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Image

Sign In

Login Name

Password

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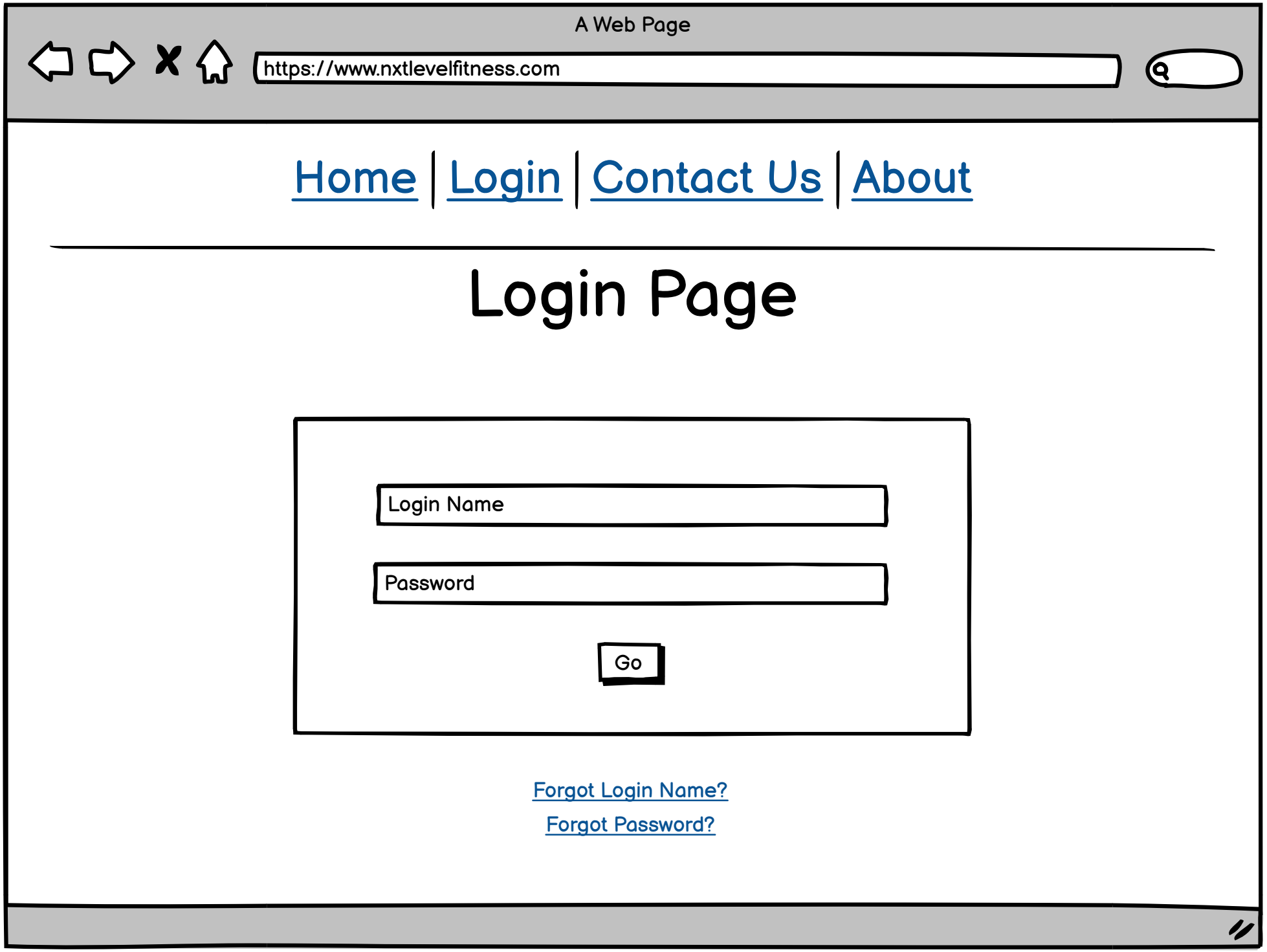
