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**Group 4**

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# **The Health and Fitness UI Prototype**

**Version 1.0**

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| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
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## Revision History

| Date      | Version | Description           | Author                  |
|-----------|---------|-----------------------|-------------------------|
| 5/12/2024 | 1.0     | Sign up               | Trương Thuận Kiệt       |
|           |         | User Profile          | Trương Thuận Kiệt       |
|           |         | My Plans              | Trương Thuận Kiệt       |
|           |         | Home page             | Ngô Thanh Phương Dương  |
|           |         | Workout Plans Library | Nguyễn Huỳnh Minh Quang |
|           |         | Exercise Library      | Nguyễn Huỳnh Minh Quang |
|           |         | Login                 | Nguyễn Huỳnh Minh Quang |
|           |         | Meal Plan Schedule    | Nguyễn Huỳnh Minh Quang |

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

## Table of Contents

|                                 |           |
|---------------------------------|-----------|
| <b>1. User Authentication</b>   | <b>4</b>  |
| 1.1. Sign up                    | 4         |
| 1.2. Login                      | 6         |
| <b>2. User Profile</b>          | <b>7</b>  |
| <b>3. Homepage</b>              | <b>10</b> |
| <b>4. Workout Plans Library</b> | <b>14</b> |
| 4.1. Workout Plans              | 14        |
| 4.2. Workout Plan Detail        | 18        |
| <b>5. My Plans</b>              | <b>19</b> |
| 5.1. My Plans                   | 19        |
| 5.2. My Plan Edit               | 22        |
| <b>6. Exercises Library</b>     | <b>25</b> |
| 6.1. Exercises                  | 25        |
| 6.2. Exercise Detail            | 27        |
| <b>7. Meal Plan:</b>            | <b>29</b> |
| 7.1. Meal Plan Survey           | 29        |
| 7.2. Meal Plan Schedule         | 30        |
| <b>8. Figma</b>                 | <b>31</b> |

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

# UI Prototype

## 1. User Authentication

### 1.1. Sign up



The background features a shirtless man from the waist up, holding a black barbell plate in front of him. He is positioned on the left side of the screen, with a red vertical bar on his right.

