

Home/Landing Page

Physical Activity Tracker



| Today | Current Stats/Goals | Try New Activities | ← Oct. → |
|--|-------------------------------------|-------------------------------------|-------------|
| Workout <input type="checkbox"/> | • 194 lbs | • Run Route | *Place |
| 5k run <input checked="" type="checkbox"/> | • Diet | • Gym Routine | Calendar to |
| | • Run 15k/week | • New Diet | assist in |
| | etc. | | tracking* |
| <input type="button" value="More"/> | <input type="button" value="Edit"/> | <input type="button" value="More"/> | |

Today's Log

Physical Activity Tracker



| Today's Activities | |
|--|-----------------------------|
| <input checked="" type="checkbox"/> | <u>Completed Activity</u> |
| <input checked="" type="checkbox"/> | <u>Completed Activity</u> |
| <input type="checkbox"/> | <u>Uncompleted Activity</u> |
| <input type="button" value="Add Another"/> | |

Current Stats, Goals, Progress:

Physical Activity Tracker



Current Goals/Stats

Goal

90%

Edit

Stats

• Weight • Records • etc.

Edit

Save

Try New Activities:

Physical Activity Tracker



Activities

Activity

⊕

Activity

⊕

Activity

⊕

etc.

Calendar:

Physical Activity Tracker



| ← October → | | | | | | |
|-------------|----|----|----|----|----|----|
| | | | | | 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 | | | | | | |

 Current Date

Future/Planned Activities:

Physical Activity Tracker



Activities for October 25

| | |
|----------|--------|
| Activity | Remove |
| Activity | Remove |
| Activity | Remove |

(Add New Activity)

Save