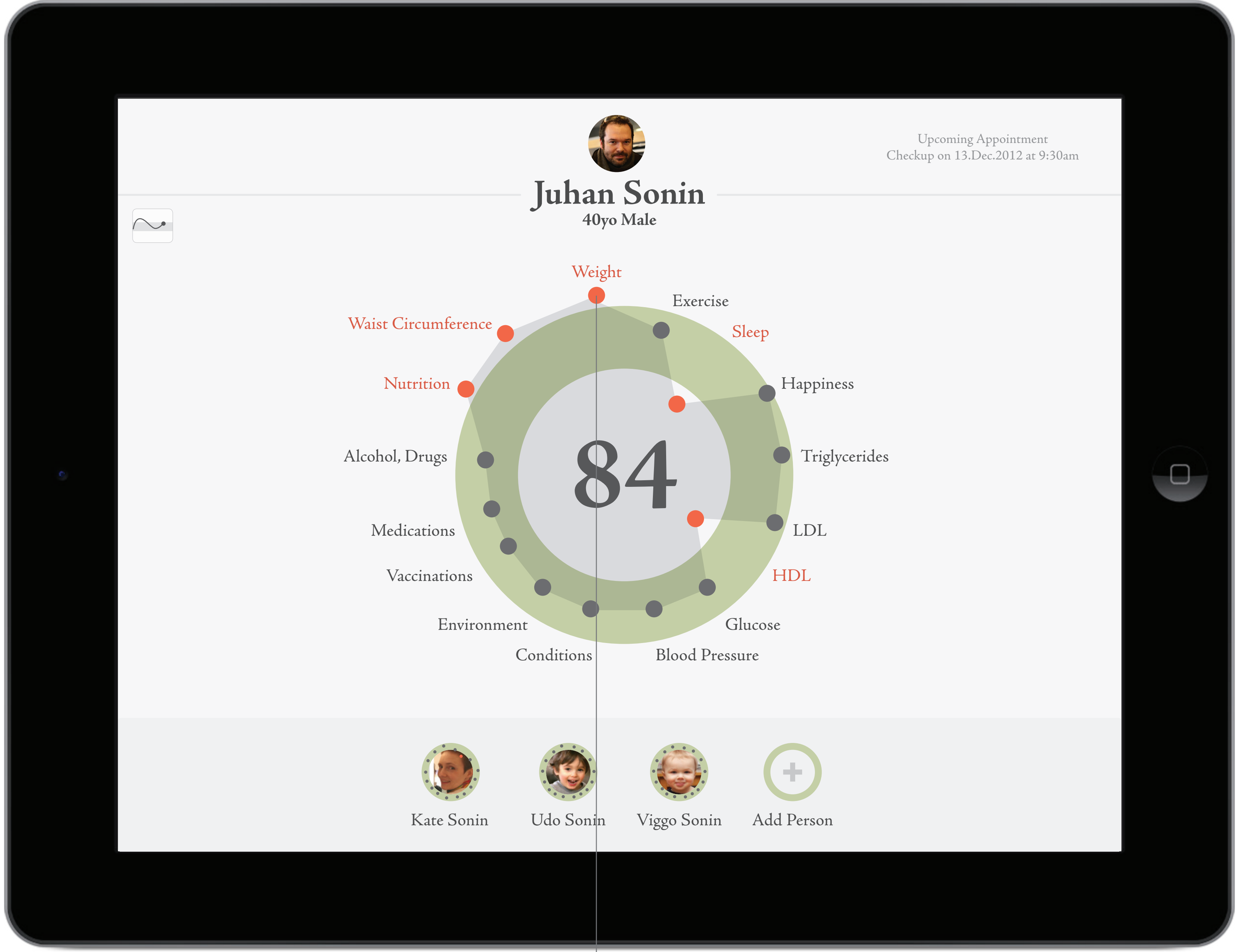


1 MANUAL INPUT



Tap n° hold to open manual entry



Animation continue to manual input

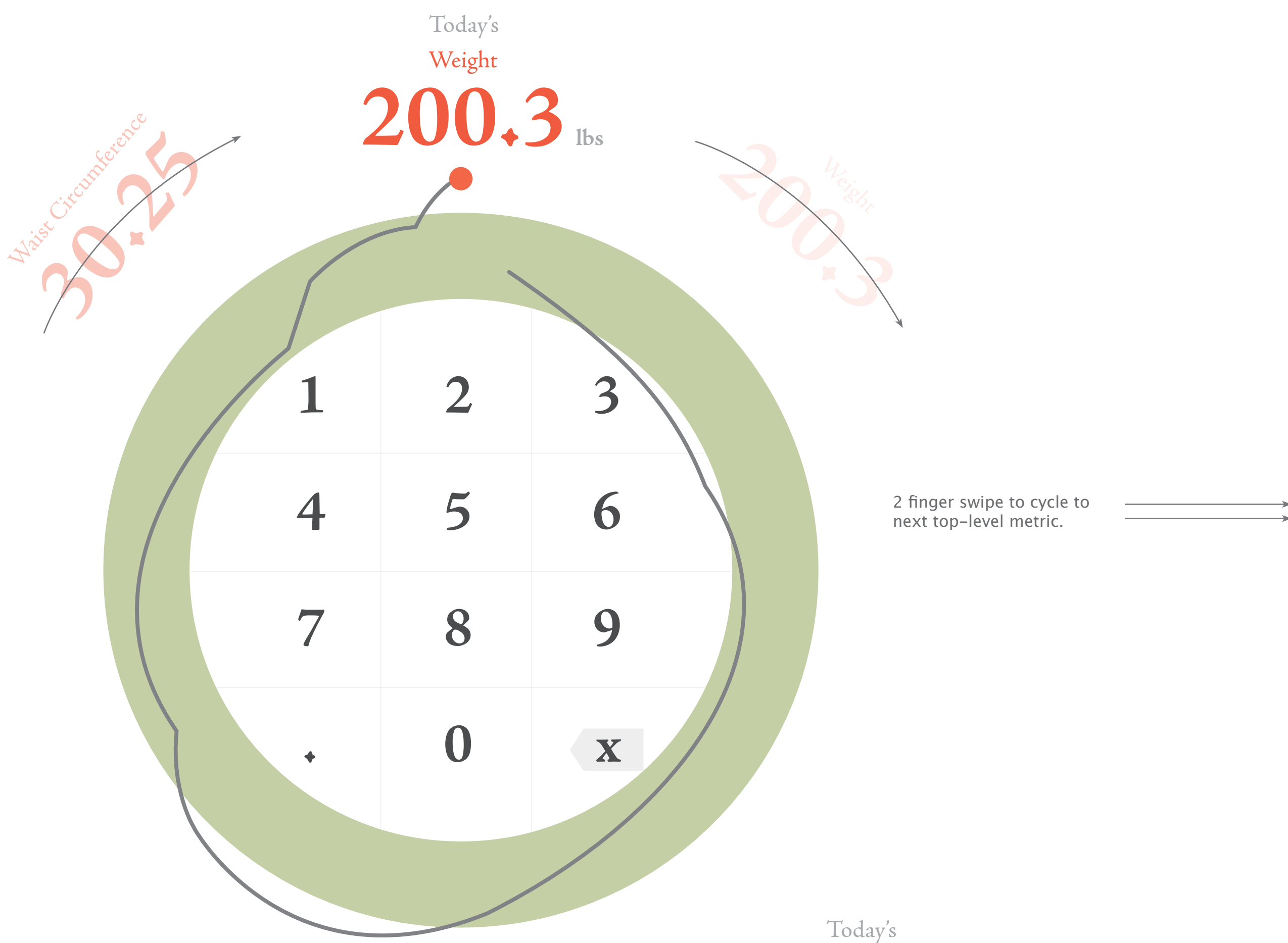


Upon opening by default, the current value of the metric is shown but also highlighted so a person can immediately type in a new value without requiring any backspacing.

