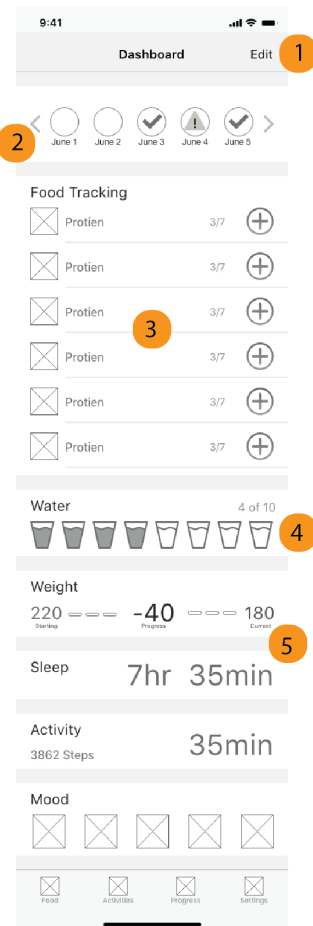# Bishop Nutrition
for iOS

Landing screen(Dashboard)

The landing page us the users dashboard showing todays progress.
The user has the option to customize the available widgets based on their prefrence.
Some quick actions allow quick entry of data without navigating away from the dashboard.

1 Edit which widgest are visible on home screen

2 Quick view of weeks progress, check means hit target, blank means missed, explination mark user went over. Tapping brings you to that days summary with details.

3 Today's nutrition targets and ability to quickly add portions

4 Water entry with interactive cups. Click a cup to add to today's goal

5 User customizable widgets. Each widget can be visible or hidden. Clicking on visible widget allows data entry

6 Quick entry of portions based on catagory.
Click the add and options for portion size becomes visible. note: item ate not recorded, just the value
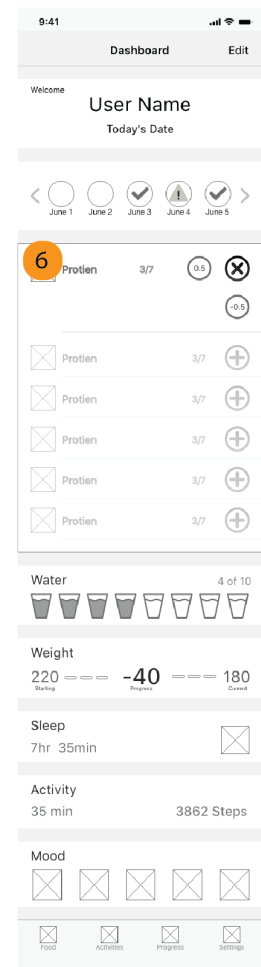
Food

The food tab in the navigation bar brings the user to a page that features both the full list sorted by catagory, as well as their favorites list.
The user has the option of searching by food name and can enter portions as well as add and remove from favorites.
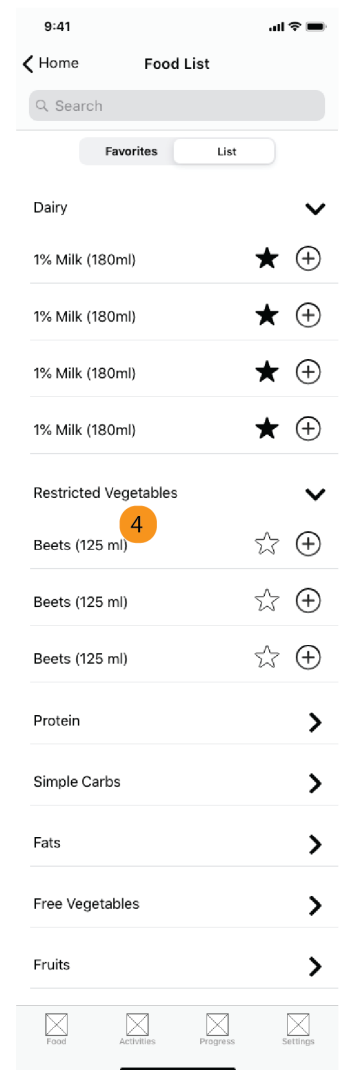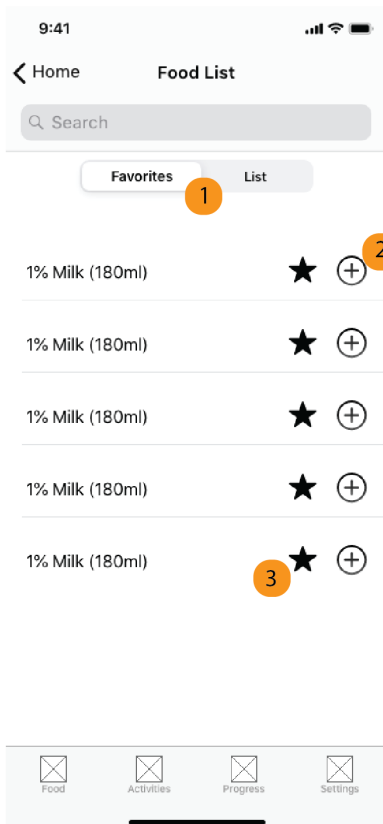

