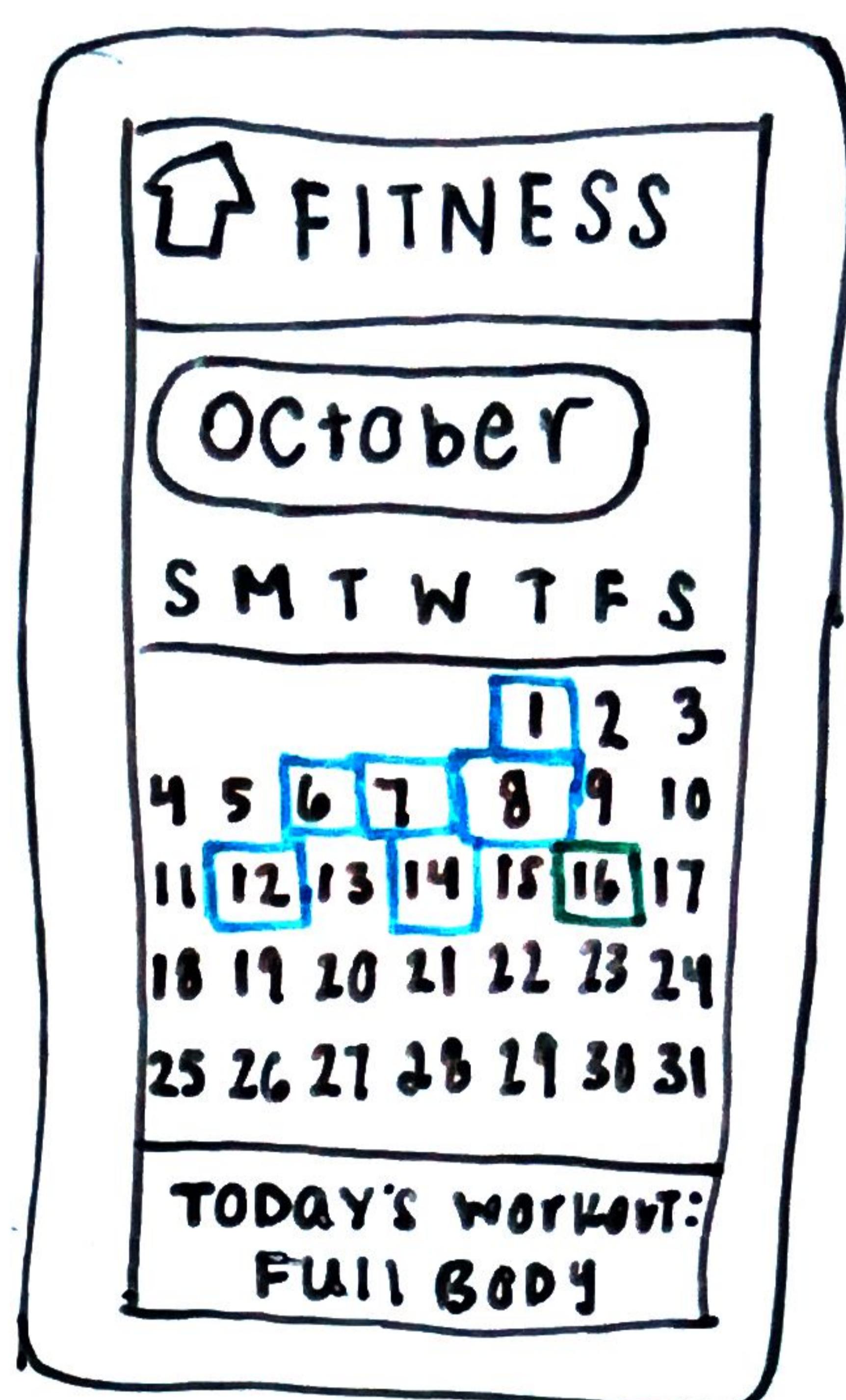


Team Anna, Matthew, Will + Jarius

Favorite Solution



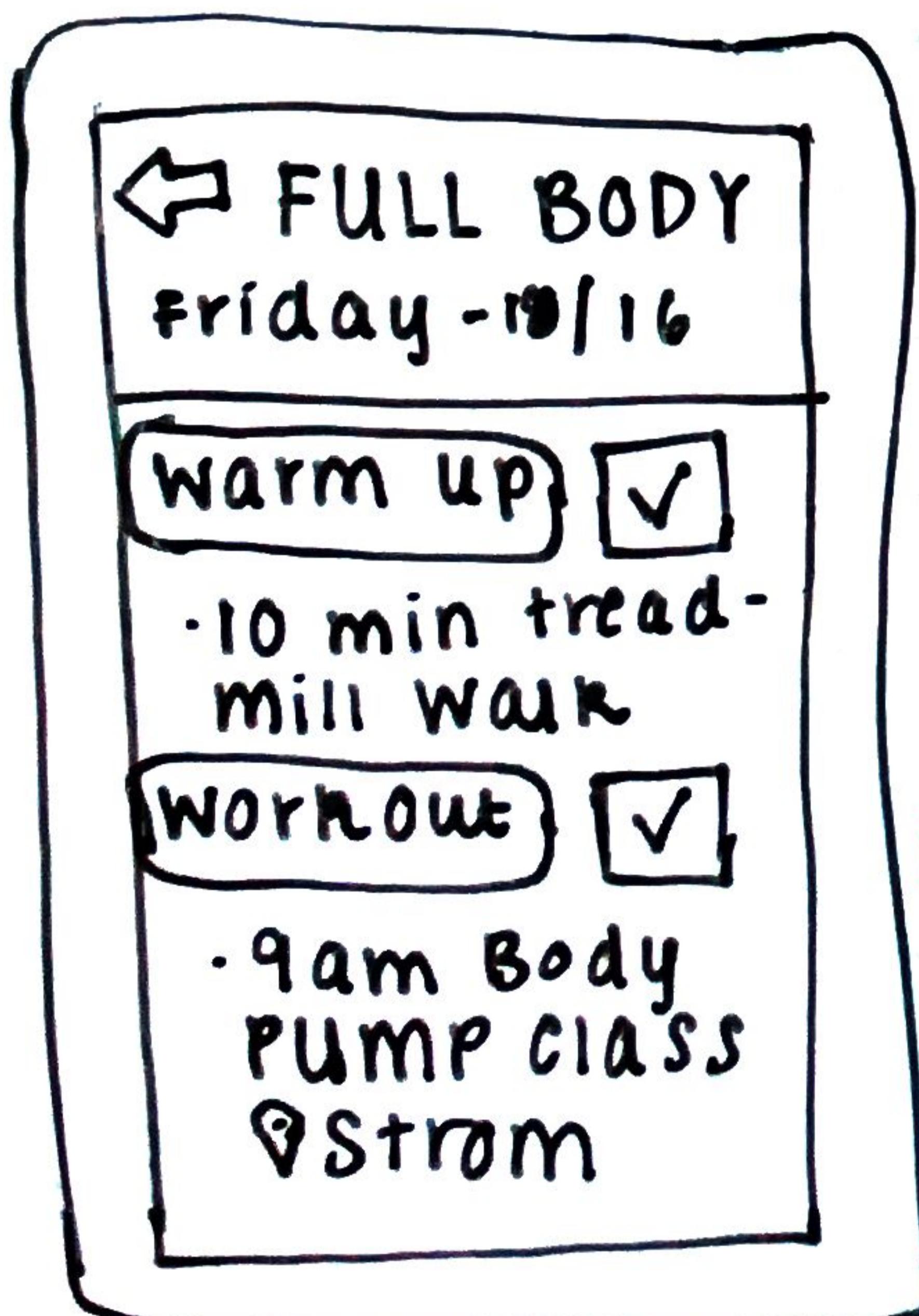
tap 'fitness'



