

# My Tracker App

## Main Page

### My Tracker App - 19:27

Thursday September 31, 2019

Calories Burned	Steps	Weight
		
200 Cals	2,452 Steps	11.5 Stone

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 Activities + 

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 Food + 

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 Weight + 

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 Water + 

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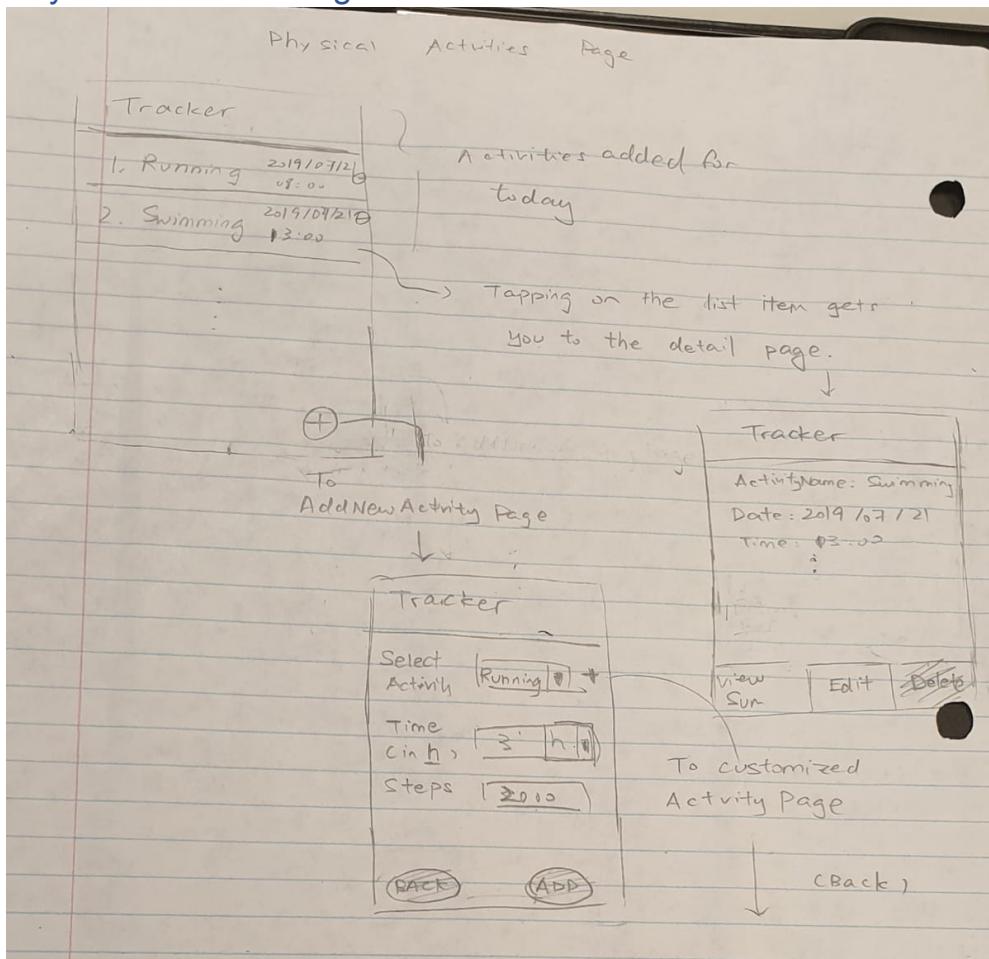
 User

 Calendar

 Settings

Pages in detail: [Activities](#), [Food](#), [Weight](#), and [Calendar](#)

