

MyFitness App

(USER GUIDE)

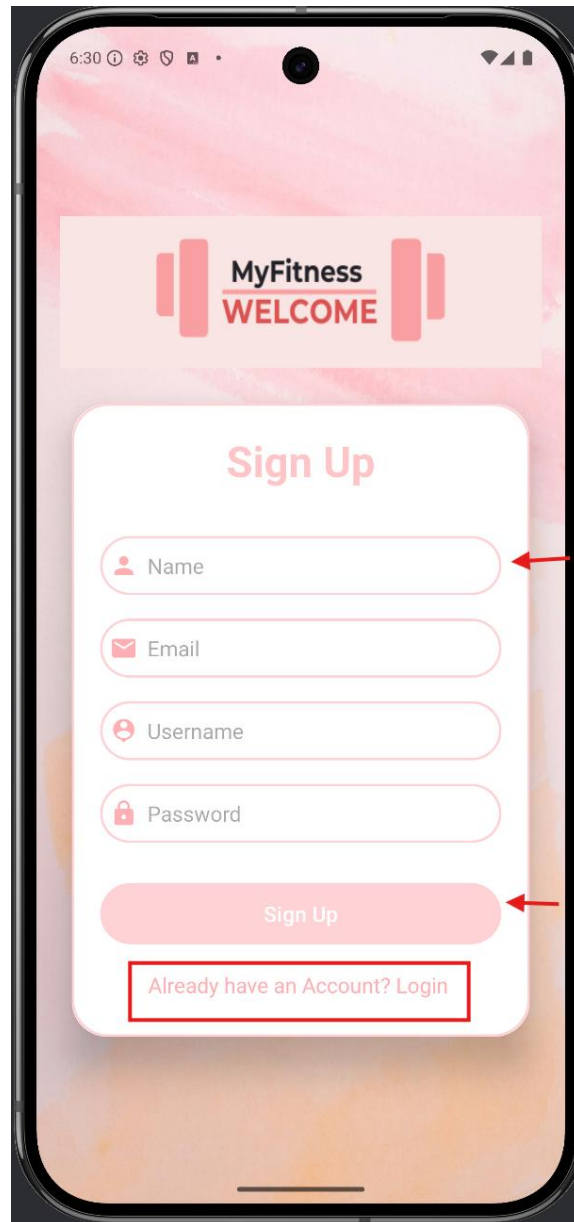
By Raina Narayan

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Sign Up

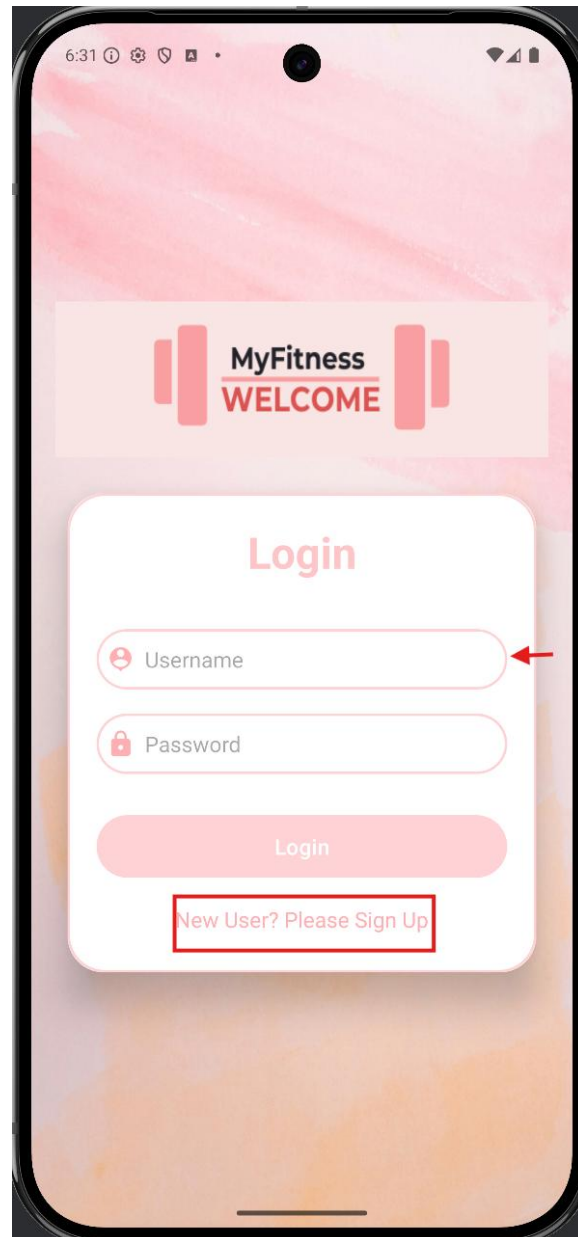
When you open the app, the sign-up page will appear. Create a new account to get started. If you already have an account, select Login to continue.