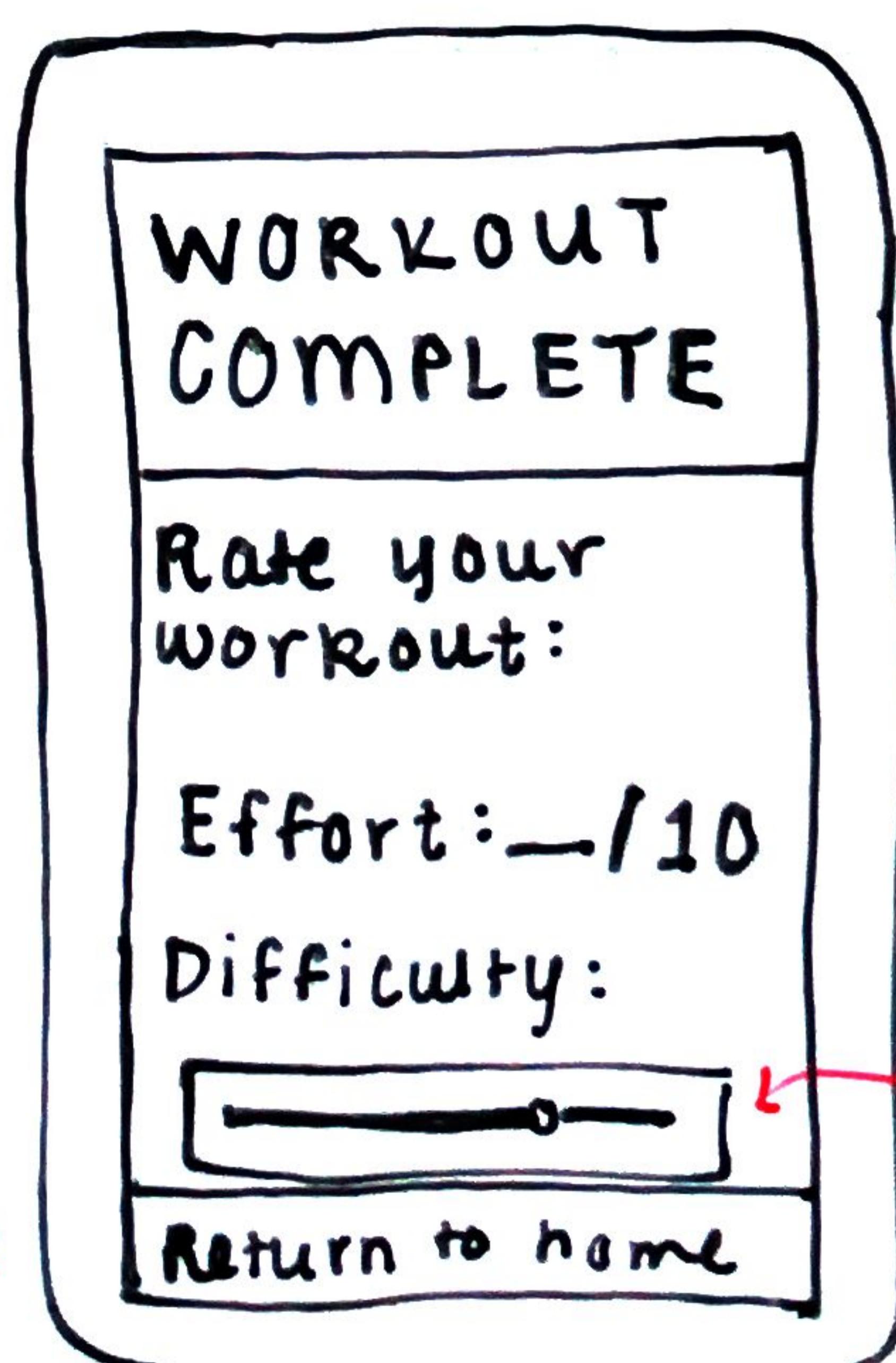
Home page of app

- days w/ workouts in blue
- today in green

tap 'today's workout'



