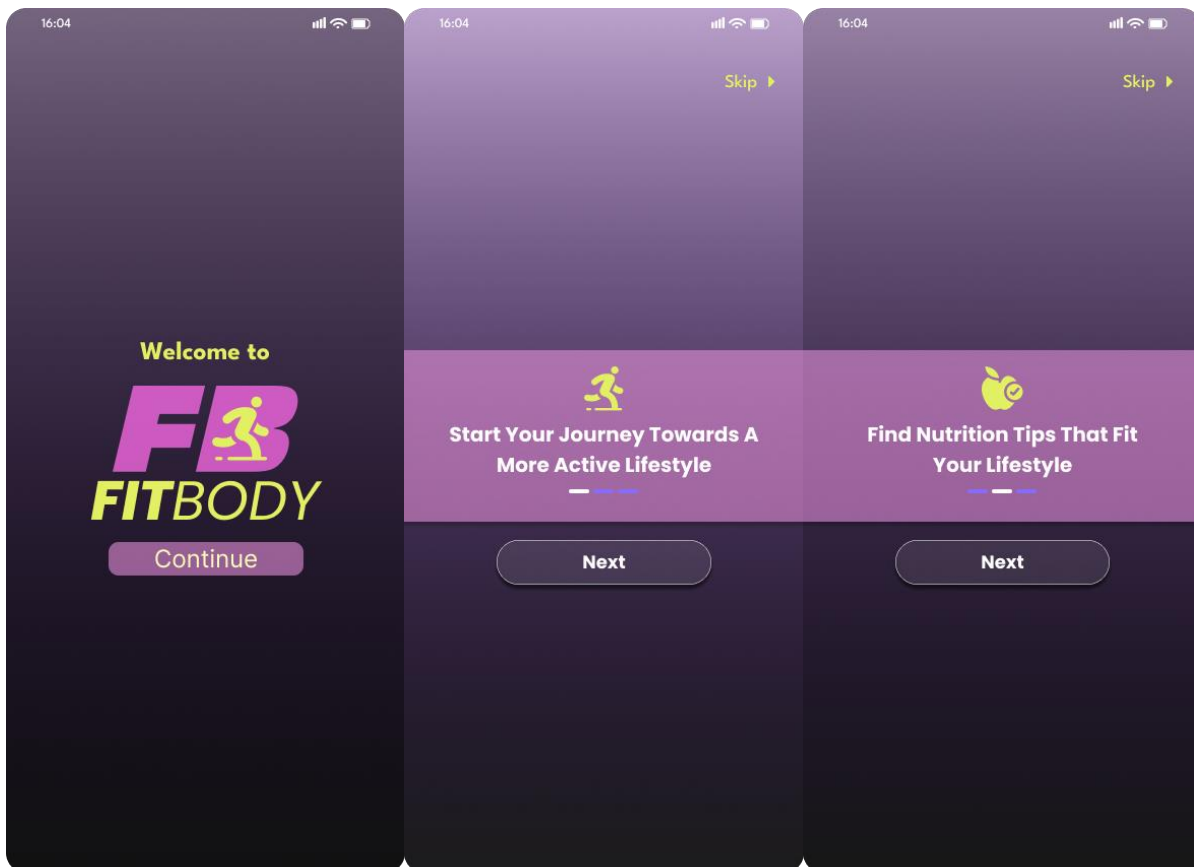# Fitness App
