

Journal-remove social shares, reactions, phase icons, tour, food/exercise icons

1 Remove Social shares bar on left nav, Keep Print and Email,

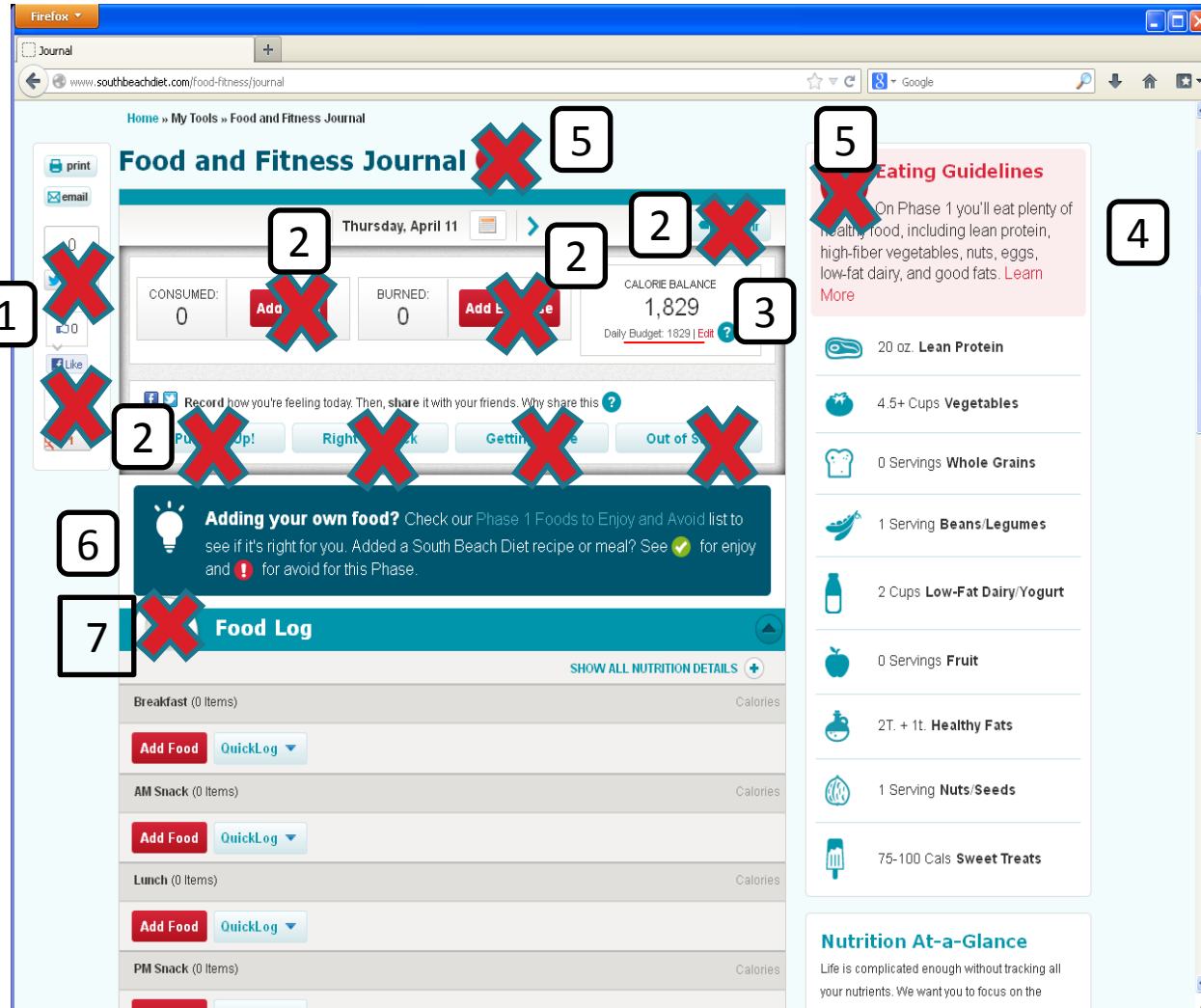
2 Remove all reaction shares, Tour and "Add Food" and "Add Exercise"