tap check marks to complete workout + be taken to evaluation screen



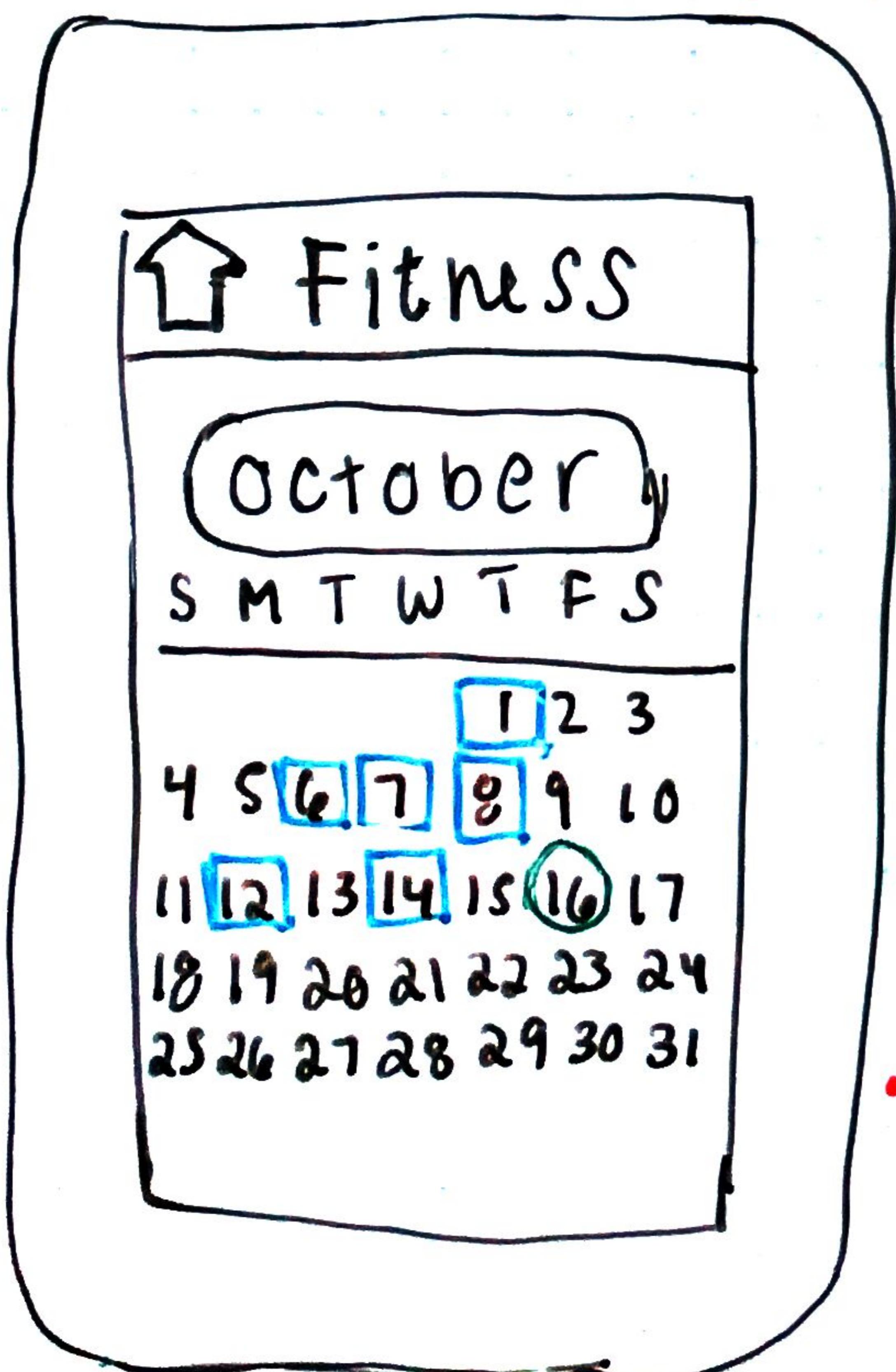
Sketch #1 - Workouts

anna
michulitch



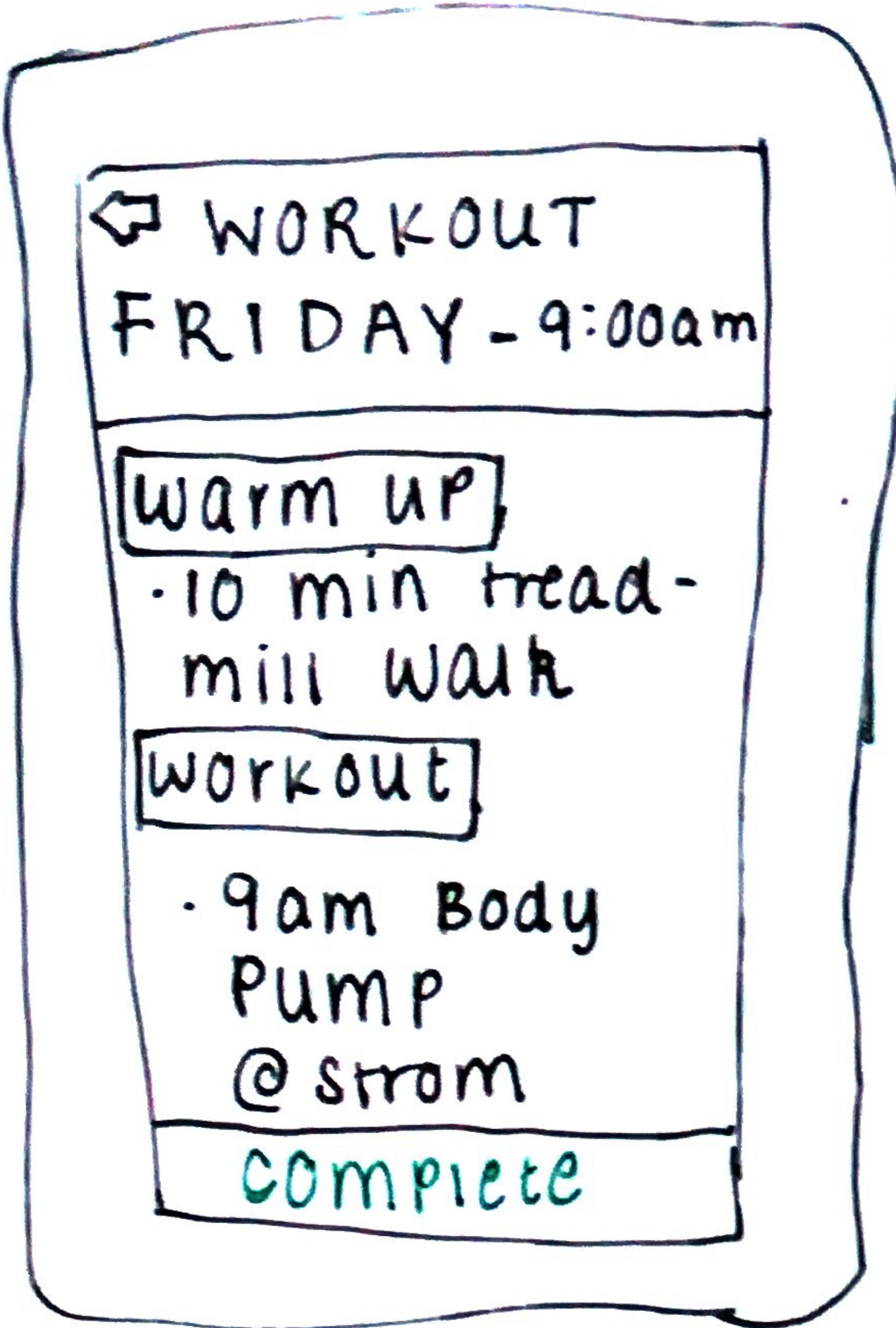
Welcome/
Home screen

Select
'Fitness'



