

Simple Strength

Storyboard: Re-Design





https://simplestrength.net



Simple Strength

The user logs
in with their
premade
credentials

Username:





gymrat99

Password:


Log In



Profile



https://simplestrength.net



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[Profile](#) | [Workout Tracking](#)[Log Out](#)

After login, the user is taken to the profile screen

Profile

Sex: ☒ Male ☐ Female

Age:

Bodyweight:

Fitness Level: ☒ Beginner ☐ Novice ☐ Intermediate ☐ Advanced ☐ Elite

All values are currently set to the default; if the user skips this step, their workout will be designed according to these values

Profile

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Profile

Sex: ☐ Male ☒ Female

Age:

▲▼





Bodyweight:

▲▼


Fitness Level: ☐ Beginner ☐ Novice ☒ Intermediate ☐ Advanced ☐ Elite

User enters their personal information

Profile



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Profile

Sex: ☐ Male ☒ Female

Age:  





Bodyweight:  

Fitness Level: ☐ Beginner
☐ Novice
☒ Intermediate
☐ Advanced
☐ Elite


After submitting their changes, the user is notified of the successful update

Success! Your profile has been updated.

Profile



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Profile

Sex: ☐ Male ☒ Female

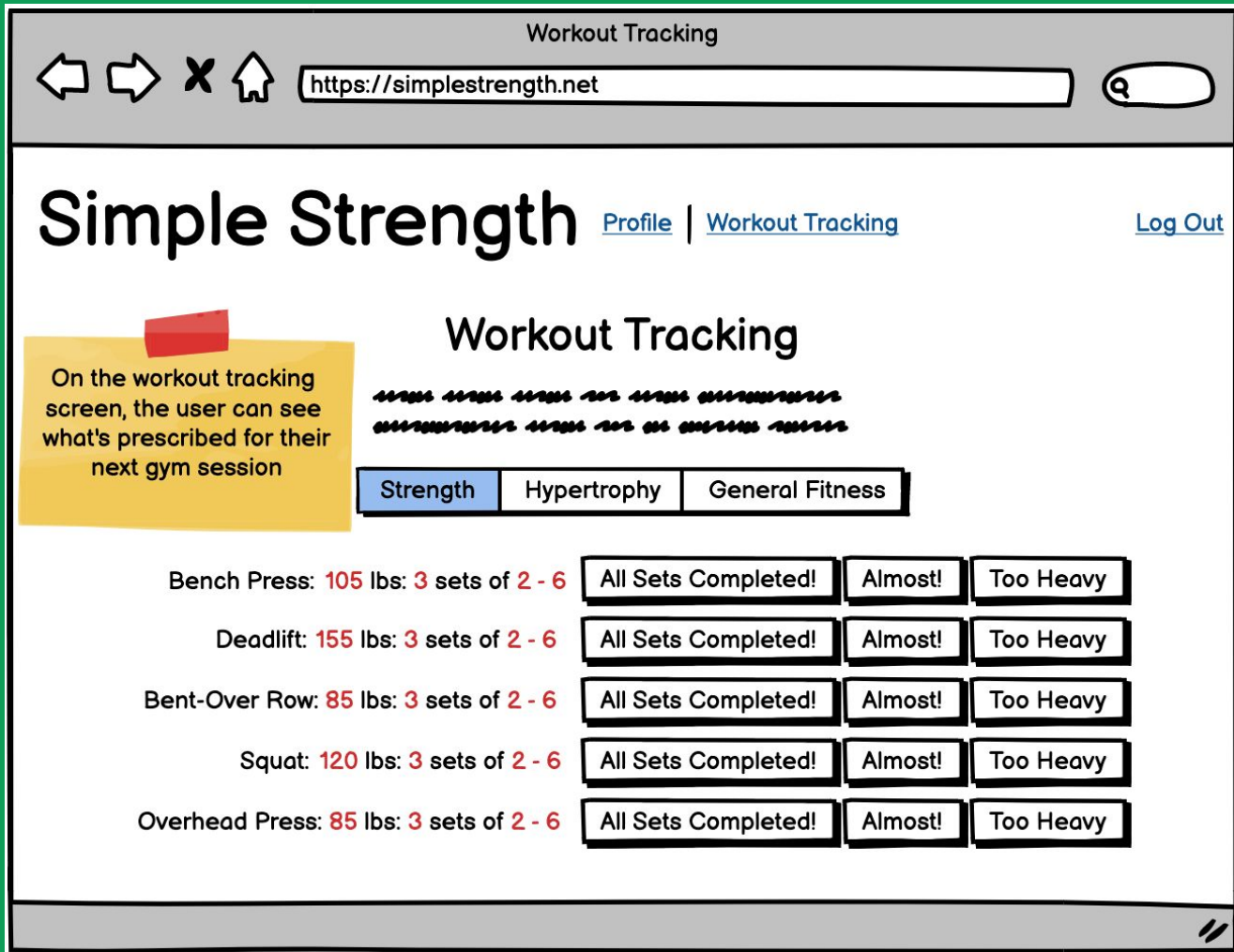
Age:

Bodyweight:





Fitness Level: ☐ Beginner
☐ Novice
☒ Intermediate
☐ Advanced
☐ Elite

With their profile updated, the user is now ready to start tracking their workouts


Success! Your profile has been updated.



Workout Tracking



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The user can change their workout goal selection to better suit their needs

Workout Tracking

Strength

Hypertrophy

General Fitness

Bench Press: 85 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Deadlift: 135 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Bent-Over Row: 65 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Squat: 105 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Overhead Press: 65 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Workout Tracking

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Workout Tracking

~~Workout Tracking~~
~~Workout Tracking~~

Strength

Hypertrophy

General Fitness

After the workout, the user selects the option that best describes their performance

Bench Press: 85 lbs: 3 sets of 8 - 12

All Sets Completed!

Deadlift: 135 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Bent-Over Row: 65 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Squat: 105 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Overhead Press: 65 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Workout Tracking

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Workout Tracking

Strength

Hypertrophy

double-click to edit

Bench Press: 90 kg: 3 sets of 8 - 12

Deadlift: 135 lbs: 3 sets of 8 - 12

Bent-Over Row: 67.5 lbs: 3 sets of 8 - 12

Squat: 100 kg: 3 sets of 8 - 12

Overhead Press: 65 lbs: 3 sets of 8 - 12

All Sets Completed!

Almost!

Too Heavy

Based on their selection, the weight will increment up, down, or stay the same.