**Create Account**

Full Name

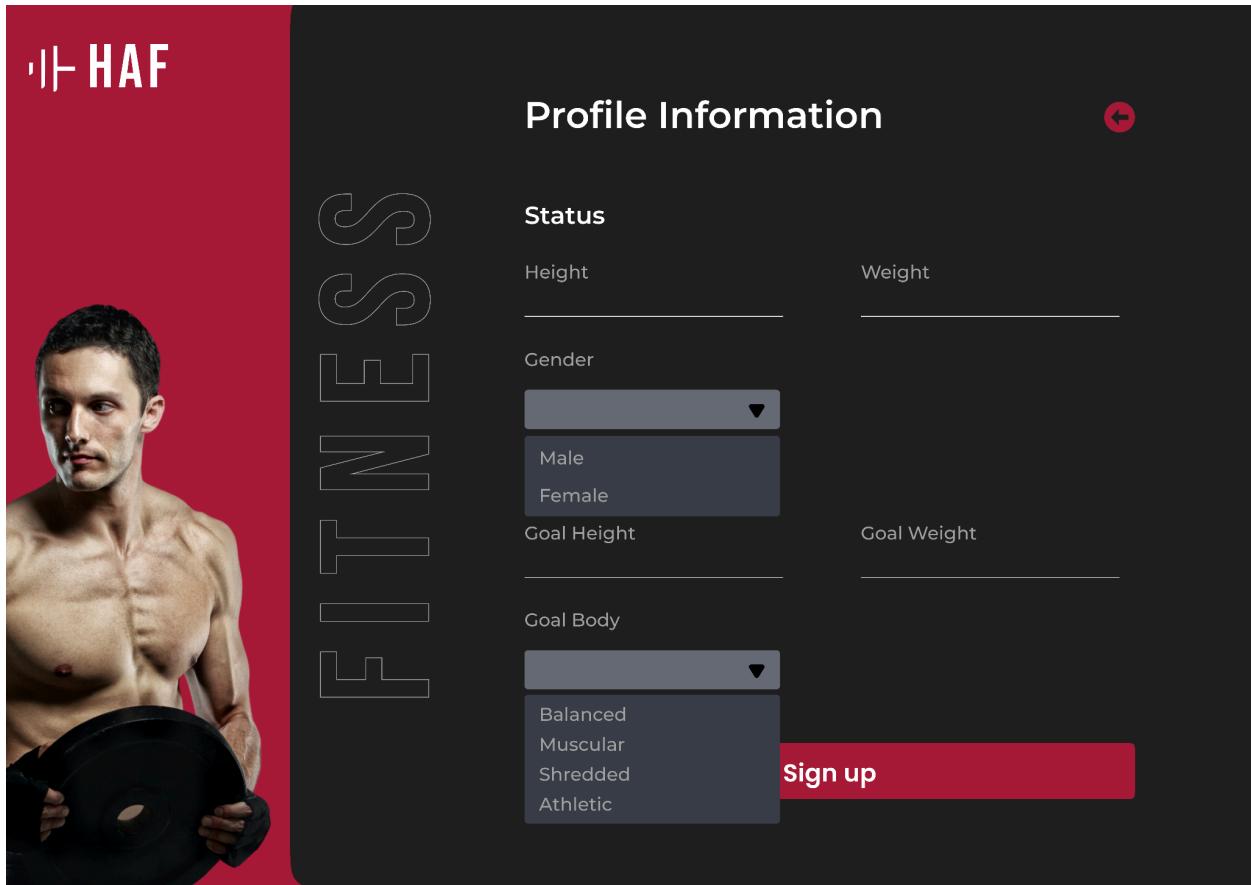
Email address

Password

Verify password

**Next step**

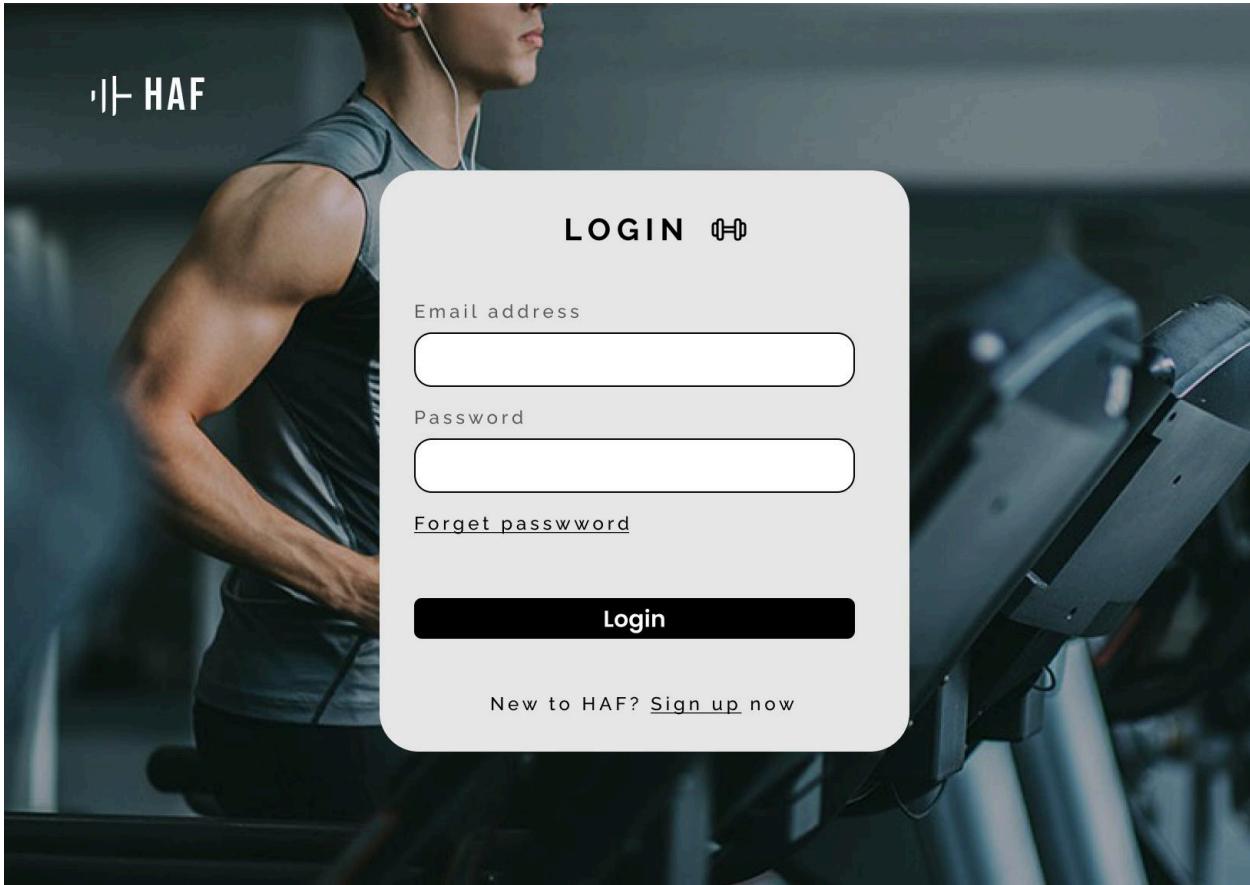
|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |



- Purpose:
  - Help guests create an account to use the web more fully
  - Help admins and web owner collect data from user
- What it shows:
  - Fields for users to fill include personal information (Full Name, Email Address, Password) and basic information (Height, Weight, Gender, ...)
  - Button return to help guests modify personal informations
- How to use:
  - After filling necessary informations, guests can click on button Sign up to create new account

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

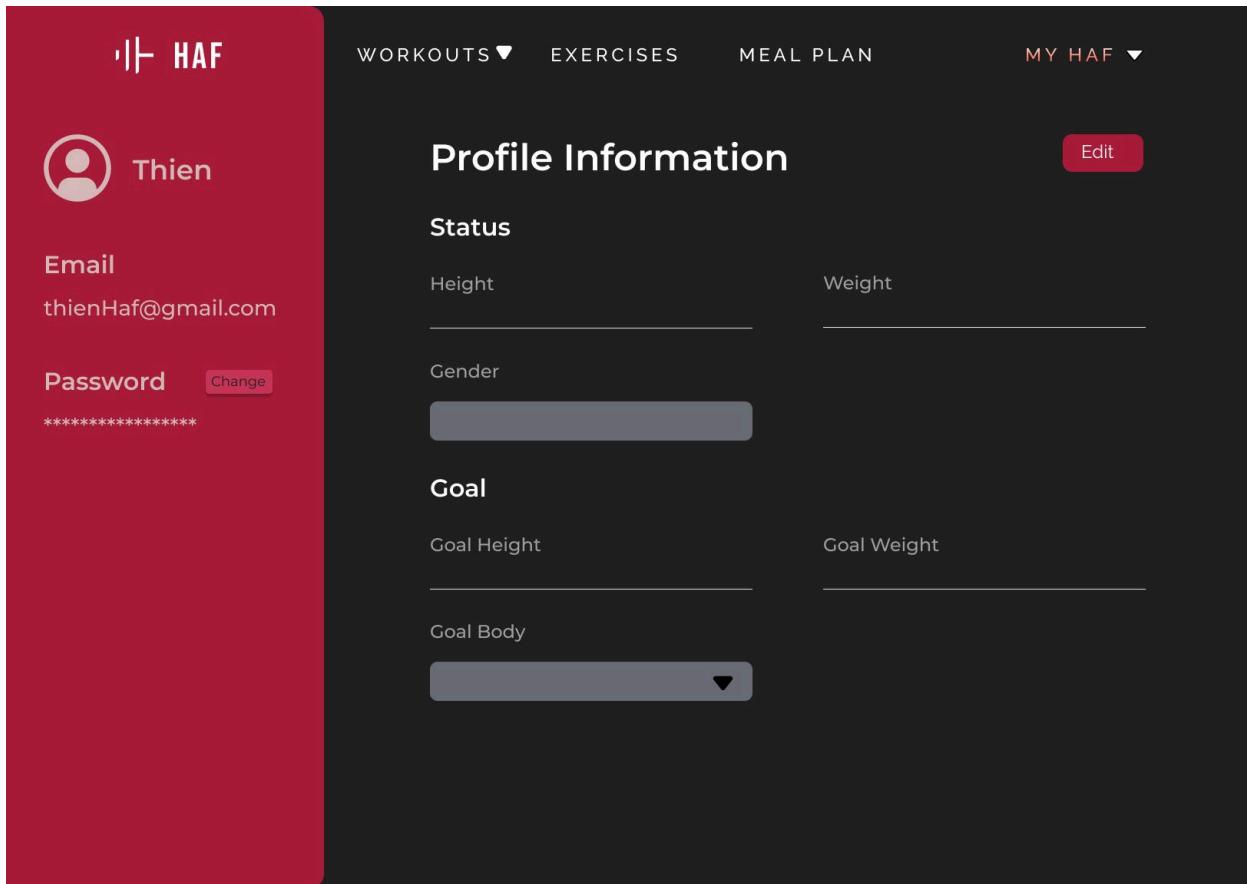
## 1.2. Login



- Purpose: Authenticates users, controls access, personalized experiences, ensures security, and manages sessions for a secure and tailored user experience.
- What it shows:
  - Title and Icon:
    - The page prominently displays "LOGIN" along with a small weightlifting/dumbbell icon, aligning with the fitness theme.
  - Input Fields:
    - Email Address: A text box to enter your registered email.
    - Password: A password field to input your secure credentials.
  - Links:
    - Forget Password: A clickable link for users who have forgotten their password to reset it.
    - Sign up: A link at the bottom for new users to register for the service.
  - Login Button:
    - A large, black button labeled "Login" to submit the credentials for authentication.
  - Background:
    - A visually engaging gym setting reinforcing the theme of health and fitness.
- How to use:
  - Enter your email address in the first field.
  - Enter your password in the second field.
  - Click the Login button to access your account.
  - If you've forgotten your password, click Forget password to reset it.
  - If you are new to the service, click Sign up now to create an account.

