

CSCE 190

Assignment Name: Sketches

Group Name: FAB FIVE

Team Members who contributed:

First Name	Last Name	Email
Trace	McCament	MCCAMENT@email.sc.edu
Caitlin	Croci	ccroci@email.sc.edu
Cyrus	Zheng	zhengc@email.sc.edu
Ansh	Patel	anshp@email.sc.edu
Vraj	Patel	vtpatel@email.sc.edu

view
your
profile

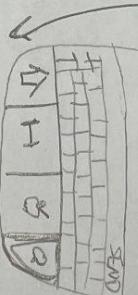
message
notification

Messages

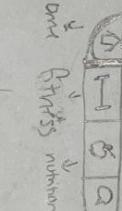
Fitness Connect (can view
Sam Reynolds
professor)
PROFL

Atty I saw
gym video
Extend more
to Red in
your ...
muscle

Send &
Read
messages



home fitness number messages



② Fitness Connect

↳ Favorites

♀ Friends

♂ Connect w/
trainers

▽ Video
video



② Fitness Connect

All options
from
fitness
recipes

run
track
calories,
connect w/
nutritionists,
and
healthy
recipes

connect w/
nutrition

find
recipes



② Fitness Connect

SEARCH

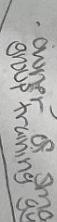
Sam
Reynolds

Trainor, 34yo

New York, New York

-Ex Army
vet
passes on muscle
building
anytime
group training

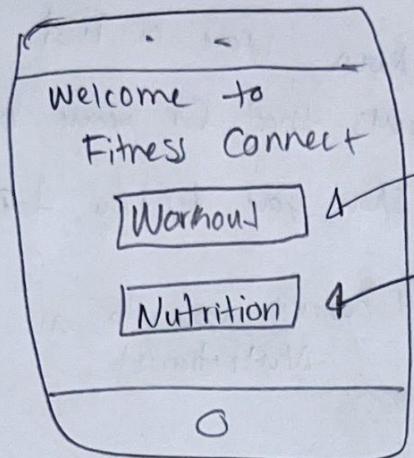
Search
-trainers
-nutritionists
-workouts
-meal
recipes



② Fitness Connect

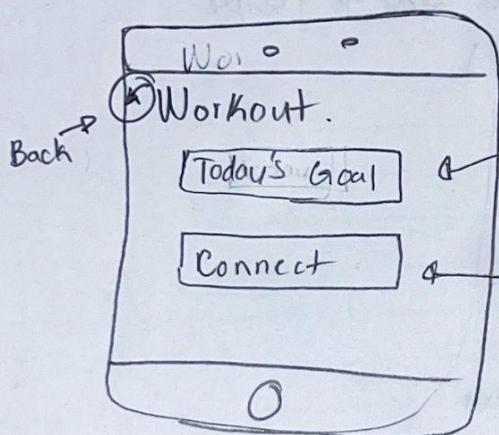
① Greeting Screen

Vraj's



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

② Workout discovery



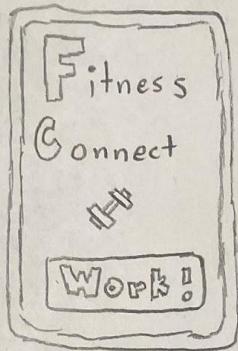
Will show you different
workouts according to your
workout plan
Will connect you to a
Fitness professional.

③ Workout "Today's Goal"

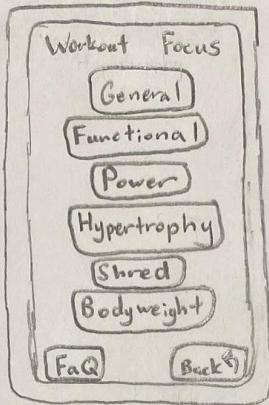
Goal.		sets	REPS
Bench		3+10	(6)
Flys		3xF	(7)
Incline		3x10	(8)

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

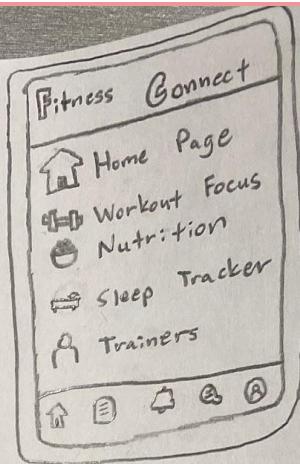
1)



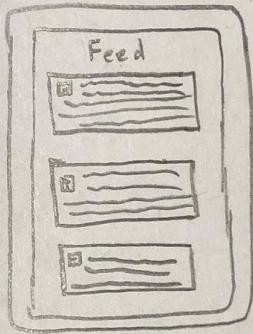
2)