The image shows a smartphone screen displaying the 'MyFitness' app's sign-up page. At the top, the status bar shows the time 6:30 and various icons. Below the status bar, the app's logo 'MyFitness' is displayed in black, with 'WELCOME' in red below it. The main heading 'Sign Up' is in a large, bold, pink font. Below the heading are four input fields, each with a red icon on the left: 'Name' (person icon), 'Email' (envelope icon), 'Username' (person icon with a plus sign), and 'Password' (lock icon). Below these fields is a large, rounded pink button labeled 'Sign Up'. At the bottom, there is a link that says 'Already have an Account? Login', which is enclosed in a red rectangular box. Two red arrows point to the 'Name' field and the 'Sign Up' button.

Login

On this page, enter your account details to log in to the app. If you do not have an account yet, select Sign Up.



The image shows a mobile app login screen for 'MyFitness'. At the top, there's a header with the 'MyFitness WELCOME' logo. Below this is a white rounded rectangle containing the login form. The form has a title 'Login' in pink. It includes two input fields: 'Username' with a person icon and 'Password' with a lock icon. A red arrow points to the right side of the Username field. Below the fields is a pink 'Login' button. At the bottom of the white box is a link 'New User? Please Sign Up' enclosed in a red rectangular border. The background of the app is a pink and orange watercolor-style pattern.

