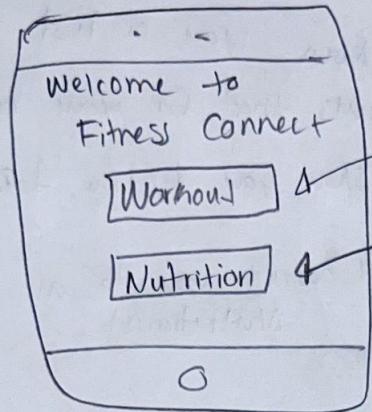


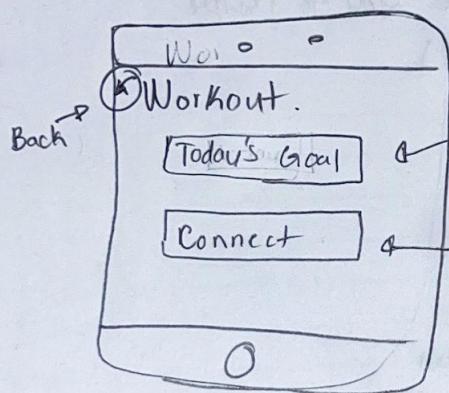
① Greeting Screen

Vraj's



Will send you to
Workout discovery
Will send you to
Nutrition discovery

② Workout discovery



Will show you different
workouts according to your
Workout Plan

Will connect you to a
Fitness professional.

③ Workout "Today's Goal"

A hand-drawn sketch of a smartphone screen. At the top, it says "Goal". Below that is a table:

	sets	reps	
Bench	3+10		GO
Flys	3xF		GO
Incline	3x10		GO

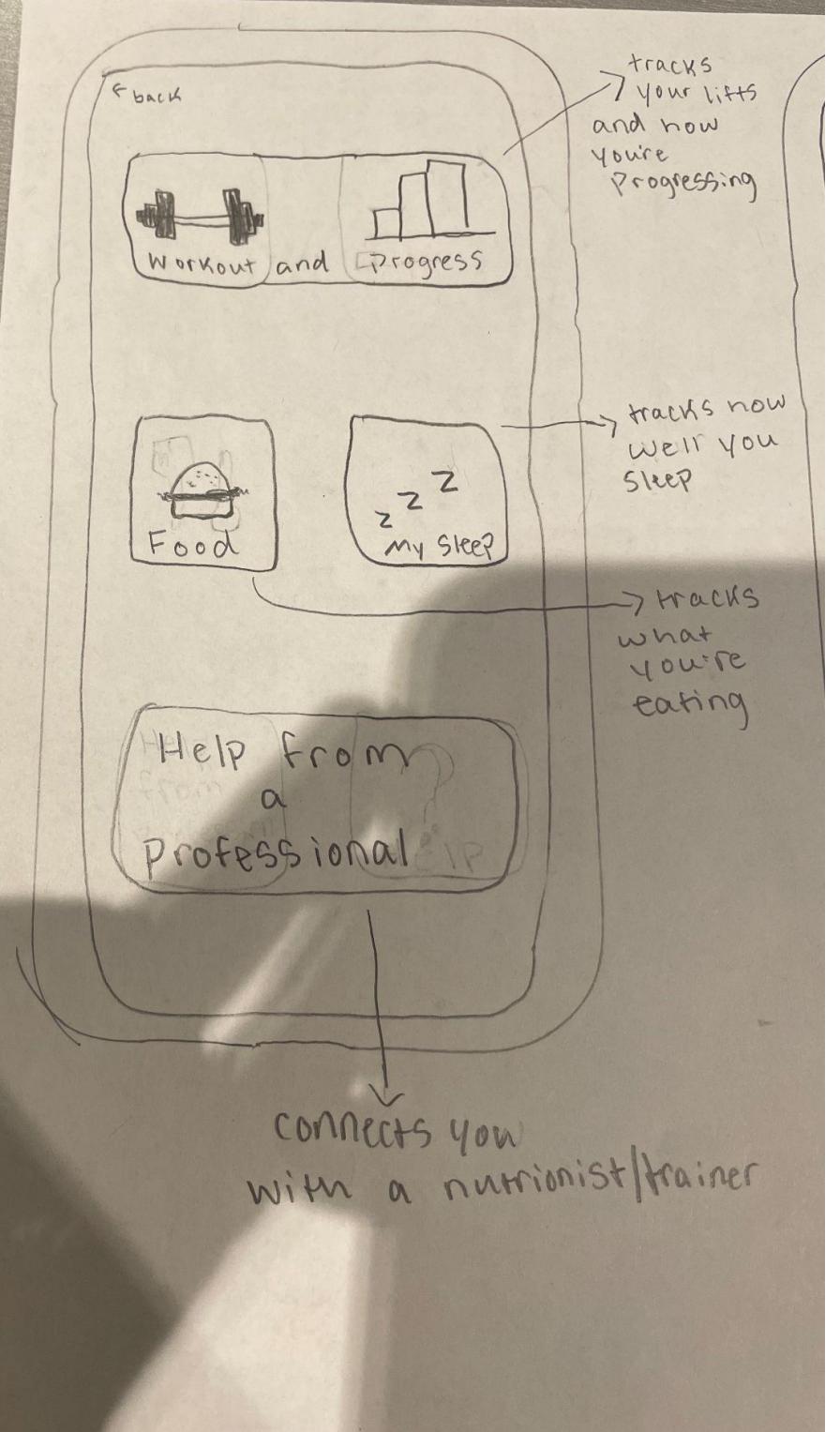
Will take you
to a video to
show you how
to do the workout