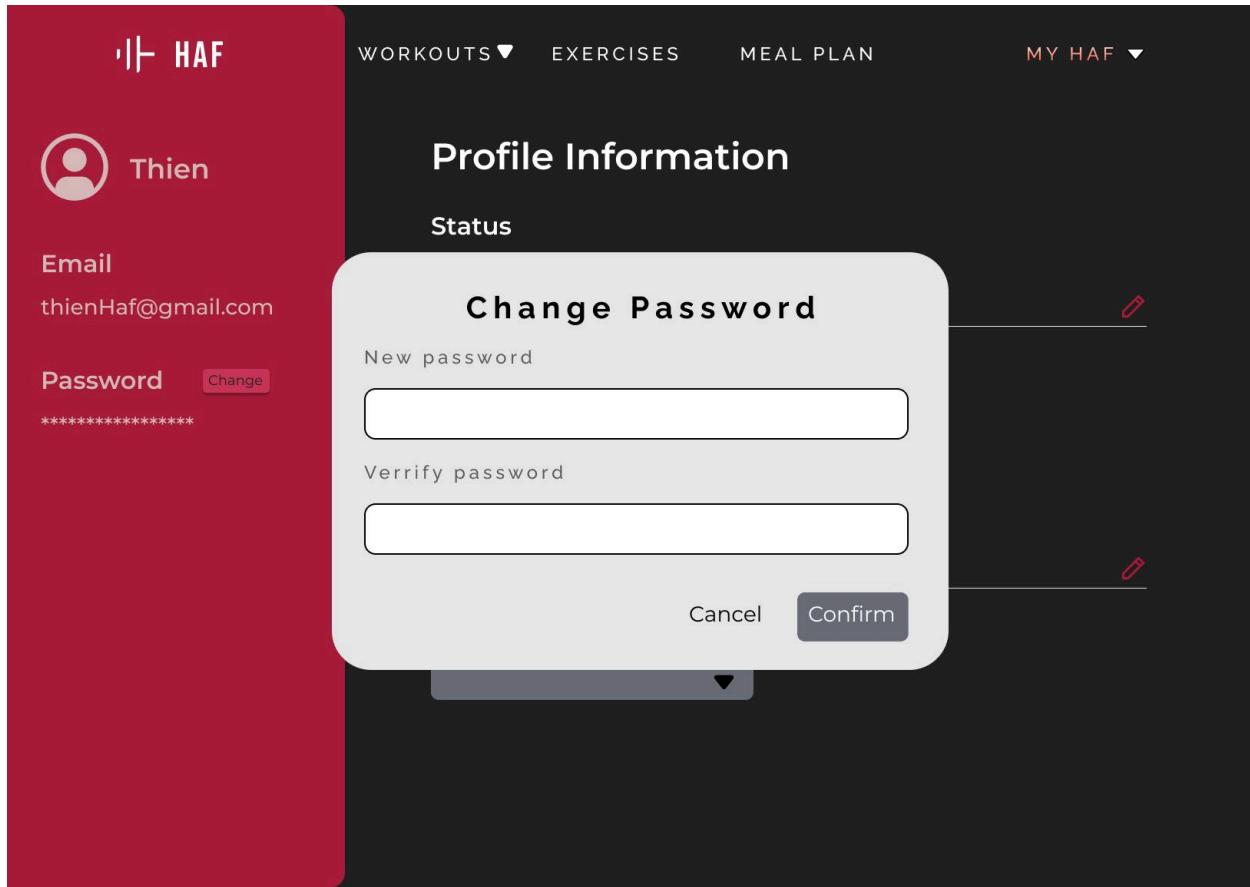
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| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

## 2. User Profile



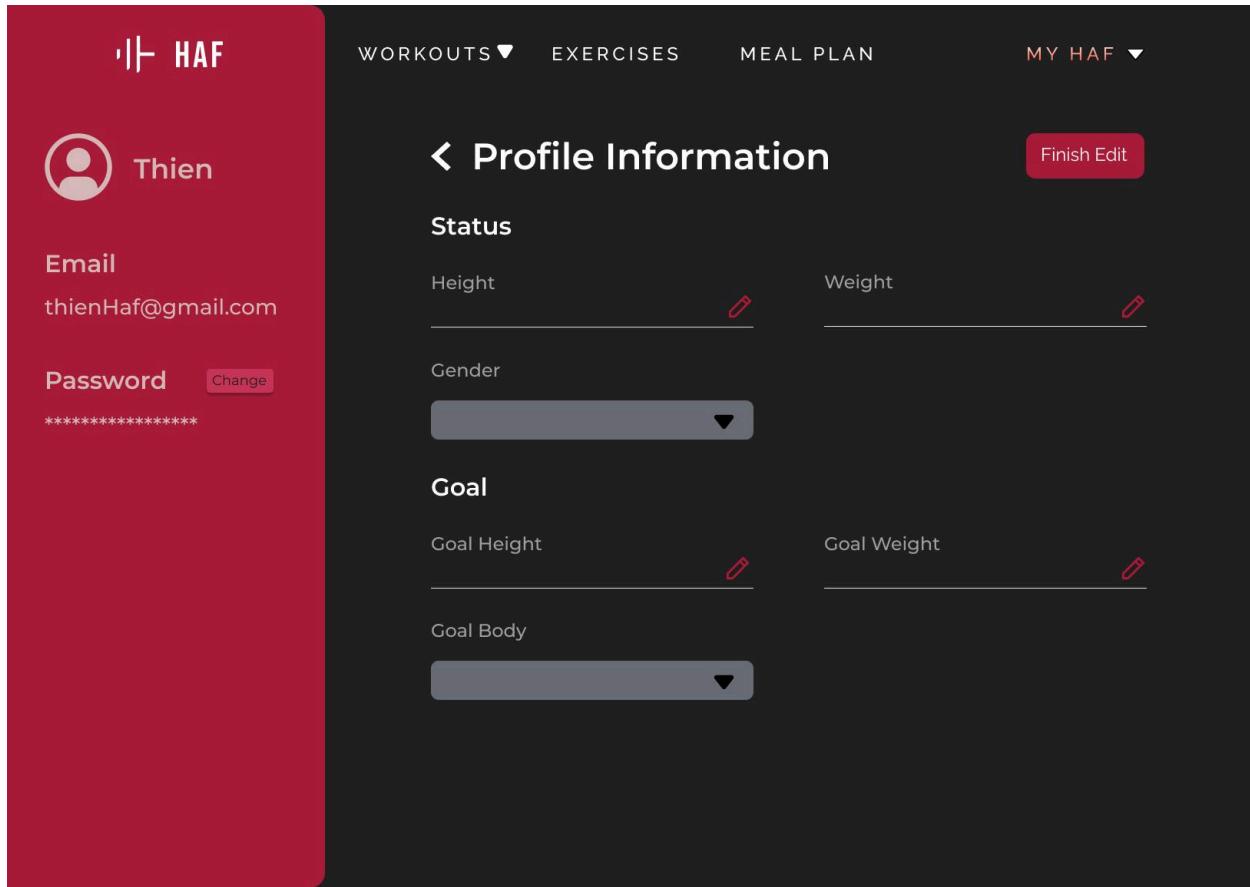
- **Purpose:**
  - Help users to change basic and personal informations.
- **What it shows:**
  - **User Information:**
    - **Name:** User's name.
    - **Email:** User's email.
    - **Password:** Current password of that account.
  - **Status:**
    - **Height:** Height of user.
    - **Weight:** Weight of user.
    - **Gender:** Gender of user.
  - **Goal:**
    - **Goal Height:** Target of height that the user wants to reach.
    - **Goal Weight:** Target of weight that user wants to reach.
    - **Goal Body:** Target of the body that the user wants to reach.
- **How to use:**
  - **Edit Button:** Allows the user to modify their profile information.
  - **Navigation Bar:** Includes sections for Workouts, Exercises, Meal Plan, and My HAF.
  - **Change button:** To change password.