6:31

MyFitness
WELCOME

Login

Username

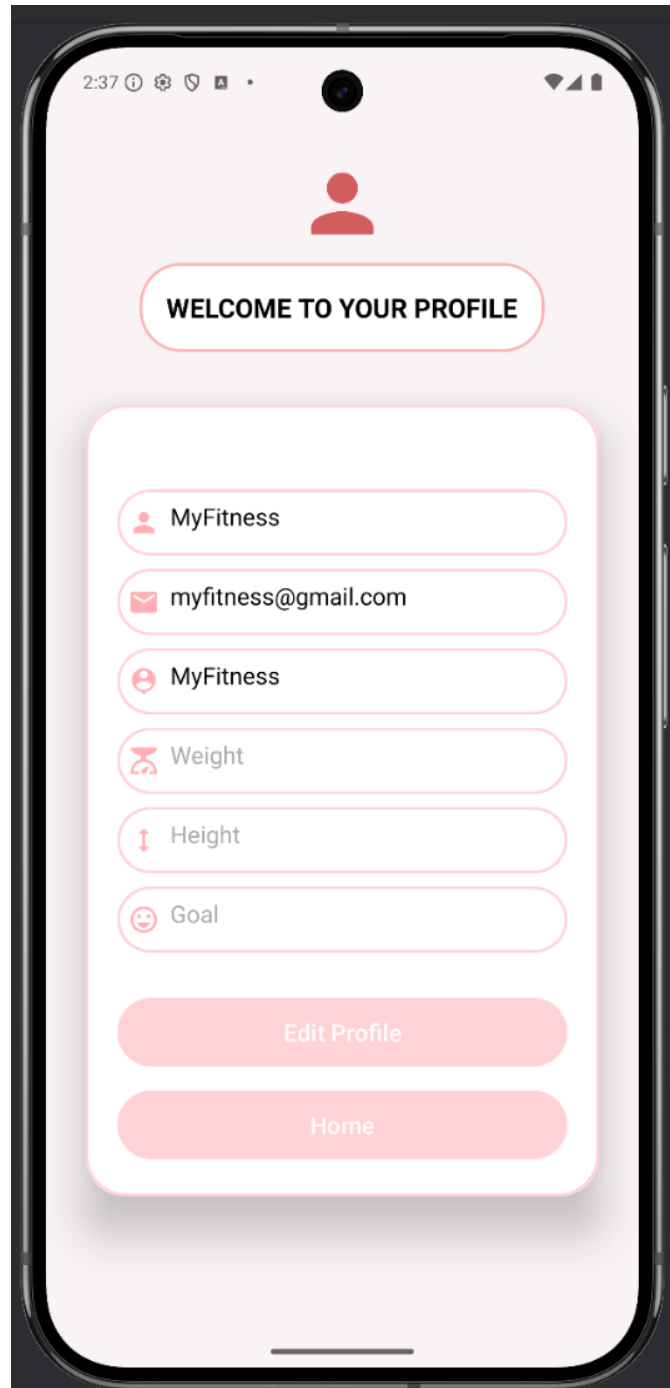
Password

Login

New User? Please Sign Up

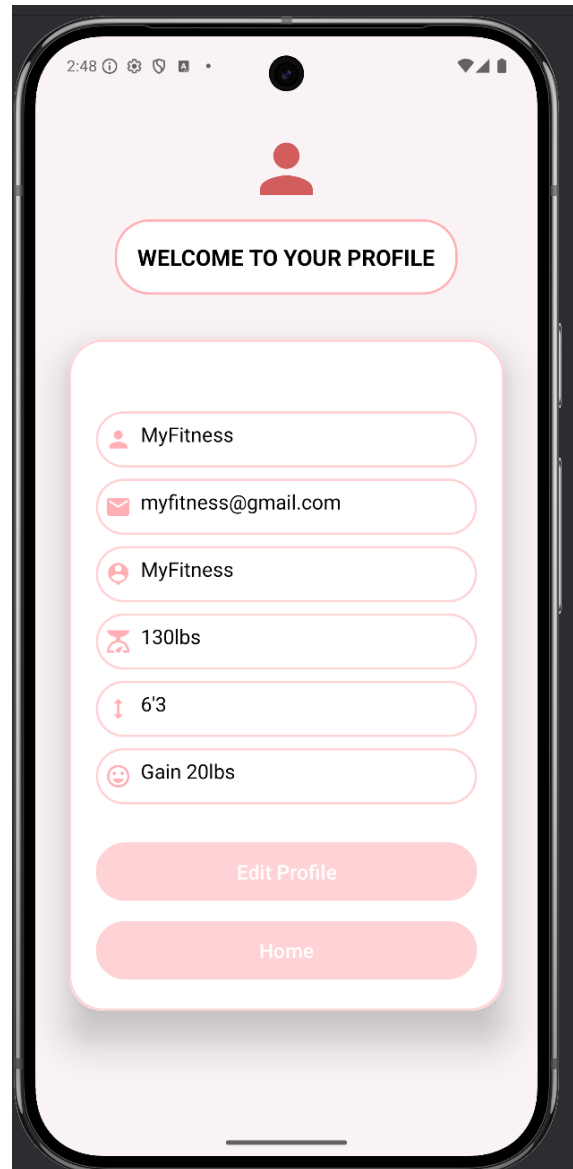
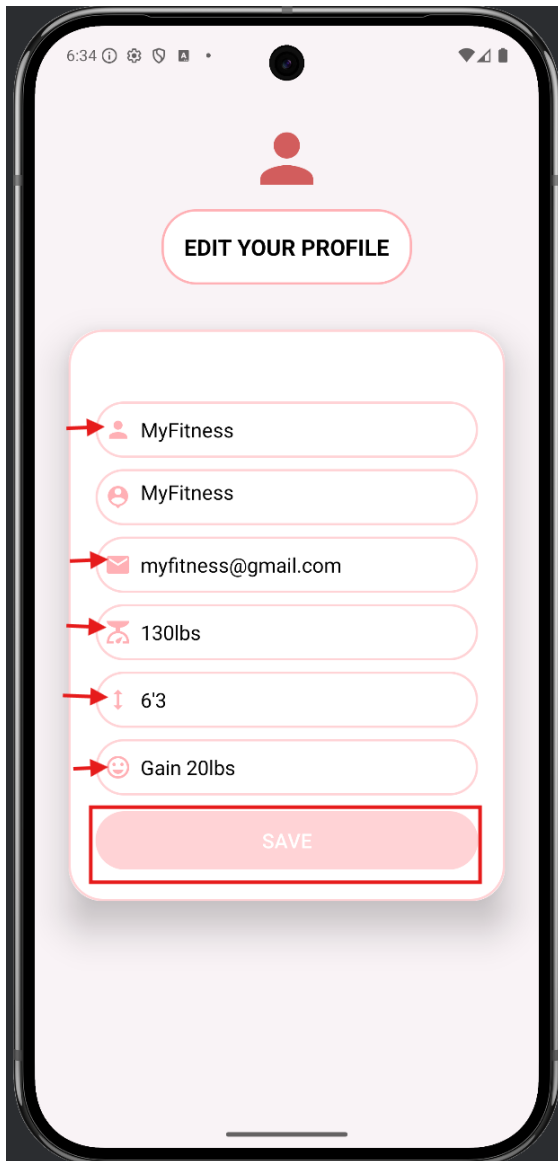
Your Profile

This page displays the information you entered when creating an account. You can edit your profile if needed. If everything looks correct, select the Home button to proceed to the Home Menu.