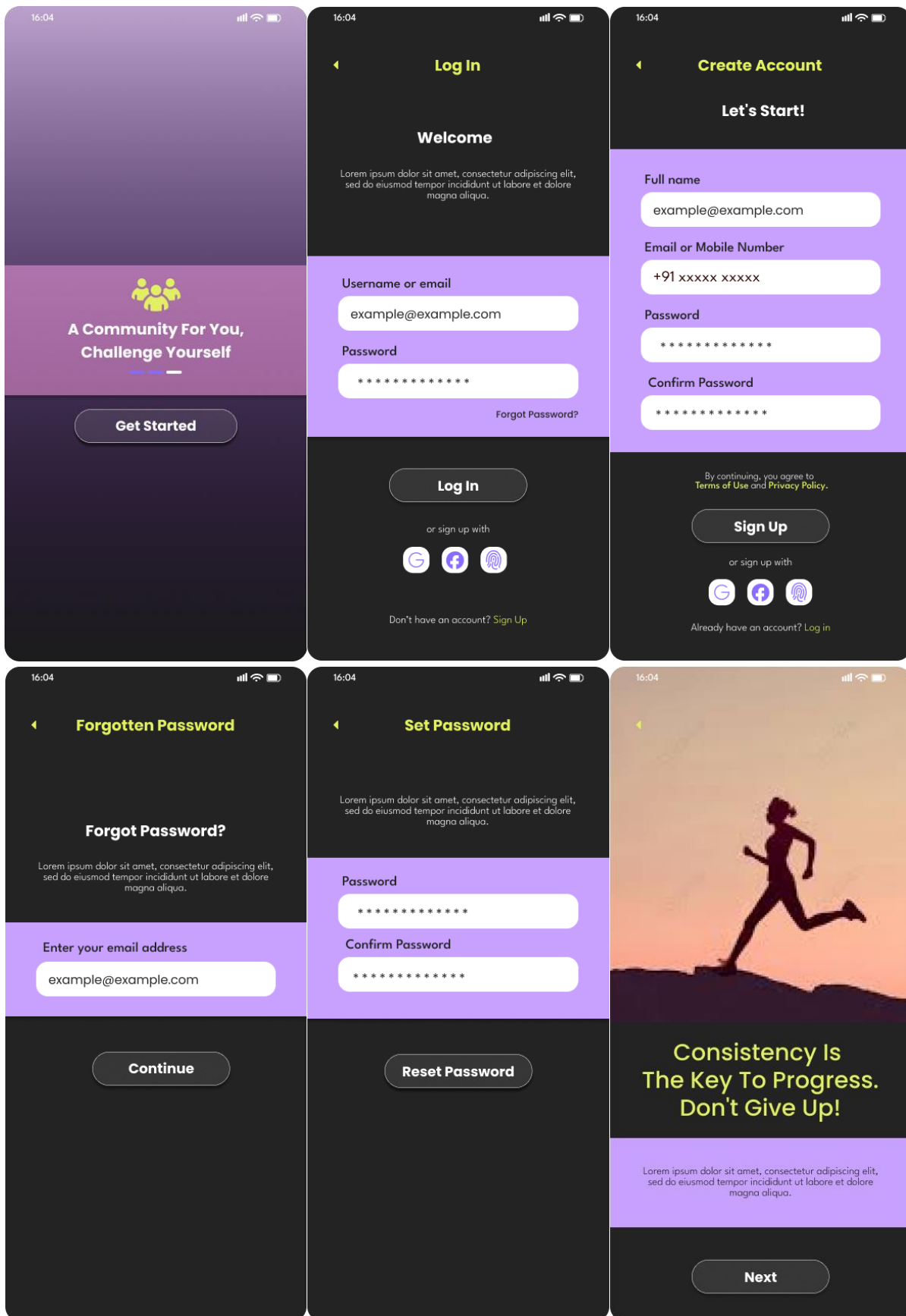
➢ Introduction:

