

- Have the ability to have a day 1, day 2, etc.

Every four weeks, be able to show the difference of what you've done. Or every week. The app that he uses right now is a weight tracker. (You could make it so that they could enter in the information any time that they want) ?

Screen 1 - Main Page

Features

- Status for Work Out - (button)
- Work Out - (button)
- View Calendar - (button)
- A motivational quote somewhere

First would be motivational statements in the center, and then all the different information that they've already accomplished for the day. But for the phone it can't be too much information because then people can get lost.

Notes

(It would be kind of cool, if you can scroll up and then have everything blur) - Make it easier to navigate. Even if it's not easier to navigate just make it **visually comfortable**.

- *Right now everything works, but it's just kind of ugly.*
- Maybe figure something besides buttons, just make something real clean, that makes you feel like you're in a new operating system I guess. Possibly have some layers to it

Optional

- *It opens up and a person is able to take a picture of themselves. (potential)*
- *Put their weight, put their height. We don't have to put measurements, but you could have it on there. - Measurements would be good. (optional)*
- *(potential)*
- Maybe instead of motivational text being there, **showing their progress instead**. (optional)

Screen 2 - Splash Screen

From Andrew

Screen 4 - Calendar View Screen

Features

- A calendar which shows you whether or not you completed your work out for that day
- Color the days that have notes
- Little x's in the corner of days that were completed
- It would be nice if the calendar was somewhat larger, it's kind of small not the present app. Even if possibly the calendar was vertical and each screen had 7 days on it shown from top to bottom, and you could scroll over to the next week.

Notes

- If you chose three days, it changes back to a green x. Obviously that doesn't need to be there.
- Something showing that you did not succeed that day. Figure out a way to do that.
- On days that you worked out, you can touch them, and can display what they did, then they can edit it, if they chose, but you need to press something to edit that.
- Calendar as a choice (if they want) - when a person did notes on that page you could see little color selections showing that there were notes on that day. Don't need x's over the entire day, you could just do little exes in the corner of each day. Just something that kind of shows that the day was completed.
- Select the days that you want to see
- Make it digitally appealing

Screen 5 - Display what was done on a given day Screen

Features

- See the month view, touch it, it pops up, then you chose edit that day, and you can edit it.

Screen 6 - Cardio Screen

Features

- Timer (dial)
- A button to turn off the audio
- A continue button - Pause Button (continue button shows when paused and vice versa)
- A save button

Notes

- App needs a **timer**. Specifically for **cardio** or for work outs.
- Cardio days: Used to be a dial, may just be plusses and minus buttons, not even really sure. Anything for cardio is good.
- An actual timer is good. A timer would be good. Tell you what you have left.
- **30 mins of cardio left (voice a possibility).**
- Doesn't stop music, but you can have it go off like every thirty minutes or something.
- It's very important to **hear that you have 1 minute left.**

- User can have either a timer that counts down with an actual voice. That says something every five minutes.
 - **You must be able to silence it.** They can listen to anything and it can still work!
 - Add pausing feature
 - **Two buttons pop up: Continue - Save - Store Cardio for that day right then**
 - **Save the time stamp of what time you worked out**
- A lot of people when doing sets will do 12, and then have a rest time for maybe a minute. 60 or 30 seconds (maybe they can set it themselves) - You press once - 30 seconds (every time you add 30 seconds) **30 60 90**

Screen 7 - Back up Screen

Features

- A calendar view that will allow you to choose the days you want to back up

Notes

- Email more than just one day, email as many days as you want.

Future

- *Picture that you took of yourself, your weight and measurements. A basic outline of what you did. (future)*

Screen 8 - Screen Workout

Features

- A button that you can press to display previous workouts.
- Bottom of the screen has types of workouts that a person can do.
- Upper body button
- Cardio button
- Lower body button
- Free day button

Notes

- Make it more appealing to do the work. The app right now is very confusing, which is very true.
- Do 150 pounds, you simply entered it in.
- Some people have specific routines that they do. It'd be good if when a person chooses a workout, they can select previous workout. Then it would just go right to what they did before.

Screen 9 - Screen Tutorial: - Maybe hold off on this

Features

- A Tutorial, a live tutorial - You can skip if you want.

- He prefers images, flat images, not real people, no color involved, but just a stencil of it.

Screen 10 - Screen Day View - Select your time: ? - not sure what this 'select your time' is, need to speak to Bruce about it

- Lower Body button
- Upper Body button
- Cardio button
- Free Day button
- Notes section

Notes

*If they do 290 squats, and then they did 285 the next week, then they could write that down. You can have daily notes. If they did squats that day, and then notes was under squats, then under the daily squats it could show the notes that they left themselves. A lot of people were requesting **notes**. People like to have notes on their daily exercises.
It will be day by day views of what you've done*

--- **Finish Later** ---

Day View (most important) Screen Week View, Screen Month View, Screen 12 Week View

Store your last 12 weeks, and in your second set of 12 weeks.

--- **Finish Later** ---

Screen 10 - Award Screen

Features

- Every week you get an award.
- After four weeks you get a different kind (color) of award
- Personalize the Award (give them a title)
- Day one you get an award.
- Black screen with glassy view
- Glassy view changes to different color
- You should give them a badge for every success!
- In your profile it'll show your status
- Let them see all the awards that they've gotten
- Give them unexpected awards (for example, first time they hit 100 mins, it would see, you have reached the epicness level)
- Marker on their weight award

Screen 11 - Goal Screen

Features

- Allow to enter Weight Goal
- Allow to enter Cardio Goal
- Allow person to chose on their profile their current weight and their goal weight. Ex. My weight is 214 want 190. Half way to goal weight you get an award.
- When they get their goal weight, it will show ("Set New Goals")

Optional

- *Click on a button and it will display your picture. It should be the status of where you're at.*

Screen 12 - Input Screen - This is the screen that will display any time they want to edit any information

Features

- A text box to enter in details
- A label that shows how many characters they can put in
- A button to add/edit the information

Notes

- This screen will be similar to an app called Elevatr. In this app whenever you go to add any text to the app, a screen pop ups that allows you to easily enter the information. This will be similar to that page