• User Registration (Screen 2) - what do you need?

should contain : Name

surname

company

email (will be username)

create password

date of birth

gender - female, male, other

Tick to opt of our newsletters we will send occasionally about new information and work events.

• User login (Screen 1)

login : username

password:

don't have an account ? Create one: email.com and then it takes them to the registration page 2.

• Main page (Screen 3) – I sent you the tabs see other pdf document)

• Eating Record(Screen 4)

Tab EAT

SEE PAGE 6

Do you need the actual content now or are you setting it all up?

• Give me Detail of Page 7 8 9 - do you need all the content now? This is the area I will need to modifiy.

THE TAB – MY HEALTH JOUNEY

Will be the one that the user will add info on their health

It will have My EAT Goals

My MOVE Goals

My THINK Goals

The user will enter what they like and what their goals are.

Then it will have

EAT : dropdown menu :

I drank 8 glasses of water today

I ate good protein in every meal

I didn’t have any refined food at lunch or dinner

I ate 7 servings of vegetables today

Each of these will carry 1 point and it will be recorded in their Achievements page and it will add up for the week 5 days,

MOVE: dropdown menu

I got up every hour from my desk

I stretched today

I exercised at least 30 minutes today

I checked my posture at work

Each of these will carry 1 point and it will be recorded in their Achievements page and it will add up for the week 5 days,

THINK

I learnt something new today

I performed 5 diaphragmatic breaths today

I thought of good things in my life today

I laughed at least 3 times today

Each of these will carry 1 point and it will be recorded in their Achievements page and it will add up for the week 5 days,

• Your Achievements (Page 10)

This is the page that the above points will be recorded and they can see it , it will add up 12 points a day to achieve their wellness goals or 60 points each week .

We need to find a way and design so they can see where they are up to.

• Think Page Detail needed

• Learn Tab Events What is happening around user

No this isn’t about what is happening around user , but what is happening at their work which I will need to entre.

Again do you need content now?