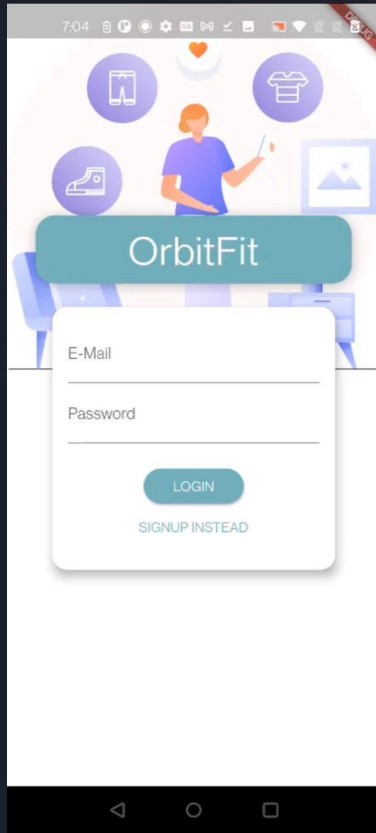


Initial App

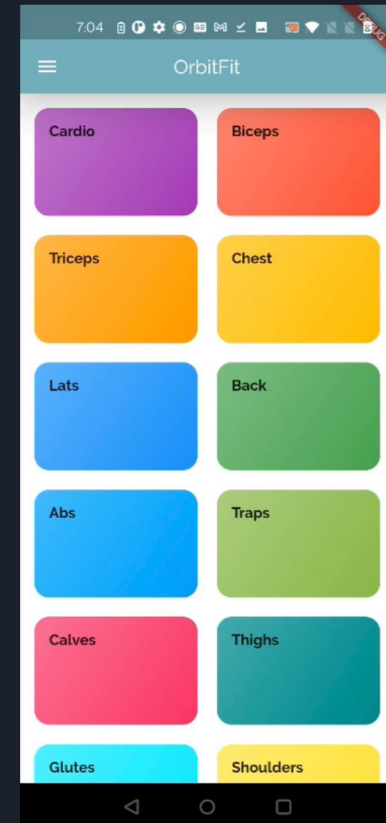


Initially, any First time user was bombarded with the login page without giving any insight about the App

There was also no Option for other accounts or Social media sign-up.

There was also a sober Color palette and icons which didn't stand out.

Initial Homepage was questioned by a few users as its tile approach failed to deliver the feedback required by someone who is unsure of the name of various exercises.

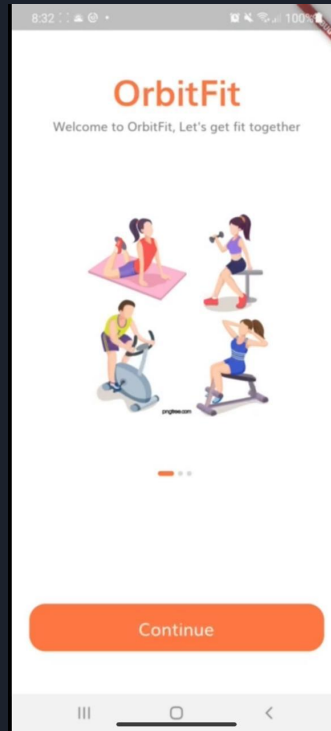


Flash Screen

About the App (slideshow)

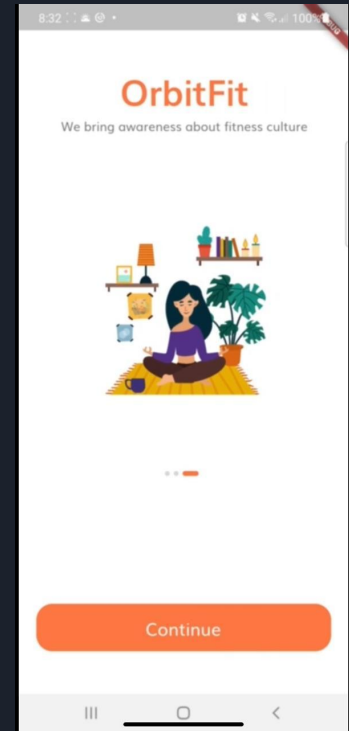


Initial Flash Screen displaying the App logo and name.