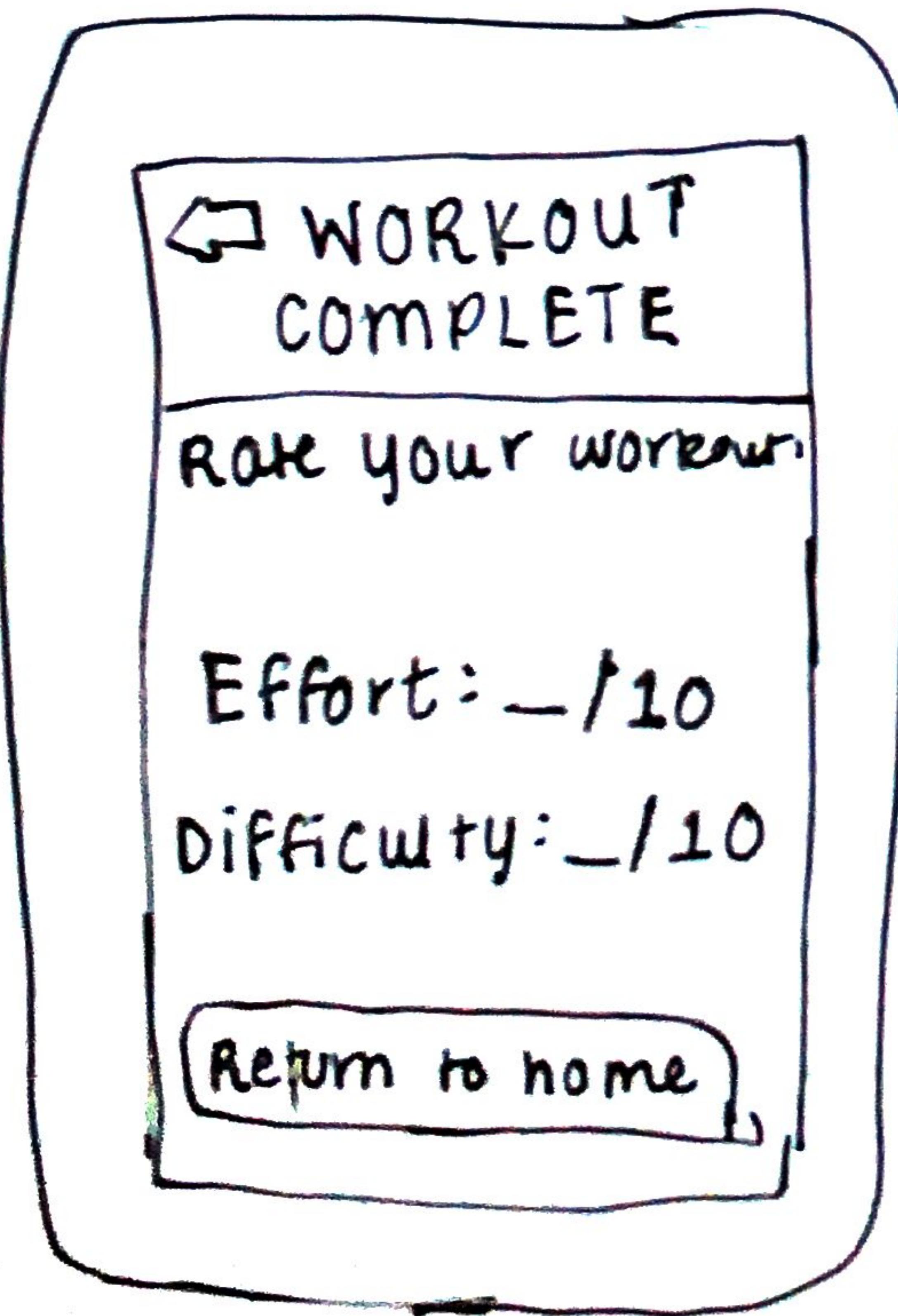
overview of
month

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



} select today's date

overview of today's workout



} press 'complete'

user enters reflection

Sketch #2 - Nutrition

anna
michelitch



Home page

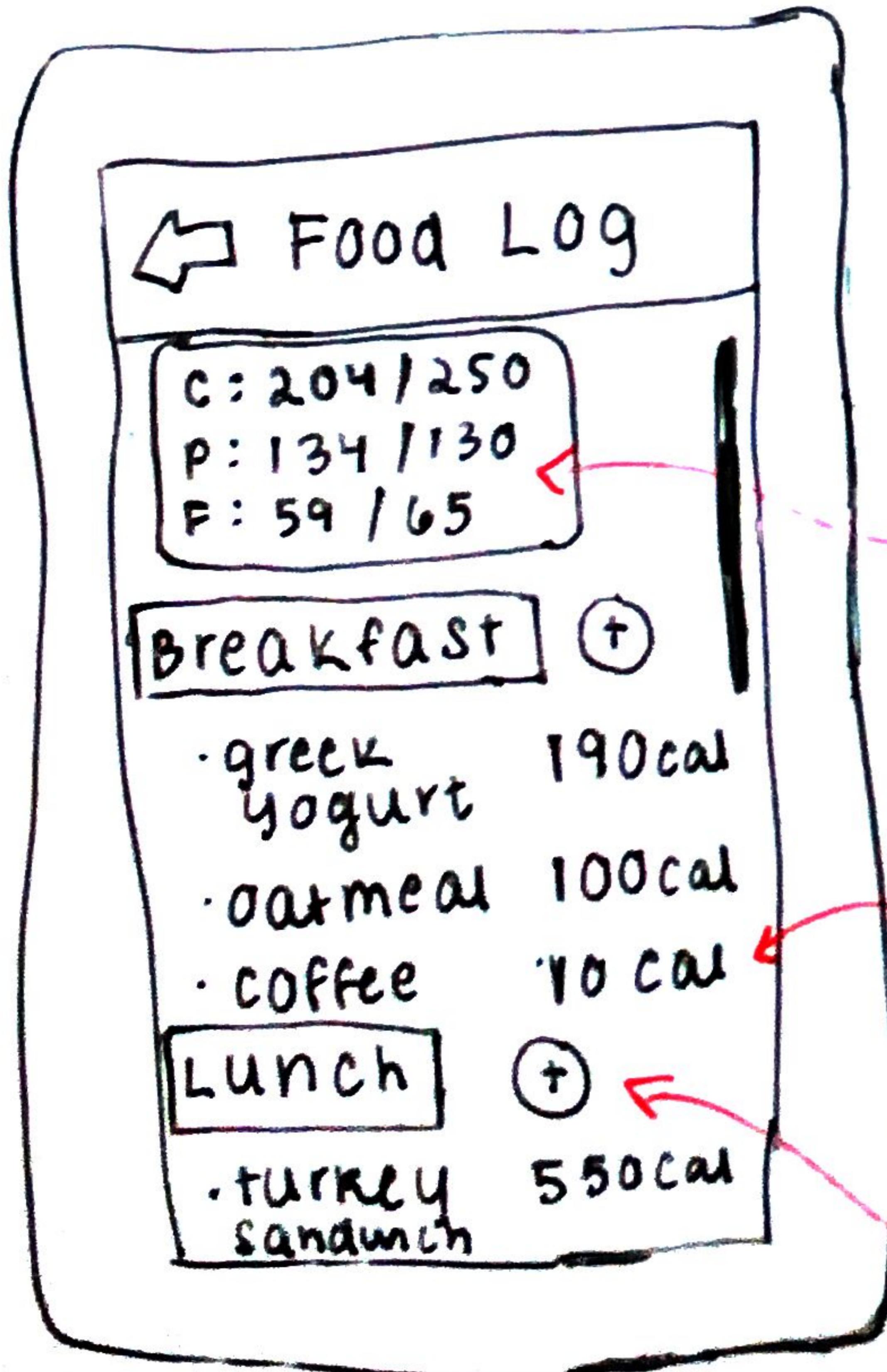
press
'nutrition'