The image contains six hand-drawn wireframe sketches of mobile app screens, numbered 1 through 6, illustrating the user interface design for a fitness application.

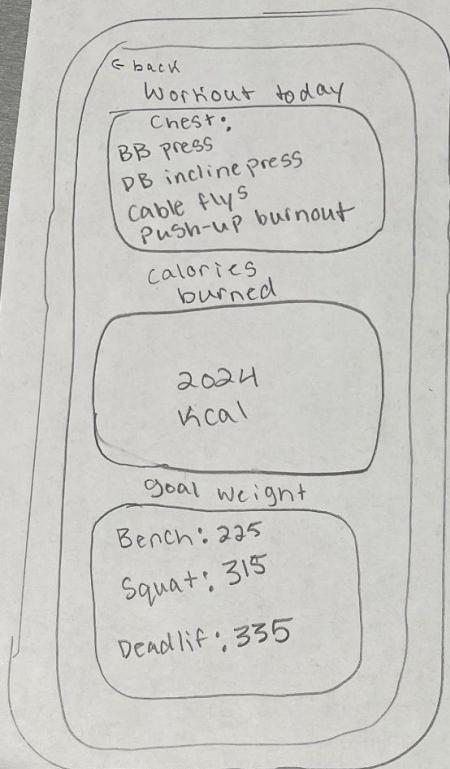
- 1) Opening Page:** Shows the main screen with the title "Fitness Connect" and a "Workouts" button.
- 2) Workout Focus Page:** Shows a list of workout focuses: General, Functional, Power, Hypertrophy, Shred, and Bodyweight, each with a "FAQ" and "Back" button.
- 3) Home Page:** Shows a hub screen with links to Home Page, Workout Focus, Nutrition, Sleep Tracker, Trainers, and a navigation bar with icons for Home, Feed, Profile, and Logout.
- 4) Feed:** Shows a feed screen with three rectangular card slots.
- 5) Nutrition Page:** Shows a list of nutrition features: Macro Calculator, Meal Ideas, Food Tracker, and Nutritionist Contact, each with a "FAQ" and "Back" button.
- 6) Trainers Page:** Shows a list of trainers with profile cards, each with a "Back" button.

Below the sketches, handwritten notes describe the purpose of each page and its features:

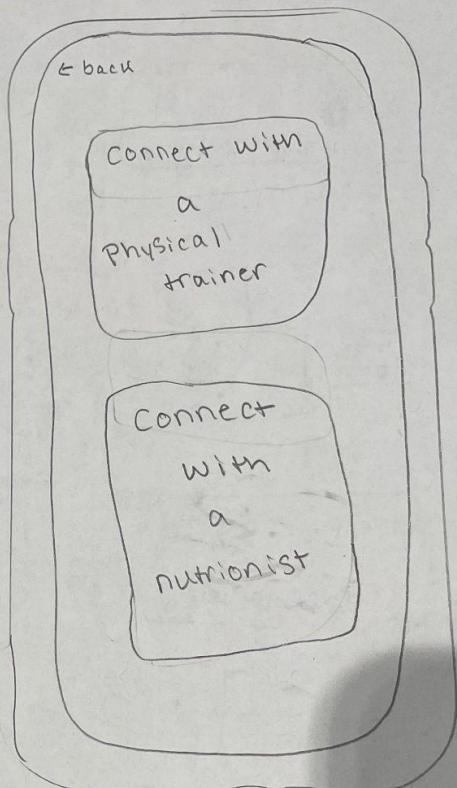
- 1) Opening Page
 - Nothing too special
- 2) Workout Focus Page
 - This is a subpage where people can use to see different workout plans for each focus
 - FAQ for what each focus is
- 3) Home Page
 - Hub for all the app's capabilities
- 4) Feed
 - Sort of like a Twitter feed where people come together to talk/ask questions
- 5) Nutrition Page
 - Can calculate macros, get meal ideas, contact a nutritionist, etc
- 6) Trainers Page
 - Able to see the trainers' qualifications and can contact/text them