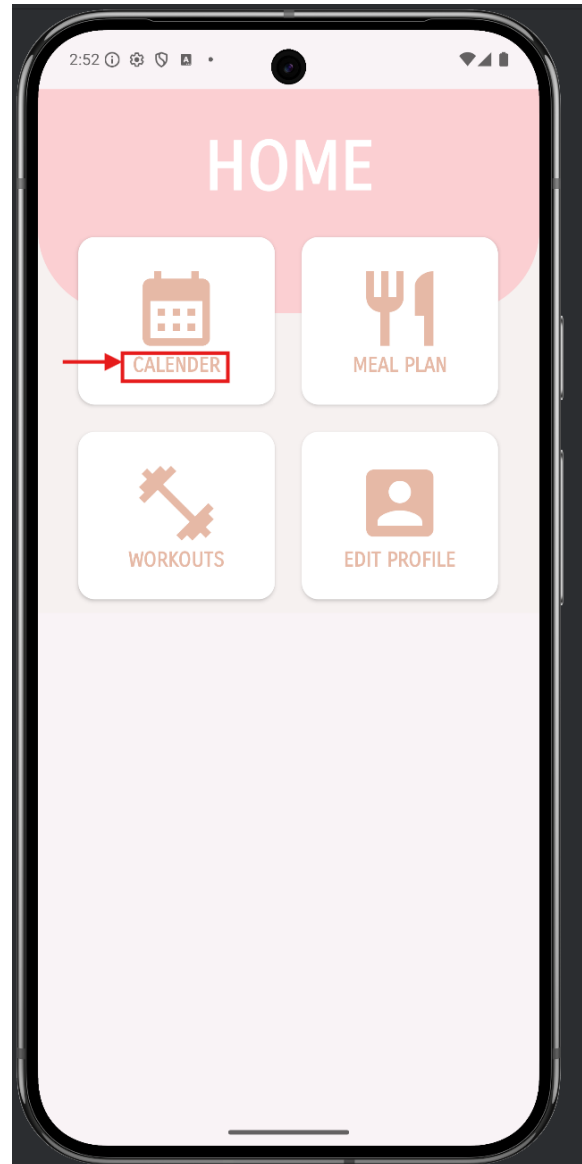
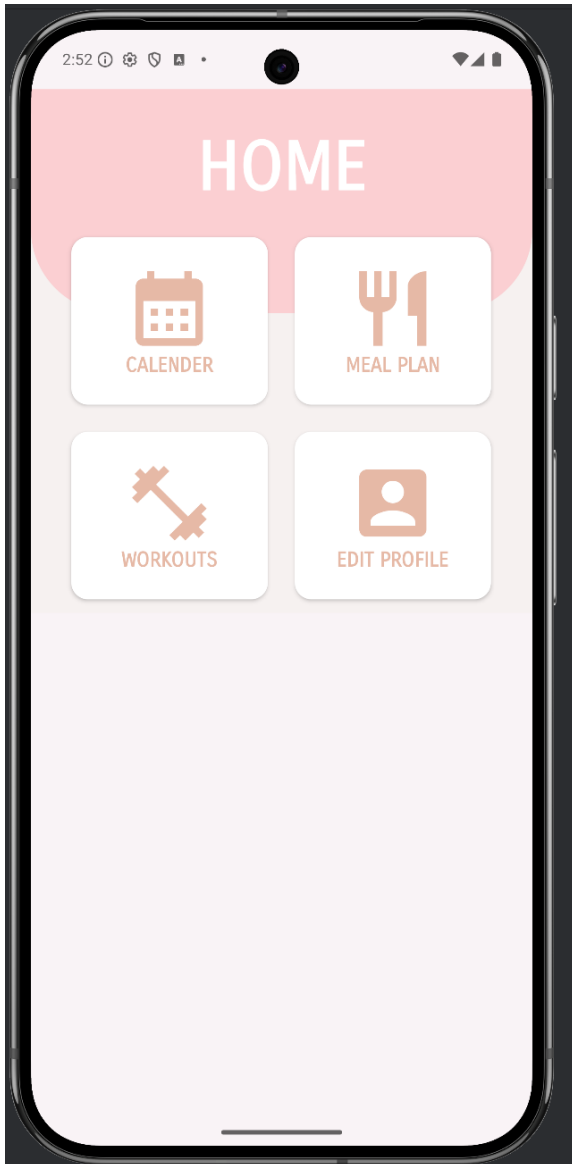
Editing Your Profile