Nutrition
Home page



dining
suggestions
screen

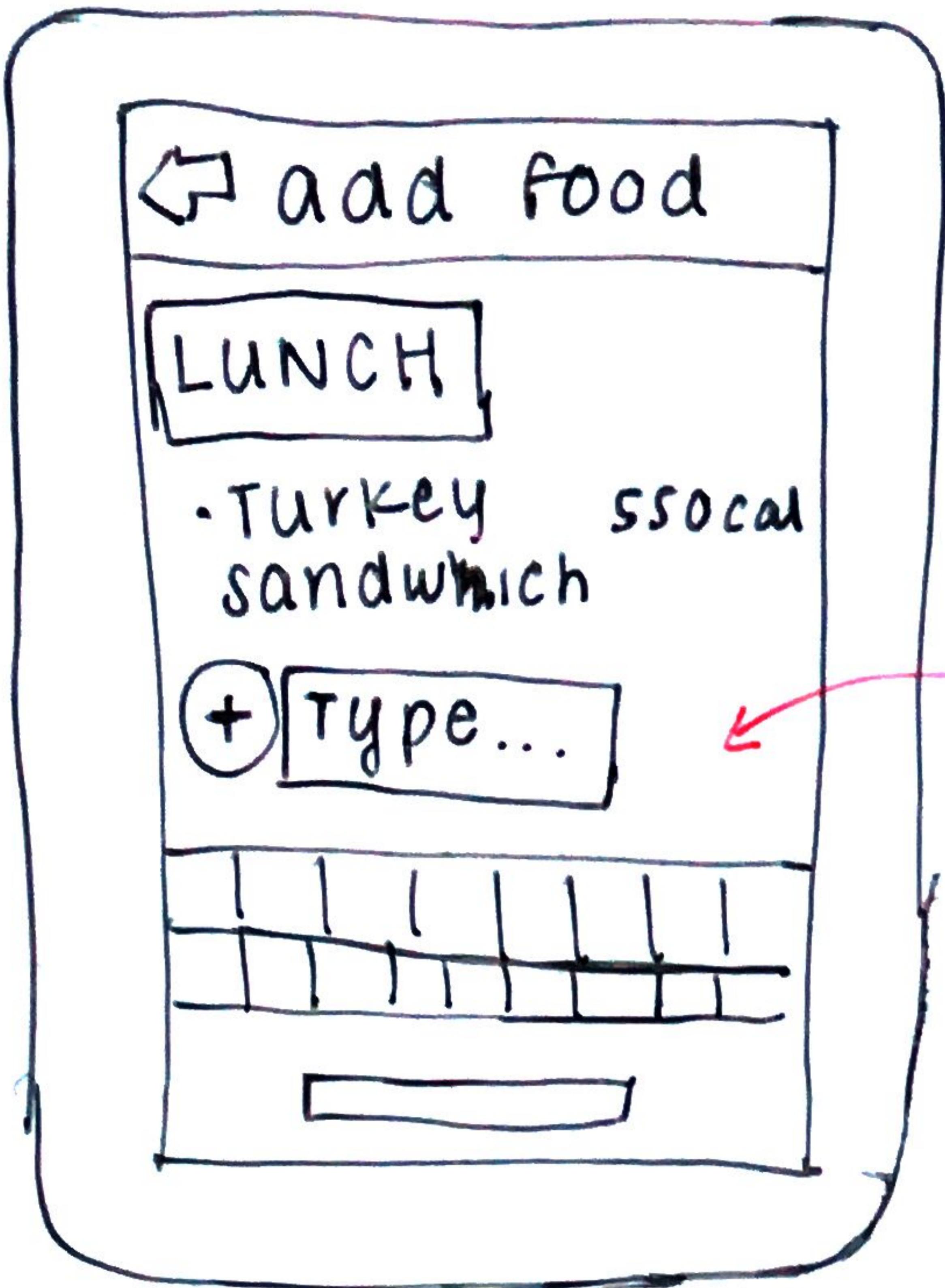


Food Log
screen

daily nutrient
overview

10g of meals
and calories
(scrolls down)

'add food'
button



click
'add food'
enter in
food name

SKETCH #3 - goals

anna
michelitch



Home
page



select
'my goals'

→ button

tap to
add/modify
goals



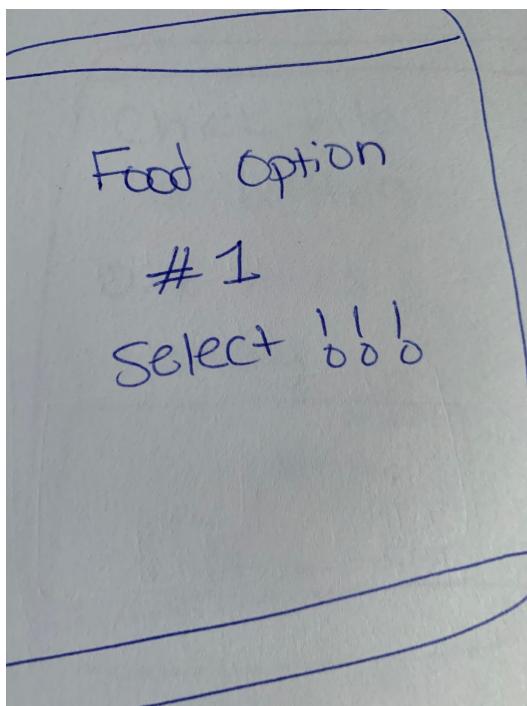
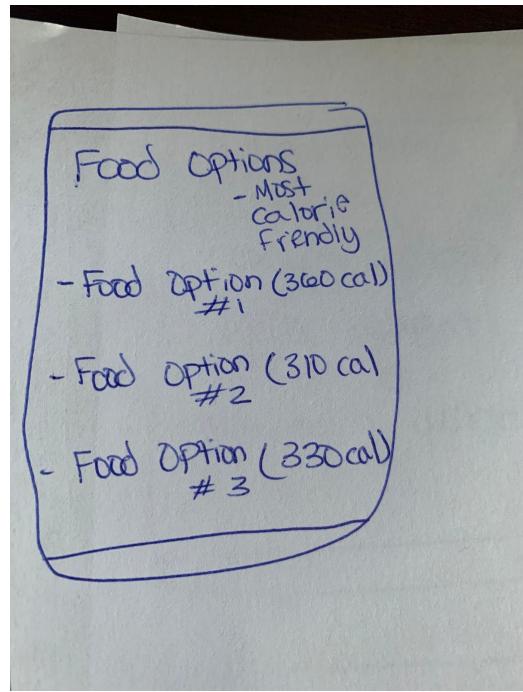
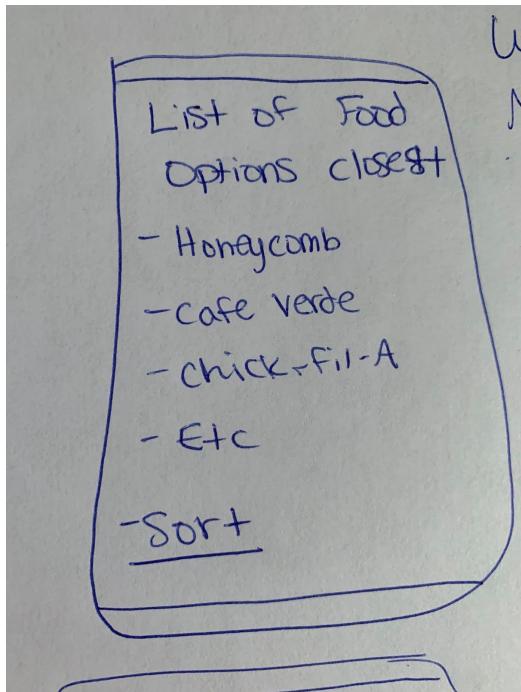
tap 'my profile'