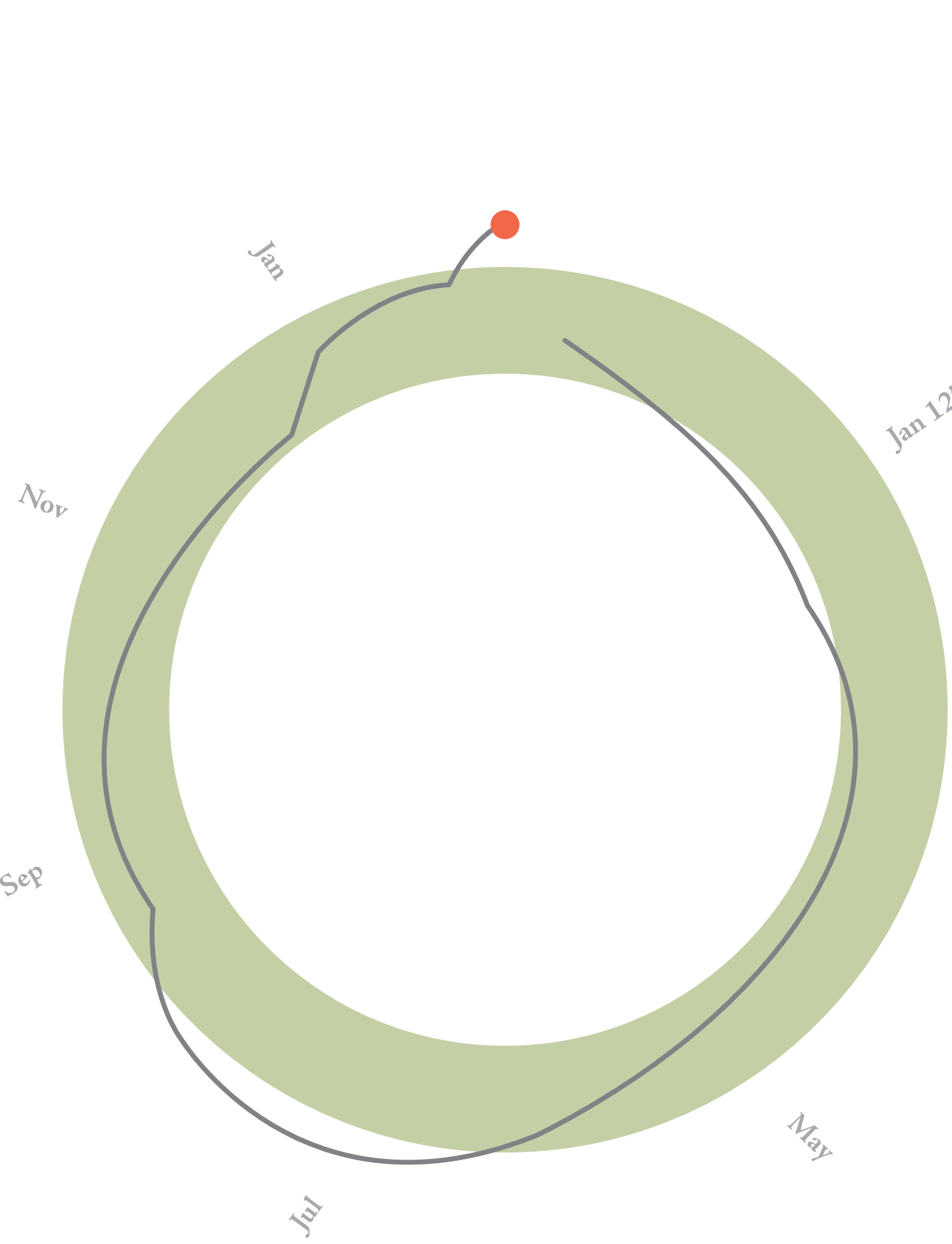
Save data and exit

Touching inside the horizontal line section will save and close the input screen.

History of metric stretched to fit data. Scrub data to view values from past dates to edit. Delete data?