You can edit your name, email, weight, height, and goal. Your username cannot be changed once it is created. After making changes, select the Save button. You will be returned to your profile screen. And a message will confirm that your information has been saved. If no changes are made, a message will confirm that your profile remains the same.



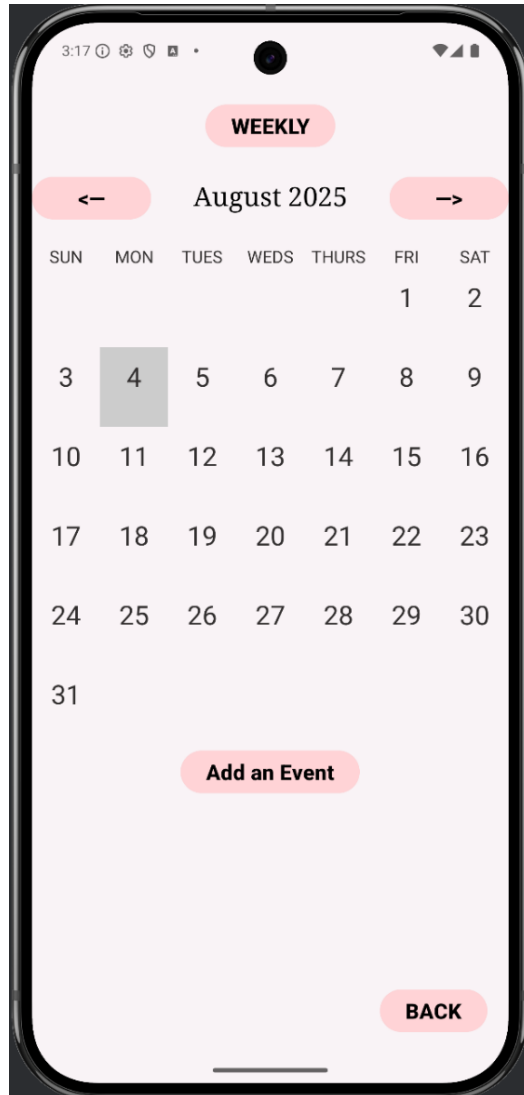
Home Menu

On your Home page, you can access the calendar, meal planner, workouts, and profile settings. Select any of the text icons to proceed.