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Login Page
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Password
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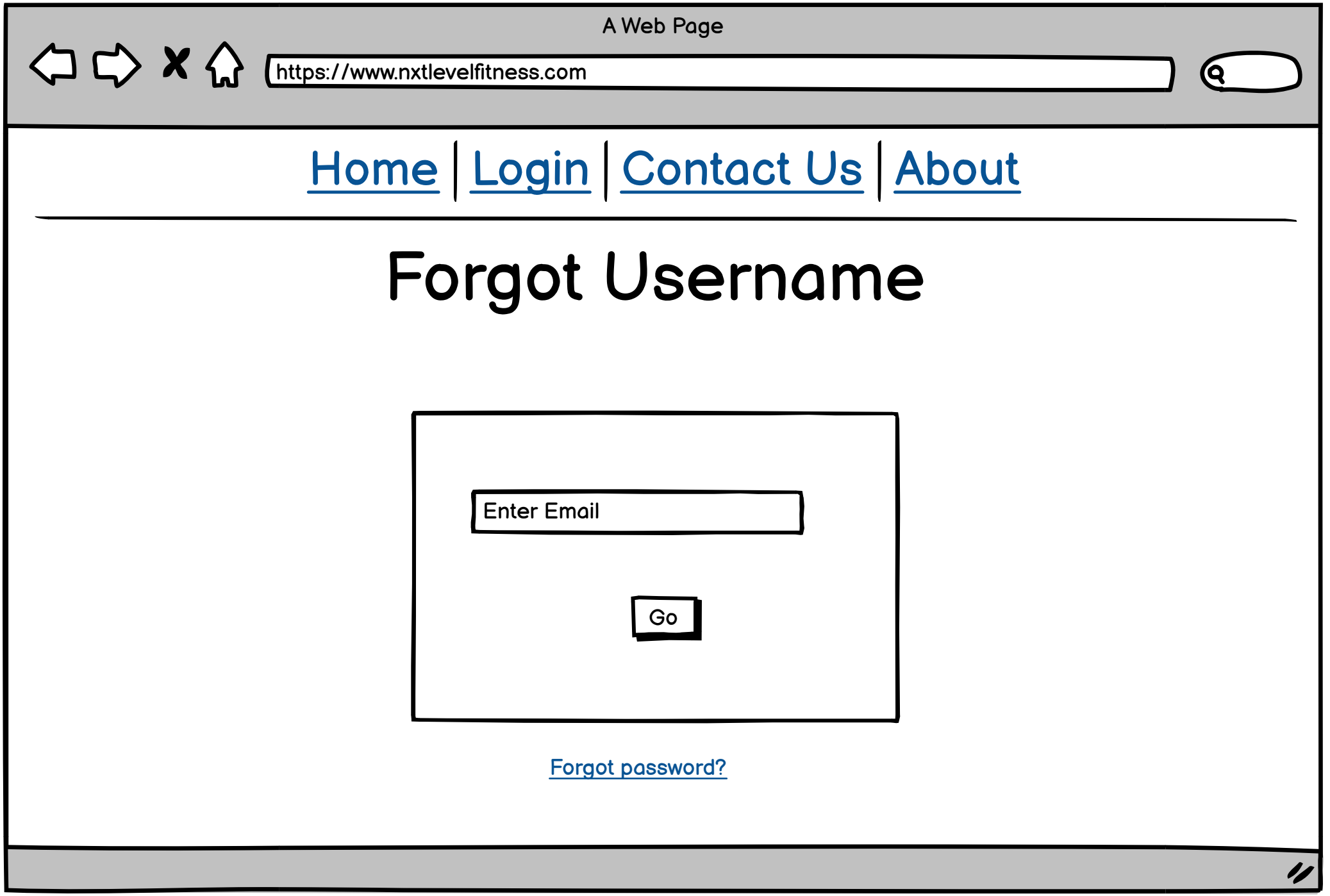
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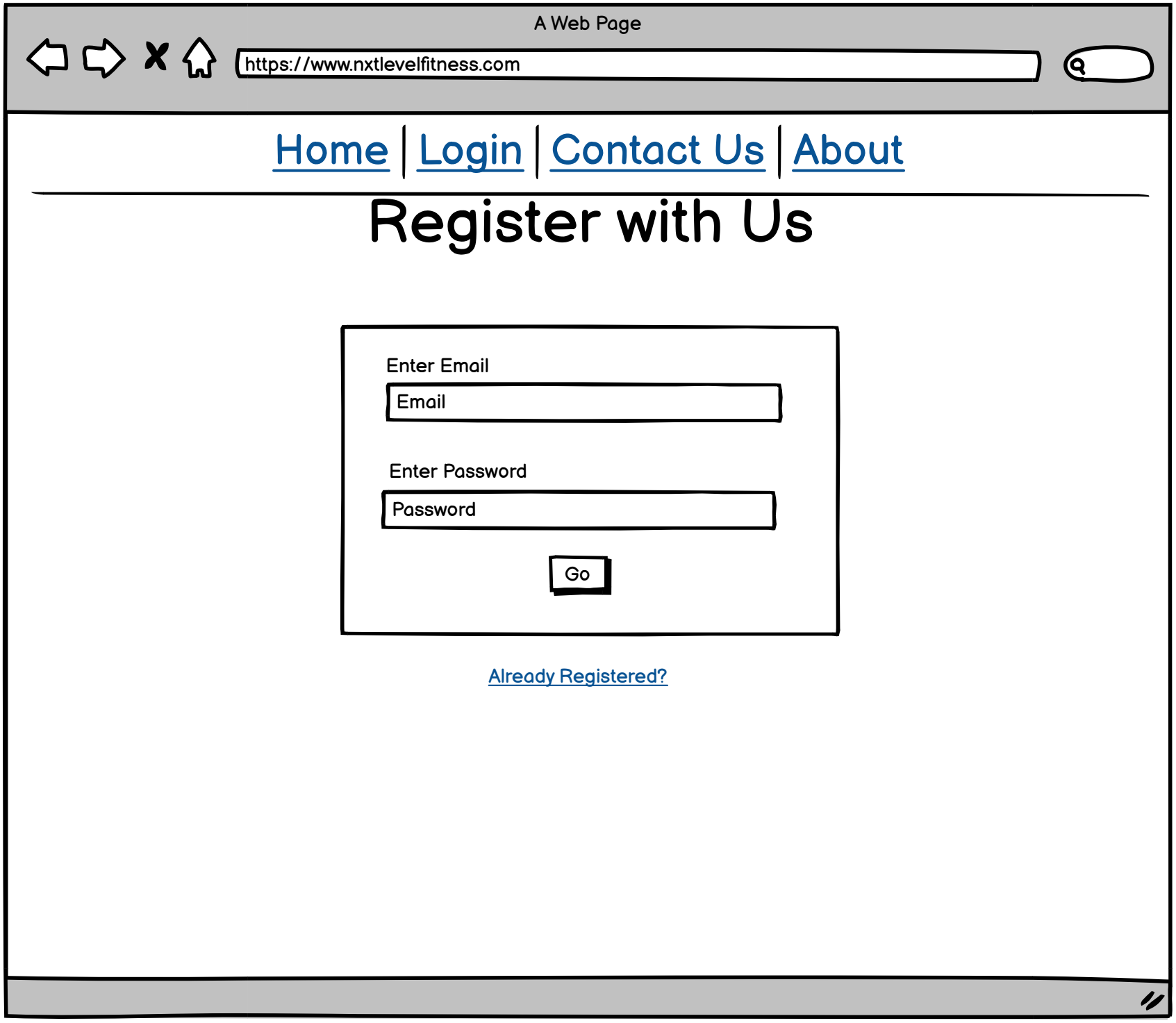