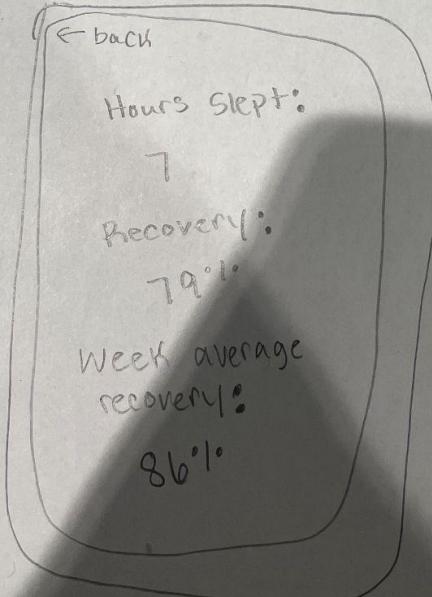
My Workout/progress



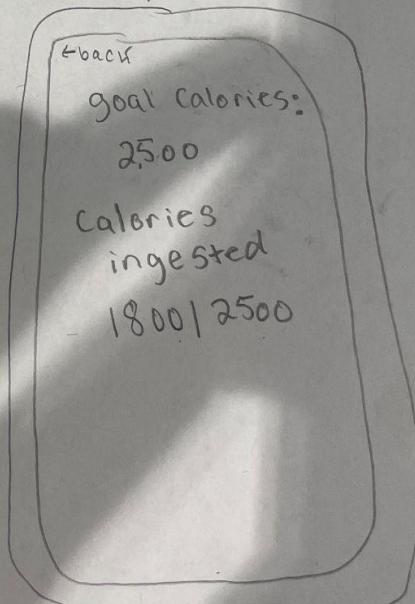
Help from a Professional