1. Toggle navigation allows user to quickly switch between favorites list and the entire food list. What they left on will be shown when they return

2. Just like the dashboard quick entry, the add button brings up a portion selector. Adding an item from the favorites or food list will add thename of the food item will be added to the food log unlike the dashboard

3. User can add and remove items from the favorites list

4. Items listed by catagory. Items can be collapsed to shorten the list. Item can also

Summary screens

The summary pages allows the users to look back at a certain day, week or month since they've started using the app. They can easily switch from day to week to month via the toggle. When viewing week or month the data will be cumilitive giving an accurate window into the time frame being viewed. The daily will also include a food log.
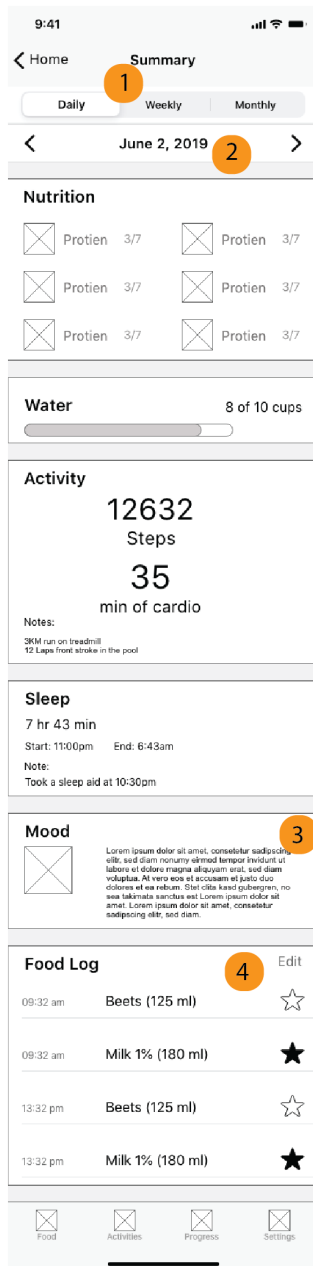
1. Toggle allowing user to quickly switch between day, week, month view

2. Current day, week or month being viewed arrows allow going forward and back in timeline

3. Mood will display the text entry only in day view. Week and month will display an emoji that averages out the entries for the time being viewed

4. Food log will only be avilable on day view. User has the option of adding and removing items to their favorites list. The edit button (top right) will allow the user to enter an item they forgot on that day

5. Sleep will display the average amount of time for week and month view
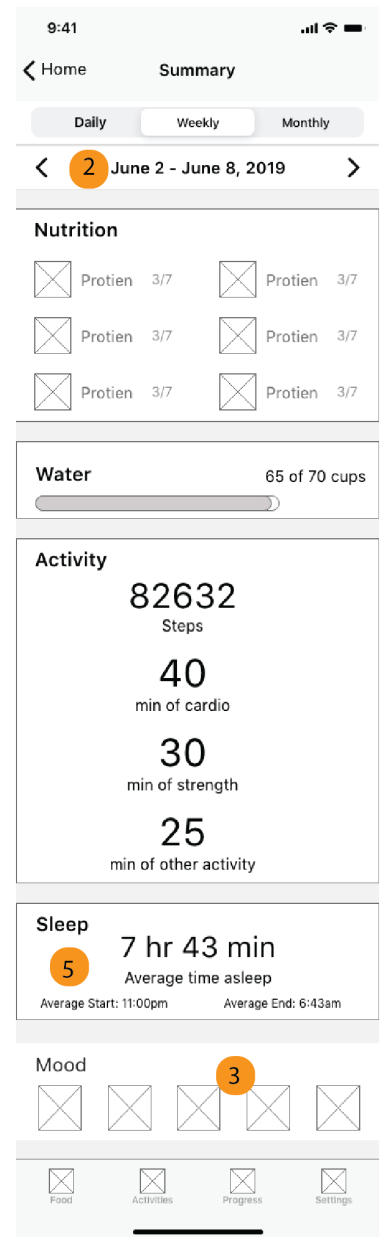
Sleep, Mood, Activites overlays

These three screens apear from the bottom when their respective widget is clicked on. They are only available if the user has them shown on their dashboard. The saved data entered on these is shown in the widget on the dashboard as well as in the summary pages for later review.

(1) Emojis representing basic feelings.