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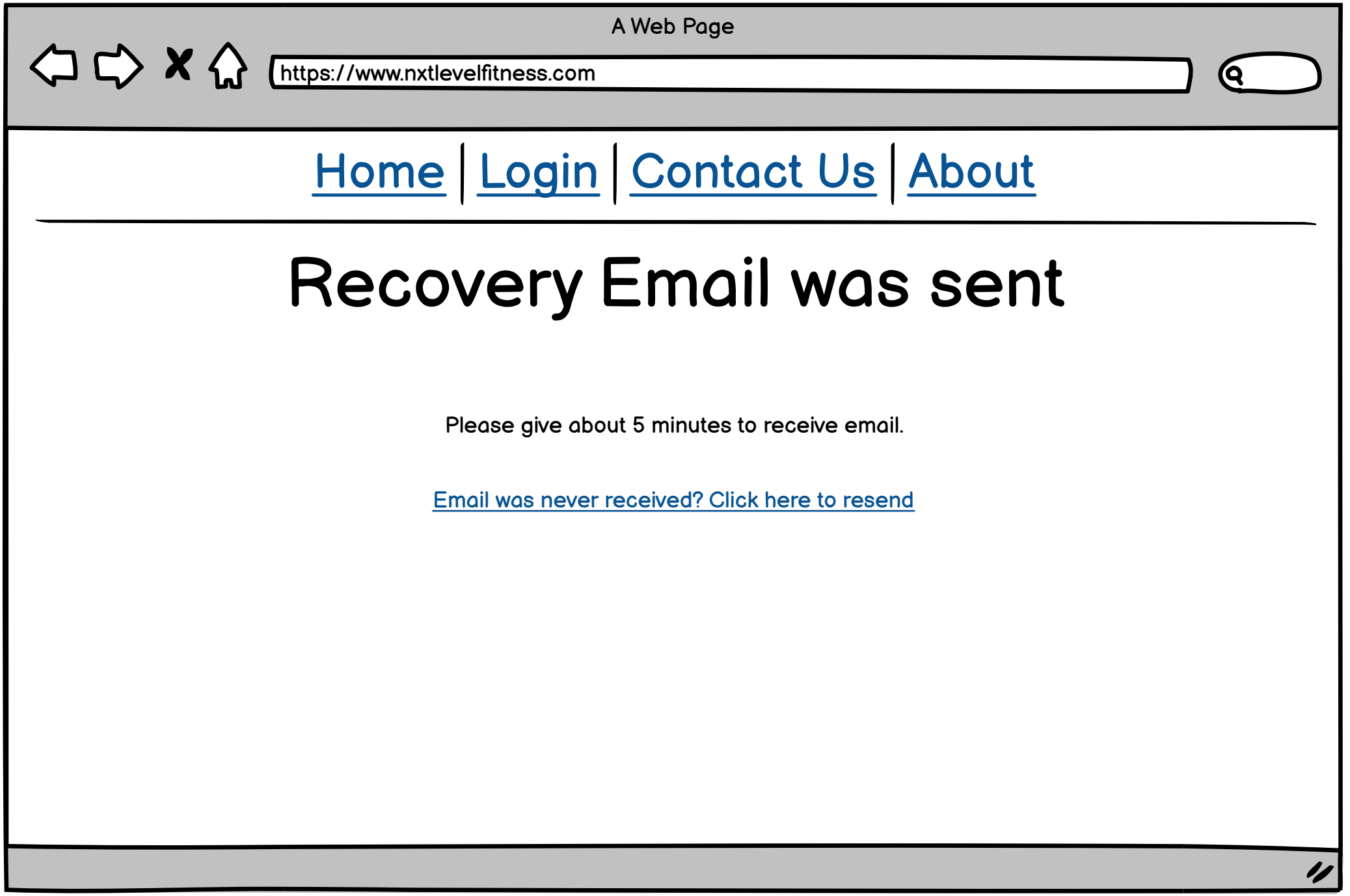
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Company Email