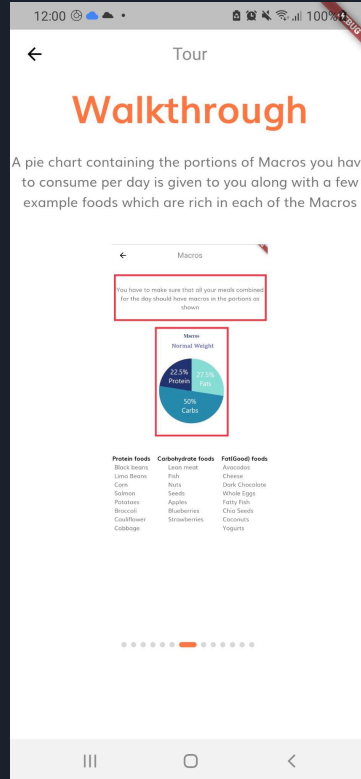
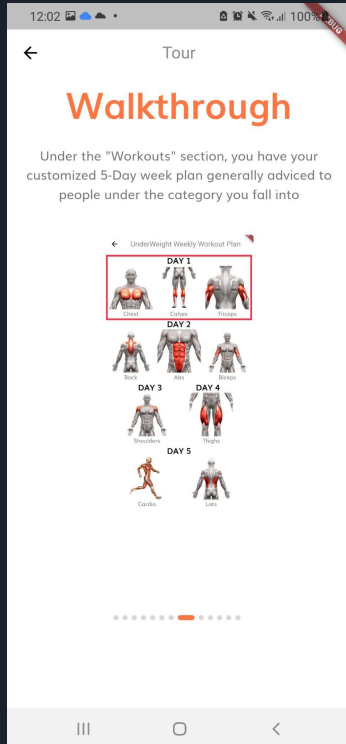


A small pictorial slideshow which is interactive as it changes by swiping.

The sentence on the top of each slide gives feedback about the usage of the app.

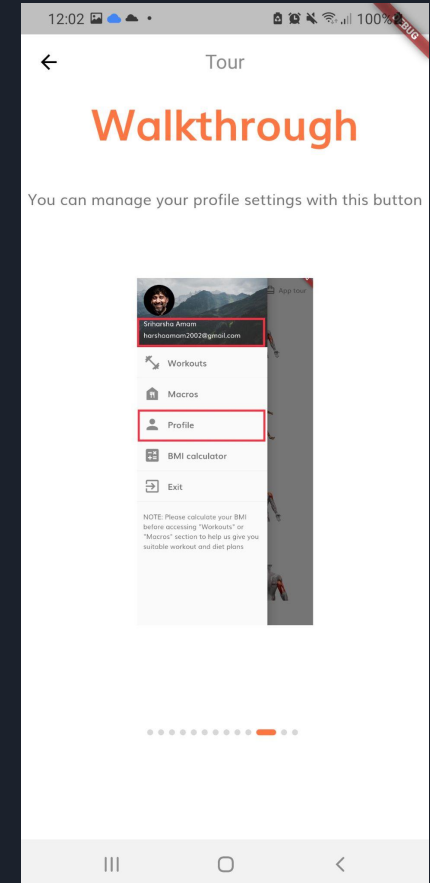


Now After Modifications...



For ease of usage of the App,
The user is presented with a Walkthrough slideshow, covering most of the important pages and how to use them.

Red Boxes indicate important parts of the app page.

