Home Screen of App

Grants access to schedules, stored workouts, recognized patterns/routines, etc. A clean way to store all other functions that arent as common.

Allows the user to sync their apple watch or exercise tracking device.

Access account settings, update users personal info.

Shows most relevant statistics on home page for ease of access.

Short reminders/tips to suggest to the user to help them achieve optimal results from the application.

Menu

Account

Sync

Today's Stats

Steps

Calories Burned

Miles Walked

Workouts Completed

Quick Tips