

Todays Date
(Date TextView)

To Do:
Workout name

H

N

W

P

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

1200kcl/1500kcl

Add a meal

Breakfast

Calories: 600kcl

Nutrition

1200kcl/1500kcl

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

Add a meal

Breakfast

Calories: 600kcl

Push up

-info

Bench Press

-info

Incline BP

-info

Tricep Pulldowns

-info

Tricep Extensions

-info

Personal Plans

Chest day

add to plan

Pre-built Plans

Plan 1

Add to plan

Plan 2

Add to plan

Chest day

Push up

Bench press

Add exercise

+

DONE

CANCEL

NEW Exercise

Workout Name:

Workout info

etc.

DONE

CANCEL

SILVER

Achievements:

10 pounds down!!

10

New bench PR!!

15

More Achievements

Weight Loss/Gain

Create A Meal

Description:

Serving size:

Calories:

Fat:

Protein:

Carbs:

Workouts tab

create/Edit plans

ADD TO PLAN

Number of sets:

Number of reps

Weight:

DONE

CANCEL

Repeated for every
exercise within the plan

Homepage

Settings

Nutrition

Progress

Nutrition edit

Nutrition

Workouts tab