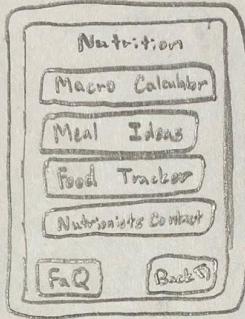
3)



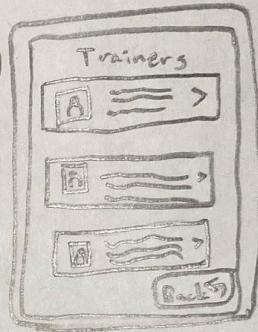
4)



5)



6)



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

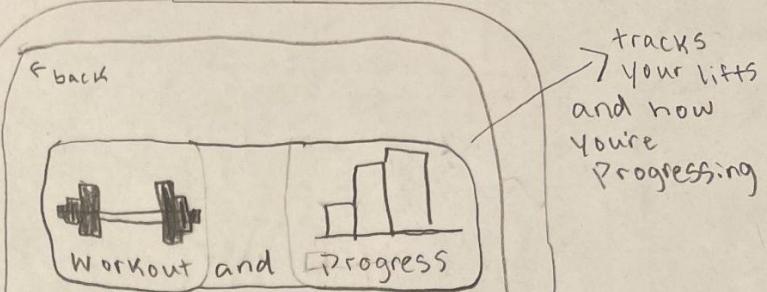
- Sort of like a Twitter feed where people come together to talk/ask questions

5) Nutrition Page

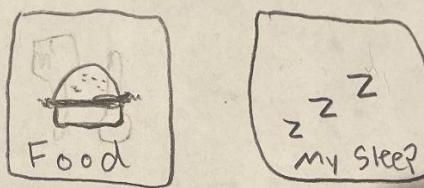
- Can calculate macros, get meal ideas, contact a nutritionist, etc

6) Trainers Page

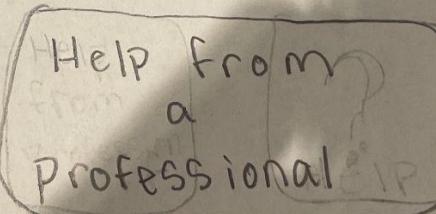
- Able to see the trainers' qualifications and can contact/text them