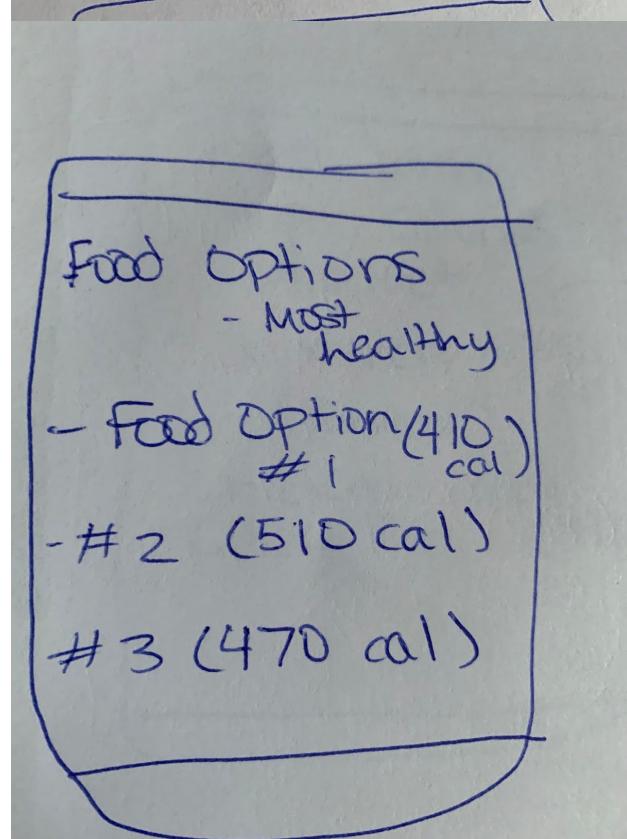
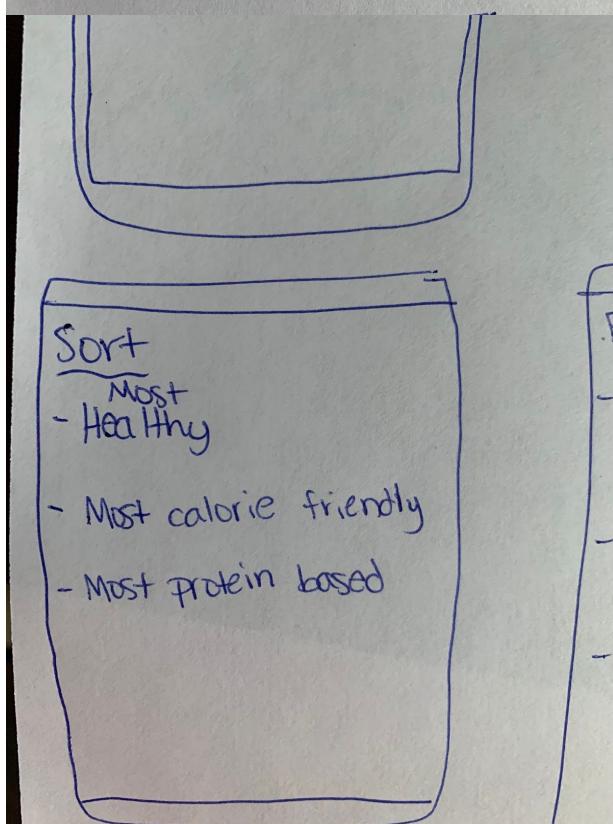
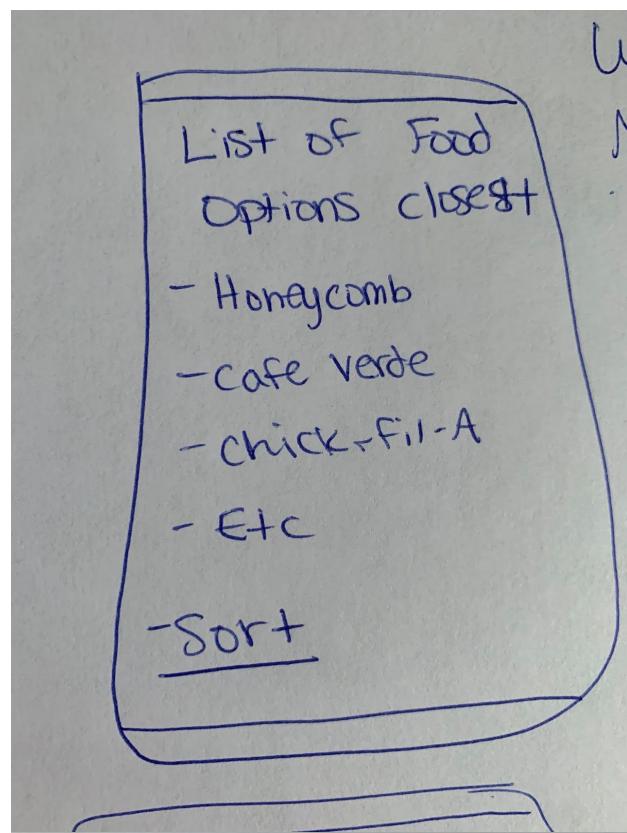
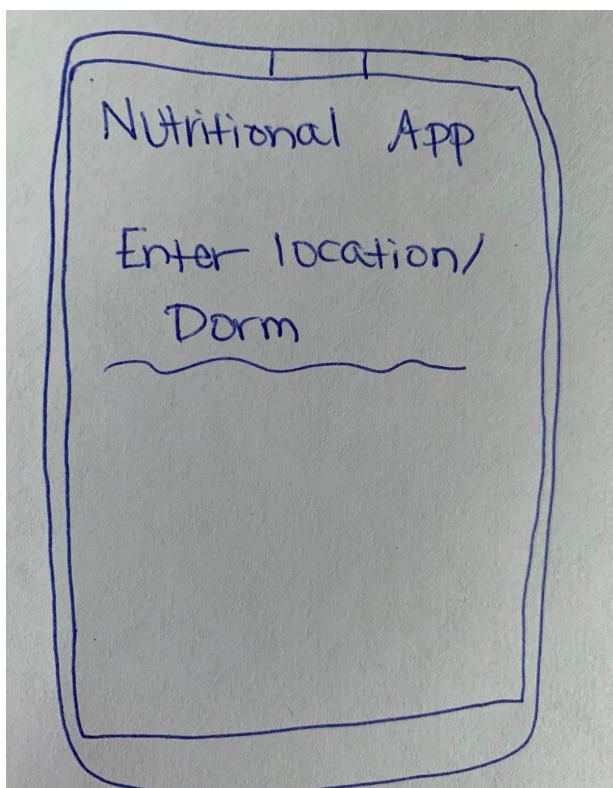
} shows stats; tap on any to modify