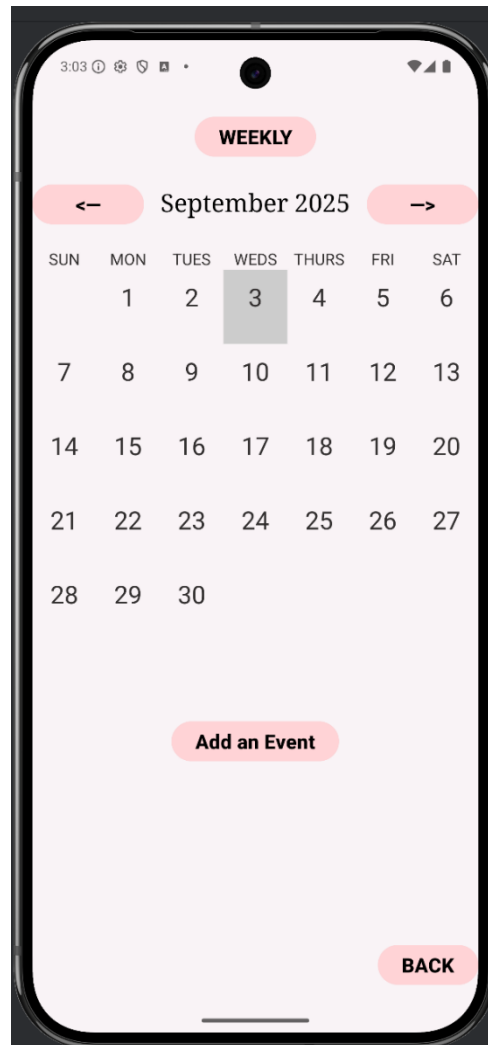
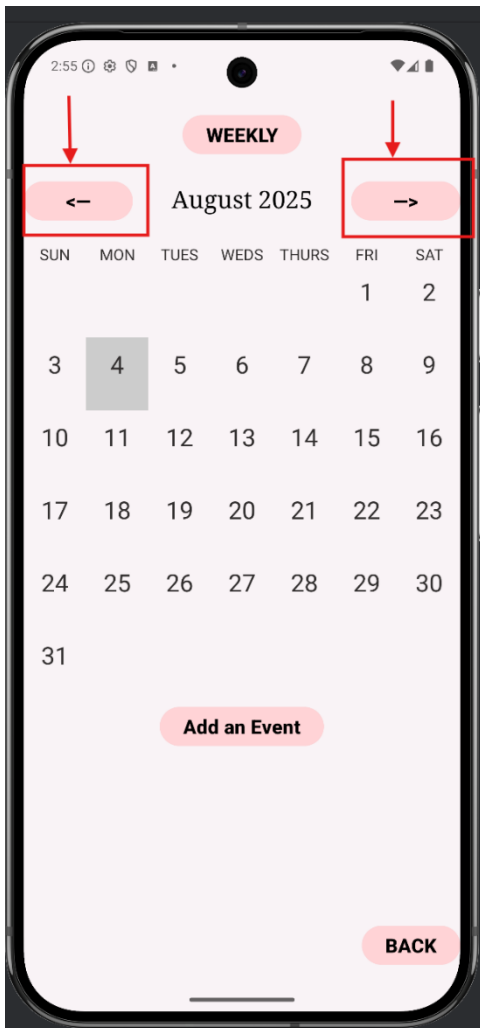
Calendar

The Calendar page shows a monthly view of the current month. You can switch to the next or previous month or select the weekly view at the top. To track your progress, you can add an event on any date. When you're finished, select the Back button to return to the Home menu.



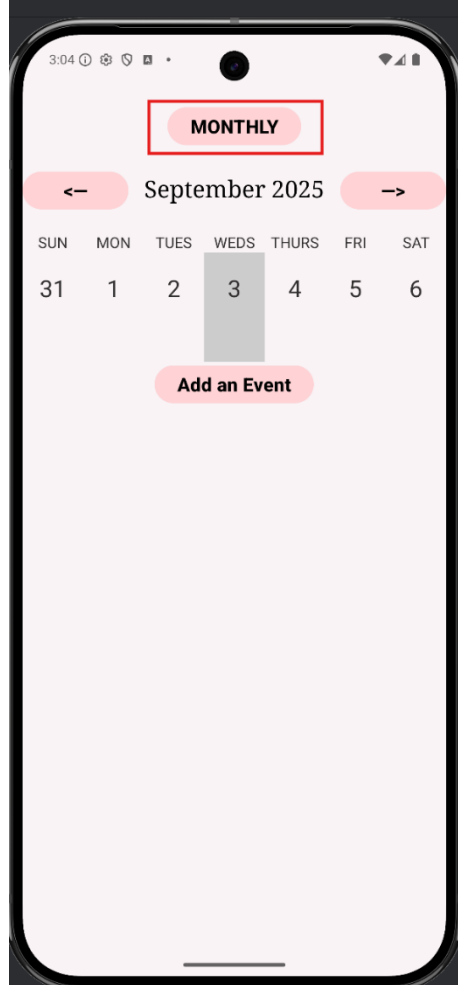
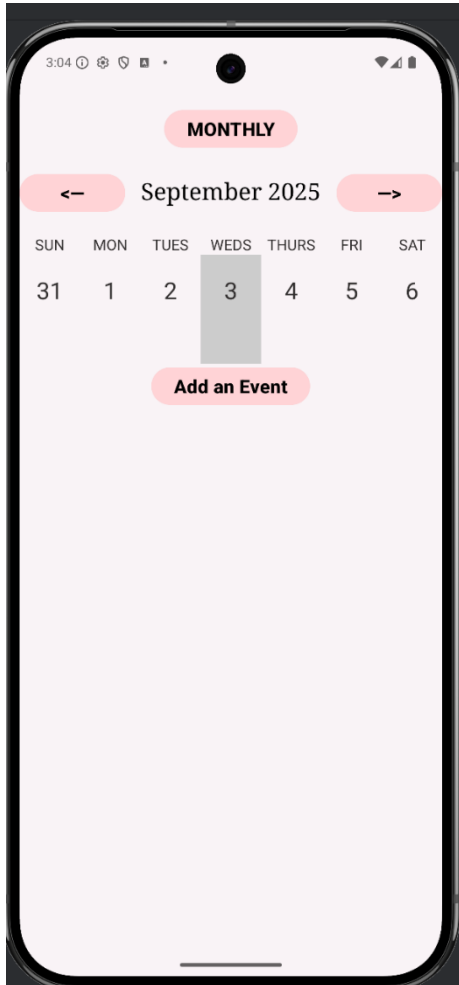
Previous and Next Month

