

Login Page (already done pretty much)

Ecko Wellness

Ecko Wellness
Optimize your life.

User

Pass

Login Create

user logs in
user: bob
pass: 123



ListView of
Past Data
(potentially)

Home/Main Page

Ecko Wellness

Friday, June 2nd

Lifestyle Score: 82 %

- Food Score: XX %
- Exercise Score: XX %
- Sleep Score: XX %

Past Data

Yesterday's LFS: 80 %

- Food Score: XX %
- Exercise Score: XX %
- Sleep Score: XX %

Home Food Exercise Sleep

Profile
Button

Profile Page

Ecko Wellness

←

Bob Doe

Male, 21 y/o
5'9" / 160 lbs.

Goals / Preference

Primary Goal: Lose weight

Food Preference: Atkins (High Protein) Diet

Fitness Level: Light Intensity

able to edit

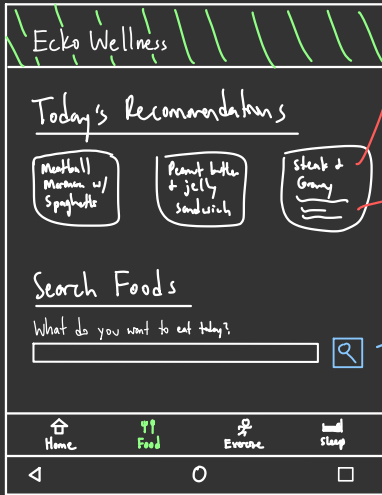
dropdown menu
3 options: lose / gain / maintain weight

dropdown menu
6 options: high protein / high fat / high calories
low low low

3 options: light / moderate / vigorous intensity

xxx cals burned

Food Page



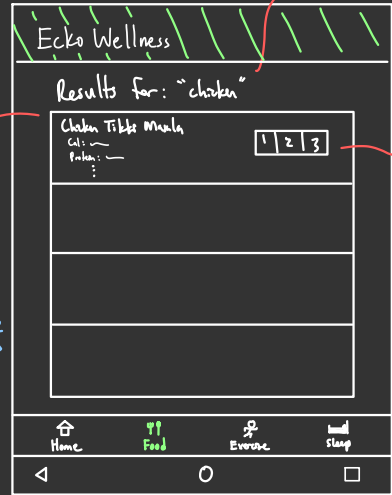
- idea:
- user clicks recommended food
 - Pop-up displays
 - Rating level } user inputs
 - Serving Size
 - Lifestyle score updated
 - redirect to home

details like portion or calories

listview of X amt of results

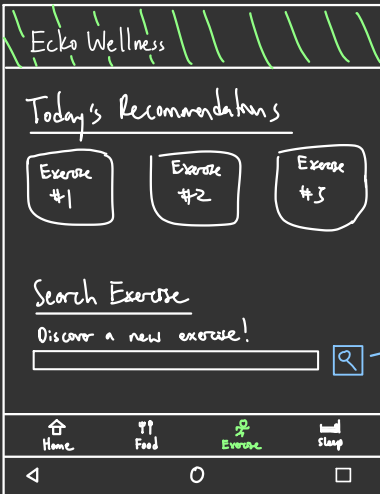
Navigate to Search Results Page

Search Results Page (Food)



add to food log based on rating

Exercise Page



Search Results Page (Exercise)



Sleep Page

Ecko Wellness

What time do you want to wake up tomorrow?

You should sleep by:
11:00 P.M.

Home

Food

Exercise

Sleep

shown after
user picks a
time