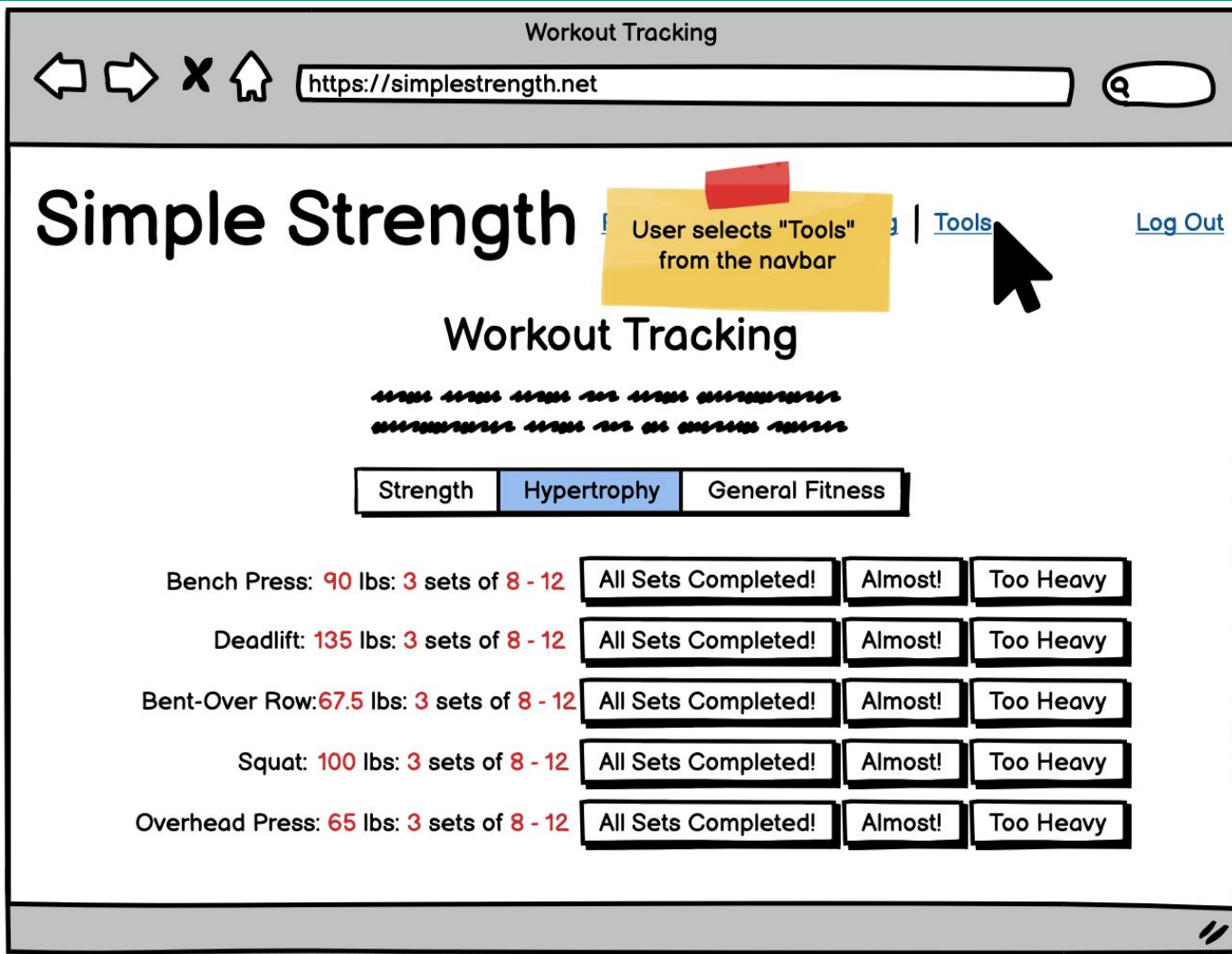
This user's bench press and bent-over row went up, their deadlift and overhead press stayed the same, and their squat went down.

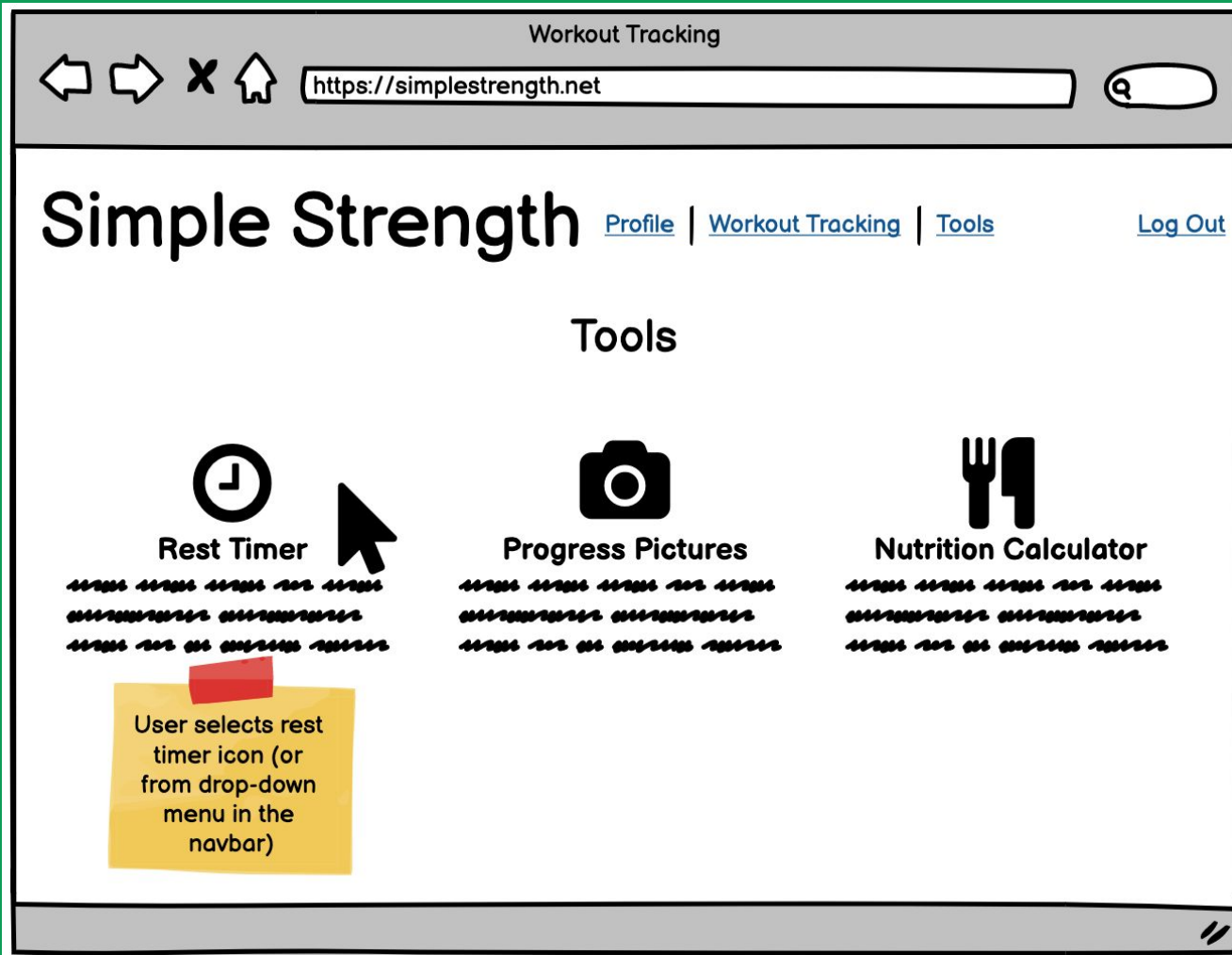
This process is
repeatable indefinitely,
helping users to get
stronger over time!

