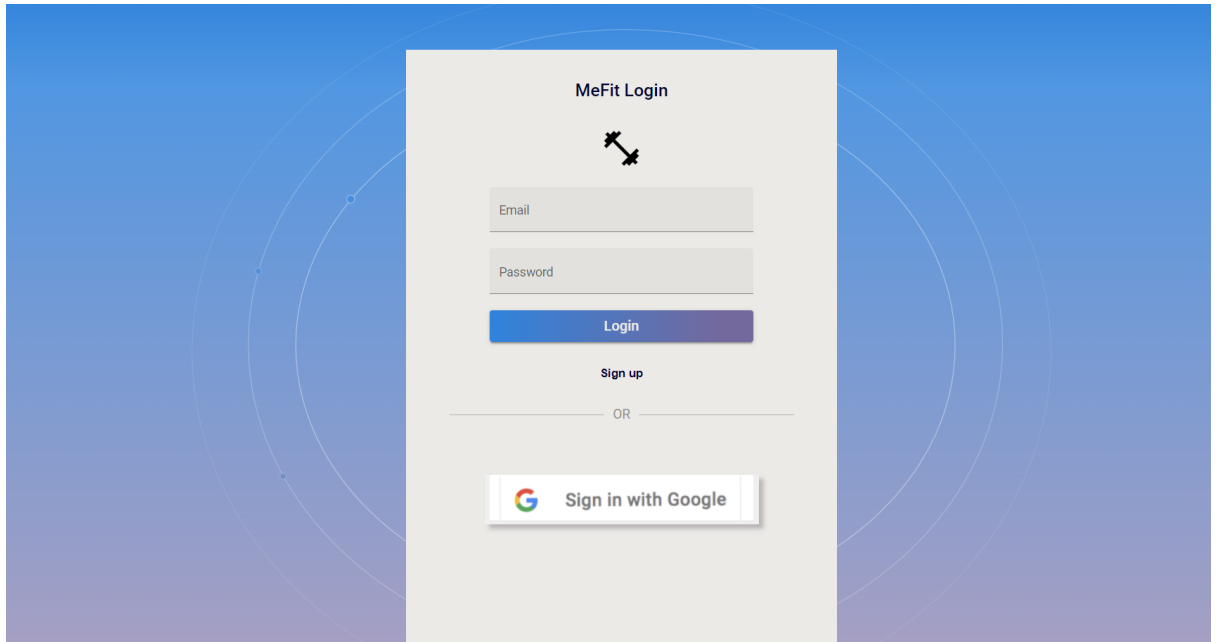
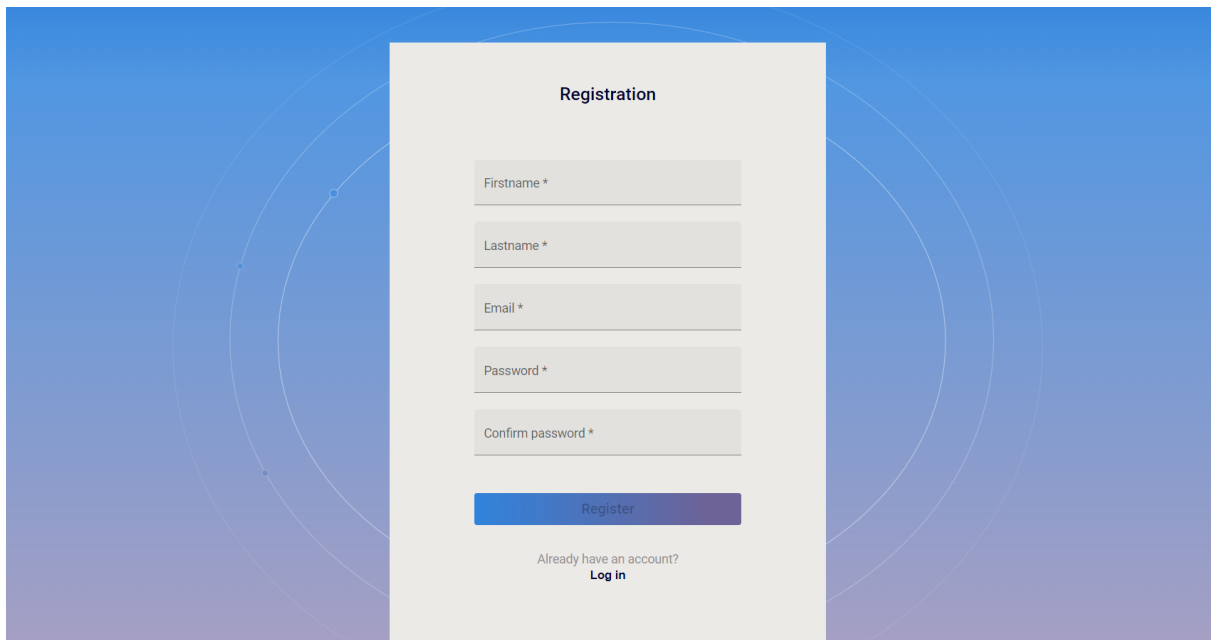