3 Remove Daily Budget and # and insert "Edit Target" New dashboard w/ Nutritions (see new design)

4 There will be new MAYO Eating Guidelines and new intro copy for some calorie ranges, but not all. New servings too.

5 Remove all phase icons

6 Remove blue box with copy and all Gluten icons and ! and ✓ on recipes added.

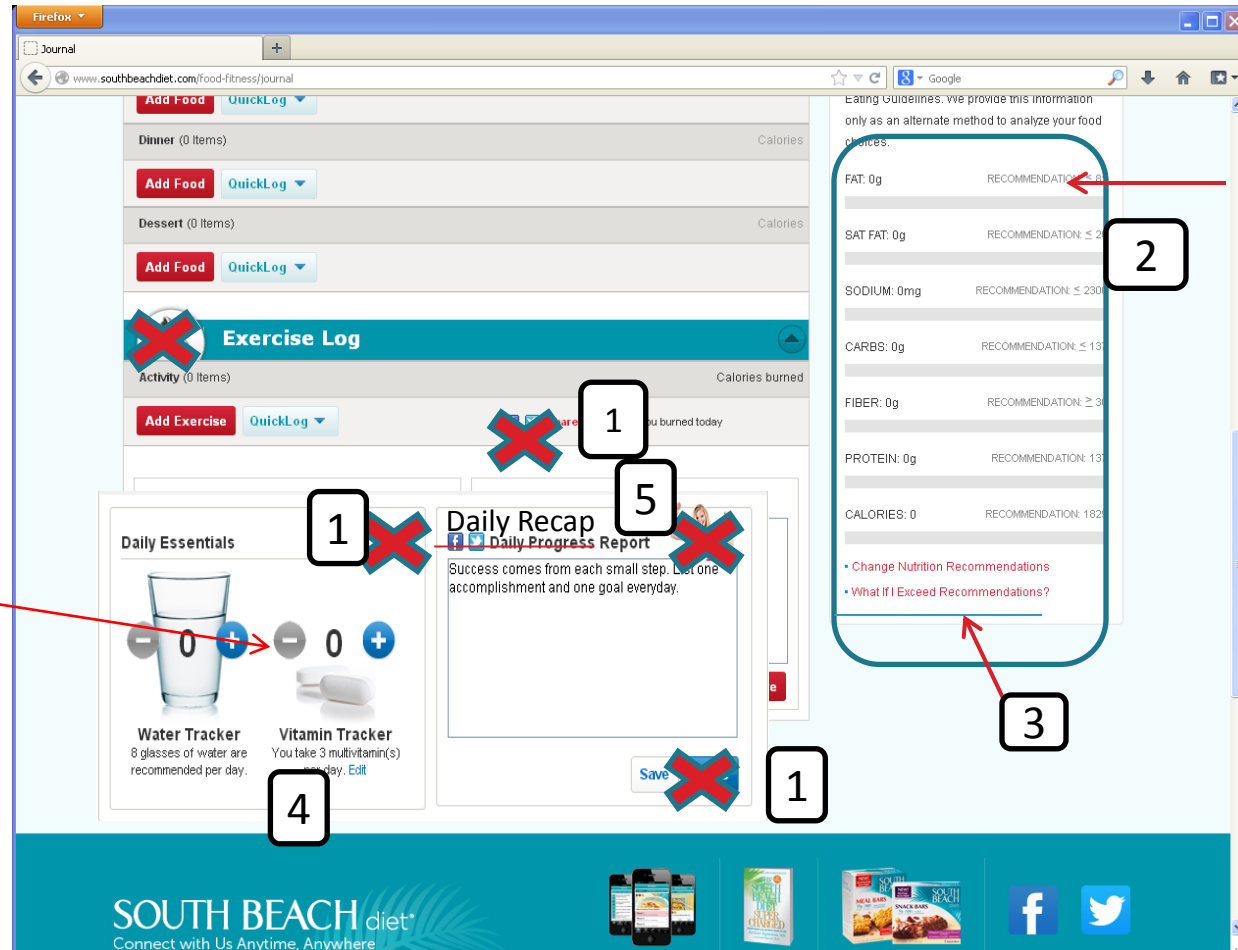


7 Remove Plate icon/sneaker icon for food/exercise and all food/recipe and exercise individual icons and defaults.

NOTES: Calories consumed and burned will use new calculations from Maureen. Design/Dev for desktop and ipad only.

