

Home Screen: "Welcome to FitnessApp"
Choose: New User or Existing User

New User:
- Create Profile
· Name
· Age
· Gender
· Resting BPM
· Activity Level
+ More

Current User:
- Enter Name
- Loads UserData
from a text
file.

Track Fitness
or
View Insights

Track Fitness
- Track Weight
- Track Lifts

View Insights
- "Fitness Dashboard"

Track Weight
- Enter weight
and time.
- Displays weight
gain/loss

Track Lifts
- Enter Lift +
weight lifted
- View lift
progress
over period of
time

"Fitness Dashboard"
- Retrieves data stored in
tracking, allows for
modifications.
- Strength Standards
- Calculations for:
· Daily Calorie Intake
· FFMI & BMI
· VO₂ Max
· Metabolic Rate
- View/Edit UserData