Phone Number
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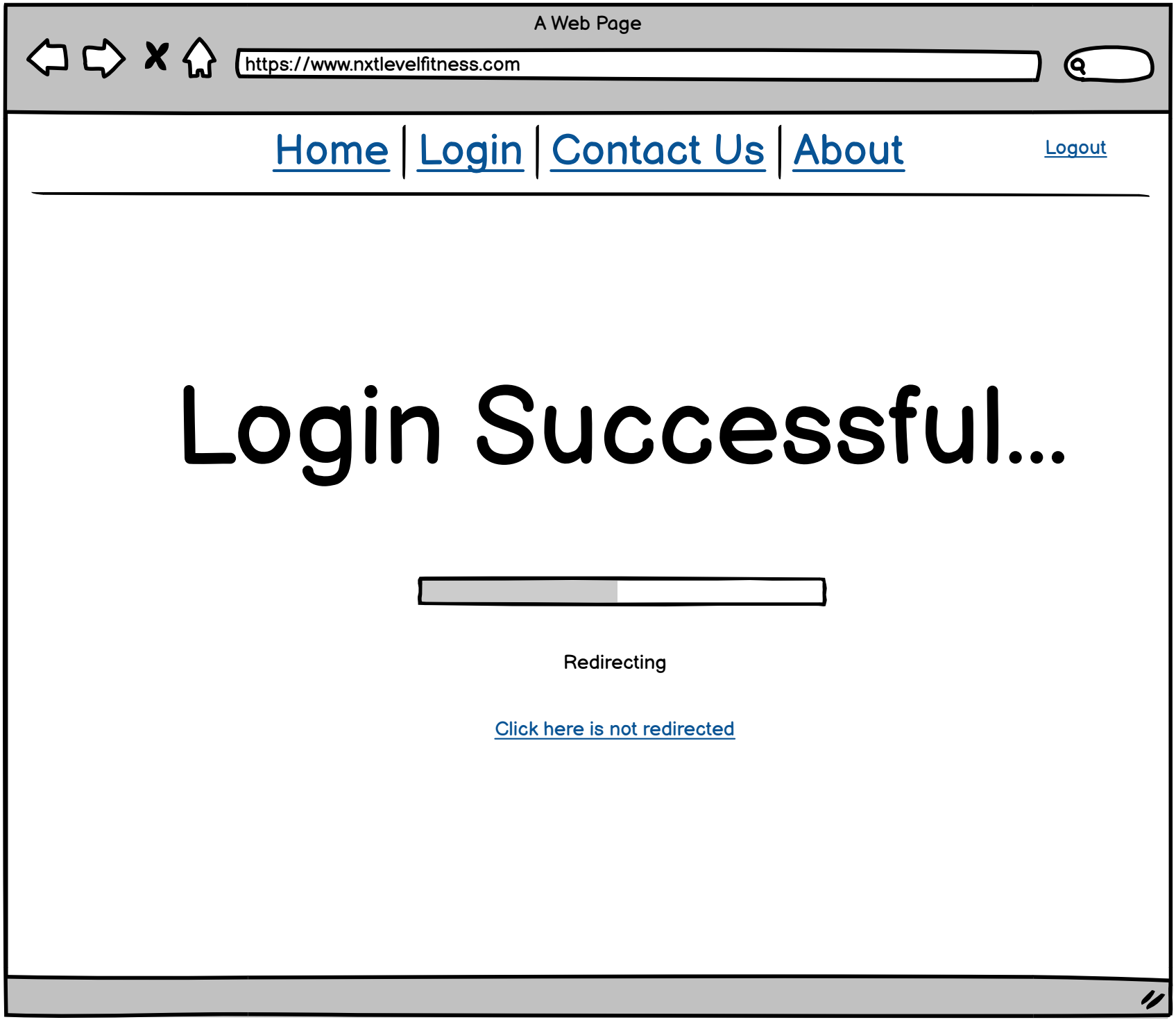
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Login Successful...
Redirecting
Click here is not redirected