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |



- **Purpose:**
  - Help users to change passwords.
- **What it shows:**
  - **New password:** Where the user inputs a new password.
  - **Verify password:** Where the user inputs a new password again for verification.
- **How to use:**
  - Fill in the field new password and verify the password.
  - **Cancel button:** If the user doesn't want to change the password can press this
  - **Confirm button:** After filling in both fields, the user presses this to change the password officially.

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|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

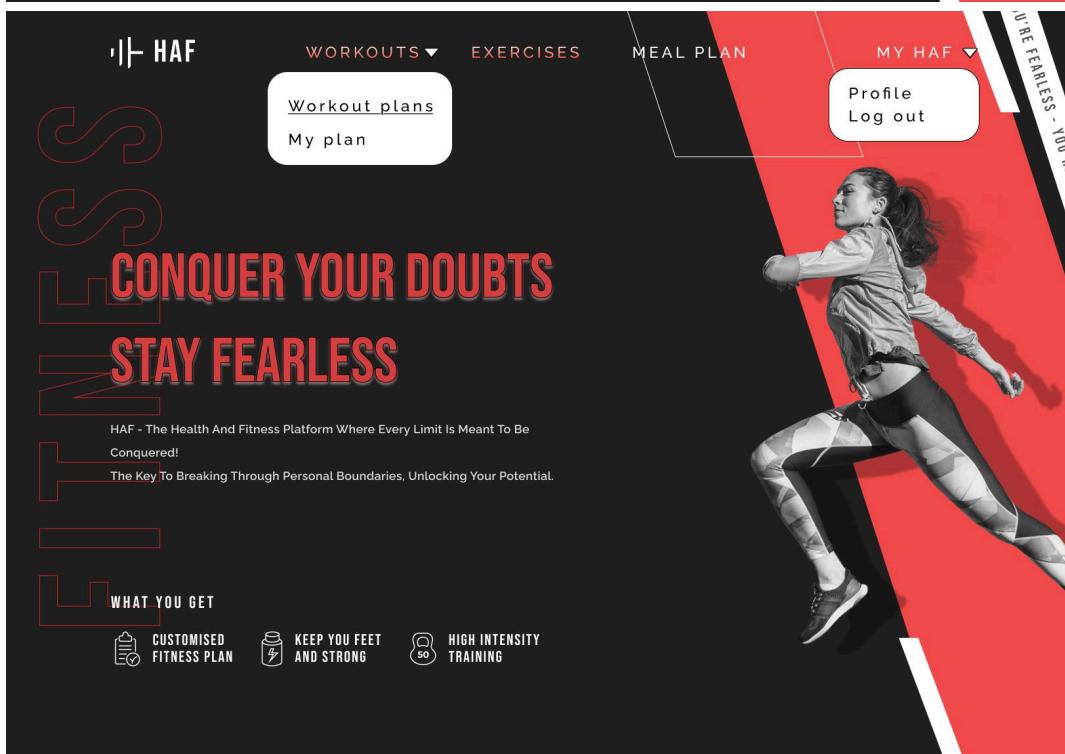
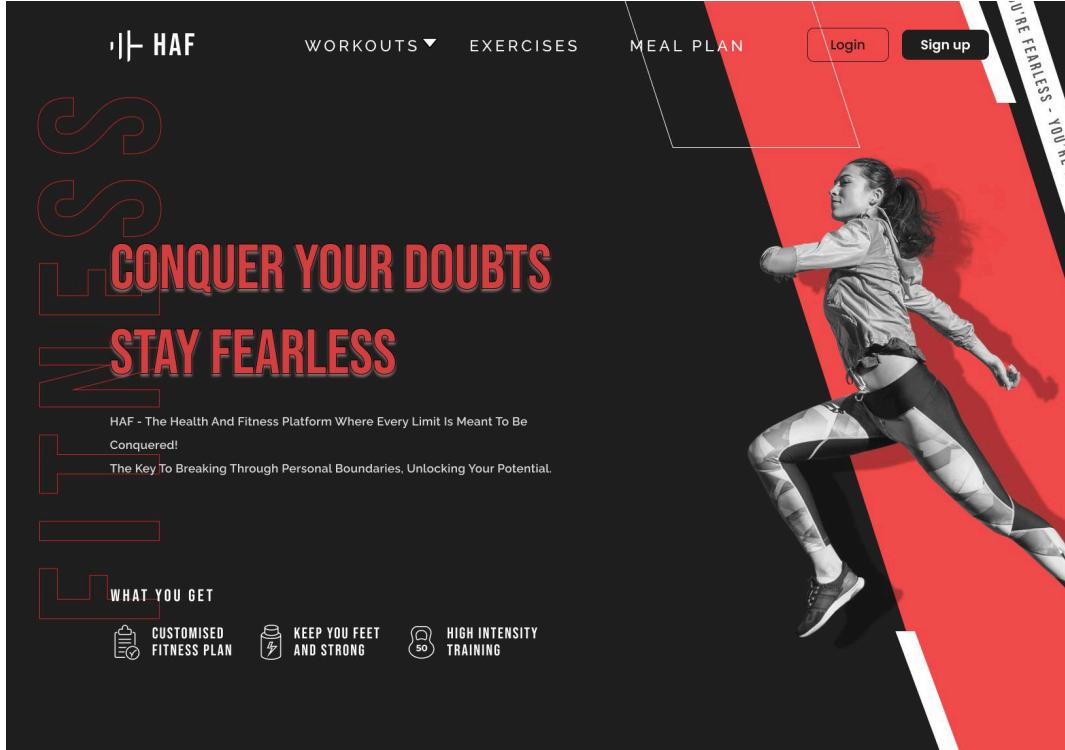


- **Purpose:**
  - To edit information of users.
- **What it shows:**
  - Fields now can be edited with the icon pencils showing up in every field.
  - **Finish Edit button:** For users to confirm new information.
- **How to use:**
  - **Edit Profile:** Click on the "Edit" button to make changes to your profile information.
  - **Fill in Status:** Enter your current height, weight, and select your gender from the dropdown menu.
  - **Set Goals:** Input your desired height and weight goals. Choose your goal body type from the dropdown menu (e.g., "Gain Muscle," "Lose Weight," "Maintain").
  - **Save Changes:** Click on the "Finish Edit" button to save your updated profile information.