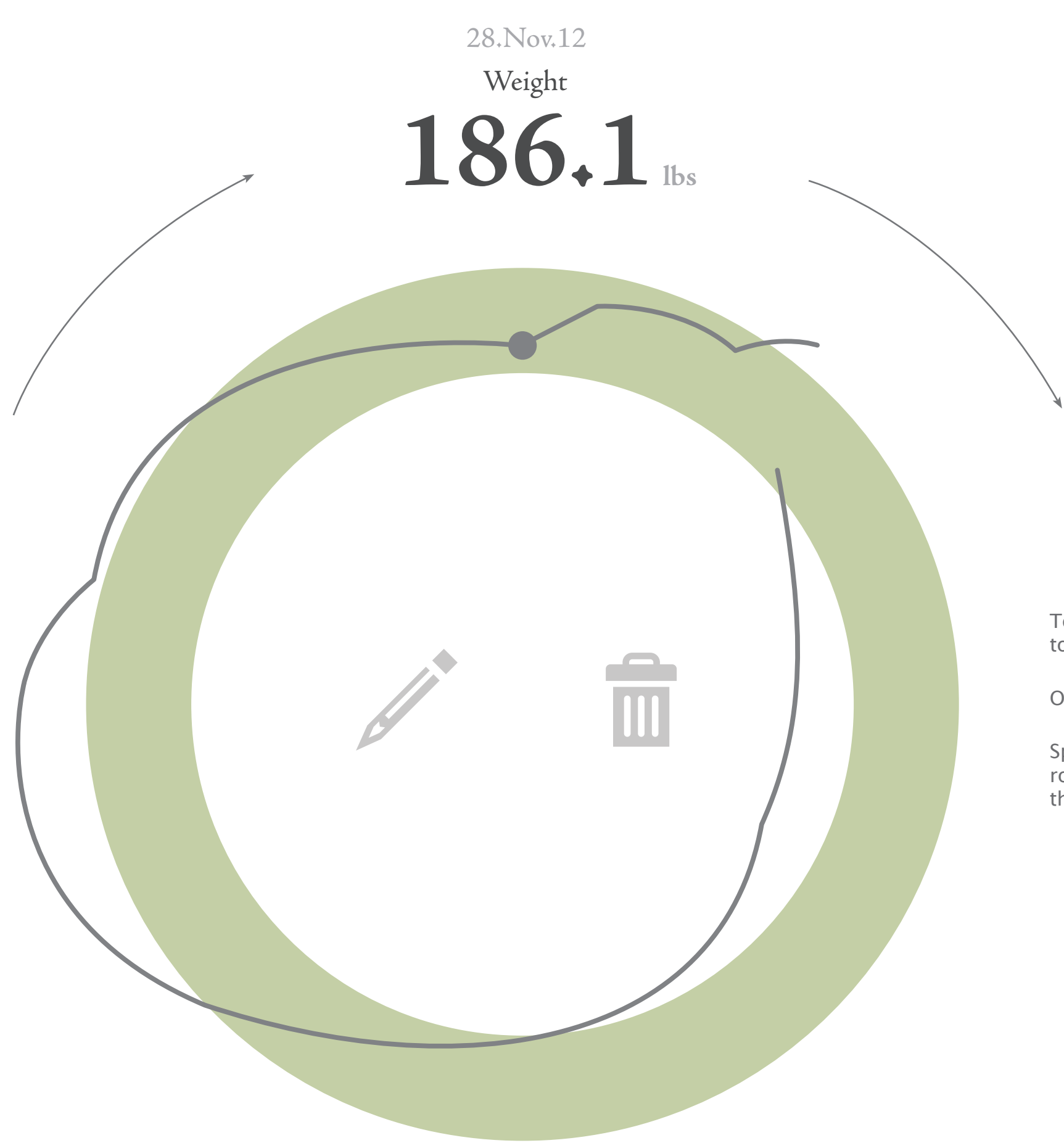


2 finger swipe to cycle to next top-level metric.



May be unnecessary. Demonstration purposes.

Minimal data points may look the following examples.



Touch a point to navigate to that day.

OR

Spin the graph like a rotary phone to navigate through the days.



Exercise hours per day may roll up into hours per week.