→ tracks
your lifts
and how
you're
progressing



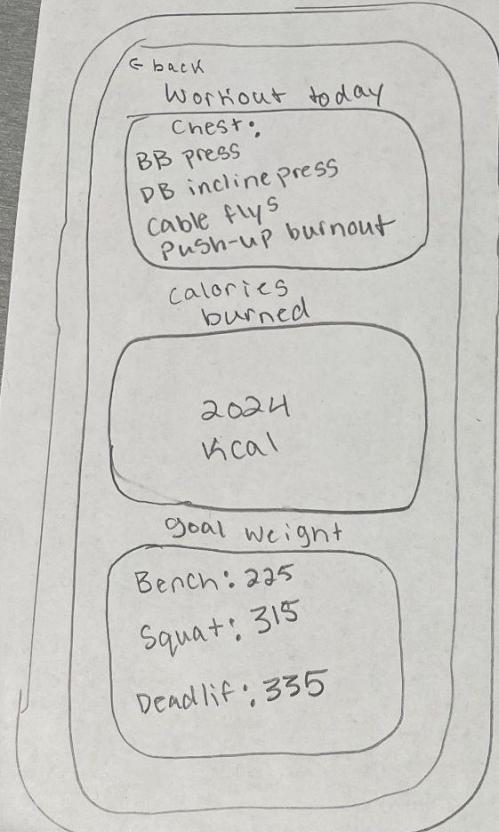
→ tracks how
well you
sleep



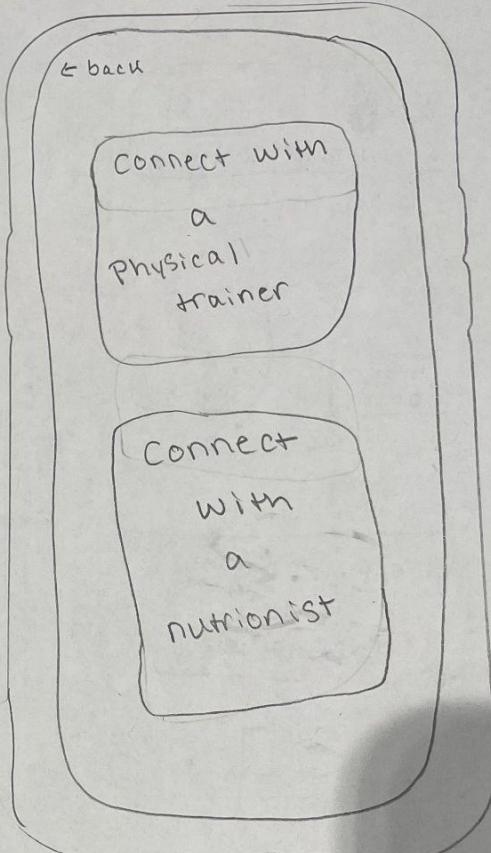
→ tracks
what
you're
eating

↓
connects you
with a nutritionist/trainer

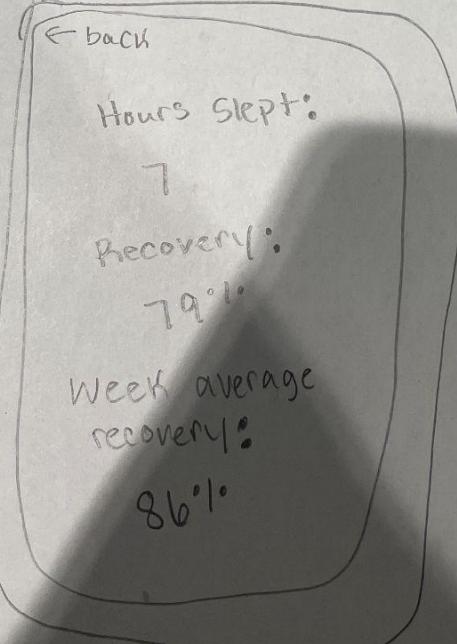
My Workout/progress