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

### 3. Homepage

#### 3.1. Header



|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- **Purpose:** The header effectively combines branding, navigation and user interaction to enhance the user experience.
- **What it shows:**
  - **Branding:** The “HAF” logo is displayed, representing the project’s name
  - **Navigation:** The links to "Workouts," "Exercises," and "Meal Plan" are clearly visible, allowing users to easily navigate to different pages of the app. In the “Workouts” section, there is a dropdown menu containing “Workout plans” and “My plan” sections.
  - **User interaction:**
    - **Login/Sign Up Buttons:** These buttons are prominently placed, inviting users to create an account or log in to access personalized features.
    - **MY HAF section:** Displayed when user login to website and has a dropdown menu containing “Profile” and “Log out” sections.
  - **Hero Section:** Visually striking image of a determined woman running, coupled with the empowering message "CONQUER YOUR DOUBTS, STAY FEARLESS." This sets the tone for the app's focus on mental strength and overcoming challenges.
  - **Value Proposition:** Clear and concise statement about the app's core value: "HAF - The Health And Fitness Platform Where Every Limit Is Meant To Be Conquered!"
  - **What You Get:** A section highlighting the key features and benefits:
    - Customised Fitness Plan
    - Keep You Feet And Strong
    - High Intensity Training
- **How to use:**
  - **Logo:** Users can quickly reload the website when clicked on the logo section.
  - **Menu Items:** Users can click on the "Workouts," "Exercises," and "Meal Plan" links to navigate to specific sections of the app, allowing them to access relevant content and features.
  - **Login/Sign Up Buttons:**
    - **Existing Users:** Users who have already created an account can click the "Login" button to access their account.
    - **New Users:** Users who are new to the app can click the "Sign Up" button to create a new account, providing them with access to all the app's features and personalized recommendations.
  - **MY HAF section:** If users are logged in, they can navigate to the user profile page when clicked on the “Profile” section in the dropdown menu. And also log their account out to the website by clicking on the “Log out” section.

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

### 3.2. Main part and footer



**CREATE A CUSTOM WORKOUT PLAN**

Personalize your training by choosing exercises, adjusting rest times, and incorporating equipment to meet your fitness goals.

[Try it](#)


**EXPLORE VARIOUS EXERCISES**

Discover a variety of workouts tailored to your fitness goals. Learn the benefits and techniques of each exercise to enhance your training..

[Try it](#)

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |



**GENERATE NUTRITION AND MEAL PLANS**

Create personalized meal plans tailored to your fitness goals. Access nutritious recipes to fuel your body for optimal performance.

[Try it](#)

Become part of our community and start your fitness journey today!  
Enjoy personalized plans, expert guidance, and a supportive environment to help you achieve your goals.

[Join now](#)



**HAF**

THE HEALTH AND FITNESS

**GROUP 4**

Văn Diệp Bảo Duy  
Nguyễn Huỳnh Minh Quang  
Vũ Thái Thiện  
Trương Thuận Kiệt  
Ngô Thanh Phương Dương

**HCMUS  
22CLC01**



- **Purpose:** This section of the homepage aims to entice users to create personalized workout plans, meal plans or explore various exercises tailored to their fitness goals.
- **What it shows:**
  - **Create custom workout plan:** This section displays a short description about creating a custom workout plan, image represents and a “Try it” button.
  - **Explore various exercises:** This section displays a short description about exercises, some images represented and a “Try it” button.
  - **Generate nutrition and meal plans:** This section displays a short description about creating personalized meal plans, image represents and a “Try it” button.
  - **Community:** This section displays a short description about our community and a “Join now” button.
  - **Footer:** This section displays a logo, name of website, all our members and some social icons.
- **How to use:**
  - Users can click on the “Try it” button of the **Create custom workout plan** section to navigate into the workout plan page.

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- Users can click on the “**Try it**” button of the **Explore various exercises plan** section to navigate into the exercises page.
- Users can click on the “**Try it**” button of the **Generate nutrition and meal plans** section to navigate into the meal plans page.
- Users can click on the “**Join now**” button of the **Community** section to navigate into the login page.

## 4. Workout Plans Library

### 4.1. Workout Plans

#### 4.1.1. Workout Plans Page:

**FOR YOU**

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

**WORKOUT PLANS**

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

5 DAYS MUSCLE MASS SPLIT  
5 days Abs Maintain Intermediate

1 2 3 ... 10

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- Purpose: Provide users with access to personalized and general workout plans, enabling them to choose routines that match their fitness objectives, schedule, and skill level.
- What it shows:
  - **Header Menu:**
    - Navigation links for **Workouts**, **Exercises**, **Meal Plan**, and **My HAF** (likely personal profile/settings).
    - A **search bar** to look for specific workouts.
    - A **filter button** to refine the workout selection based on preferences such as duration, difficulty, or focus area.
  - **For You Section:**
    - A carousel of recommended or personalized workout plans, such as the "**5 Days Muscle Mass Split**", tailored to the user's goals.
    - Each plan includes details like duration (5 days), focus area (Abs), and difficulty level (Intermediate).
  - **Workout Plans Section:**
    - A grid view displaying multiple workout plans, likely from the library, with identical attributes to the recommended ones.
    - Pagination at the bottom allows users to navigate through additional plans.
- How to use:
  - Search:
    - Use the search bar to find a specific workout or routine by keywords (e.g., "leg day").
  - Filter:
    - Click the Filter button to narrow down plans by criteria such as muscle group, duration, intensity, or goal.
  - Select a Workout:
    - Scroll through the For You or Workout Plans sections to view available routines.
    - Click on a plan (e.g., "5 Days Muscle Mass Split") to view more details or start the program.
  - Navigate Pages:
    - Use the pagination buttons to explore more options in the Workout Plans section.

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| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

#### 4.1.2. Workout Plans Filter:

The screenshot shows the HAF app's main interface. At the top, there is a navigation bar with the logo 'HAF', 'WORKOUTS ▾', 'EXERCISES', 'MEAL PLAN', and 'MY HAF ▾'. Below the navigation bar is a red search bar containing the word 'SEARCH' and a magnifying glass icon. To the right of the search bar is a 'FILTER' button with a funnel icon.

The main content area features a 'FOR YOU' section with three cards, each showing a person lifting weights and the text '5 DAYS MUSCLE MASS SPLIT', '5 days', 'Mantain', 'Abs', and 'Intermediate'. Below this is a 'WORKOUT PLANS' section with a grid of cards. Each card displays a person lifting weights, the text '5 DAYS MUSCLE MASS SPLIT', '5 days', 'Mantain', 'Abs', and 'Intermediate'. A navigation bar at the bottom shows pages 1 through 10, with page 1 highlighted in red.

A modal window titled 'FILTER' is open over the 'Days' section. It has a back arrow, a title 'FILTER', and a 'Days' section. The 'Days' section contains a dropdown menu and a list of checkboxes for 'Abs'. There are seven checkboxes, all of which are currently unchecked. At the bottom right of the modal is a red 'Apply' button.