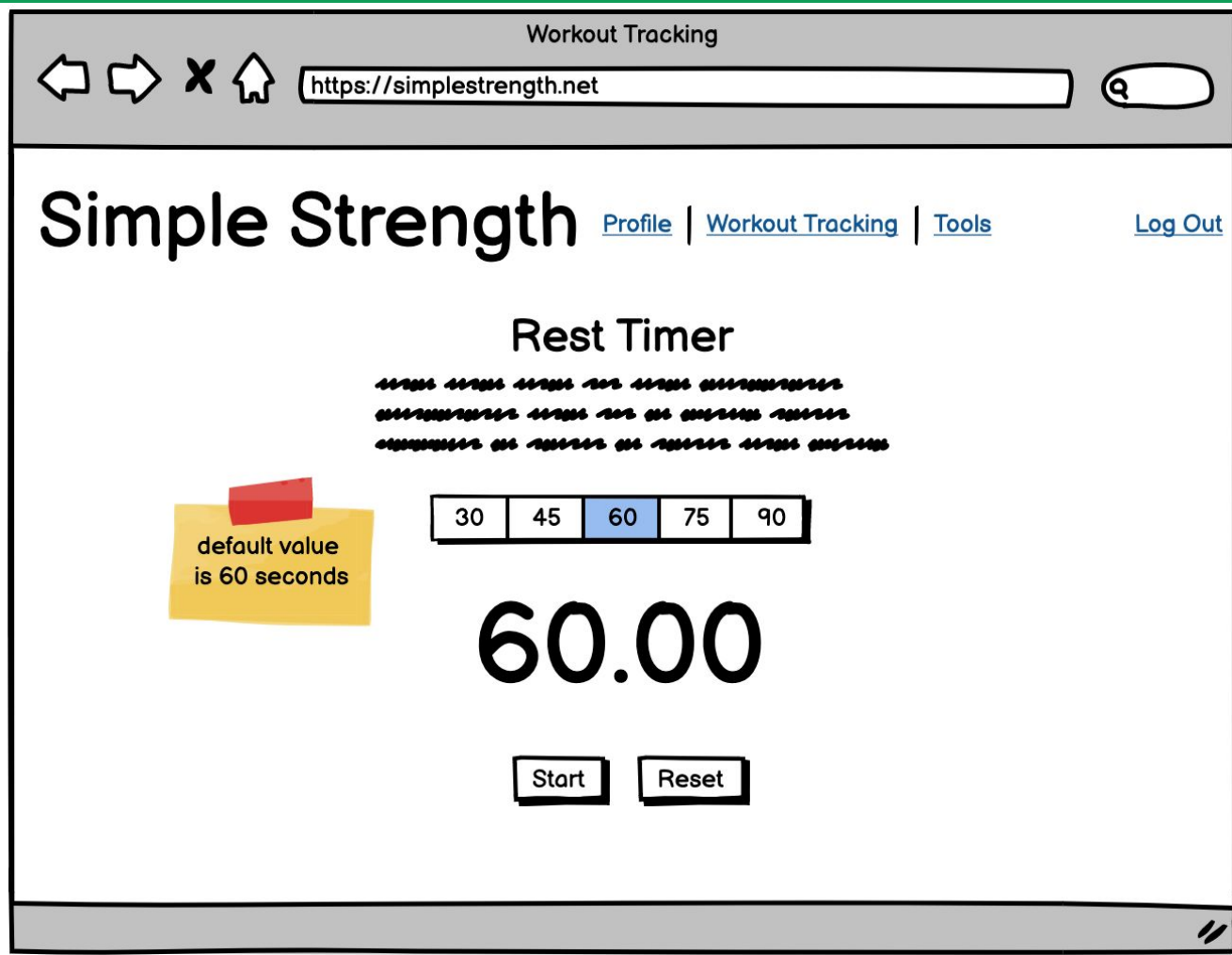
STRETCH FEATURES

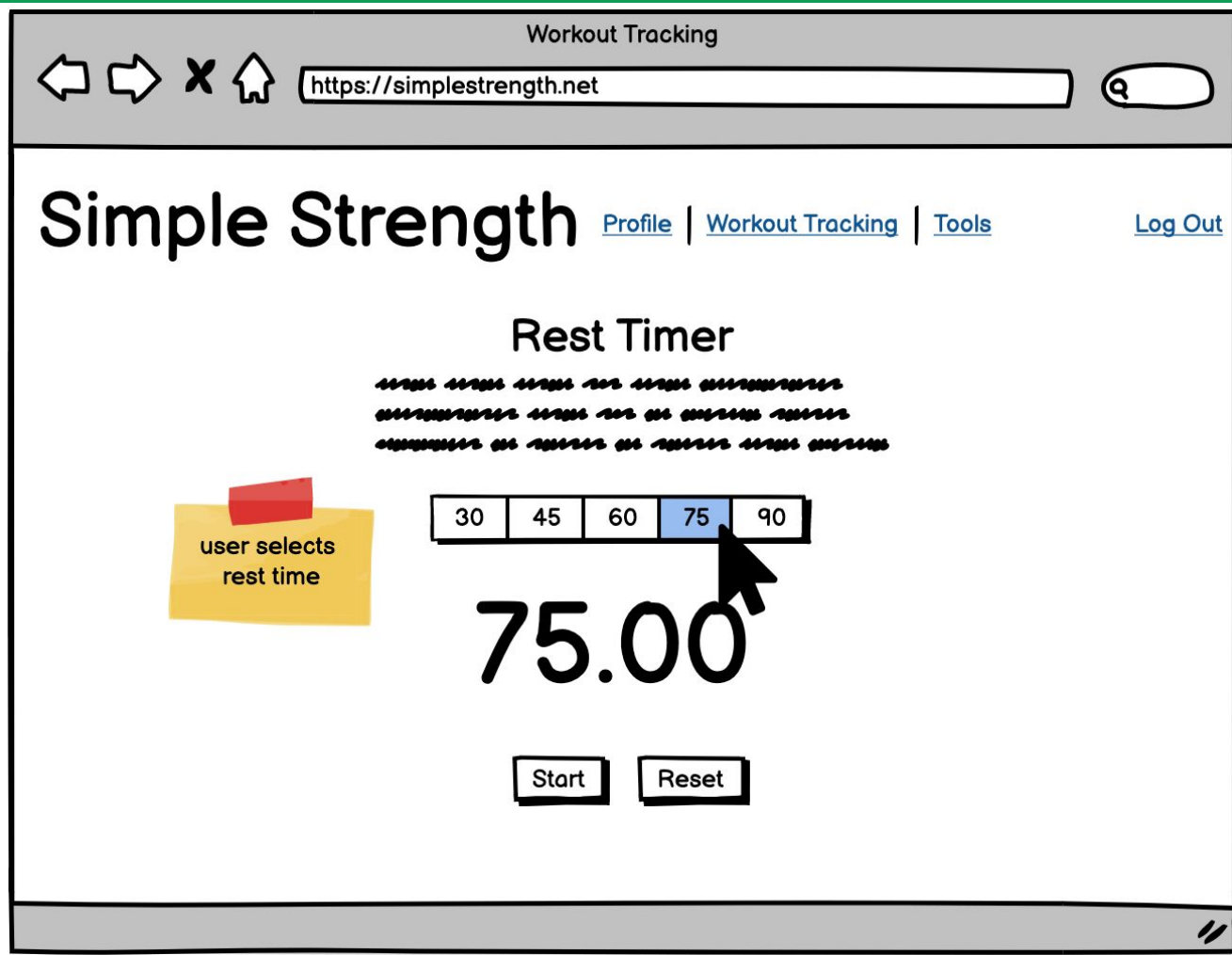
1. User wants to rest the
right amount of time
between sets:

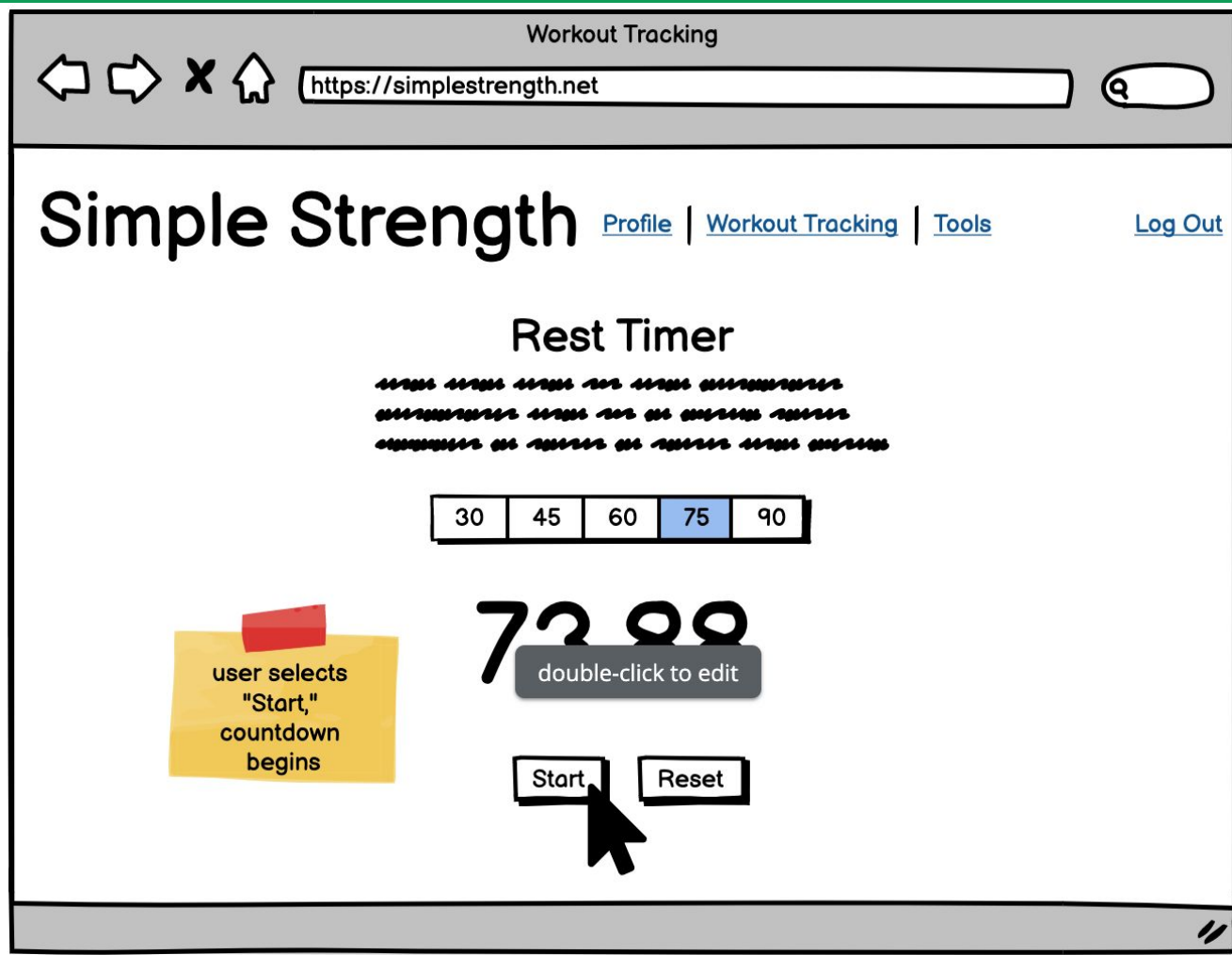
Rest Timer











Simple Strength

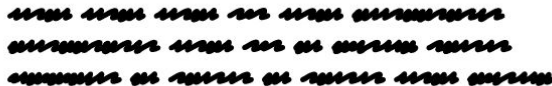
[Profile](#)