As part of my UI/UX design internship at SkillCraft, I was assigned the task of designing the complete user journey for a fictional mobile fitness application. The objective was to create an onboarding process that not only introduces users to the app's key features but also collects essential information to deliver a personalized experience from the very first interaction.

The challenge lay in striking the right balance between gathering necessary user data and keeping the flow simple, engaging, and motivating, ensuring minimal friction and a smooth transition into the app's core functionalities.

Snapshots

Screen 1

A Community For You,
Challenge Yourself

Get Started

Screen 2 — Log In

16:04

Log In

Welcome

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Username or email

example@example.com

Password

* * * * * * * * * * * *

Forgot Password?

Log In

or sign up with

Don't have an account? Sign Up

Screen 3 — Create Account

16:04

Create Account

Let's Start!

Full name

example@example.com

Email or Mobile Number

+91 xxxxx xxxxx

Password

* * * * * * * * * * * *

Confirm Password

* * * * * * * * * * * *

By continuing, you agree to
Terms of Use and Privacy Policy.

Sign Up

or sign up with

Already have an account? Log in

Screen 4 — Forgotten Password

16:04

Forgotten Password

Forgot Password?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Enter your email address

example@example.com

Continue

Screen 5 — Set Password

16:04

Set Password

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Password

* * * * * * * * * * * *

Confirm Password

* * * * * * * * * * * *

Reset Password

Screen 6

16:04

**Consistency Is
The Key To Progress.
Don't Give Up!**

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Next

◀ Back

What's Your Gender

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

♂

Male

♀

Female

Continue

◀ Back

How Old Are You?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

24

▲

22   23   **24**   25   36

Continue

◀ Back

What Is Your Weight?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

KG	LB

73   **74**   **75**   **76**   77

▲

75 Kg

Continue

◀ Back

What Is Your Height?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

165 Cm

175

170

165 ◀

160

155

Continue

◀ Back

What Is Your Goal?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Lose Weight   ◯

Gain Weight   ◯

Muscle Mass Gain   ◯

Shape Body   ◯

Others   ◯

Continue

◀ Back

Physical Activity Level

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Beginner

Intermediate

Advance

Continue

Screen 1 — Fill Your Profile

◀ Back

Fill Your Profile

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Full name
Sarah Richard

Nickname
Sarah

Email
sarahrichard@example.com

Mobile Number
+91 xxxxx xxxxx

Start

Screen 2 — Home

16:04

Hi, Madison
It's time to challenge your limits.

Workout | Progress Tracking | Nutrition | Community

Recommendations See All ▶

Squat Exercise
12 Minutes · 120 Kcal

Full Body Stretching
12 Minutes · 120 Kcal

Weekly Challenge
Plank With Hip Twist

Articles & Tips

Supplement Guide...

15 Quick & Effective Daily Routines...

Screen 3 — My Profile

16:04

◀ **My Profile**

Sarah Richard
sarahrichard@example.com
Birthday: April 1st

| 75 Kg Weight | 24 Years Old | 165 CM Height |

👤 Profile ▶
⭐ Favorite ▶
🔒 Privacy Policy ▶
⚙ Settings ▶
🎧 Help ▶
⮕ Logout ▶

Screen 4 — Workout

16:04

◀ **Workout**

Beginner | Intermediate | Advanced

Training Of The Day

Functional Training
45 Minutes · 1450 Kcal · 5 Exercises

Let's Go Beginner
Explore Different Workout Styles

Upper Body
⏱ 60 Minutes · 1320 Kcal
5 Exercises

Full Body Stretching
⏱ 45 Minutes · 1450 Kcal
5 Exercises

Glutes & Abs

Screen 5 — Progress Tracking

16:04

◀ **Progress Tracking**

Sarah ♀
Age: 24

| 75 Kg Weight | 165 CM Height |

Workout Log | **Charts**

Choose Date Month ⌄

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Activities

🔥 120 Kcal
Upper Body Workout
June 09
Duration 25 Mins

🔥 130 Kcal
Pull Out
April 15 – 4:00 PM
Duration 30 Mins

Screen 6 — Progress Tracking Charts

16:04

◀ **Progress Tracking**

Workout | **Charts**

My Progress
January 12th

Steps

	Jan	Feb	Mar	Apr
170				
165				
155				
150				

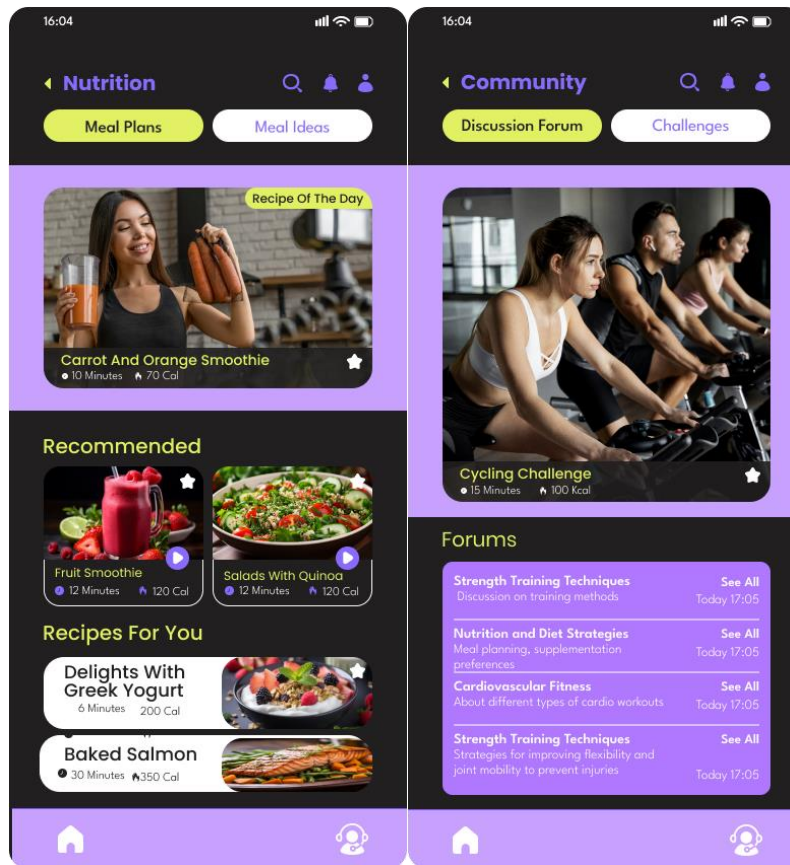| Thu 14 | Steps 3,679 | Duration 1hr40m |
| Wen 20 | Steps 5,789 | Duration 1hr20m |
| Sat 22 | Steps 1,859 | Duration 1hr10m |