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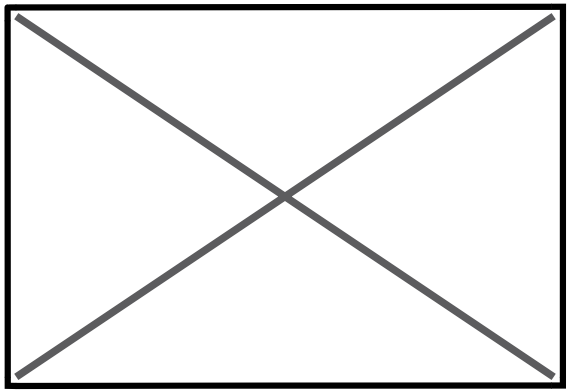
Error Page



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Logout

Profile

Current Information

username

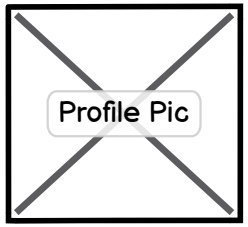
name

gender

height

weight

goals



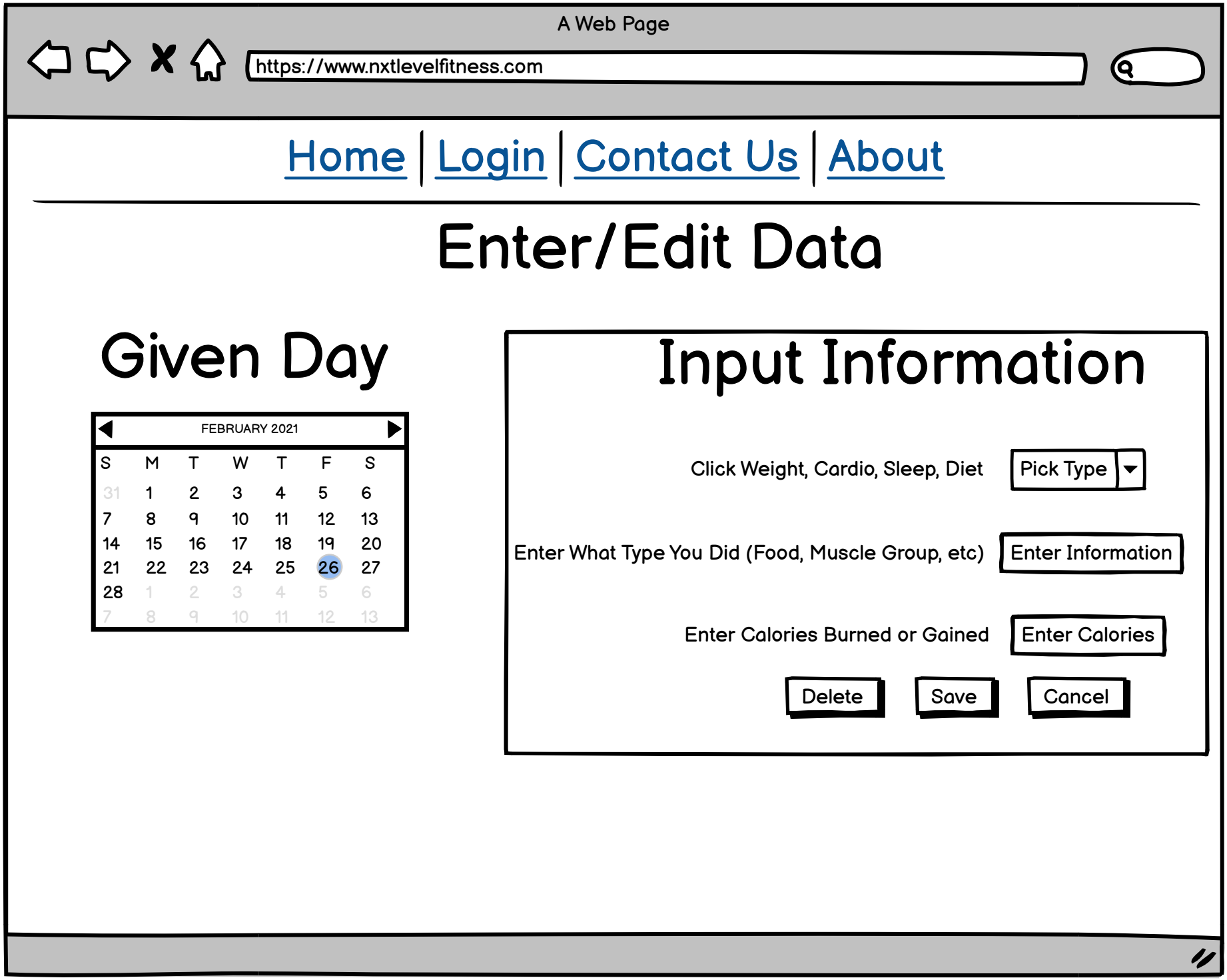
Day | Week | Month | Year

FEBRUARY 2021

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

Data for Given Day

Data (Date)	Cateagory^v	Type	Calories+-v
2/26/2021	Weight	Chest	(500) cal
2/26/2021	Diet	Chicken + Ri	500 cal
2/26/2021	Sleep	8 Hours	(50)cal
2/26/2021	Cardio	2 mile run	(250) cal
Enter/Edit information		Total Calories	(300)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Enter/Edit Data
Given Day
FEBRUARY 2021
S M T W T F S
31 1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 1 2 3 4 5 6
7 8 9 10 11 12 13
Input Information
Click Weight, Cardio, Sleep, Diet
Pick Type
Enter What Type You Did (Food, Muscle Group, etc)
Enter Information
Enter Calories Burned or Gained
Enter Calories
Delete
Save
Cancel