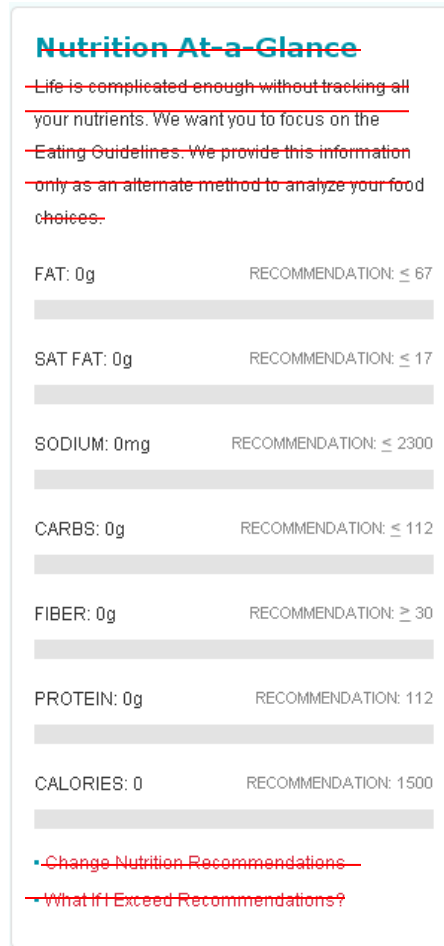
Journal- below the fold--no social share, add vit tracker, nutrition at a glance moves to dashboard,

- 1 Remove all social sharing.
- 2 Nutrition at a Glance, moved to dashboard (see new design) and new recommendations from Maureen
- 3 Remove "What if I Exceed Recommendation" and What if I Exceed" links at bottom of Nutrition at a Glance
- 4 Add Vitamin Tracker next to Water Tracker. Add tabs (see new design)
- 5 Change "Daily Progress Report" to Daily Recap (see new design).



Daily Nutrition in dashboard

Nutrient List
order is in new
design on
dashboard, not
on right rail...
CALORIES
FAT
SAT FAT
CHOLESTEROL
SODIUM
CARB
FIBER
PROTEIN



Quick Log-change

Change QuickLog to Quick Log (add space) for Calories Eaten and Calories Burned

See new design

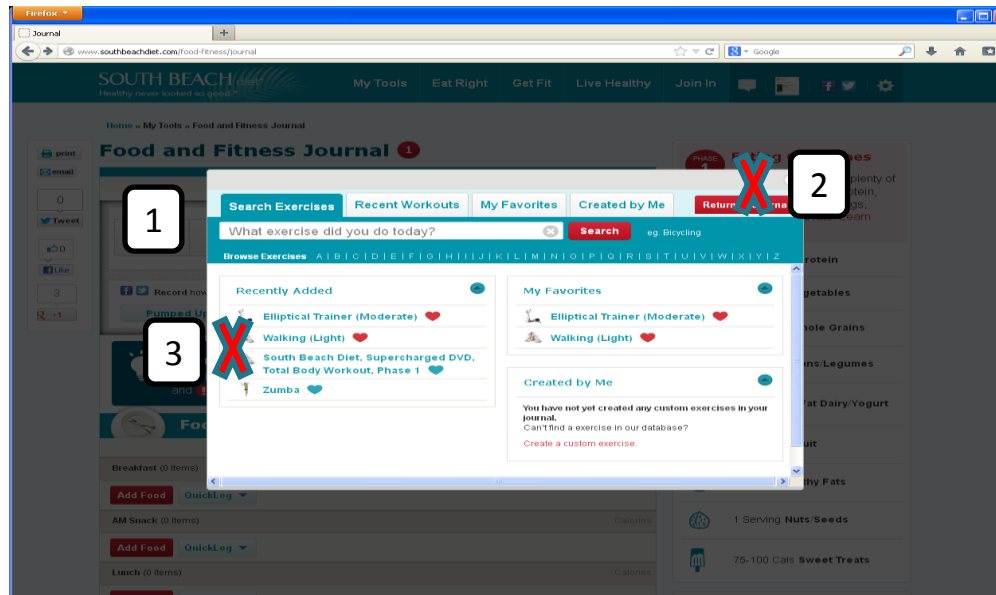
All functionality remains-copy meal, calories eaten