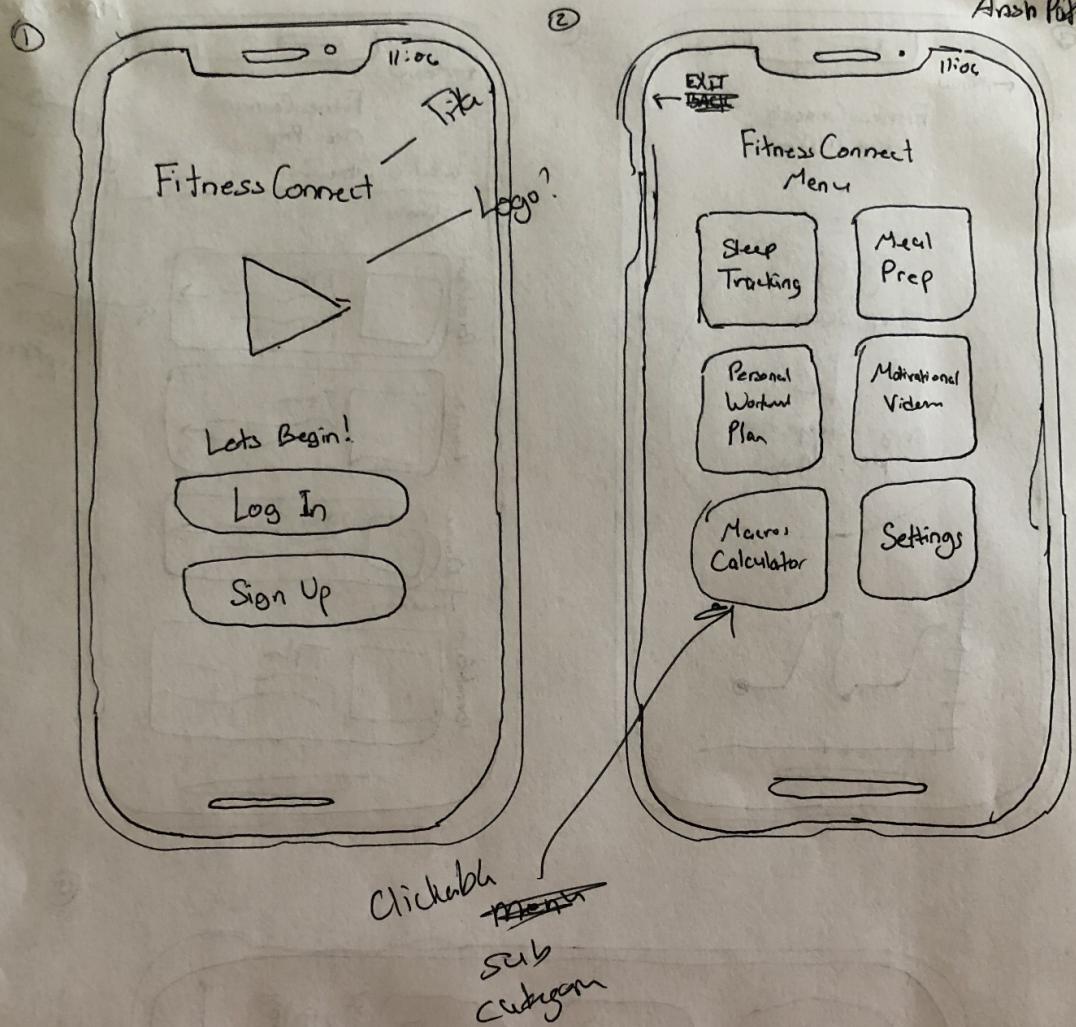
my Sleep



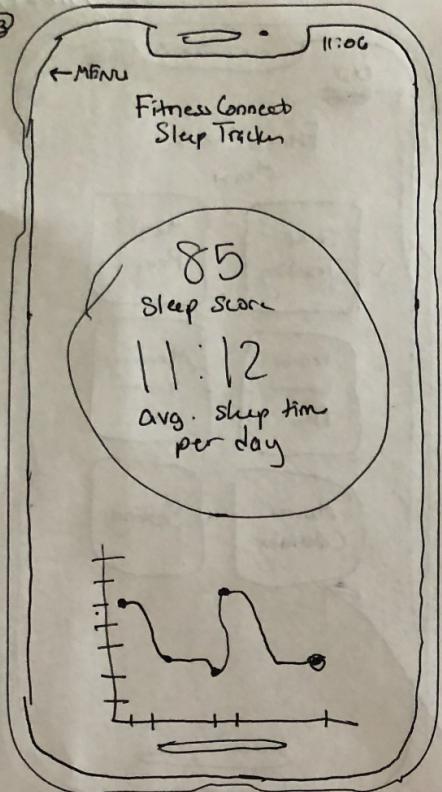
my food



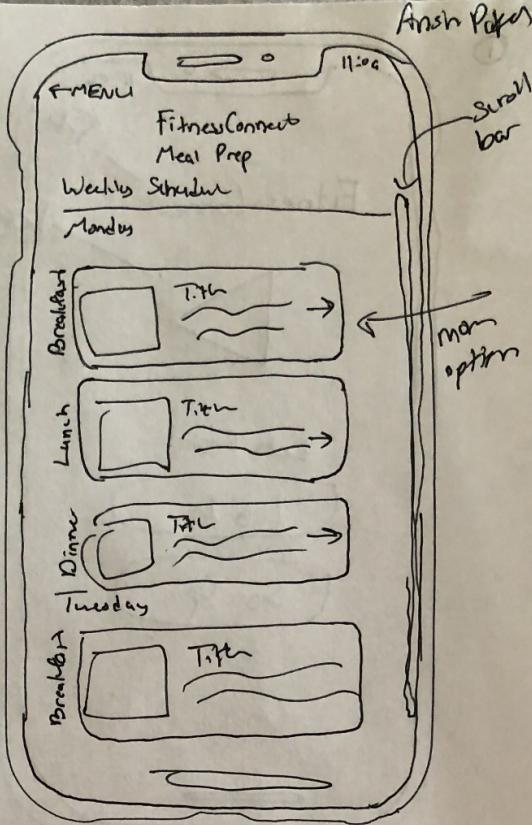
Anish Pappa



③



④



⑤