## Physical Activities Page

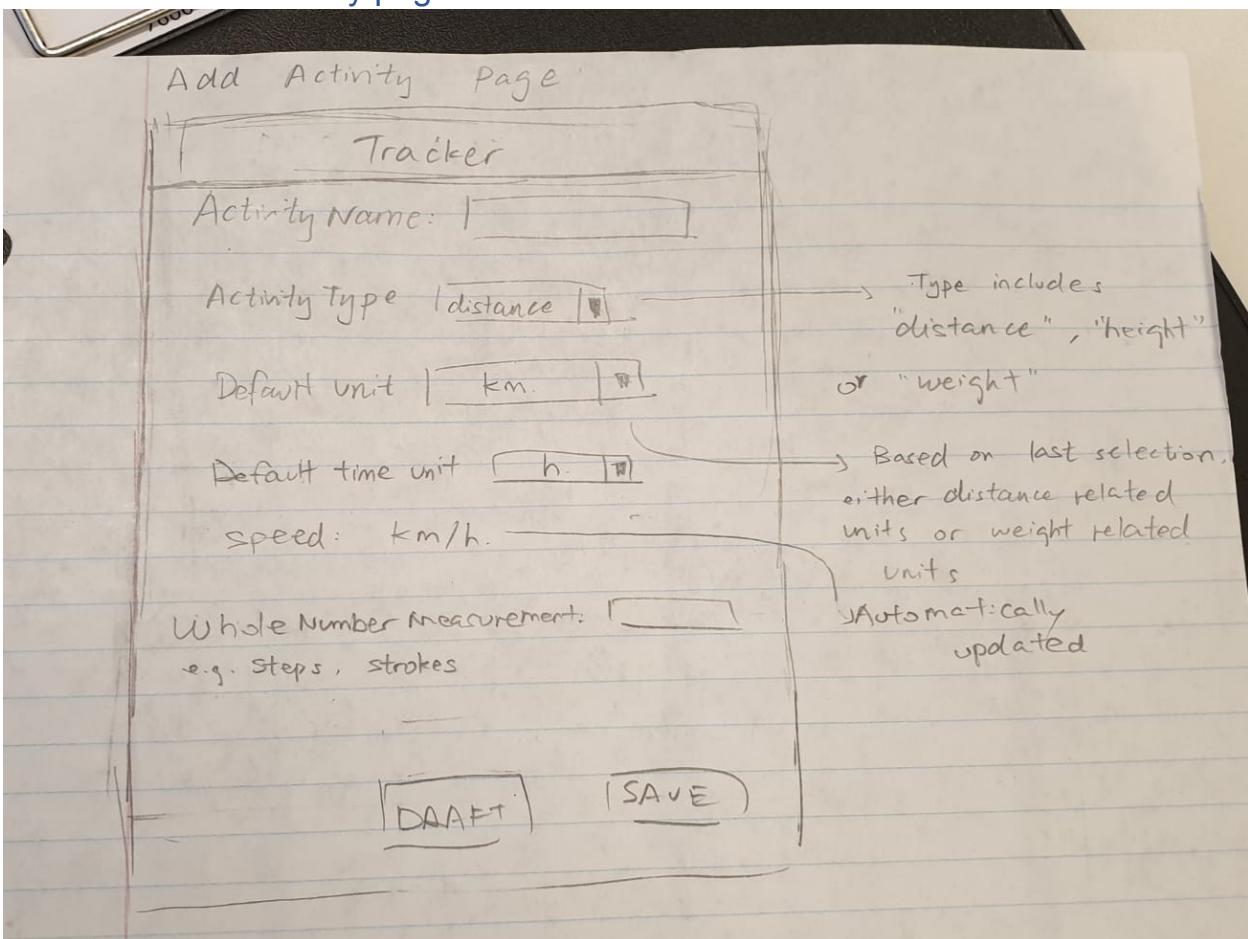


The top left page is the main physical activity page. It displays all the activities added for that day. Tapping on one activity will take the user to a detail page where the user can either edit, delete or view a summary of all the data entered so far for that activity.