The screenshot shows the South Beach Diet website's 'Food and Fitness Journal' interface. The page is titled 'Food and Fitness Journal' and shows a date of 'Tuesday, April 30'. It features a 'CONSUMED' section with a value of '0' and an 'Add Food' button, and a 'BURNED' section with a value of '0' and an 'Add Exercise' button. A 'CALORIE BALANCE' section shows '1,500' and a 'Daily Budget: 1500 | Edit' link. A modal window titled 'QuickLog Calories Eaten' is open, displaying instructions: 'Keep logging those foods! If you just want to eat or quickly post some calories eaten, just add your calories below.' The modal includes a 'Calories Eaten' input field, a 'Select Meal' dropdown menu set to 'Breakfast', and a 'When?' dropdown menu set to 'Today'. There are 'Cancel' and 'Add' buttons at the bottom of the modal. The background interface also includes a sidebar with social media links, a 'Pumped Up!' button, a 'Right on Track' button, and a 'Food Log' section with categories like 'Breakfast (0 Items)', 'AM Snack (0 Items)', and 'Lunch (0 Items)'. On the right, there are 'Eating Guidelines' for Phase 1, listing items like '20 oz. Lean Protein', '4.5+ Cups Vegetables', '0 Servings Whole Grains', '1 Serving Beans/Legumes', '2 Cups Low-Fat Dairy/Yogurt', '0 Servings Fruit', '2T. + 1t. Healthy Fats', '1 Serving Nuts/Seeds', and '75-100 Cals Sweet Treats'.

Search Exercise and Search Foods Modal tab

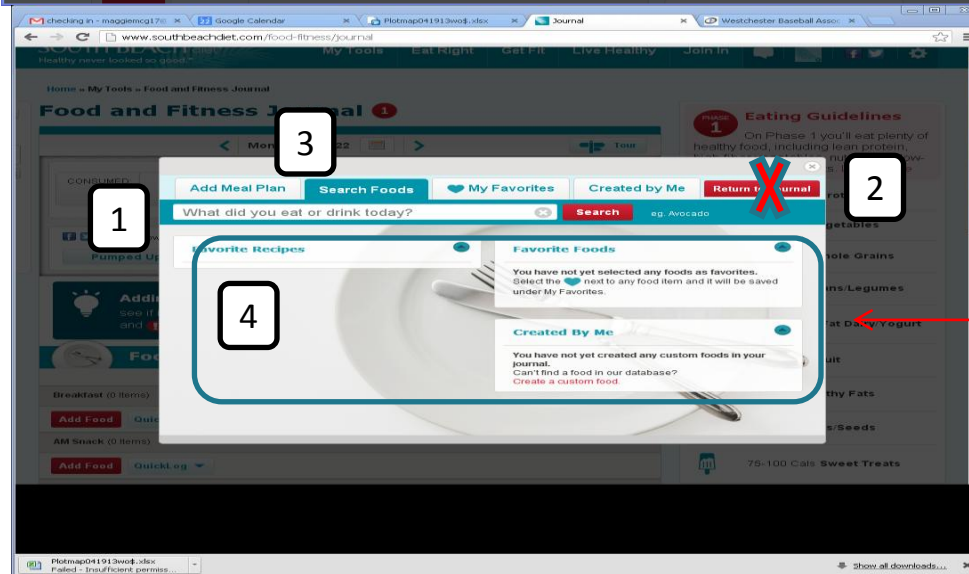
Exercise

- 1 Change copy to What exercise did you do?
- 2 Remove Return to Journal
- 3 Remove Exercise icons