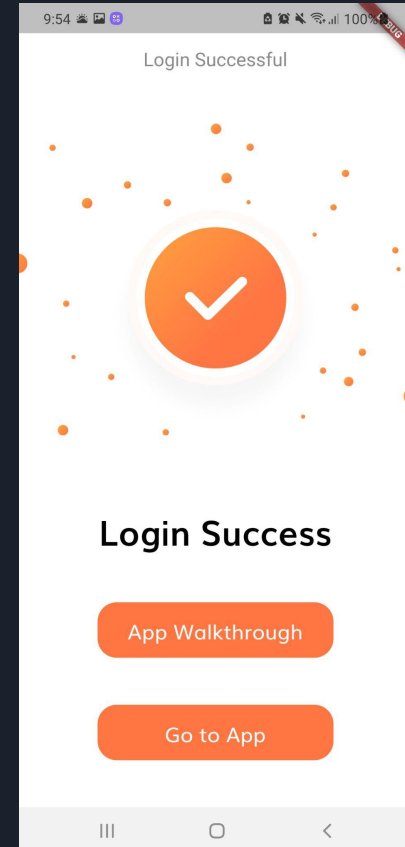
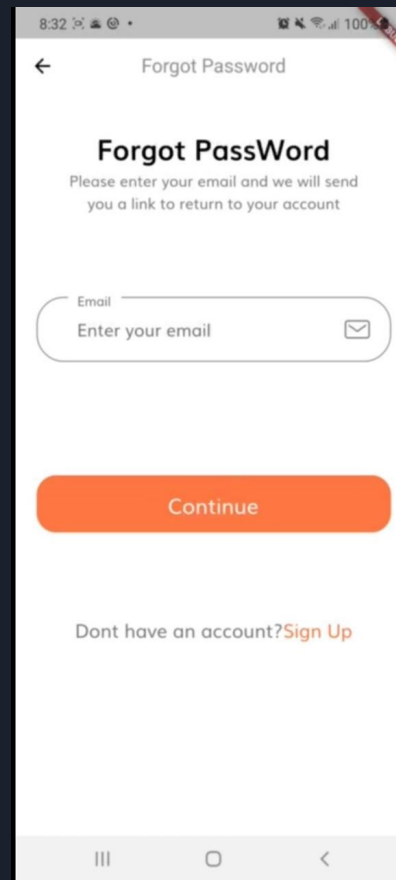
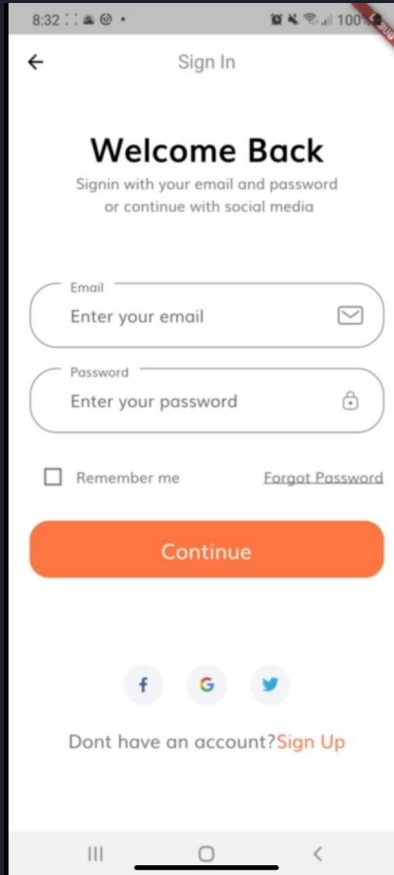


Login Page

If the user has already registered with the page, he is greeted with a 'Welcome Back' page which has all the necessary fields for continued usage of the App.

And finally a decorative 'Login Success' page is shown! As feedback to the user. And with a tick-icon

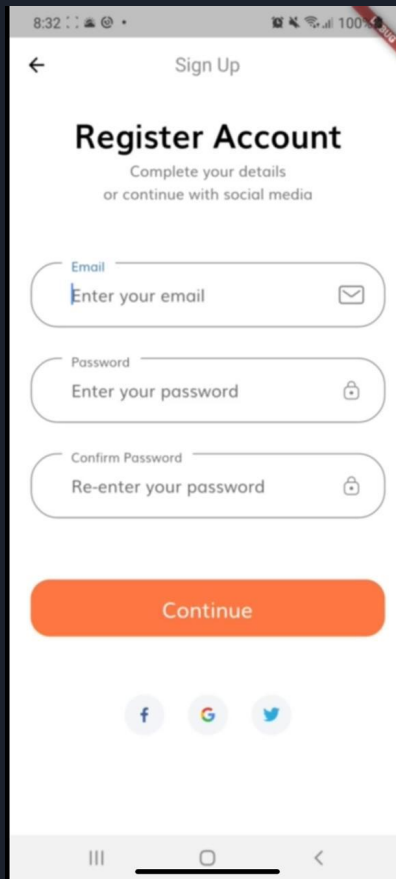
This is followed by a 'Go to App' button to signify the affordance of going to the Homepage of the App.