1. Login

The image shows a login form titled "MeFit Login" centered on a blue background with faint concentric circles. The form is a light gray rectangle containing a key icon, two input fields for "Email" and "Password", a blue "Login" button, a "Sign up" link, an "OR" separator, and a "Sign in with Google" button with the Google logo.

- A user may login with either email and password as registered in the postgresSQL database, or with an external Google mail-account.

2. Registration

The image shows a registration form titled "Registration" centered on a blue background with faint concentric circles. The form is a light gray rectangle containing five input fields for "Firstname *", "Lastname *", "Email *", "Password *", and "Confirm password *", a blue "Register" button, and a link that says "Already have an account? Log in" where "Log in" is bolded.

- The registration page may be accessed through the "Sign up"- button displayed on the login page, where the user should enter their details.

3. Profile registration

Register profile

Height *

Height is required.

Weight *

Disabilities *

Medical conditions *

Register profile

- When a user has signed up, the user gets redirected to the profile registration screen, and requires the user to enter some details about their current fitness status.
- Users should enter their height, weight, any disabilities or medical conditions to proceed.

4. Dashboard

MeFit

Dashboard Log out kalleson@gmail.com

Workouts

Programs

Exercises

24 Friday, September 24

Programs Workouts

MeFit beginner	Workout: 1, Chest and triceps	Workout: 2, Back and biceps pumper	Workout: 3, Shoulder and legs killer	Workout: 4, Cardio and abs 1
The runner	Benchpress	Deadlift	Deadlift	Sit ups
Antes favourites	Push ups	Sit ups	Shoulder Press	30 minutes run with 5 min warmup
	Cable triceps push downs	Bicepscurls	Body weight squats	
	Triceps dips	Dumbbell Bicepscurls	Incline leg press	

Add goal End date

- When a user has logged in, the user is presented with the dashboard component where the user can choose a program to set as their weekly goal by selecting the desired program, entering an end date and clicking the “Add goal” button.

Current goal:

7 days left

kallesson@gmail.com's fitness program

Started: 24/September

End date: 1/10

Program details ^

Chest and triceps	Back and biceps pumper	Shoulder and legs killer	Cardio and abs 1
Weight lifting	Weight lifting	Weight lifting	Cardio
Benchpress	Deadlift	Deadlift	Sit ups
Push ups	Sit ups	Shoulder Press	30 minutes run with 5 min warmup
Cable triceps push downs	Bicepscurls	Body weight squats	
Triceps dips	Dumbbell Bicepscurls	Incline leg press	
Complete	Complete	Complete	Complete

- When a goal is set, the user can display information about the program in the goal by expanding the “Program Details” button, where the user also is able to complete the individual workouts inside the program.