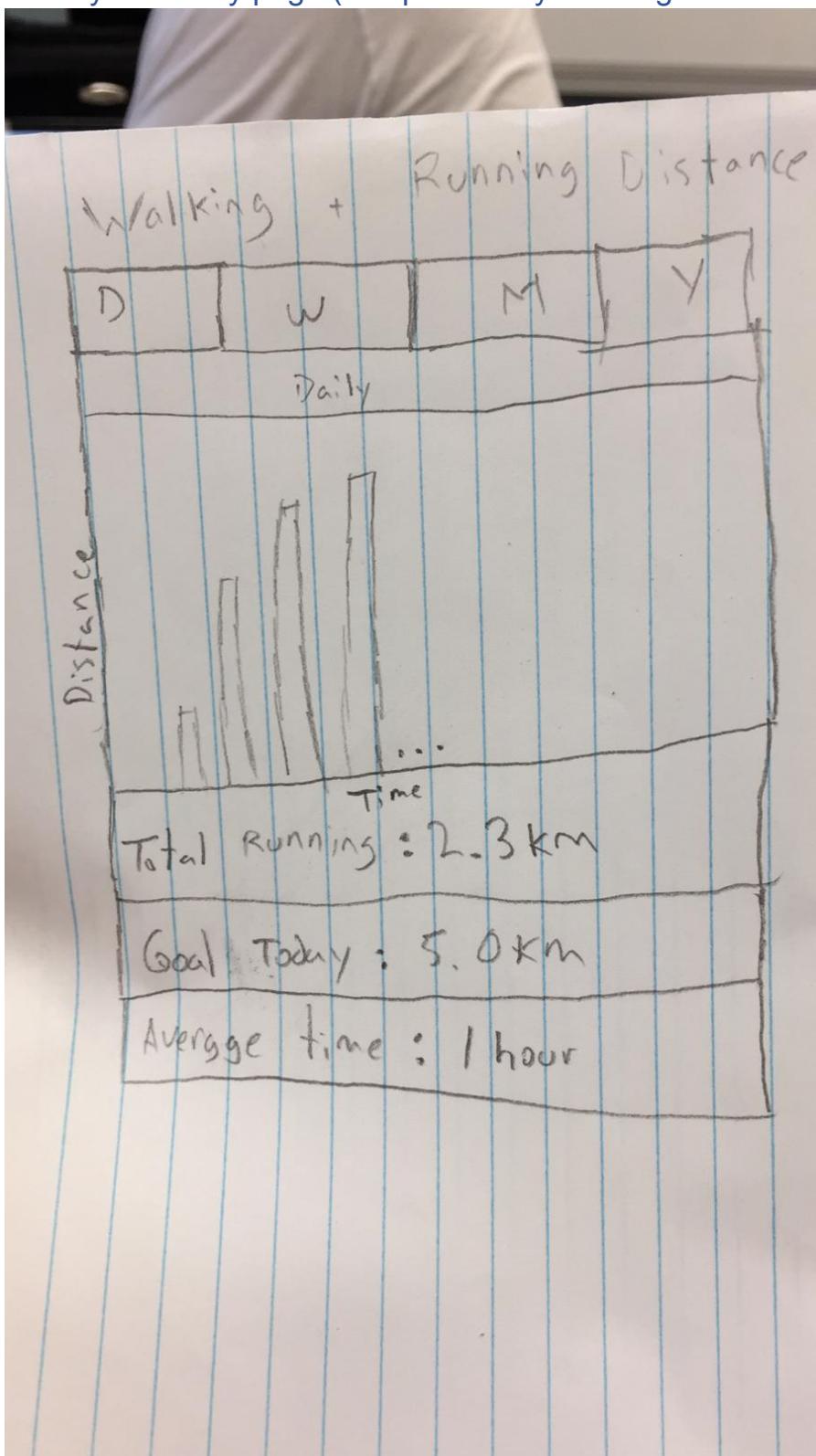
Tapping on the addition sign on the bottom right takes the user to adding new activity page.

In that page, the plus symbol beside the dropdown menu will take the user to a page where they can add their own customized activity.