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

The screenshot displays the 'FOR YOU' section and 'WORKOUT PLANS' section of the HAF app. The 'FOR YOU' section features three cards for '5 DAYS MUSCLE MASS SPLIT' workouts, each showing a thumbnail of a person lifting weights, the title, duration (5 days), goal (Mantain), and target muscle group (Abs). The 'WORKOUT PLANS' section shows a grid of similar cards. A red navigation arrow is visible on the left side of the main content area. On the right, a light gray 'FILTER' sidebar is open, containing dropdown menus for 'Days', 'Muscle', 'Goal', and 'Level', and a red 'Apply' button.

- Purpose: Allow users to browse, filter, and select workout plans that align with their fitness goals, available time, target muscle groups, and skill levels.
- What it shows:
  - Days: Dropdown to filter workouts based on the number of days (e.g., 3-day, 5-day plans).
  - Muscle: Dropdown to select specific muscle groups (e.g., abs, legs, arms).
  - Goal: Dropdown to set fitness objectives (e.g., maintain, bulk, lose weight).
  - Level: Dropdown to filter plans by difficulty level (e.g., beginner, intermediate, advanced).
  - Apply Button: Executes the filtering action once preferences are selected.

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

- How to use:
  - Click the Filter button to open the filter panel.
  - Use the dropdowns to refine your search:
    - Select the number of days you want your workout plan to last.
    - Choose a muscle group to focus on.
    - Set your fitness goal (e.g., building strength, maintaining fitness).
    - Pick a difficulty level appropriate to your experience.

#### 4.2. Workout Plan Detail

The screenshot shows a mobile application interface for a workout plan. At the top, there's a navigation bar with tabs for 'WORKOUTS ▾', 'EXERCISES', 'MEAL PLAN', and 'MY HAF ▾'. Below the navigation is a red header section with the text 'PLAN DETAILS' and a 'Add Plan' button. To the left, there's a large image of a person performing a barbell squat. Below the image, the text '5 DAYS MUSCLE MASS SPLIT' is displayed, along with icons for 'Mantain', 'Intermediate', and 'Abs'. A 'Plan description' section contains the text: 'The 5 Day Muscle Mass Split routine by JefitTeam is a 7 day workout plan. It is an intermediate level plan to achieve bulking fitness goals.' On the right, a weekly schedule is shown with tabs for each day of the week (Mon, Tue, Wed, Thu, Fri, Sat, Sun). The 'Mon' tab is active, showing a 'Leg day' routine with four exercises of 'Barbell squat' for 'Upper Legs'. Each exercise row includes icons for a person performing the exercise, the name 'Barbell squat', the muscle group 'Upper Legs', sets (2), reps (1, 2, 1, 2), interval (00:00), and rest time (01:00).

- Purpose: Guide users through a structured workout plan aimed at achieving bulking fitness goals, specifically for maintaining muscle mass with a focus on abs.
- What it shows:
  - Plan Details:
    - A photo of a workout plan.
    - Title of a workout plan.
    - Icons indicating the plan's goals, difficulty level, and focus area.
    - A brief description
  - Workout Schedule:
    - Tabs for each day of the week (Mon, Tue, Wed, Thu, Fri, Sat, Sun).
    - Details of the exercises for each day.
  - Add Plan button.
- How to use:
  - Select the Desired Day: Choose the day of the week from the tabs at the top of the schedule

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

section.

- Follow the Exercises: Perform the listed exercises, noting the sets, reps, intervals, and rest times.
- Add the Plan: Use the "Add Plan" button to integrate this workout plan into your routine.

## 5. My Plans

### 5.1. My Plans

| Day | Exercise                   | Sets | Reps       | Interval | Rest Time |
|-----|----------------------------|------|------------|----------|-----------|
| Mon | Barbell squat (Upper Legs) | 2    | 1, 2, 1, 2 | 00:00    | 01:00     |
| Tue | Barbell squat (Upper Legs) | 2    | 1, 2, 1, 2 | 00:00    | 01:00     |
| Wed | Barbell squat (Upper Legs) | 2    | 1, 2, 1, 2 | 00:00    | 01:00     |
| Thu | Barbell squat (Upper Legs) | 2    | 1, 2, 1, 2 | 00:00    | 01:00     |
| Fri |                            |      |            |          |           |
| Sat |                            |      |            |          |           |
| Sun |                            |      |            |          |           |

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|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

**MY PLANS**

**Leg day**

Exercises: 4 Set time: None

|            | Barbell squat | Sets       | Reps  | Interval | Rest Time |
|------------|---------------|------------|-------|----------|-----------|
| Upper Legs | 2             | 1, 2, 1, 2 | 00:00 | 01:00    |           |
| Upper Legs | 2             | 1, 2, 1, 2 | 00:00 | 01:00    |           |
| Upper Legs | 2             | 1, 2, 1, 2 | 00:00 | 01:00    |           |
| Upper Legs | 2             | 1, 2, 1, 2 | 00:00 | 01:00    |           |

**5 DAYS MUSCLE MASS SPLIT**

**5 DAYS MUSCLE MASS SPLIT**

**5 DAYS MUSCLE MASS SPLIT**

**Create**

- **Purpose:**
  - **Organize Workouts:** Allows users to create, view, and manage their workout routines.
  - **Visual Representation:** Provides a clear weekly calendar view to schedule workouts.
  - **Plan Details:** Displays information about each workout plan, including its name, level, and description.

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- **What it Shows:**
  - **Calendar View:** A weekly calendar with days of the week (Mon-Sun).
  - **Workout Plans:**
    - **5 Days Muscle Mass Split:** This is a pre-defined plan with an intermediate level.
    - **Plan Details:** A description of the plan's purpose and level.
    - **Workout Schedule:** Shows the planned workout for each day of the week (e.g., "Leg Day").
    - **Exercises:** Lists the specific exercises for each day (e.g., "Barbell Squat").
    - **Sets, Reps, and Rest Time:** Provides information about the number of sets, repetitions, and rest time for each exercise.
  - **Create Button:** Enables users to create their own custom workout plans.
- **How to Use:**
  - **View Existing Plans:** Browse through the available predefined plans.
  - **Schedule Workouts:** Click on a day in the calendar to view or edit the scheduled workout for that day.
  - **Plan Details:** Click on a workout plan to see its description and exercises.
  - **Create a Plan:** Click on the "Create" button to start building a custom workout plan.

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

## 5.2. My Plan Edit

The screenshot shows a mobile application interface for managing fitness plans. At the top, there's a navigation bar with tabs for 'WORKOUTS', 'EXERCISES', 'MEAL PLAN', and 'MY HAF'. Below the navigation is a header 'MY PLANS' with a back arrow and a 'Finish Edit' button.

The main content area displays a workout plan titled 'Leg day'. It includes a preview image of a person squatting with a barbell. The plan is set for Monday (Mon) and shows four exercises: 'Barbell squat' (Upper Legs). Each exercise row includes icons for edit and delete, and columns for Sets (2), Reps (1, 2, 1, 2), Interval (00:00), and Rest Time (01:00).