Register Page

The user is then encountered with a page to register himself with the App so as to keep in touch with his exercise schedule through any device

Red outlines indicate the feedback of a field not entered with signifiers bellow and red-cross icons.



8:32 100%

Sign Up

Register Account

Complete your details
or continue with social media

Email

Enter your email

Password

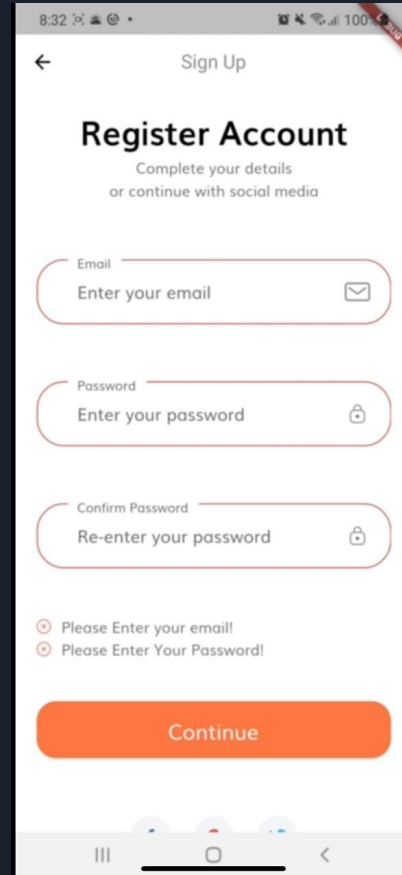
Enter your password

Confirm Password

Re-enter your password

Continue

f G t



8:32 100%

Sign Up

Register Account

Complete your details
or continue with social media

Email

Enter your email

Password

Enter your password

Confirm Password

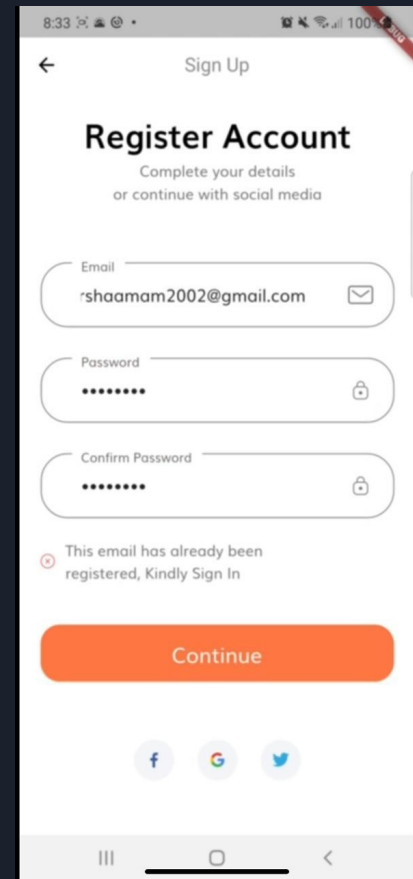
Re-enter your password

Please Enter your email!

Please Enter Your Password!