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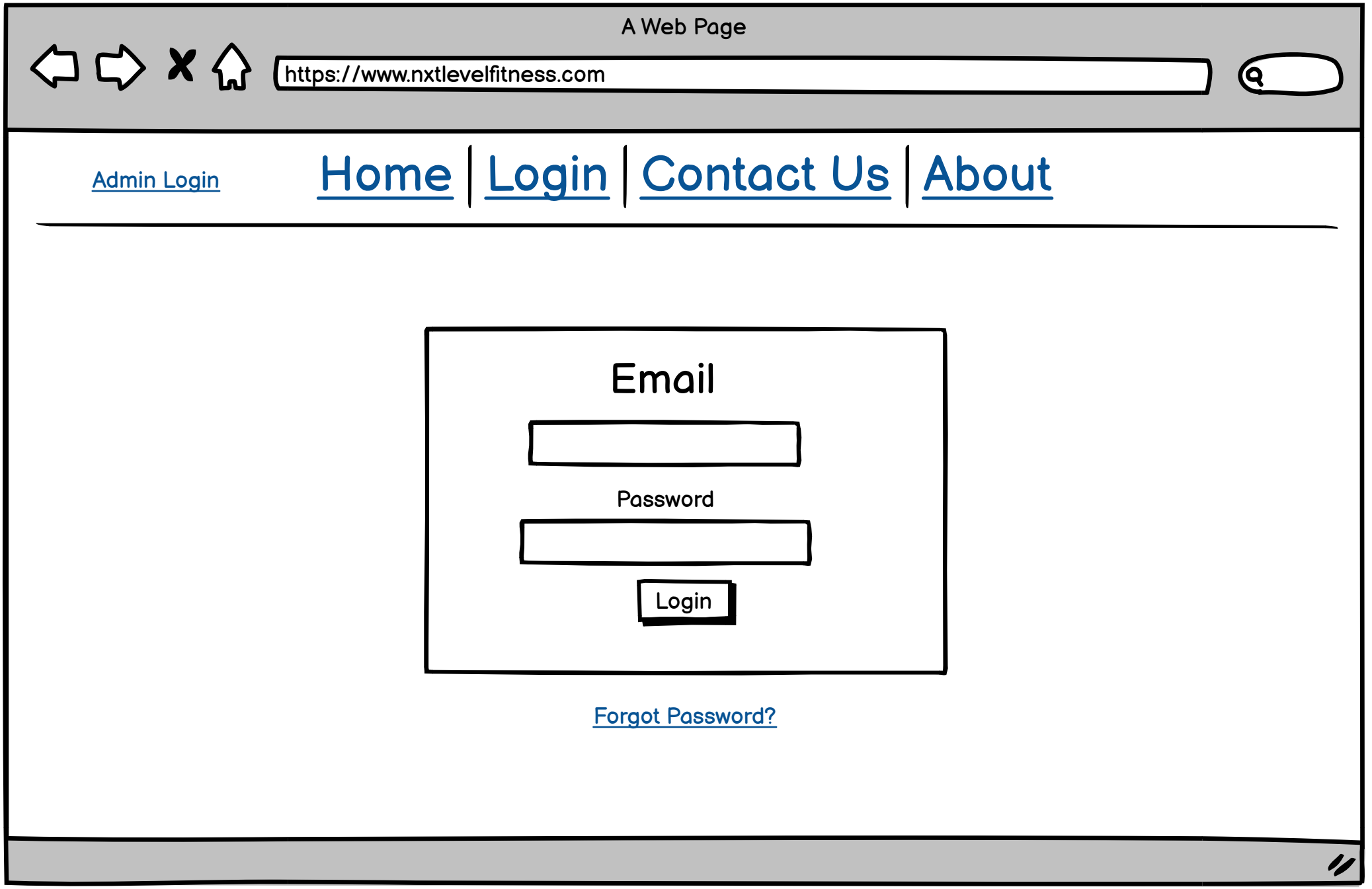
Logged Out
Log back in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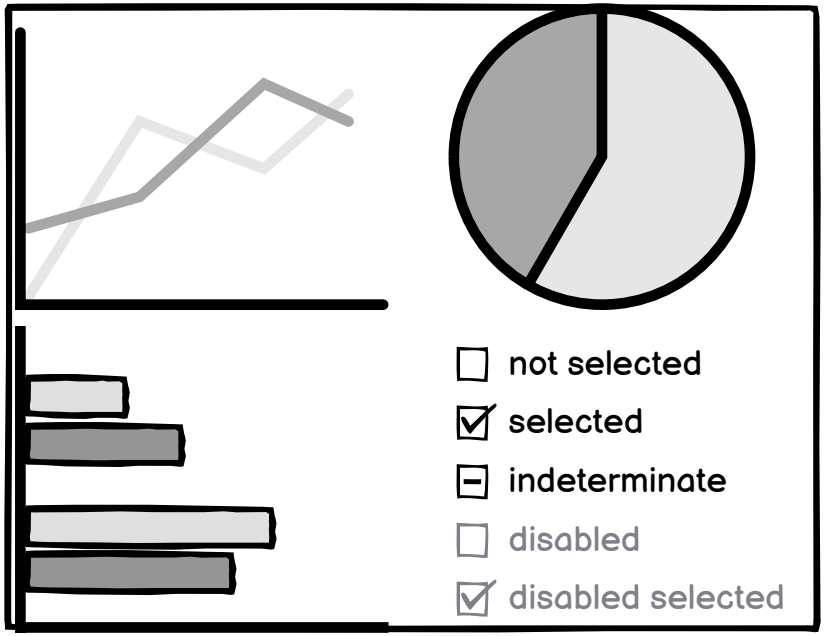
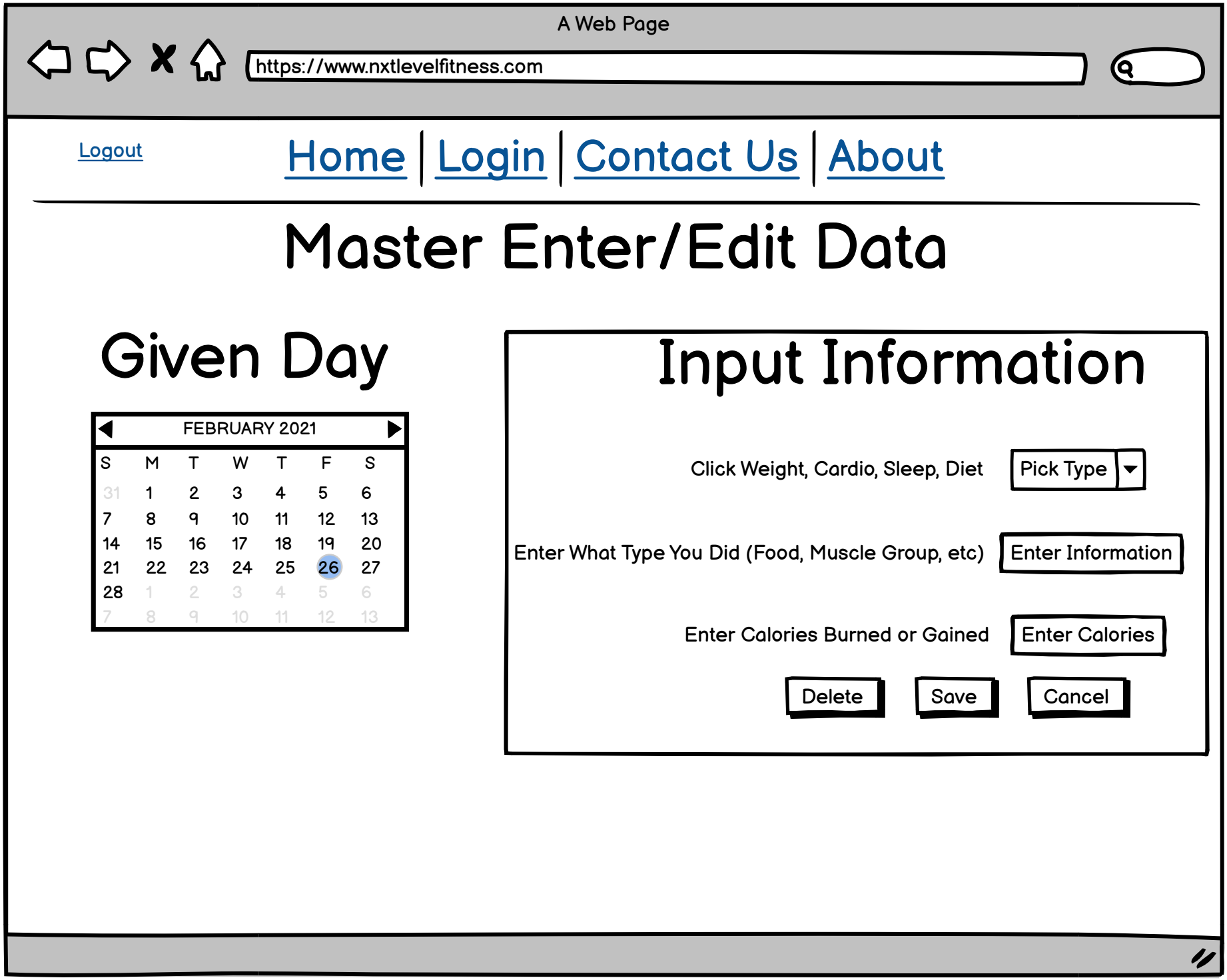
Welcome



Data based off user inputs from users is displayed here.

Data can be filtered through tools such as Excel.

Data (User Average Joe)	Cateagory^v	Type	Calories+-v
2/26/2021	Weight	Chest	(500) cal
2/26/2021	Diet	Chicken + Ri	500 cal
2/26/2021	Sleep	8 Hours	(50)cal
2/26/2021	Cardio	2 mile run	(250) cal
Enter/Edit information		Total Calories	(300)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Master Enter/Edit Data
Given Day
FEBRUARY 2021
S M T W T F S
31 1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 1 2 3 4 5 6
7 8 9 10 11 12 13
Input Information
Click Weight, Cardio, Sleep, Diet
Pick Type
Enter What Type You Did (Food, Muscle Group, etc)
Enter Information
Enter Calories Burned or Gained
Enter Calories
Delete
Save
Cancel