kallesson@gmail.com's fitness program

Started: 24/September

End date: 1/10

**Complete
Goal**

Program details ^

Chest and triceps	Back and biceps pumper	Shoulder and legs killer	Cardio and abs 1
Weight lifting	Weight lifting	Weight lifting	Cardio
Benchpress	Deadlift	Deadlift	Sit ups
Push ups	Sit ups	Shoulder Press	30 minutes run with 5 min warmup
Cable triceps push downs	Bicepscurls	Body weight squats	
Triceps dips	Dumbbell Bicepscurls	Incline leg press	
✓	✓	✓	✓

- The progression of the goal is displayed through the progress bar and when all workouts for a goal is complete, the user can click “Complete goal” to mark the goal as achieved.

Completed Goals

MeFit All around 1 ^

Chest and triceps	Back and biceps pumper	Shoulder and legs killer	Cardio and abs 1
Weight lifting	Weight lifting	Weight lifting	Cardio
Benchpress	Deadlift	Deadlift	Sit ups
Push ups	Sit ups	Shoulder Press	30 minutes run with 5 min warmup
Cable triceps push downs	Bicepscurls	Body weight squats	
Triceps dips	Dumbell Bicepscurls	Incline leg press	
✓	✓	✓	✓

- When a goal is complete, it gets moved to the completed goals list at the bottom of the page. Details about completed goals can be viewed by expanding the buttons for the individual goals.

5. Workout page

HimeFit		Dashboard	Log out	kalleson@gmail.com
name	type			
Discogym	Weight Lifting			
Exercise 1				
Benchpress	Upper-body weight training exercise in which the trainee presses a weight upwards while lying on a weight training bench.			
Exercise 2				
Deadlift	The deadlift is a weight training exercise in which a loaded barbell or bar is lifted off the ground.			
Upperbody beginner	Weight lifting			
Chest and biceps killer	Weight lifting			
Chest and triceps	Weight lifting			
Upperbody beginner 2	Weight lifting			
Upperbody beginner 3	Weight lifting			
Back and biceps pumper	Weight lifting			
Shoulder and legs killer	Weight lifting			


- When the "Workout" navigation button is clicked in the sidebar, the user is presented with the workout page.
- The workout page contains a table of all workouts currently in the database, and contains expandable cells where the user can choose to view each workout's related exercises.

6. Program page

HmeFit		Dashboard	Log out	kalleson@gmail.com
Workouts	Programs	Exercises		
name	category			
MeFit beginner	Gym			
Workout 1				
Upperbody beginner				
Workout 2				
Upperbody beginner 2				
Workout 3				
Upperbody beginner 3				
MeFit All around	Gym			
The runner	Running			
Antes favourites	Gym			

- When the “Program” navigation button is clicked in the sidebar, the user is presented with the program page.
- The program page contains a table of all programs currently in the database, and contains expandable cells where the user can choose to view each program's related workouts.

7. Exercise page

HmeFit		Dashboard	Log out	kalleson@gmail.com
Workouts	Programs	Exercises		
Name	Primary Musclegroup	Secondary Musclegroup		
Benchpress	Triceps	Chest		
 <p>Upper-body weight training exercise in which the trainee presses a weight upwards while lying on a weight training bench.</p>				
Deadlift	Back	Glutes		
Shoulder Press	Triceps	Shoulder		
Sit ups	-	Core		
Push ups	Triceps/Shoulders	Chest		
BicepscURLs	Underarms/Shoulders	Biceps		
Dumbell BicepscURLs	Underarms/Shoulders	Biceps		
Cable triceps push downs	Underarms	Triceps		
Triceps dips	Chest	Triceps		

- When the “Exercise” navigation button is clicked in the sidebar, the user is presented with the exercise page.
- The exercise page contains a table of all exercises currently in the database, and contains expandable cells where the name of each exercise is displayed together with its primary and secondary target muscle groups.
- The user can also choose to view each exercises description, and an image of how to execute the exercise by clicking on the cell.