

# User Guide

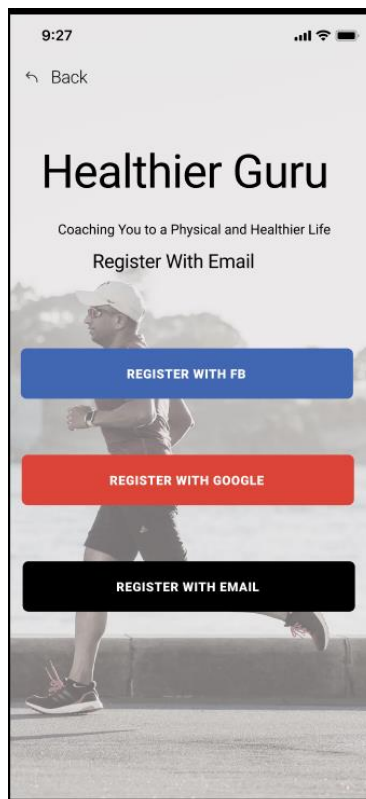
## I. Background:

*“Improving healthier habits through daily exercises and better diet plans for ordinary people, athletes, workouts enthusiasts and food lovers”– Healthier Guru*

## II. Details:

### 2.1. Setup Healthier Guru Account

- Main functionality: **Users use available authentications methods (Connect via FB, Gmail and Email) to access the app.**
- Describe how users can get to your feature: **Users can get to the setup UI after they download the app;**
- Describe any known issues with the product (or upcoming features): **Users can face issues when their does not have data and download the app, it will not be able to allow them authenticate;**
- Mockups:



## 2.2. Define Physical and Health Plan

- Main functionality: **Users can create their workout plan and diet plan based on his routine and personal data, such as Birthday, Weight and Height;**
- Describe how users can get to your feature: **Users can get to this UI after they authenticate on the app;**
- Describe any known issues with the product (or upcoming features): **Users can face inaccurate issues with their exercise plan when they put wrong data, because the app will setup the environment with the data provide by the user;**
- Mockups:

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# Healthier Guru

Coaching You to a Physical and Healthier Life

## About You

jane@example.com

Gender ▾

Birthday ▾

Weight ▾

Height ▾

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# Healthier Guru

Coaching You to a Physical and Healthier Life

## Your Goal

☐ Gain Mass

☒ Lose Weight

☐ Eat Healthier

☒ Improve Fitness

☐ Burn Fat

☐ Increase Endurance

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# Healthier Guru

Coaching You to a Physical and Healthier Life

## Physical Training Plan

☐ Monday

☒ Tuesday 05:30 PM

☐ Wednesday

☒ Thursday 05:30 PM

☒ Friday 06:30 PM

☐ Saturday

☒ Sunday 05:30 AM

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# Healthier Guru

Coaching You to a Physical and Healthier Life

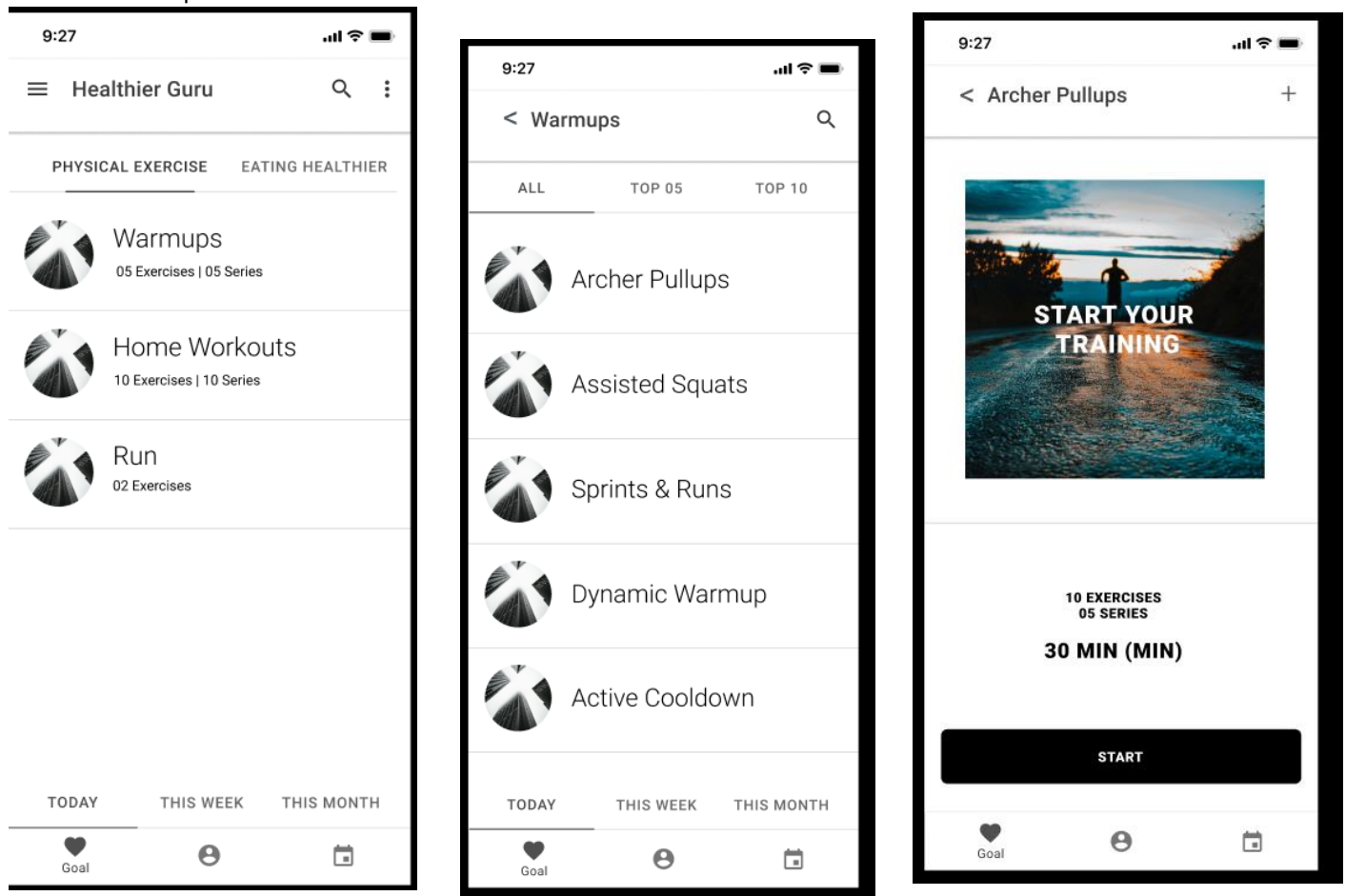
## Recommend Training

- ☒ Using Body Weight
- ☒ Running
- ☐ Using Barbell & Weight

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### 2.3. Perform Exercises

- Main functionality: **Users can perform exercises on daily basis according to his Physical plan;**
- Describe how users can get to your feature: **Users can get to this UI after they authenticate on the app and setup physical plan;**
- Describe any known issues with the product (or upcoming features): **Users can face issues to perform the exercises on the first hand if their have a poor connection;**
- Mockups:



Full Interactive Mockup:

<https://www.figma.com/proto/nAjobVuWccXProfn5Ow6pZ/Healthier-Guru-V2?node-id=2%3A3&scaling=scale-down>

