

Todays Date  
(Date Text/View)

To Do:  
Workout name

H

N

W

P

Homepage

Nutrition

Workouts tab

Settings

Profile

Push Notifications

Show water intake

Add a Goal:

Textfield...

Submit

Profile section asks:  
Name, weight, activity  
level, height, gain/lose  
weight, exercise types

SILVER

Achievements:

10 pounds  
down!!

10

New bench  
PR!!

15

More Achievements

Weight Loss/Gain

Goals to accomplish:

Progress

1200kcl/1500kcl ↓

Add a meal

Breakfast  
Calories: 600kcl

Nutrition

1200kcl/1500kcl ↑

Add a meal

Protein: 50  
Carbs: 130  
Fat: 25  
etc...

Breakfast  
Calories: 600kcl

Create A Meal

Description:

Serving size:

Calories:

Fat:

Protein:

Carbs:

Nutrition edit

Push up  
-info

Bench  
Press  
-info

Incline BP  
-info

Tricep  
Pulldowns  
-info

Tricep  
Extensions  
-info

Workouts tab

Push up  
-info

Bench  
Press  
-info

Incline BP  
-info

5

5

4

Workouts tab

Workouts to do for the day

Tricep Extensions

Number of sets accomplished:  
4

Number of reps accomplished:

1

2

3

4

DONE

CANCEL

Personal Plans

Chest day

add to plan

Pre-built Plans

Plan 1(daily)

Add to plan

Plan 2(weekly)

Add to plan

create/Edit plans

ADD TO PLAN (WEEKLY)

Part 1

Exercise 1

Weight:

Part 2

Exercise 1

Weight:

Part 3

Exercise 1

Weight:

DONE

CANCEL

Repeated for every  
exercise within each part of  
the weekly plan

Which day of the week each part of  
the plan should be added to

Chest day

Push up

Bench press

Add exercise

DONE

CANCEL

NEW Exercise

Workout Name:

Workout info

etc.

DONE

CANCEL

ADD TO PLAN (DAILY)

Exercise 1

Number of sets:

Number of reps

Weight:

Recurring?

DONE

CANCEL

Repeated for every  
exercise within the plan

Which day of the week plan should  
be added to