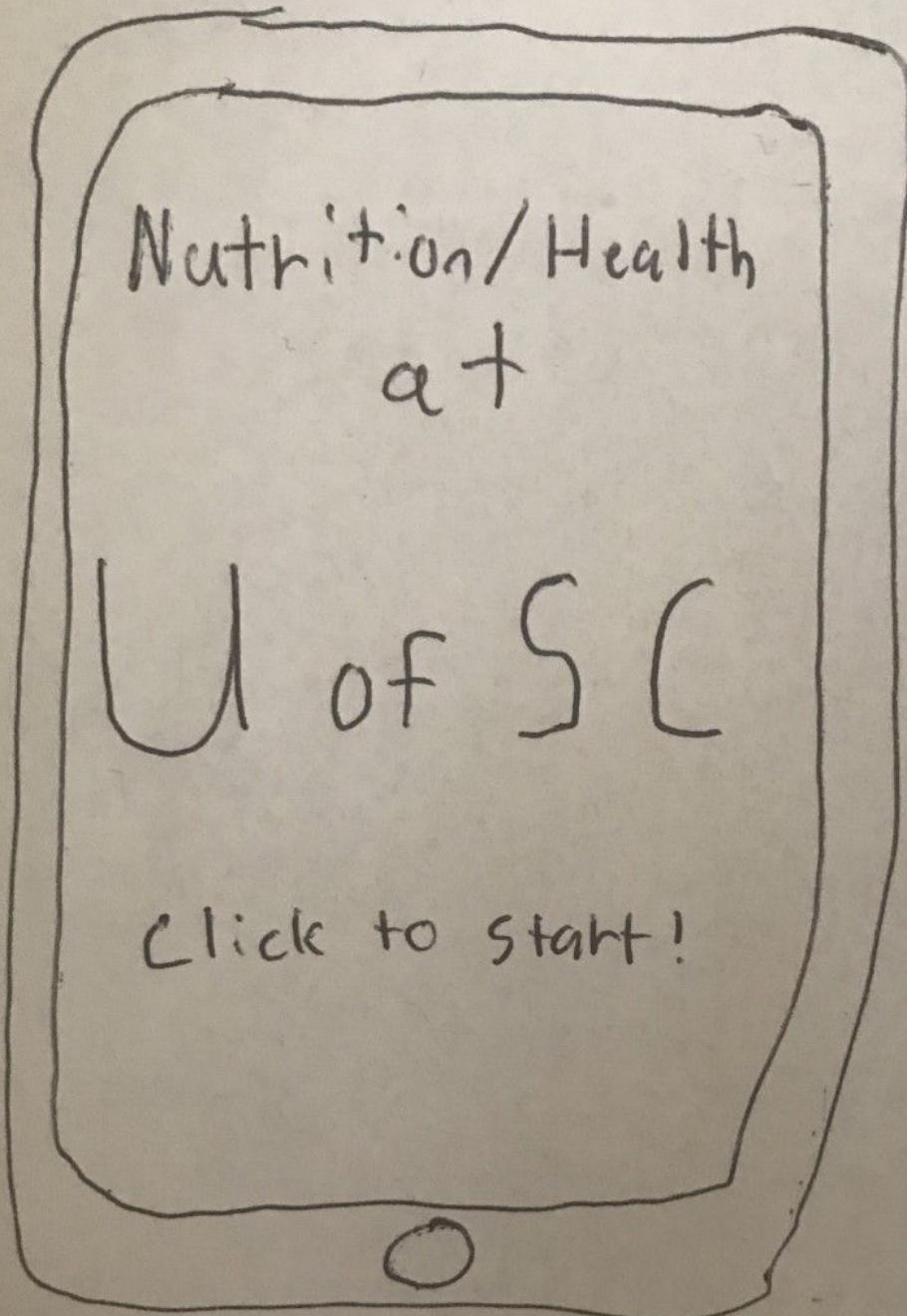


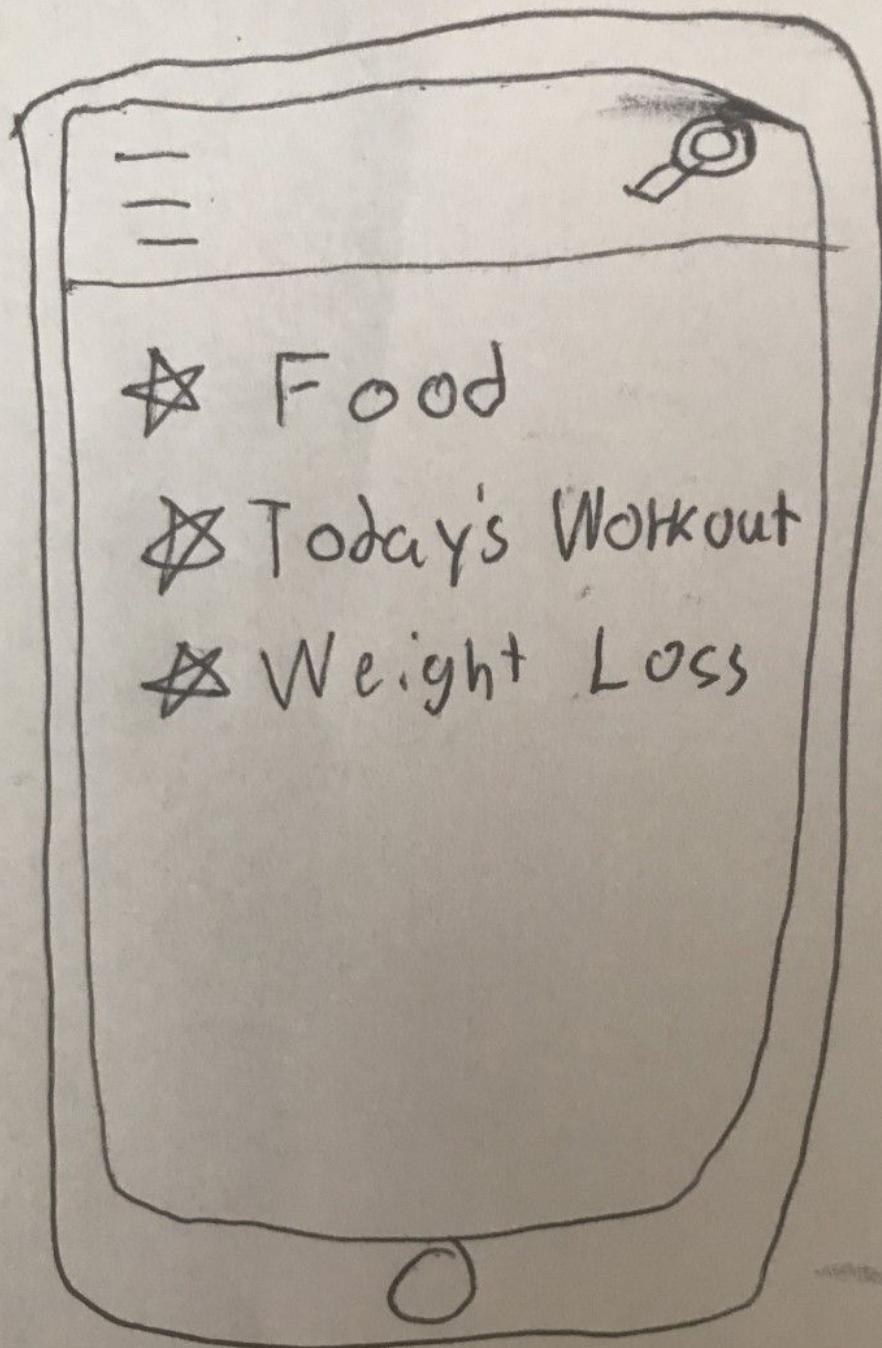
go back and tap + next to goals

← tapping the + adds a goal to your profile.