On the left side, there's a sidebar with sections for '5 DAYS MUSCLE MASS SPLIT' (with a 'Goal' section containing 'Maintain' buttons), 'Level' (with 'Maintain' buttons), and a 'Plan description' box containing the text: 'The 5 Day Muscle Mass Split routine by JefitTeam is a 7 day workout plan. It is an intermediate level plan to achieve bulking fitness goals.'

|  |                                 |
|--|---------------------------------|
| The Health and Fitness<br>UI Prototype<br>UP | Version: 1.0<br>Date: 5/12/2024 |
|--|---------------------------------|

WORKOUTS ▾ EXERCISES MEAL PLAN MY HAF ▾

◀ MY PLANS

Mon Tue Wed Thu Fri Sat Sun

**Leg day**

Exercises: 4 Set time: 00:00 : 01:00 Add +

|                             |         |                  |                 |                  |  |
|-----------------------------|---------|------------------|-----------------|------------------|--|
| Barbell squat<br>Upper Legs | Sets: 2 | Reps: 1, 2, 8, 9 | Interval: 00:00 | Rest Time: 01:00 |  |
| Barbell squat<br>Upper Legs | Sets: 2 | Reps: 1, 2, 1, 2 | Interval: 00:00 | Rest Time: 01:00 |  |
| Barbell squat<br>Upper Legs | Sets: 2 | Reps: 1, 2, 1, 2 | Interval: 00:00 | Rest Time: 01:00 |  |
| Barbell squat<br>Upper Legs | Sets: 2 | Reps: 1, 2, 1, 2 | Interval: 00:00 | Rest Time: 01:00 |  |

Finish Edit

Exercise Library

Muscle Equipment

Search

Exercises

- Barbell squat  
Upper Legs

- **Purpose:**
  - **Organize Workouts:** Allows users to create, view, and manage their workout routines.
  - **Visual Representation:** Provides a clear weekly calendar view to schedule workouts.
  - **Plan Details:** Displays information about each workout plan, including its name, level, and description.
- **What it Shows:**
  - **Calendar View:** A weekly calendar with days of the week (Mon-Sun).

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- **My Plans:**
  - **5 Days Muscle Mass Split:** This is a pre-defined plan with an intermediate level.
  - **Plan Details:** A description of the plan's purpose and level.
  - **Workout Schedule:** Shows the planned workout for each day of the week (e.g., "Leg Day").
  - **Exercises:** Lists the specific exercises for each day (e.g., "Barbell Squat").
  - **Sets, Reps, and Rest Time:** Provides information about the number of sets, repetitions, and rest time for each exercise.
- **Create Button:** Enables users to create a new plan for a new plan in a lit of my plans..
- **Exercise Library:**
  - **Muscle and Equipment:** To filter exercises based on these fields.
  - **Search:** Search name of exercise.
- **How to Use It:**
  - **View Existing Plans:** Browse through the available predefined plans.
  - **Schedule Workouts:** Click on a day in the calendar to view or edit the scheduled workout for that day.
  - **Plan Details:** Click on a workout plan to see its description and exercises.
  - **Create a Plan:** Click on the "Create" button to start building a custom workout plan.
  - **+ Button:** To add new exercises into the plan.
  - **Finish Edit:** To confirm changes in my plans list
  - **Bin icon:** To remove an exercise from the plans

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

## 6. Exercises Library

### 6.1. Exercises

The screenshot displays the 'EXERCISES' section of the HAF app. At the top, there is a navigation bar with icons for 'WORKOUTS ▾', 'EXERCISES' (which is highlighted in red), 'MEAL PLAN', and 'MY HAF ▾'. Below the navigation bar is a search bar with the placeholder 'SEARCH' and a magnifying glass icon.

Under the search bar, there is a section titled 'FILTER BY MUSCLE' which contains six icons of a muscular torso labeled 'Abs'.

Below this is a section titled 'FILTER BY EQUIPMENT' which contains six icons of a person performing body weight exercises labeled 'Body Weight'.

The main content area is titled 'EXERCISES' and lists eight cards, each representing a 'BARBELL BENCH PRESS' exercise. Each card includes a small image of a person performing the exercise, the name of the exercise, the equipment used ('Abs / Barbell'), and a brief description: 'The Barbell Chest Press, Also Known As The Barbell Bench Press, Is A Fundamental Bench Press Press...'. At the bottom of the list is a pagination control showing pages 1 through 10, with page 1 highlighted in red.

- Purpose: Helps users browse and select exercises tailored to their fitness goals. It allows filtering exercises

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

based on targeted muscle groups and equipment, making it easier for users to create or follow workout plans.

- What it shows:
  - Navigation Bar:
    - Includes menu items such as "Workouts," "Exercises," "Meal Plan," and "My HAF," suggesting the app offers comprehensive fitness and dietary planning tools.
  - Search Bar:
    - A prominent red search bar at the top allows users to look for specific exercises or content by keyword.
  - Filters:
    - Filter by Muscle: Visual icons representing muscle groups (e.g., abs) allow users to select exercises targeting specific areas of the body.
    - Filter by Equipment: Displays images (e.g., "Body Weight") indicating the type of equipment or lack thereof required for the exercises.
  - Exercise List:
    - Displays exercises, each with:
      - A title (e.g., "Barbell Bench Press").
      - A small description summarizing the exercise.
      - Tags for muscle group (e.g., "Abs") and equipment (e.g., "Barbell").
      - An image preview of the exercise.
      - Multiple entries are shown, indicating pagination at the bottom for navigating through more exercises.
  - Pagination:
    - Allows users to switch between pages to view more exercises.
- How to use:
  - Search for Exercises:
    - Use the search bar to quickly find a specific exercise.
  - Filter by Muscle:
    - Select a muscle group (e.g., abs) to view relevant exercises.
  - Filter by Equipment:
    - Choose an equipment type (e.g., body weight) to limit results to exercises requiring the selected equipment.
  - View Exercise Details:
    - Click on an exercise to access its full description, tutorial, or video instructions (not visible in this screenshot but typically part of similar interfaces).
  - Navigate:
    - Use pagination to explore more exercises.

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

## 6.2. Exercise Detail

The screenshot shows the HAF (Health and Fitness) app interface. At the top, there's a navigation bar with the HAF logo, WORKOUTS, EXERCISES (which is the active tab), MEAL PLAN, and MY HAF. Below the navigation is a large title 'EXERCISE' with a back arrow. The main content area features a large image of a person performing a barbell bench press. To the right of the image, the exercise name 'BARBELL BENCH PRESS' is displayed in red. Below the name are two small thumbnail images: one labeled 'Abs' showing a torso diagram, and another labeled 'Body Weight' showing two people. Further down, the 'Difficulty' is listed as 'Intermediate' and the 'Exercise Type' as 'Strength'. On the left side, there's a section titled 'Alternative Abs Exercises' with two small images of a person doing dumbbell lateral raises, each with a caption: 'Dumbbell Lateral Raise'.