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Rest Timer



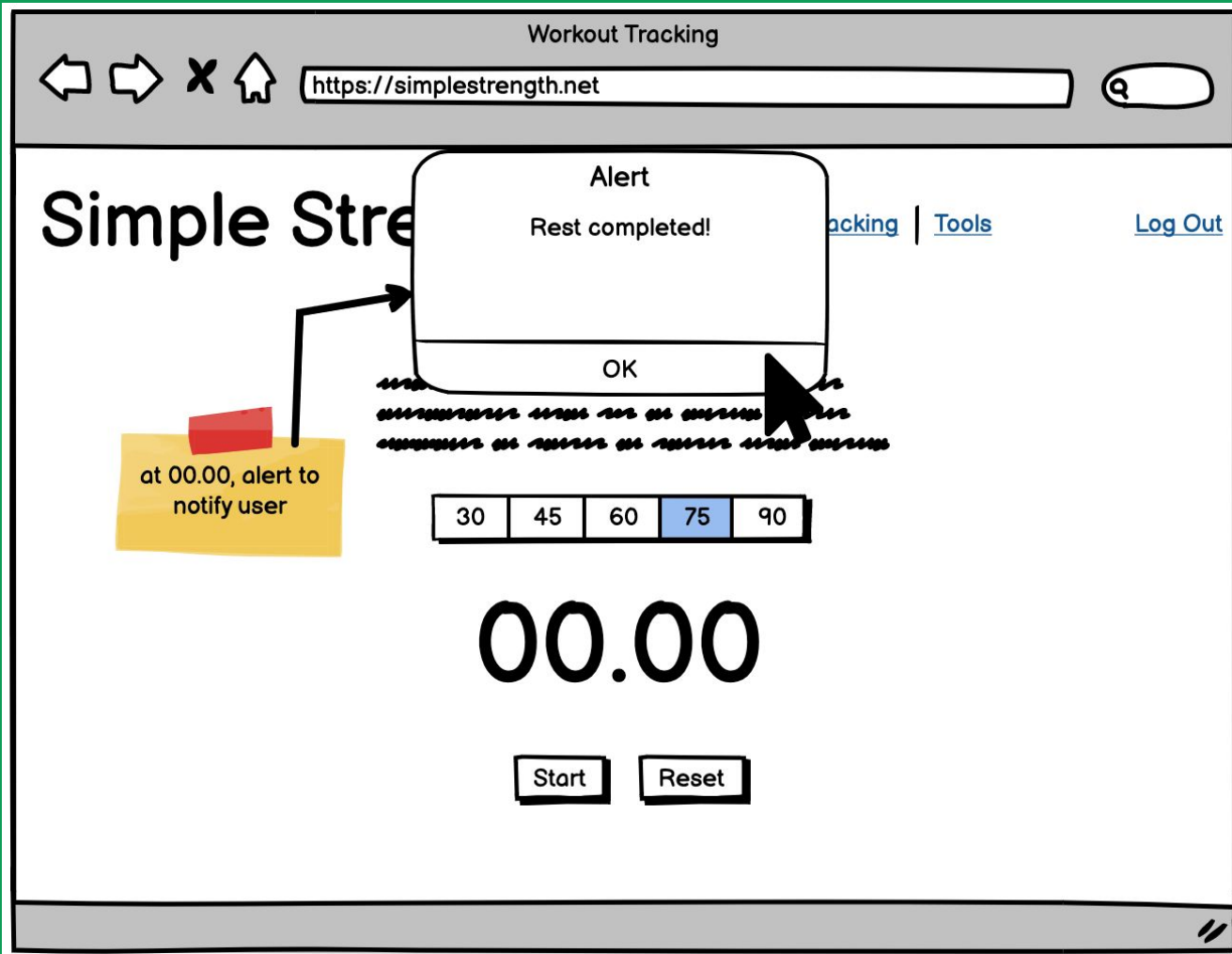
30	45	60	75	90
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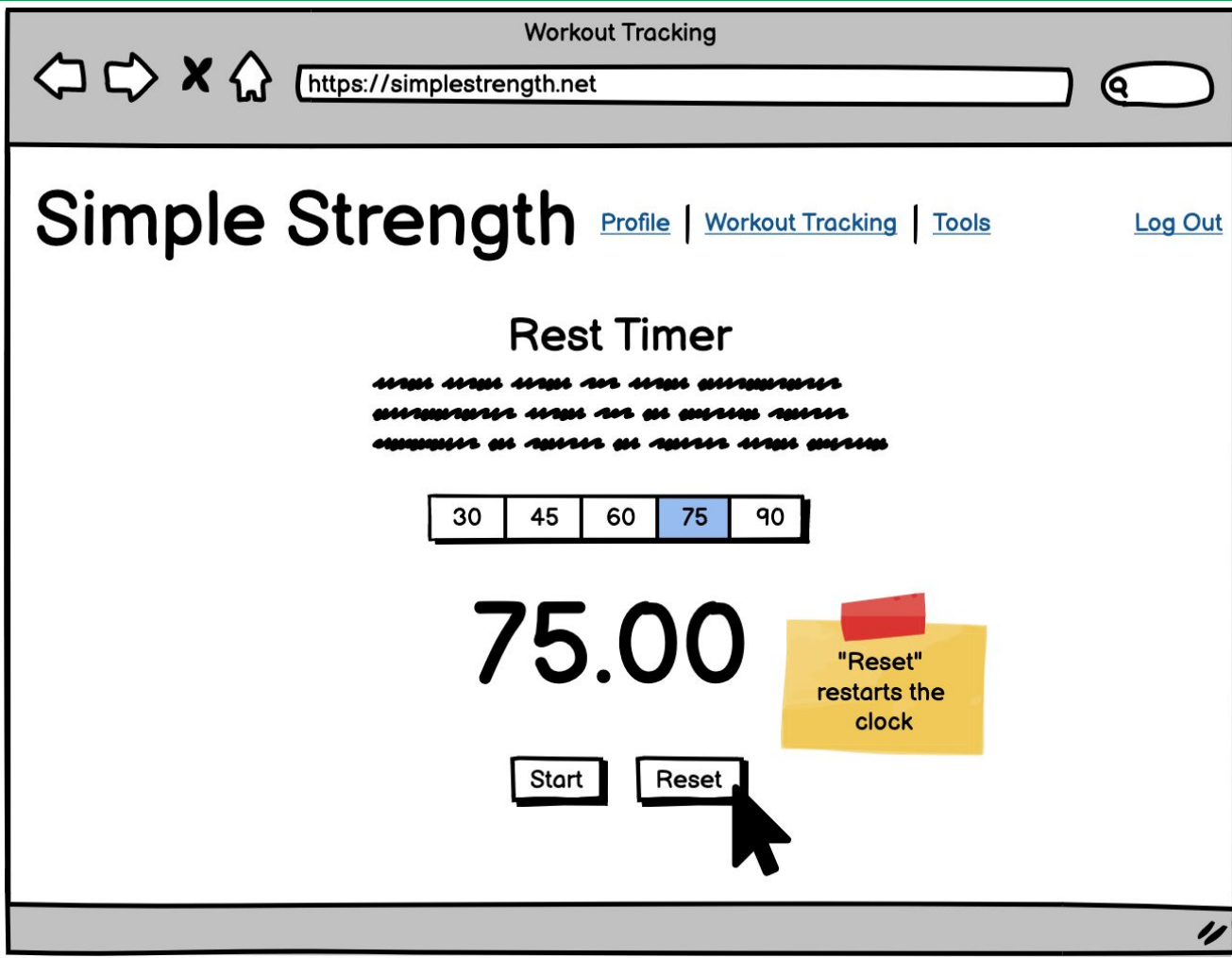
user selects
"Start,"
countdown
begins