Near You

Salad

Order

Pasta

Order

Acai bowl

Order

Smoothie

Order

Today's Workout

- Bench 3x5
- Shoulder press 4x8
- Tricep extensions 3x8
- Cardio 1.5 miles

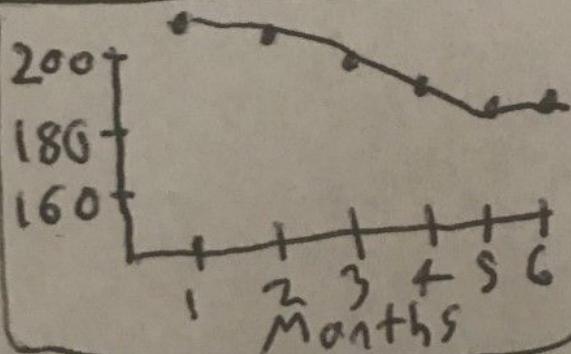
Weight LOSS

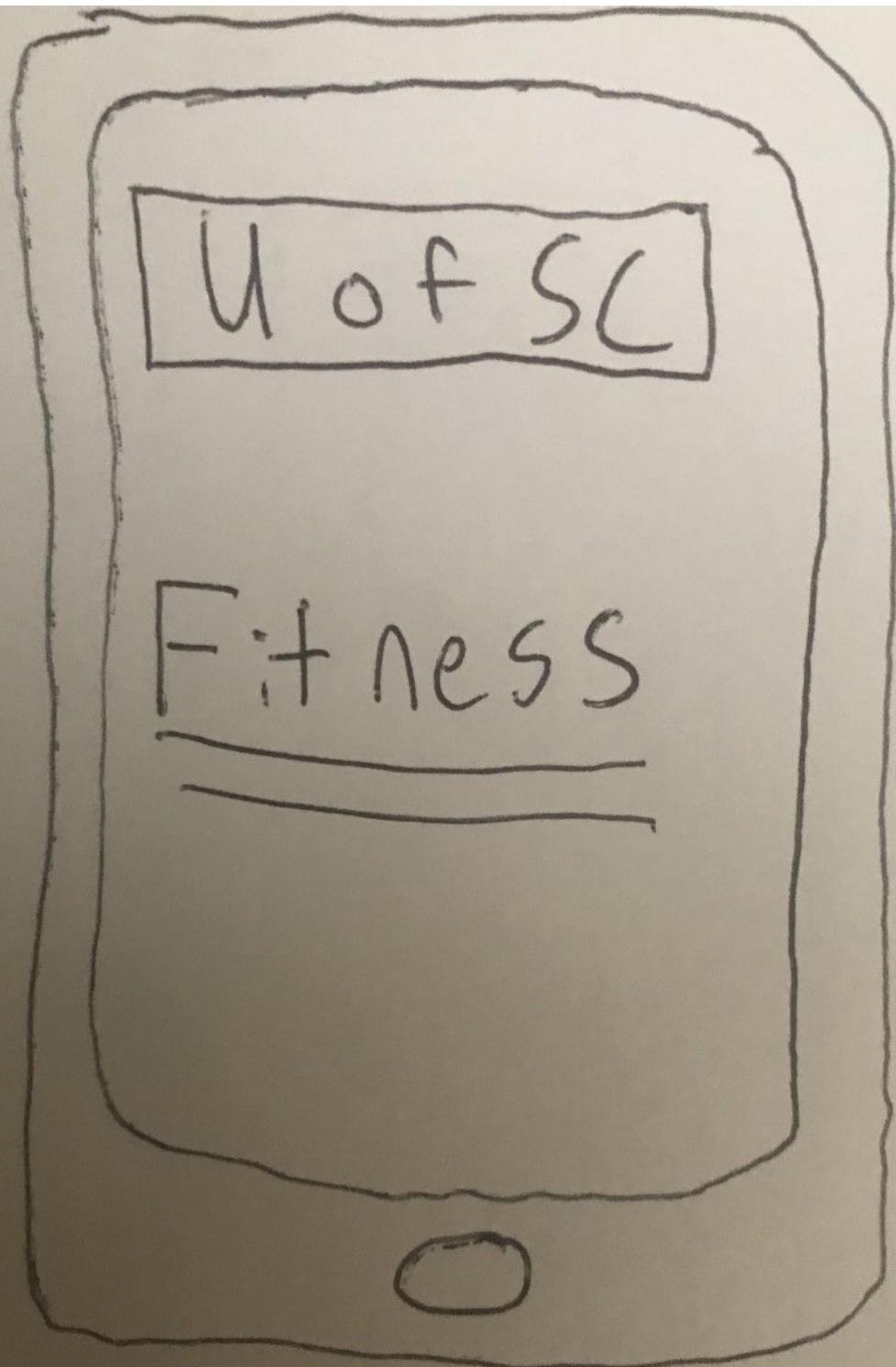
My info -

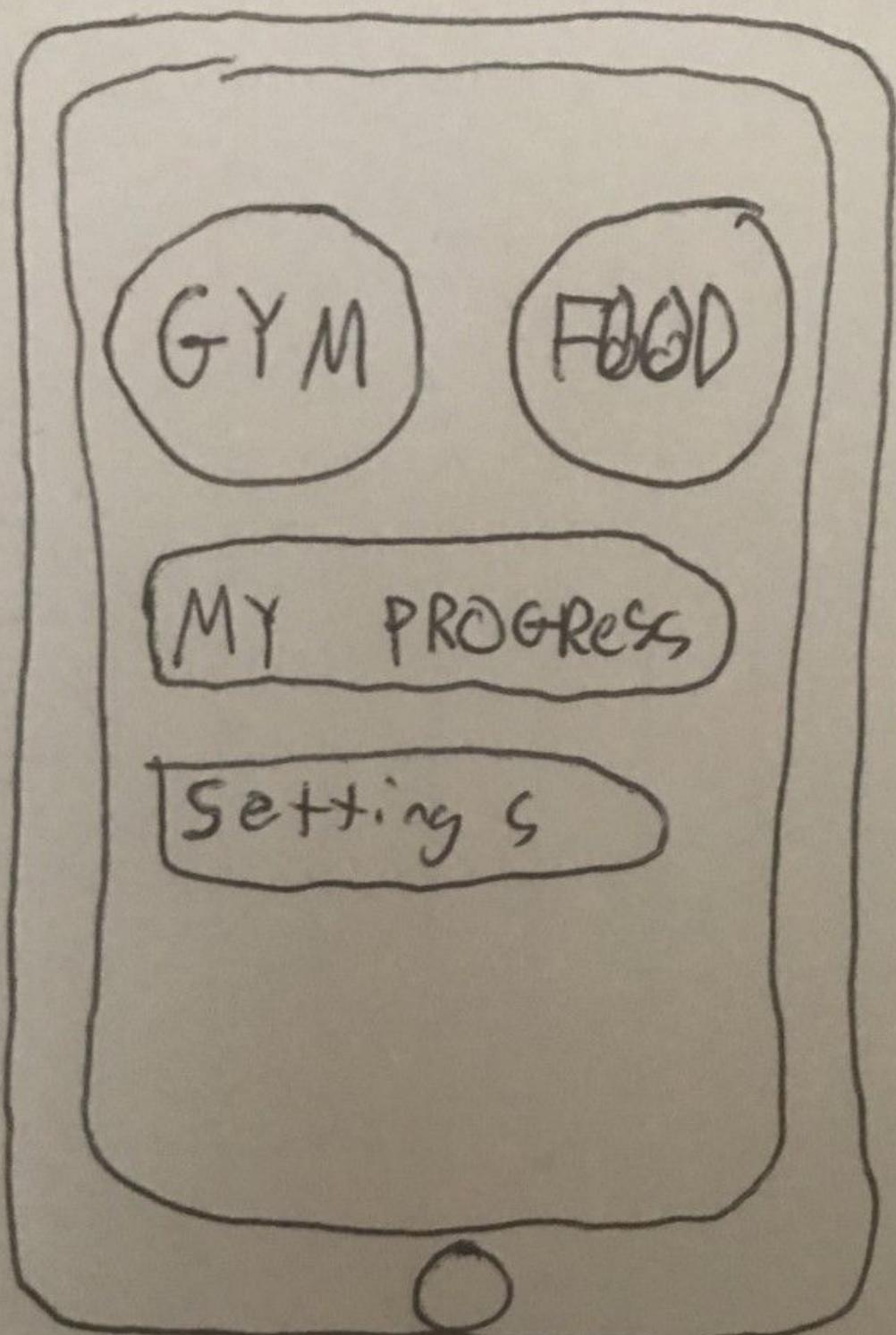
6 ft 2 in Height

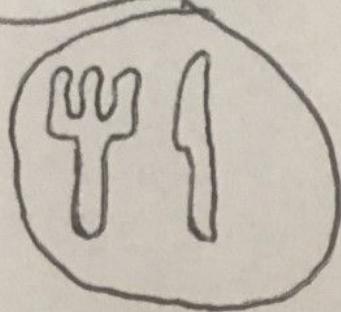
180 Weight

18 Age









- Low cal
- Low carb
- Low fat
- ★ Add allergies ★

Locations near me

- Blatt .3 mi
- Strom , 4 mi