9:41

Cancel   **Mood**   Save

How do you feel today:

☒ ☒① ☒ ☒ ☒

Diary:

9:41

Cancel   **Sleep**   Save

Sleep Start

Sat May 11	12	01	
Sun May 12	1	02	AM
Today	**2**	**03**	**PM**
Tue May 14	3	04	
Wed May 15	4	05	

Sleep End

Sat May 11	12	01	
Sun May 12	1	02	AM
Today	**2**	**03**	**PM**
Tue May 14	3	04	
Wed May 15	4	05	

Notes:

9:41

Cancel   **Activities**   Save

Title

Duration

Type:

○ ☒ Cardio

○ ☒ Strength Training

○ ☒ Other Activity

Notes:

Progress screen

The progress tab brings the user to a page that gives the user the option of tracking weight as well as body measurements.
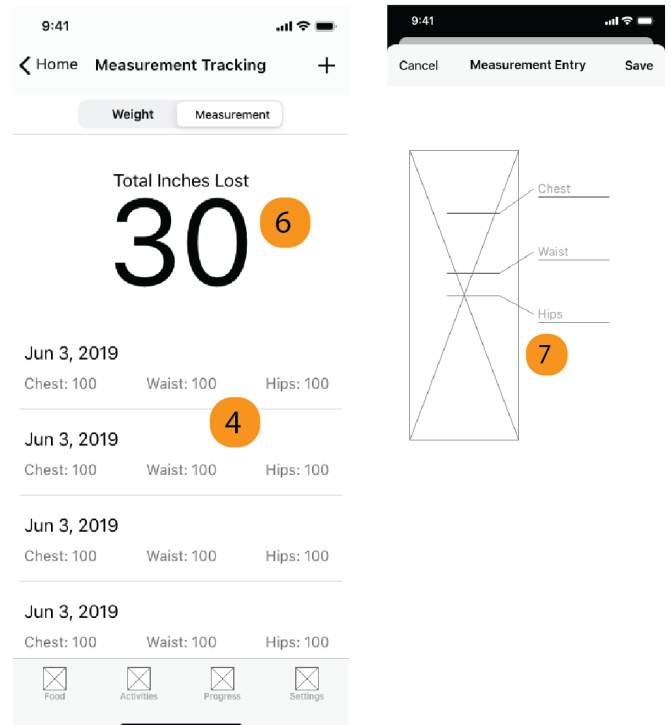They are accessable by the toggle navigation. Clicking the plus button on either page brings an overlay up to enter the information.
The user can aldo view a list of previously entered data, with the most recent being first.

Weight Tracking
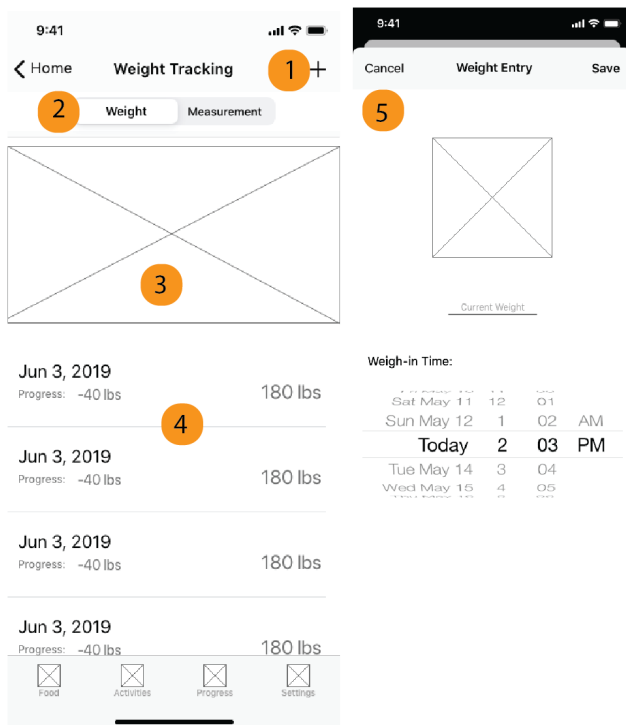
Body Measurements Tracking

1 The plus icon slides up over lay for data entry based on which toggle is currently selected

2 Toggle navigation allows user to easilyswitch between weight and body measurements

3 A line graph presents the user with a visual representation of their progress

4 List of previous weigh-ins or measurements taken The most recent is at top of list the progress is based on starting weight

5 A full screen overlay comes up from the bottom when the plus is selected to allow the user to enter their information. Once saved the item is added to the list on the weight tracking page

6 Total inches lost is acumulative from the first measurements the user entered. All inches lost from any measurement are included in this number

7 Body measurement input with guide where to measure. Once saved its added to the list on the measuerment tracking page