

Screen 1: Right after you download

1. Submit questionnaire - similar to asana rebel, you then get presented with payment options. Then create your login(email based)

Screen 2: Introduction video

Video explaining the journey, creation etc.

THEN MOVE ONTO MAIN APP

Home screen:

(banner or something at the top that has the rundown of the weekly goals and how far they are, similar to the “this weeks progress” at the bottom rn. Something we can experiment with)

Quick actions on main part of the screen

- Todays workout
- Meal plan
- Classes
- Meditation
- Education

Bottom: todays recommendations as it has on the current setup

Also top right we could have a small profile button that takes them to profile, subscription etc instead of in the more section(which we can change to education)

Note - don't think the “total sessions completed” is necessary on home screen we can have something similar on workout tab

Workout screen:

- Workout setups look pretty well setup right now i think we could adjust the button designs etc but no idea how to make it look better lol we can ask denise or julia

Nutrition:

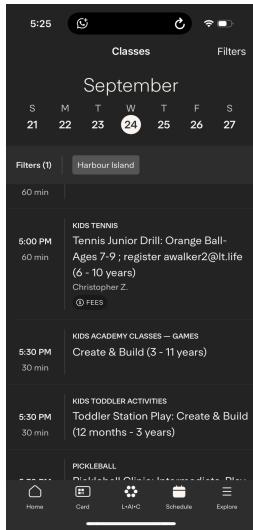
Pretty solid - key points

- Exactly as you did on top there should be their “suggested meal” based on the plan they created, then i like the featured recipe option and ai generated recipes below based on their preferences.
- I like the switching between meals too, makes it hella easy and user friendly
- Add supplements section somewhere

Classes:

- For the pre recorded classes, i think its best that when you get on the screen, theres like a list of buttons that have each type eg.(cardio, yoga, meditation, breathing, weight training etc). And then it takes them to the screen as its set up now

Then we need to somehow incorporate the live classes into this for the paid versions. Im thinking there could be a button that says “live class schedule” and pulls up something like this page that has all the classes(this is the lifetime fitness app). See below



More/education:

- Lets change it to just the education tab
- Everything looks good there for now

Overall ideas:

- Adding social component to the app at some point where people can post their new recipes etc. might b cool. Just an idea
- Something I just thought about is we can have actual live education classes on the app in the future, even have like a “junoon certification” for yoga/etc almost like nasm thats another solid revenue stream. Not related to the current app stuff, just writing it somewhere.
- Price ranges refer to the tiers and pricing section