Food

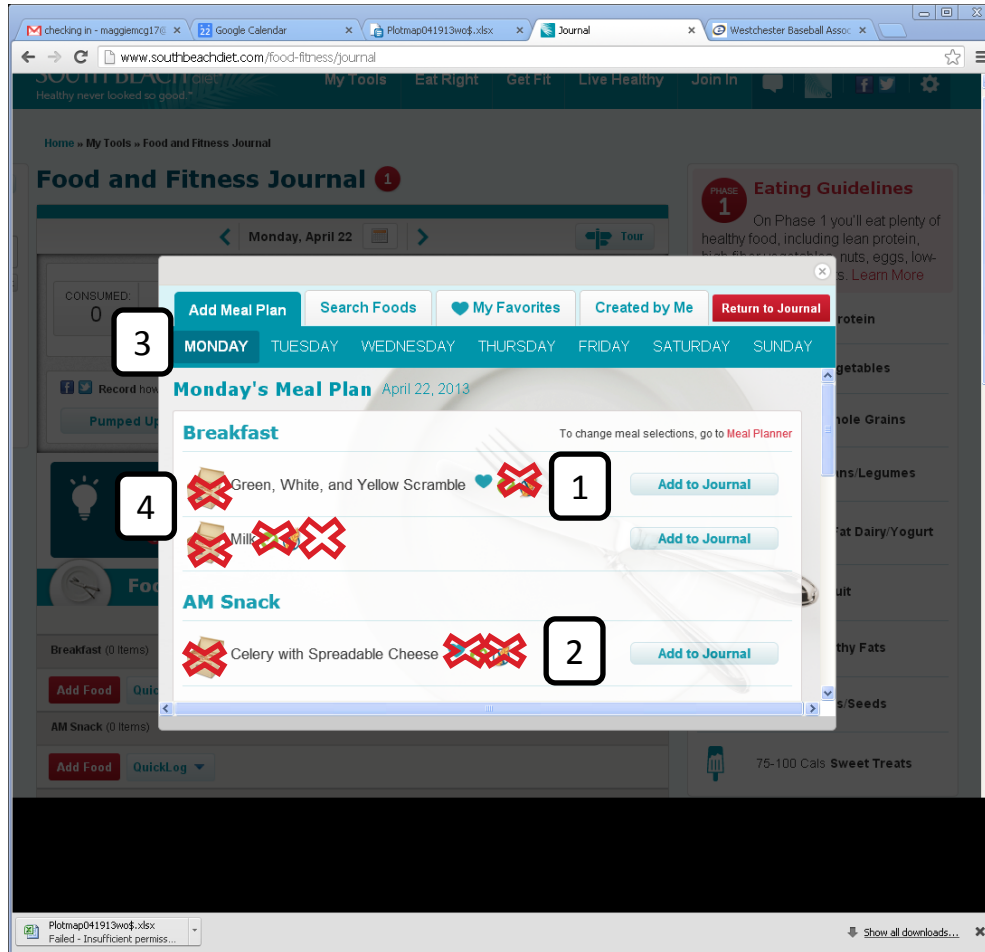
- 1 Change copy to What did you eat or drink?
- 2 Remove Return to Journal
- 3 Switch Add Meal Plan and Search Foods
- 4 Remove Food/Recipe icons



Same functionality

Journal- Add Meal plan tab-Removals

- 1 Remove All Gluten icons and ! and ✓ on all tab views.
- 2 Remove Gluten icons
- 3 Remove days of wk and insert Wednesday, April 24 with arrow- see new design for reference
- 4 Remove Recipe icons



New Journal

New layout for
Calories
Remaining,
Consumed and
Burned.

Add Food and Add
Exercise buttons now
highlight when user
hovers over them.

My Trackers- 2 tabs, Water
and Vitamins, with + and - for
adding or subtracting
amounts. Same functionality
as SBD. No copy under
Vitamins

The screenshot shows a web application interface for a 'Food and Fitness Journal'. At the top, the header includes the 'ACME Anvil' logo and the word 'Wellness'. Below the header, a blue banner displays the title 'Food and Fitness Journal' and the date 'Wednesday, Apr 24'. The main content area is divided into several sections. The top section shows 'Calories Remaining' (1,505), 'Consumed' (80), and 'Burned' (300). Below this, there are progress bars for various nutrients: Carbs, Fat, Fiber, Cholesterol, Sodium, and Protein, each with a 'Target' value. A 'Change Your Calorie Level' link is present. The middle section is titled 'Breakfast' and lists a meal: 'Chicken, Back, Meat and Skin, Flour Coated, Fried' with a heart icon and a calorie count of 415. Below the meal list are buttons for 'Add' and 'Quick Log' for Breakfast, Lunch, Snack, Dinner, and Midnight Snack. The bottom section is titled 'My Trackers' and has two tabs: 'Water' and 'Vitamins'. The 'Water' tab is active, showing a large number '4' and a glass icon, with a note 'Try to drink 8 glasses of water per day.' To the right of the 'My Trackers' section is a 'Daily Recap' box with a 'Save' button. On the far right, there is a 'Eating Guidelines' section with text about Mayo Clinic food and serving recommendations.

Placement of
nutrition
tracker is in
dashboard with
new
layout. Change
your Calorie
Level links to
settings.

Daily Recap- Same
functionality for input,
Save, but added calendar
for input into past dates
up to X? New copy as
default text in box.