Continue

f G t



8:33 100%

Sign Up

Register Account

Complete your details
or continue with social media

Email

rshaamam2002@gmail.com

Password

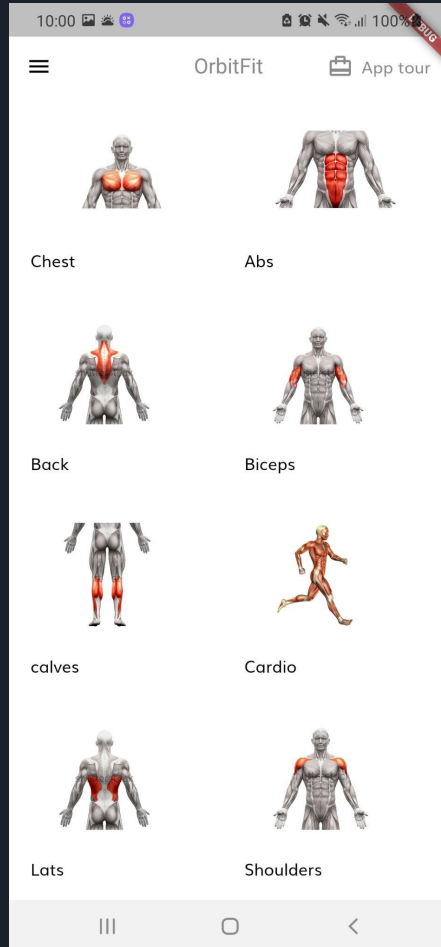
Confirm Password

This email has already been
registered, Kindly Sign In

Continue

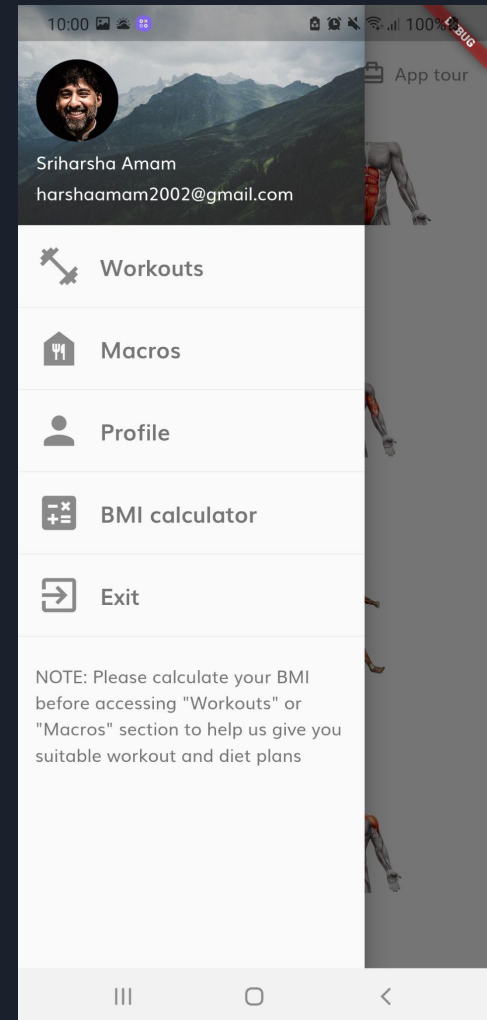
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Home Page and Dashboard



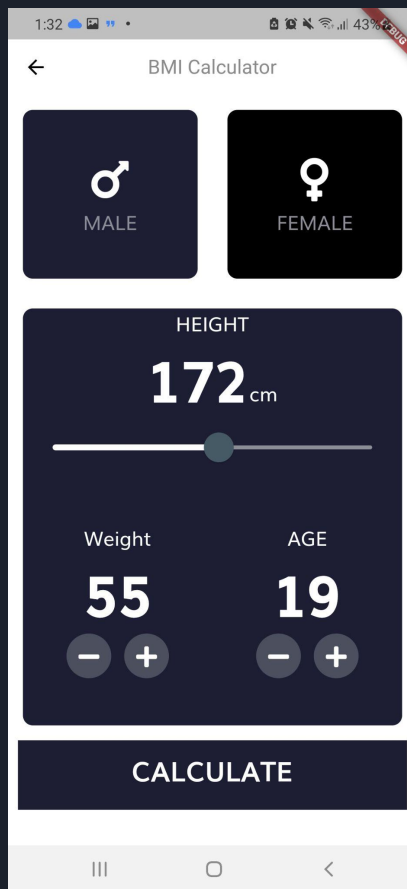
The App's Home page shows the user various exercises with easy-to-understand icons to promote the notion of simple exercises.

Following this, the dashboard shows a glimpse of the user's profile, as well as workouts, macros, bmi calculator, the full profile and a quick exit button.