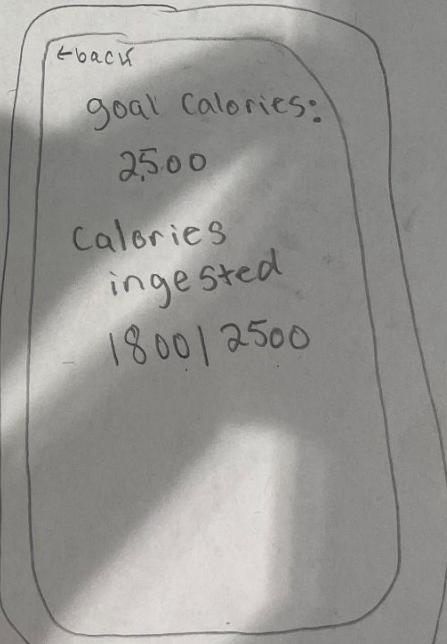
Help from a professional



my Sleep

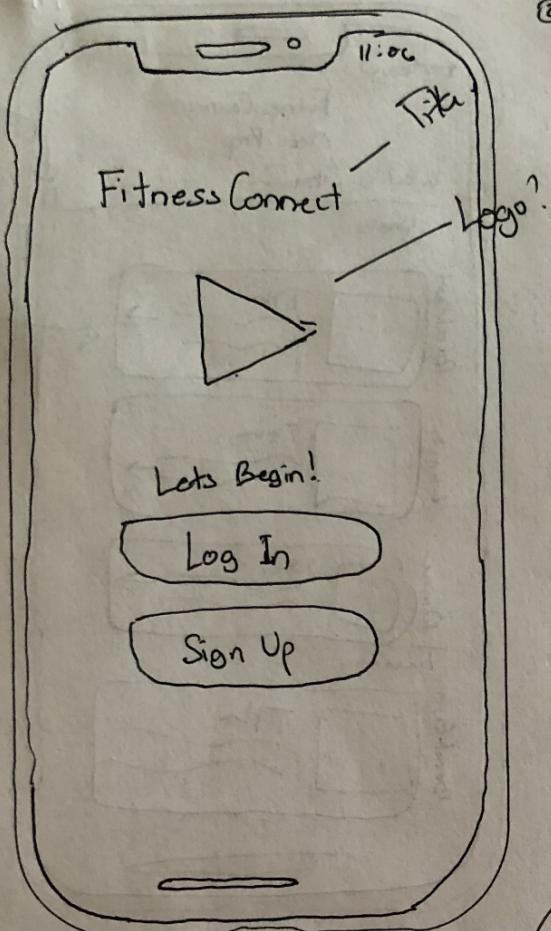


my food

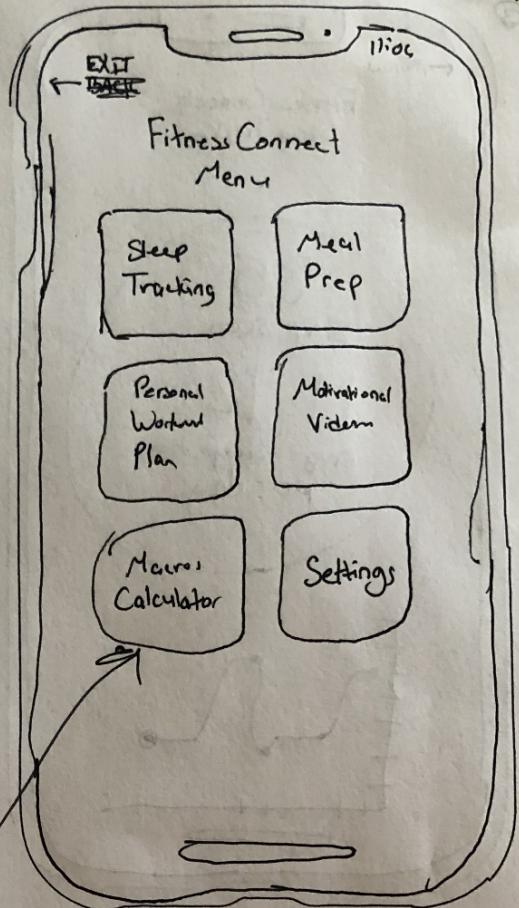


Anush Paffen

①

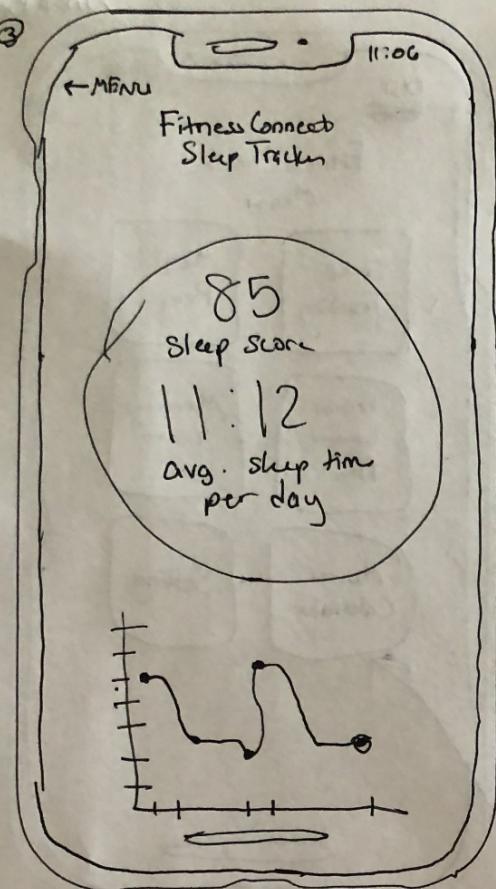


②

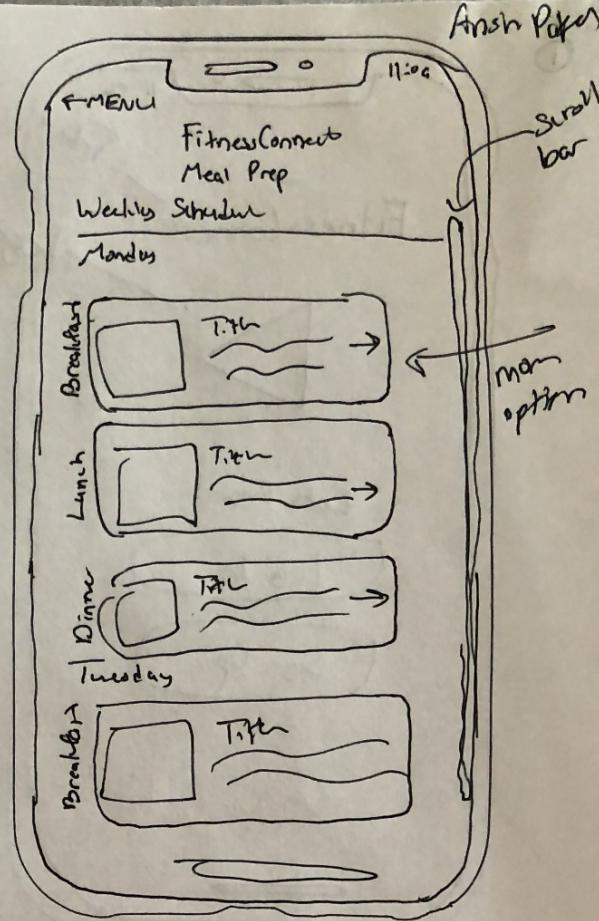


Clickable
~~parent~~
Sub
category

③



④



⑤