As indicated on the image below, the navigation buttons are located on the left and right sides of the month display.



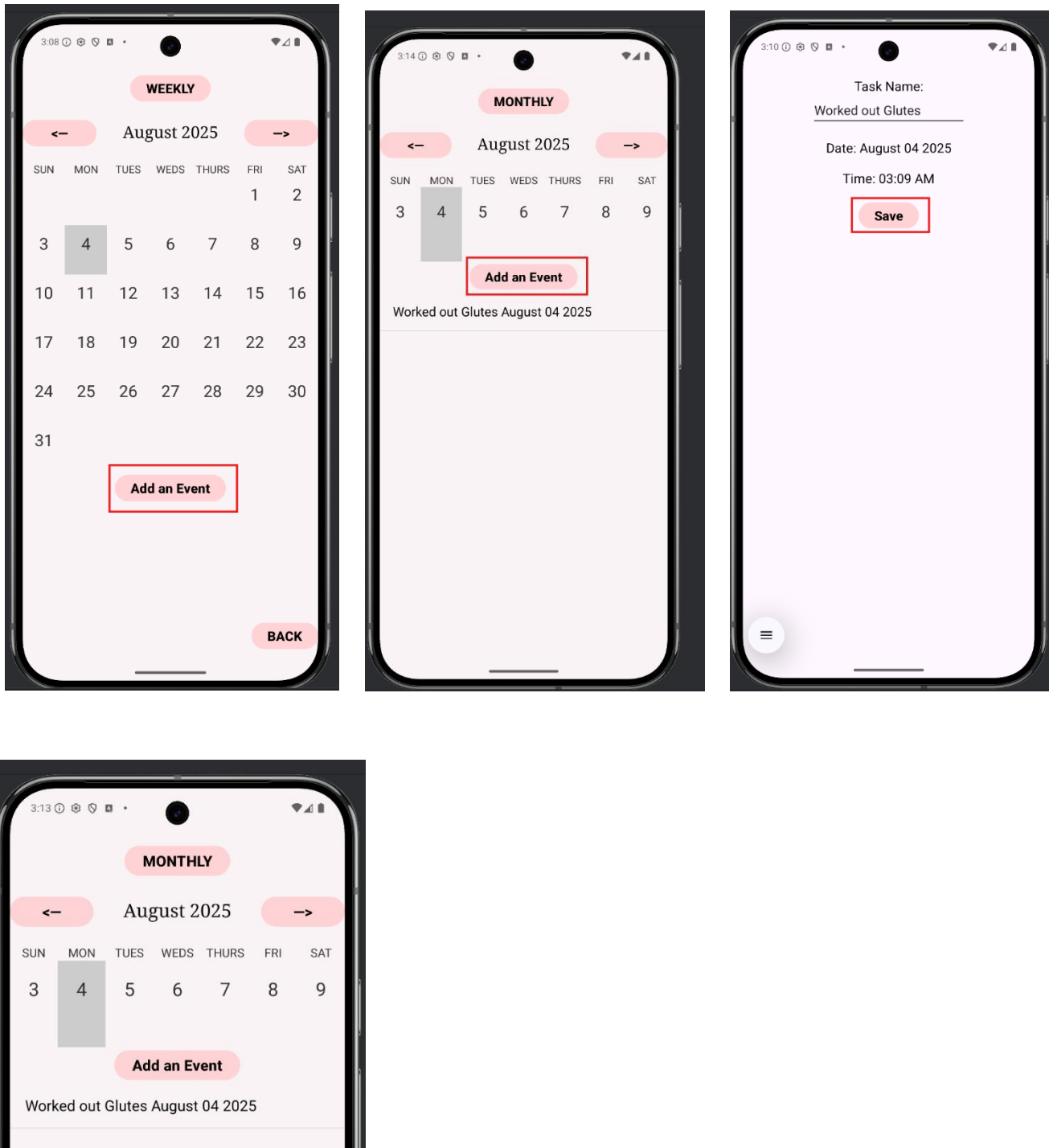
Weekly View

This page shows a weekly view of the current month. You can navigate to the previous or next month. To switch back to the full calendar view, select the Monthly button at the top.