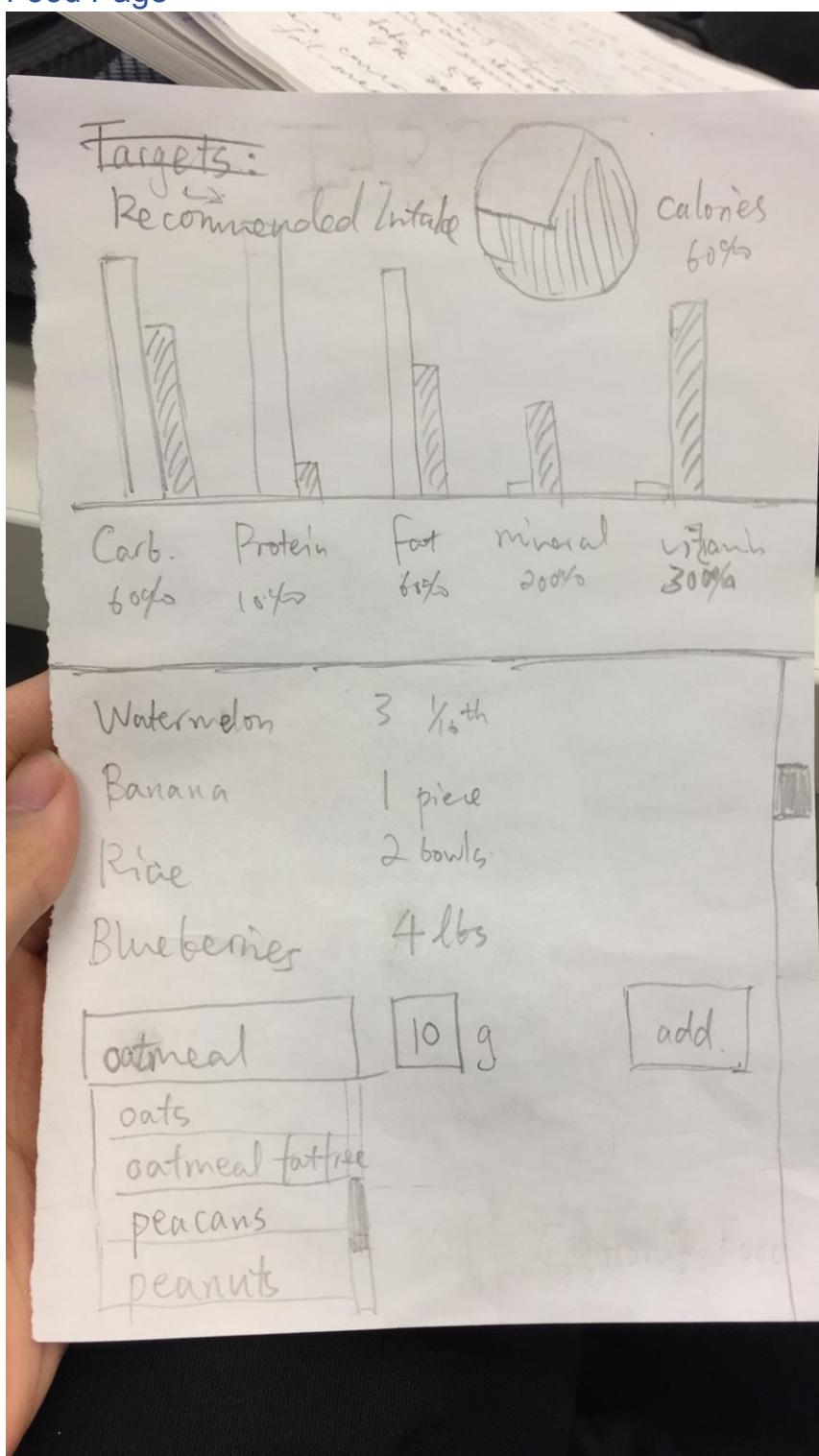
## Add customized activity page



Activity summary page (sample activity: walking and running)



## Food Page



The top half displays the recommended daily requirements. The bottom half displays the list of food added for that day and also supports adding food, with a dropdown menu for food and a textbox for amount.