**BARBELL BENCH PRESS**

Abs  
Body Weight

Difficulty: Intermediate  
Exercise Type: Strength

Instruction

The barbell chest press, also known as the barbell bench press, is a fundamental exercise for building upper body strength, specifically targeting the pectoral muscles, triceps, and shoulders. Here's a step-by-step guide on how to perform it correctly:

**Setup:**  
Load the barbell with an appropriate amount of weight for your fitness level. Use safety clips to secure the weights. Lie down on the flat bench with your feet flat on the ground and your head, shoulders, and buttocks firmly pressed against the bench.

**Hand Placement:**  
Grip the barbell with both hands slightly wider than shoulder-width apart. Your palms should face forward, and your thumbs should be wrapped around the bar.

**Starting Position:**  
Unrack the barbell by straightening your arms and moving the barbell over your chest. Your arms should be perpendicular to the floor.

**Lowering the Barbell:**  
Inhale deeply and lower the barbell slowly and under control to your mid-chest. Your elbows should bend at about a 45-degree angle to your body. Lower the bar until it lightly touches your chest or is just above it. Do not bounce the bar off your chest.

**Pressing the Barbell:**  
Exhale and press the barbell back up to the starting position by fully extending your arms. Focus on squeezing your chest muscles as you lift the weight. Keep your wrists straight and your elbows slightly tucked in to protect your shoulder joints.

- Purpose: Provide a comprehensive guide to a specific exercise, including its instructions, difficulty level,

|                        |                 |
|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

targeted muscle groups, and alternative exercises. It serves as a learning tool for users to perform the exercise safely and effectively.

- What it shows:
  - Header and Navigation:
    - A back arrow to return to the previous page (likely the exercise list).
    - Menu options such as "Workouts," "Exercises," "Meal Plan," and "My HAF."
  - Exercise Title and Media:
    - Title
    - Main image: Demonstrates the exercise in action.
    - A button or link to related exercises (e.g., Alternative Abs Exercises).
  - Exercise Details:
    - Target Muscle
    - Equipment
    - Difficulty
    - Exercise Type
  - Instruction Section:
    - Detailed step-by-step instructions, broken down into:
      - Setup: How to prepare the equipment and position yourself.
      - Hand Placement: Guidance on grip and form.
      - Starting Position: Correct posture to begin.
      - Lowering the Barbell: How to safely perform the downward movement.
      - Pressing the Barbell: Steps to lift the barbell back to the starting position.
  - Alternative Exercises:
    - Images of related exercises, such as Dumbbell Lateral Raise, allowing users to explore variations or substitutes.
- How to use:
  - Understand the Exercise:
    - Read the instructions carefully to learn the correct setup, hand placement, and movements.
    - Pay attention to the form tips to avoid injuries.
  - Visualize the Movement:
    - Use the provided image to better understand the exercise.
  - Explore Alternatives:
    - Click on alternative exercises for variations targeting similar muscle groups.
  - Incorporate into Workouts:
    - Based on the difficulty level and type, add the exercise to your workout plan if it aligns with your fitness goals.
  - Safety Tips:
    - Ensure proper equipment setup and form as explained in the guide. Use assistance (e.g., a spotter) if necessary.

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

## 7. Meal Plan:

### 7.1. Meal Plan Survey

The screenshot displays the 'MEAL PLAN SURVEY' interface. At the top, there's a navigation bar with 'HAF' logo, 'WORKOUTS ▾', 'EXERCISES', 'MEAL PLAN' (which is highlighted in red), and 'MY HAF ▾'. Below the navigation is a large red header with a left arrow and the text 'MEAL PLAN SURVEY'. The main content area is a light gray box containing three sections: 'Meals per day' (with tabs for Breakfast, Lunch, and Dinner), 'Allergy' (a 5x4 grid of buttons, all labeled 'Egg free'), and 'Calories' (input fields for 'Min \_\_\_\_\_ kcal' and 'Max \_\_\_\_\_ kcal'). A 'Generate' button is located at the bottom right of the light gray box.

- Purpose:
  - Provide a form for users to fill food-related information, from that system can create meal planning

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- What it shows:
  - **Meal Plan Survey:** This is a questionnaire to gather information about your dietary preferences and restrictions, which will be used to generate a personalized meal plan.
- How to use
  - **Meals per Day:**
    - Select the number of meals you typically consume each day. This helps the app determine appropriate portion sizes and meal frequency for your plan.
  - **Allergy:**
    - Check the boxes corresponding to any food allergies you have. This is crucial to ensure the generated meal plan excludes any ingredients that could cause a reaction.
  - **Calories:**
    - Enter your desired minimum and maximum calorie intake. This helps the app create a meal plan that aligns with your calorie goals, whether it's for weight loss, maintenance, or weight gain.
  - **Generate:**
    - Once you've filled in all the information, click the "Generate" button. The app will use your inputs to create a meal plan tailored to your needs.

## 7.2. Meal Plan Schedule

| Day | Breakfast  | Lunch  | Dinner   |
|-----|--|--|--|
| Mon | Mexican Frittata with Beef<br>8 servings 550 kcal<br>● PROTEIN 19 g<br>● FAT 19 g<br>● CARB 19 g | Mexican Frittata with Beef<br>8 servings 550 kcal<br>● PROTEIN 19 g<br>● FAT 19 g<br>● CARB 19 g | Mexican Frittata with Beef<br>8 servings 550 kcal<br>● PROTEIN 19 g<br>● FAT 19 g<br>● CARB 19 g |
| Tue |  |  |  |
| Wed |  |  |  |
| Thu |  |  |  |
| Fri |  |  |  |
| Sat |  |  |  |
| Sun |  |  |  |

- Purpose: provide users with a structured meal plan, ensuring they meet their nutritional goals for fitness, weight management, or health improvement. It outlines meals for different times of the day with calorie and macronutrient details.

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|------------------------|-----------------|
| The Health and Fitness | Version: 1.0    |
| UI Prototype           | Date: 5/12/2024 |
| UP                     |                 |

- What it shows:
  - Navigation:
    - Menu bar at the top includes "Workouts," "Exercises," "Meal Plan," and "My HAF," showing a comprehensive fitness program.
    - A day selector (Mon to Sun) on the left side, with the current day (*Monday*) highlighted in red.
  - Meal Plan for the Day:
    - Meals: Divided into *Breakfast*, *Lunch*, and *Dinner* sections.
    - Dish Name
    - Image
    - Nutritional Information:
      - Servings
      - Calories
      - Macronutrient breakdown:
  - Action Button:
    - A red "Change Meal" button allows users to replace the displayed meal with another option.
- How to use:
  - Review the Meal Plan:
    - Check the meals assigned for the day, ensuring they align with your dietary preferences or goals.
  - Switch Days:
    - Use the day selector on the left to view meal plans for other days of the week.
  - View Nutritional Information:
    - Note the calorie and macronutrient breakdown for each meal to track your intake.
  - Customize Meals:
    - If the displayed meal doesn't fit your preferences, click the "Change Meal" button to select a different dish.
  - Prepare Meals:
    - Use the dish name and photo as guidance for preparation. The app may also offer recipes or cooking instructions (not visible here).

## 8. Figma

<https://www.figma.com/design/DzVxhOHI16JSVigxhbpypd/The-Health-And-Fitness-web-group?node-id=0-1&node-type=canvas&t=ZHROEwuo55XabXjQ-0>