A close-up of a paper

Description automatically generated

Left swipe takes the user to the Progress screen. A right swipe take the user to the History screen. This screen flows in a way that guides the user from one element to another, starting from the greeting, down to the daily entry and then they can branch off to the progress screen or the history screen. More graphics and features can be added to improve interactivity on this screen, but this early view contains the key elements that the app needs to achieve its functionality.

The idea of having the Target weight and Current Average weight buttons be pseudo-navigation buttons, comes from the idea of things doing what the user thinks that they should do. In this case, clicking on the target weight *should* show the user what kind of progress they are making toward their goal. And in the same way, clicking on the current average weight *should* show the user their weight history and what all their entries look like.