72 00

double-click to edit

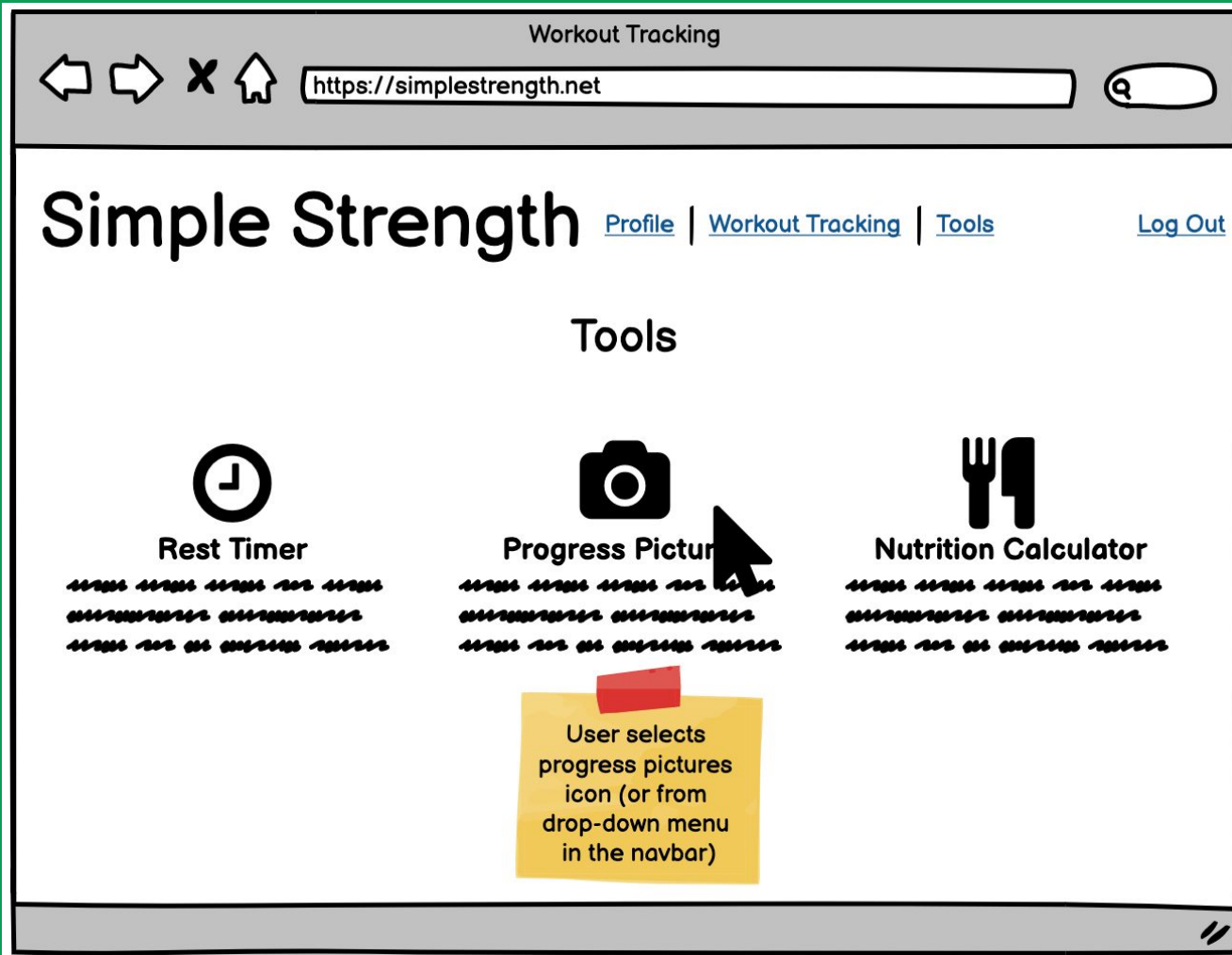
Start Reset

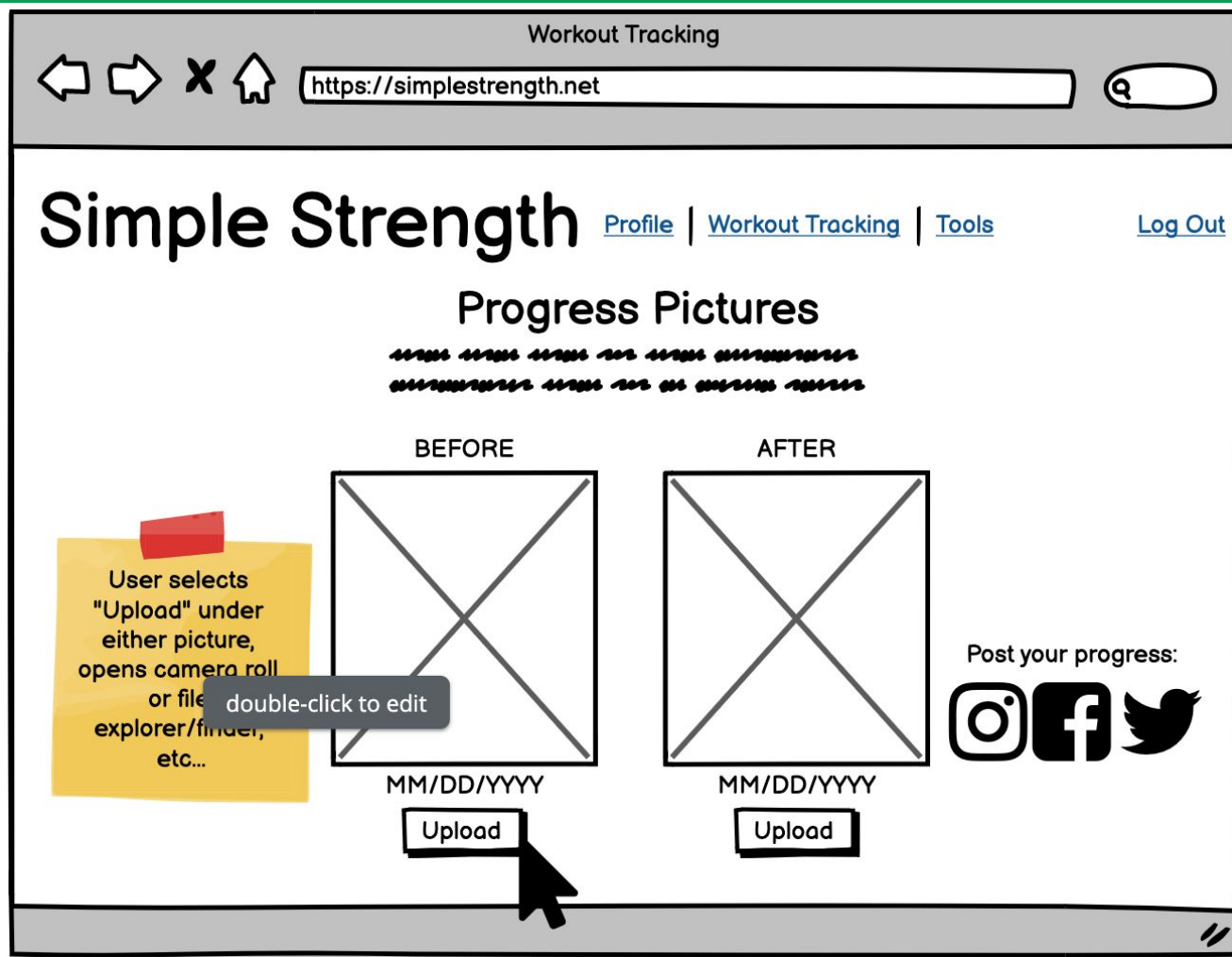