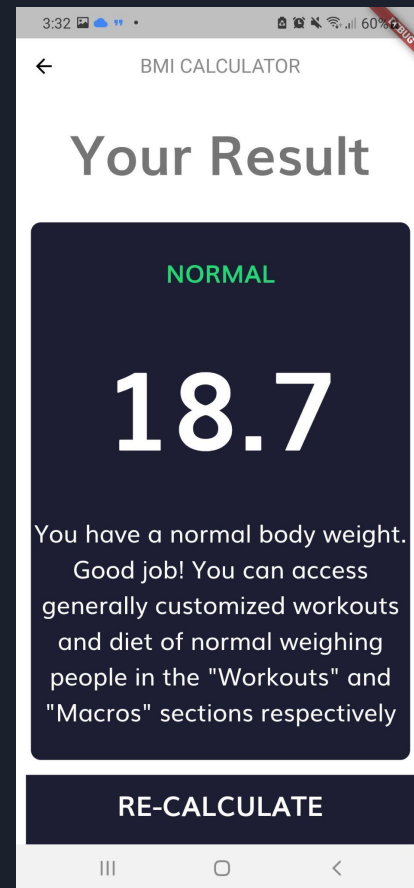
BMI Calculator

Interactive buttons and sliding tools instead of having to punch-in your details!

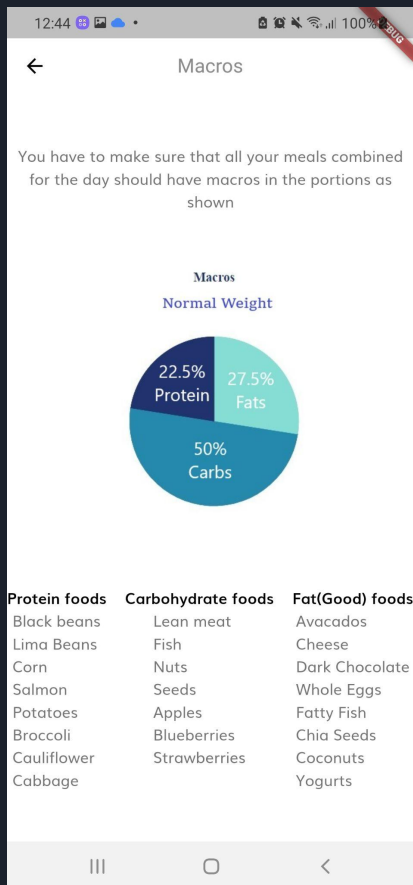


Since our App focuses around motivating youth to exercise more and lead a healthy life, we felt this was best conveyed by conducting a informative survey followed by feedback that inspires the individual.

According to the BMI, the user has pre-planned macros and workout sections customized to his need.

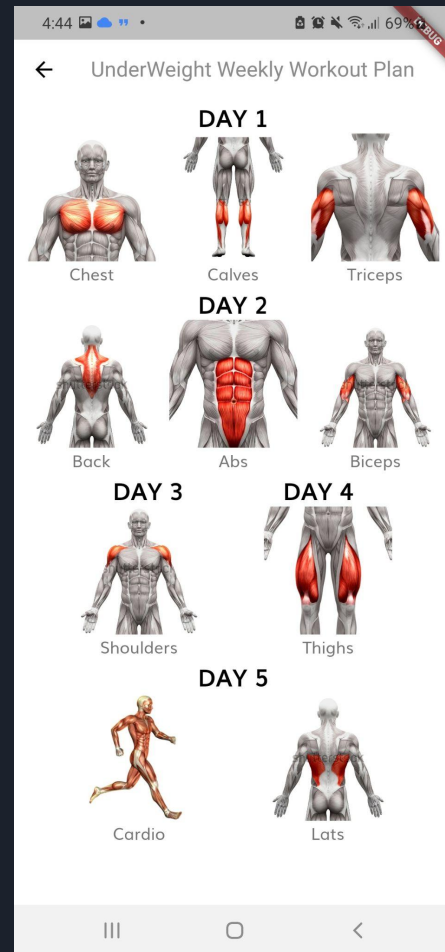


Macros and Weekly Workout Plan



The Macro section gives the user a helpful pie-chart indicating the recommended type of diet. It also has a convenient list of items which fall under each of the major food groups.

The Weekly Workout Plan is customized taking into account the BMI type of the user, and gives a run-down of a day-to-day schedule to be followed by using informative icons.



The Workouts

Clicking on a certain exercise from the home page leads us to another interactive slideshow of the various ways to complete that task.

The icons and its description is easy enough to understand for even the layman, and is also motivating!

