

PAPER PROTOTYPE FOR GYM BUDDY

① LOGIN PAGE

The diagram illustrates a paper prototype of a login page for an application named 'Gym Buddy'. The page is enclosed in a rounded rectangle representing a mobile device screen. At the top, the text 'Gym Buddy' is written in a stylized font, with a small icon to its right. Below this, there are three input fields: the first contains the text 'dennis333', the second contains a series of asterisks '*****', and the third is empty. Below the input fields is a button labeled 'Log In'. Below the button is a link labeled 'Forgot Password?'. At the bottom of the page, there is a link labeled 'Don't have Account? Sign Up'. Several labels with lines pointing to specific elements are present: 'App Logo' points to the 'Gym Buddy' text; 'Username / email of the user' points to the first input field; 'Password Set By the user' points to the second input field; 'Link to Reset Password.' points to the 'Forgot Password?' link; 'Option for users who using the App for the First Time' points to the 'Don't have Account? Sign Up' link; and 'Application Form for Sign IN' points to the entire login form area.

Application Form for Sign IN

Gym Buddy

App Logo

Username / email of the user

Password Set By the user

Log In

Forgot Password?

Link to Reset Password.

Don't have Account? Sign Up

Option for users who using the App for the First Time

② WELCOME INTER FACE

WELCOME (NEW USER)!

First Name

Last Name

User Name (This will be used to Login)

Age?

☐ 16-30 ☐ 40-50 ☐ 65+

Gender?

☐ Male ☐ Female ☐ Prefer not to say

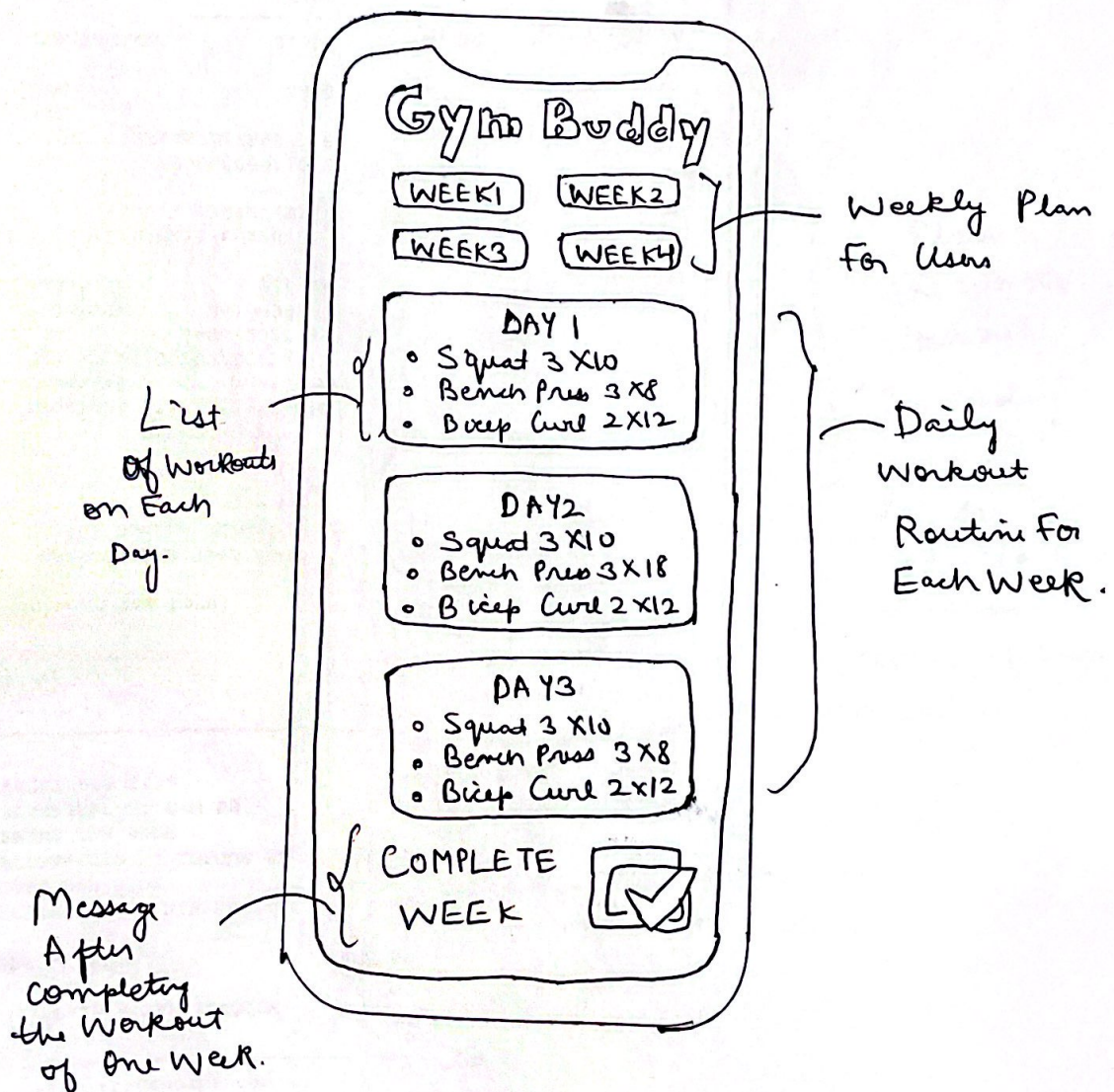
Goals?

☐ Weight loss ☐ Build muscle ☐ Get strong

Annotations:

- Credentials For Future Login (points to First Name, Last Name, and User Name fields)
- Welcome Message For a New User After Sign In (points to the title)
- Message For Informing Users about the Form Fields (points to the Age, Gender, and Goals sections)
- Age Groups Division For Different Workout Regimes (points to the Age? section)
- Gender Selection (points to the Gender? section)
- Asks Users to Achieve their goals By choosing what they aiming for. (points to the Goals? section)

③ WEEKLY AND DAILY WORKOUT PLAN




④ DETAILED PLAN OF DAILY EXERCISES

Gym Buddy

WEEK 1 DAY 1

Exercise	Sets	Reps	Load	Comp
Squat	3	5	50kg	<input checked="" type="checkbox"/>
Bench	3	8	25kg	<input checked="" type="checkbox"/>
<div><div></div><div>2:49</div></div>				
Curl	2	12	Kg	<input checked="" type="checkbox"/>

COMPLETE DAY 

Plan of
the whole
workout
including
Demo
Video in
order to learn
the proper
posture of each
exercise