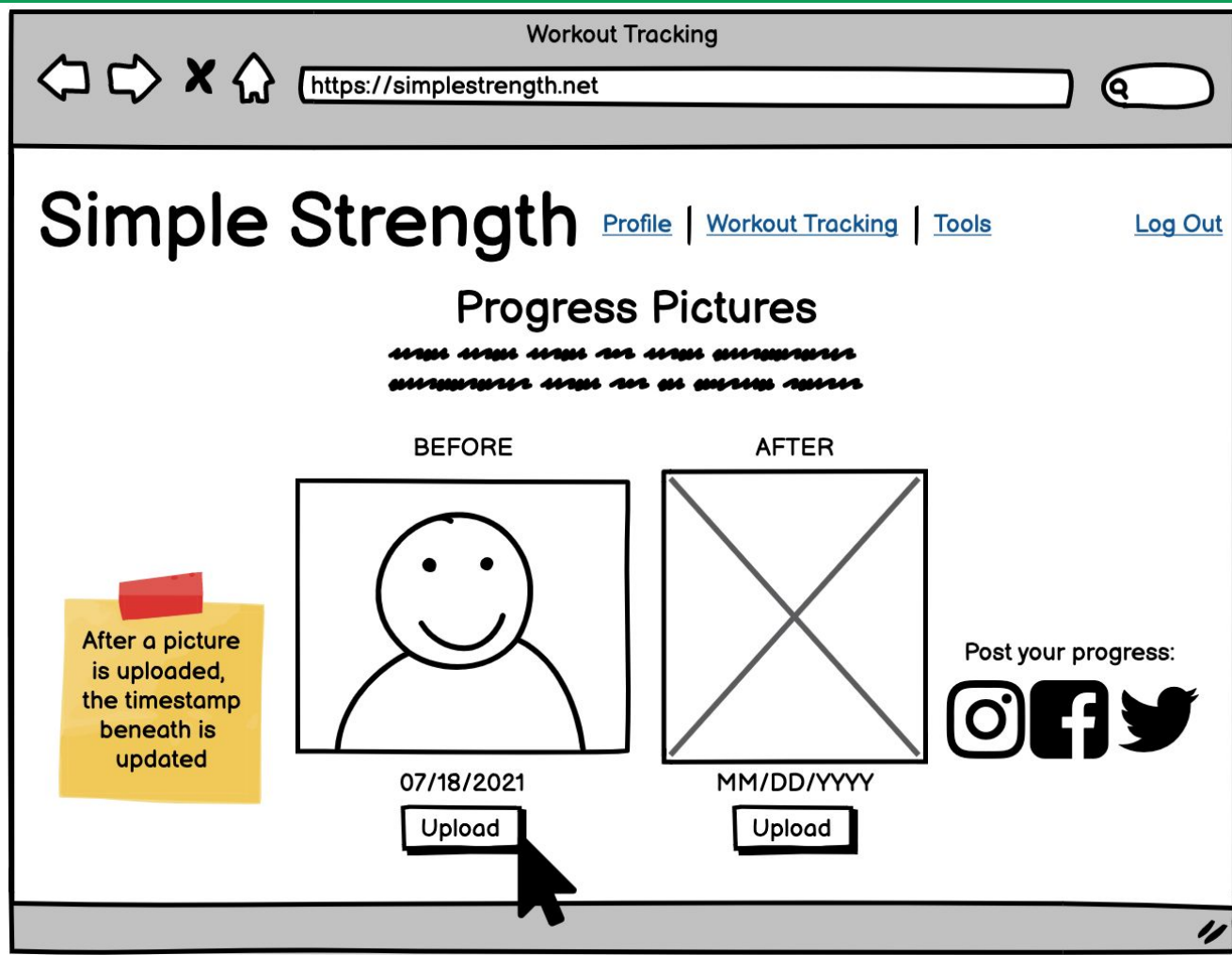


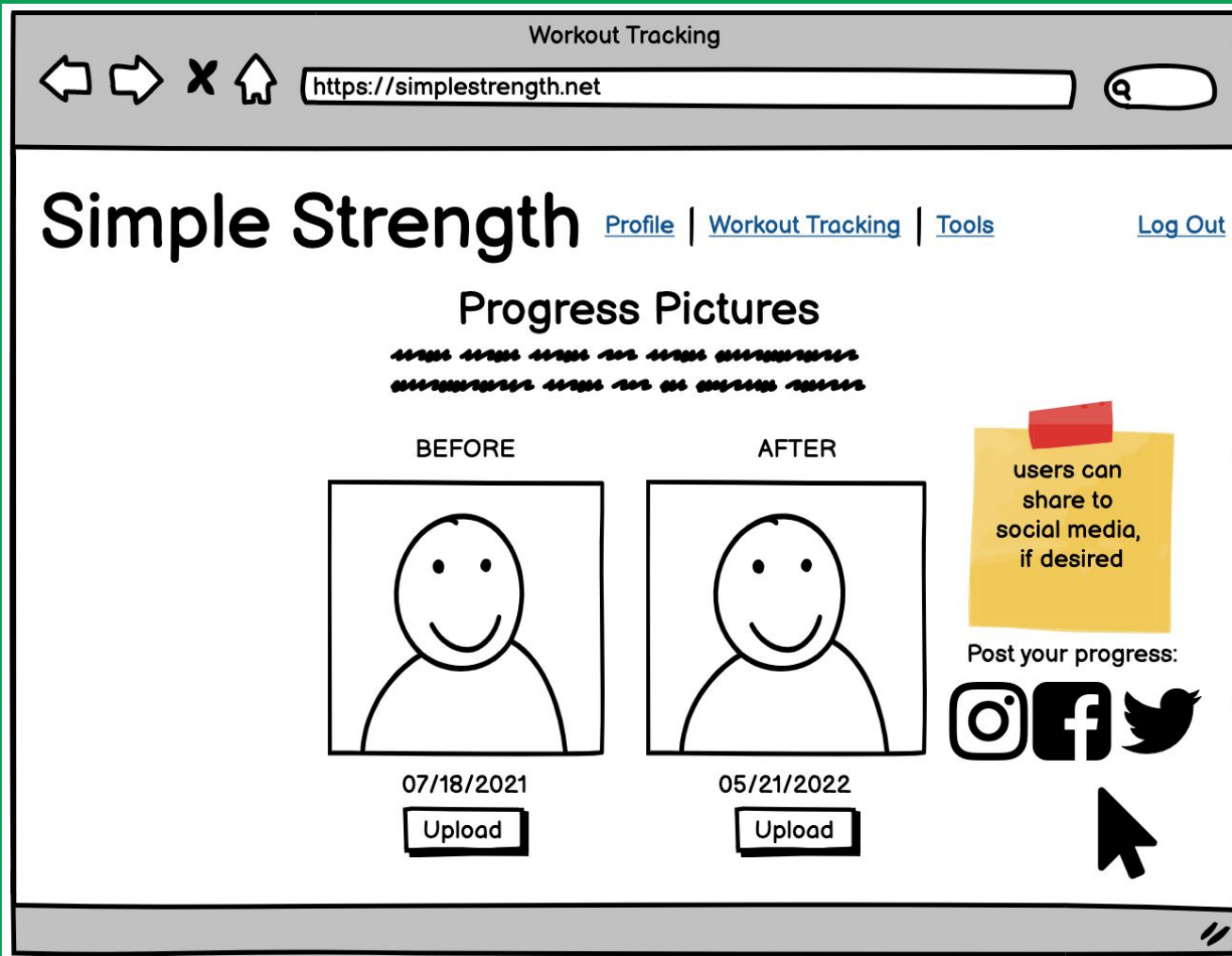
2. User wants to
visualize progress on
their body:

Progress Pictures

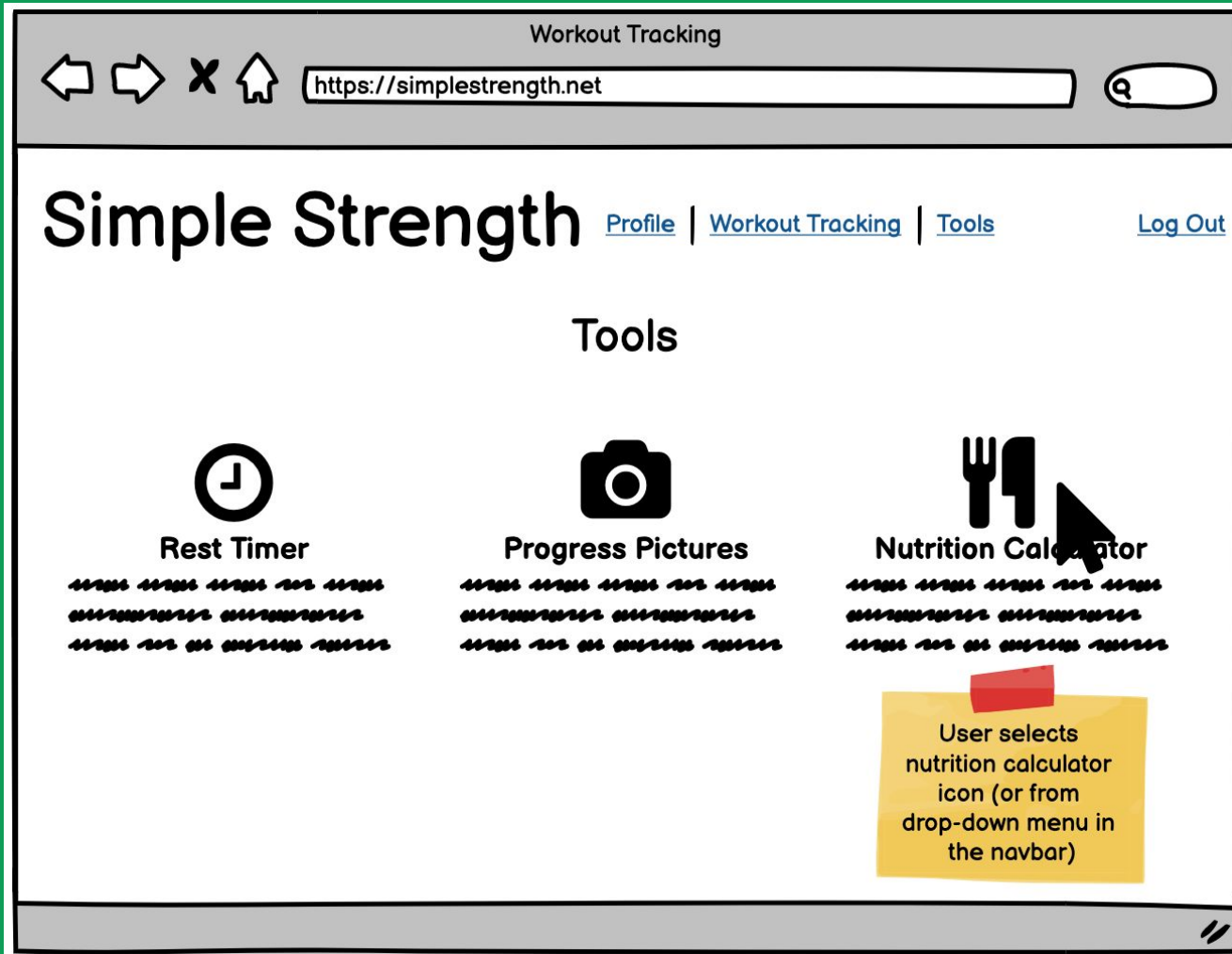









3. User wants to start
their nutrition plan:
Nutrition Calculator



Workout Tracking



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Nutrition Calculator

~~_____~~
~~_____~~

BMR: 1780 kcal/day ?

Activity Level:

- ☐ Little to no exercise
- ☐ Light
- ☒ Moderate
- ☐ Heavy

Body Type:

- ☒ Ectomorph
- ☐ Mesomorph
- ☐ Endomorph

Calculate

this value is calculated on load from the user's profile

user selects their information

Nutrition Calculator

~~~~~  
~~~~~

BMR: 1780 kcal/day ?

Activity Level: ☐ Little to no exercise
☐ Light
☒ Moderate
☐ Heavy

Body Type: ☒ Ectomorph
☐ Mesomorph
☐ Endomorph

Calculations
performed by the
service layer are
formatted and
displayed here

Calculate

Total Daily Energy Expenditure:

2250 kcal/day

Macronutrient Breakdown:

Carbohydrates: 1100 kcal, or about 225 grams per day

Protein: 600 kcal, or about 150 grams per day

Fat: 450 kcal, or about 50 grams per day