➢ Description

The conceptual fitness app, named **"FitBody"**, was designed to help users achieve their health and fitness goals through workout tracking, nutrition guidance, community engagement, and performance monitoring. The project began with mapping the end-to-end onboarding flow, defining clear entry and exit points for each stage, and ensuring a logical progression that guides users seamlessly from initial launch to personalized recommendations.

The user journey included the following stages:

1. **Welcome and Introductory Onboarding**
    a. A series of well-structured screens introducing the app's core benefits: promoting an active lifestyle, providing tailored nutrition advice, and fostering a supportive fitness community.
    b. Integrated "Next" and "Skip" options, allowing users to control their onboarding pace.
2. **Account Creation and Access**
    a. Multiple sign-up and login options, including email, mobile, and third-party authentication, designed for quick access.
    b. Password reset flow to ensure account recovery is straightforward and user-friendly.

3. **Profile Setup**
   a. Collection of essential personal details such as full name, contact information, and profile nickname.
   b. Minimal and clearly labeled form fields to reduce effort and encourage completion.
4. **Fitness Level Selection**
   a. Clear categorization into Beginner, Intermediate, and Advanced levels to customize workout intensity and recommendations.
5. **Goal Definition**
   a. Options for weight loss, muscle gain, body toning, or general fitness improvement, enabling the app to align its recommendations with user objectives.
6. **Physical Metrics Input**
   a. Structured data entry for height, weight, age, and gender to facilitate precise tracking and tailored workout/nutrition plans.
7. **Motivational Transition**
   a. Encouraging screens to boost user commitment before entering the main dashboard, reinforcing the idea that consistency is key.
8. **Personalized Dashboard**
   a. Central hub displaying workout recommendations, weekly challenges, nutritional guides, and articles.
   b. Dynamic content tailored to the user's fitness profile and goals.
9. **Progress Tracking**
   a. Visual charts and logs tracking workouts, nutrition intake, and other key health metrics over time.
   b. Easy navigation to review past activities and monitor improvements.
10. **Community Engagement**
    a. Interactive forums and group challenges to build accountability, share experiences, and maintain long-term motivation.

➢ **Design Approach**
➢ The design adhered to a **user-centered methodology**, emphasizing:

- **Clarity and Usability**: Simple layouts, intuitive navigation, and logical grouping of related tasks.
- **Progressive Disclosure**: Information and form fields presented in manageable steps to avoid overwhelming the user.
- **Visual Consistency**: Cohesive branding, clear typography, and balanced color usage to maintain visual appeal while supporting readability.
- **Retention Focus**: Community integration, challenges, and tracking features to encourage continued use beyond initial onboarding.

➢ **Outcome**
   The final design successfully delivers a cohesive, motivational, and efficient onboarding

experience. While the original task requested a low-fidelity clickable prototype, the result exceeded expectations by producing a **high-fidelity, end-to-end user journey** that combines functional clarity with engaging visual design. This ensures that new users can transition from first-time launch to an active, personalized dashboard with confidence, motivation, and a clear understanding of how the app will support their fitness goals.