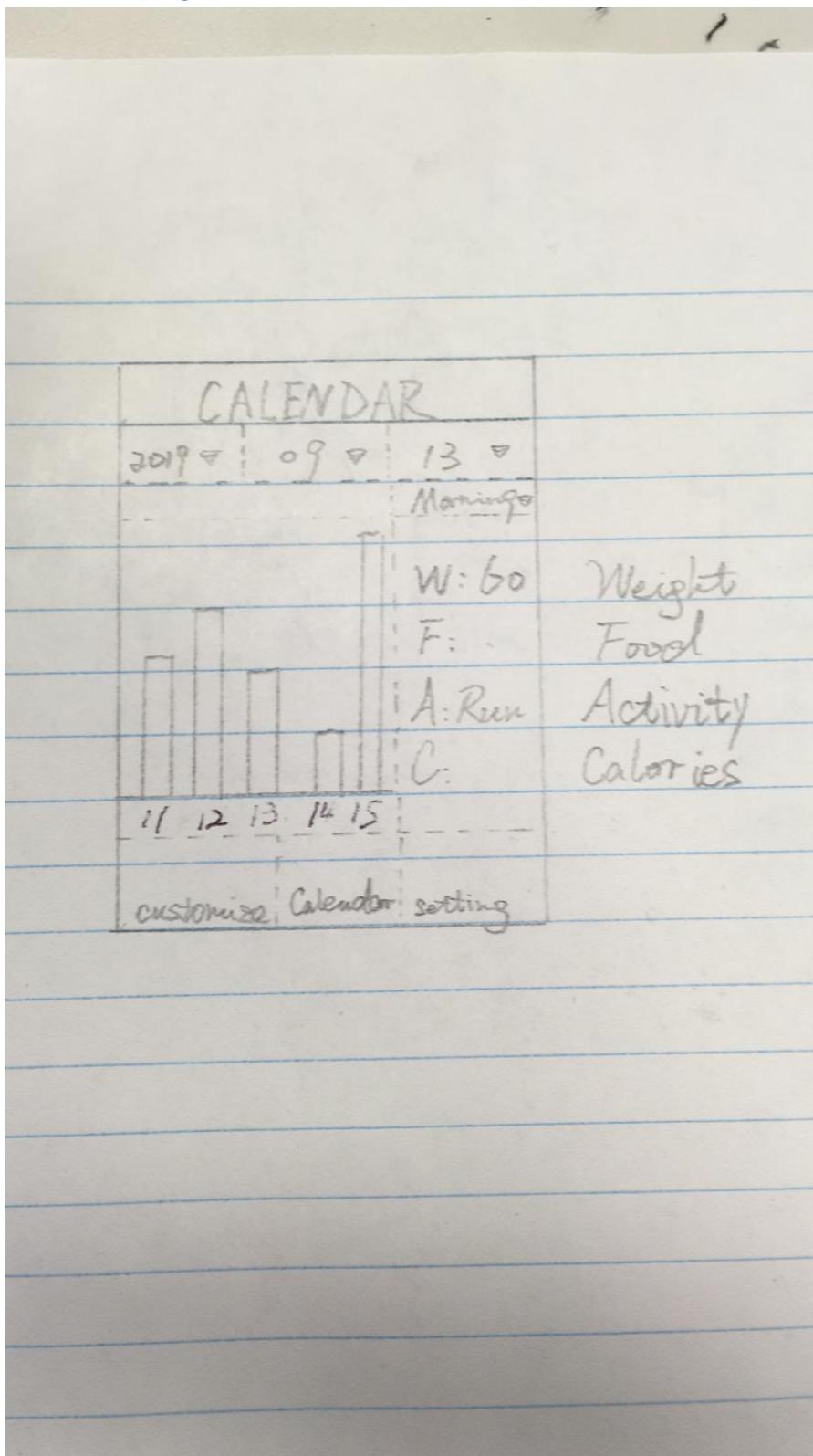
Weight page

Weight System	
↳ Back ↳	+
07/09/2019 (compare w. ytd) Weight: 81.2 kg (+0.2) Height: 176 cm (-) BMI: 26.2 (+0.1)	
↓	
15 - 20 - 25 - 30 - 33 +	

Weight	
Add Data	
Date: 07/09/19	
Weight: <input type="text"/>	
Height: <input type="text"/>	

Calendar page



The three dropdown menus on the top let users select the specific date. The main portion of this page displays the number of calories burnt for that day. The form on the right side lets the users choose to view the day by morning, afternoon or evening, and also displays the activities and food recorded in detail.