Main Page for Fitness

Begin New Workout

New Workout Template

View Current Templates

View Workout History

3 Most recent workouts:

1/23

1/22

1/20

Create a New template

View templates. Edit or delete

Show name, date, and first 2 workouts w/ click to view full

OR

Display Full workout?
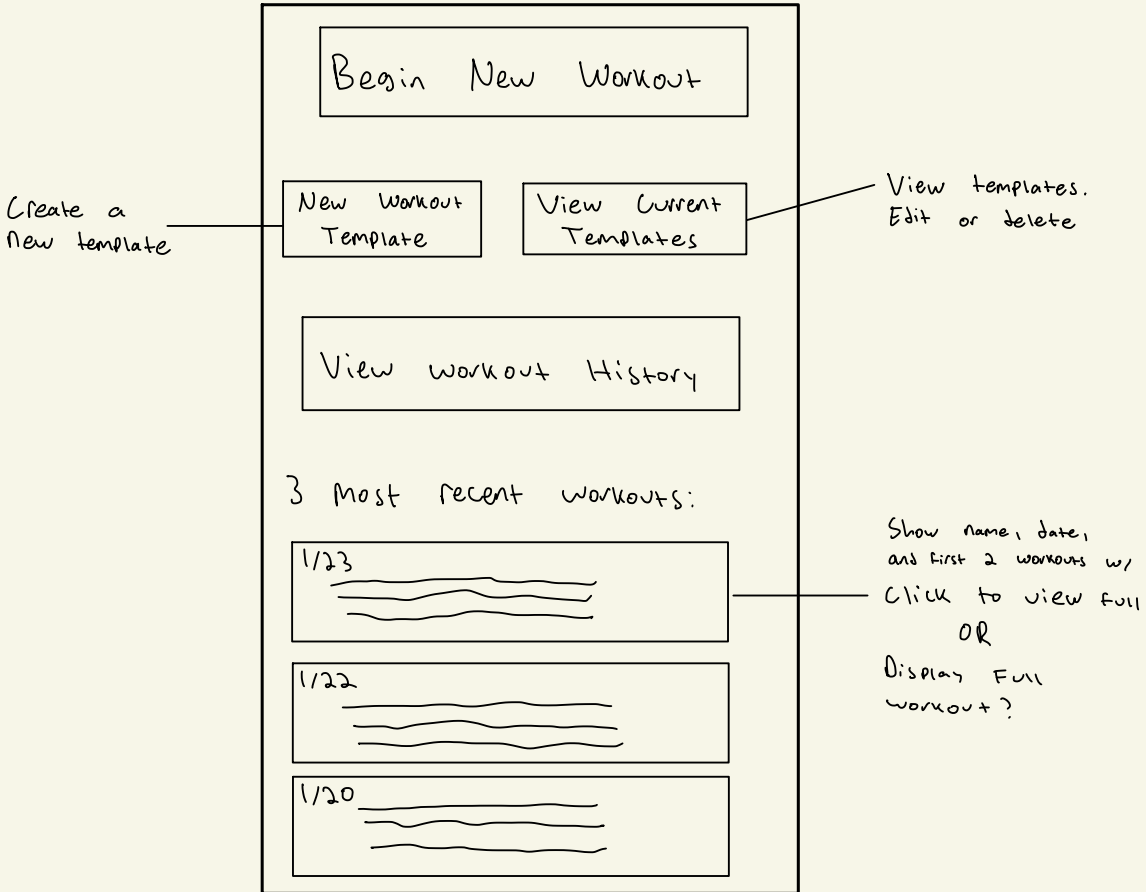
Create a Template

Give the
template a
name

Name: Leg Day

1. Squats (   ) → Swide to
                        delete
2. Leg extensions (   )

+ Add exercise +

Can add from
list provided by
API or create
own

Save Template

Show exercise name & in parenthesis what muscles
it works out (API service also provides this. User can
search by exercise name or by musle group). Again,
can also manually create exercise by creating one &
choosing muscle groups)

View Templates

Leg Day
_____
_____
_____

Click to edit

Chest/Triceps
_____
_____

Swipe to delete

Add new
+

Workout History

Calender w/ workout days marked/highlighted

- Potential feature: Clicking on date shows that workout

1/23: Leg Day
1. Squats
   Set 1   100 lb   10 reps
   Set 2   135 lb   8 reps
2. Lunges

Again, just show preview & click to show full (& possibly edit)

OR

Display all info

1/24: Arm/shoulder

New Workout

1/25

Import Template

Name

1. Squats (Quads)

  Set 1   lbs   reps
  Set 2   lbs   reps

Add Set

2. Lunges (Glutes)

Add Set

Add Exercise

Cancel   Finish Workout

User Info for Nutrition

Height: [____] Ft [____] in

Weight: [_____] lbs

Sex: [M] [F]

[Save]

Main Nutrition Page

BMR calculated based on user info →

Date — Edit User info
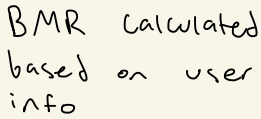
| BMR | Active Cal | = | TDE | — Total Daily Expenditure |

— Active calories from Health kit

Food Log:
- Chicken
100 g   100 cal   20g Prot   1g Fat   0g Carb
- Brown Rice
75 g   150 cal   3g Prot   0g Fat   15g Carb

+ Add food +

Calories: 250 cal
Protein: 23 g
Fat: 1g
Carbs: 15 g

Calorie Surplus/Deficit — Show today's Calorie surplus or deficit.

TDE - Calories consumed

Add Food / Food Bank

From API or create

| Search | New Food Item |

- Egg
25 g   70 cal   6g prot   2g fat   3g carbs

- Food Item
Serving size   cal   prot   fat   carbs

• • • •

→ Selecting prompts to enter amount consumed.

→ Amount consumed / serving size

→ Cal, prot, fat, carbs multiplied by above value, food item added to food log w/ amount consumed & modified macronutrients

| 50 g |

140 cal   12g Prot
2 g fat   6 g carbs

| Add to Food Log |

Display food items in a user's "Food bank". Users can add to this food bank by selecting from API or create themselves

New Food Item

Search   Create

API Results ———————— Selecting from
                      list adds to Food Bank

Create Food Item

Name: Deli Turkey

Serving Size: 56 g

Calories: 50

Protein: 9 g

Fat: 2 g

Carbs: 4 g

Create Food Item