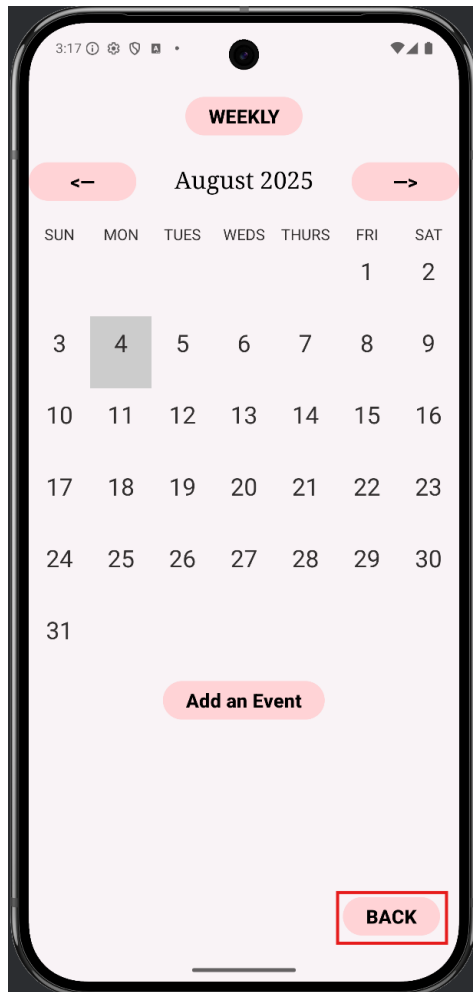
Adding an Event

You can add an event in both the monthly and weekly views. When you select the Add an Event button, you will be prompted to enter a task name. The date and time will be displayed automatically. After entering your information, click the Save button. Your event will then appear in the calendar with its name and date.



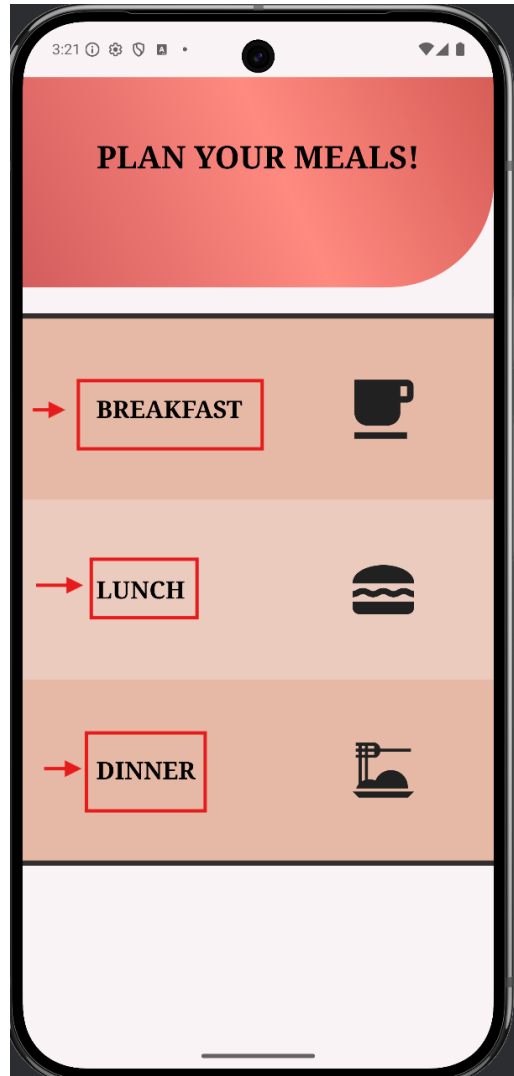
Back to Home Menu

To return to the Home menu, select the Back button located at the bottom of the right screen.



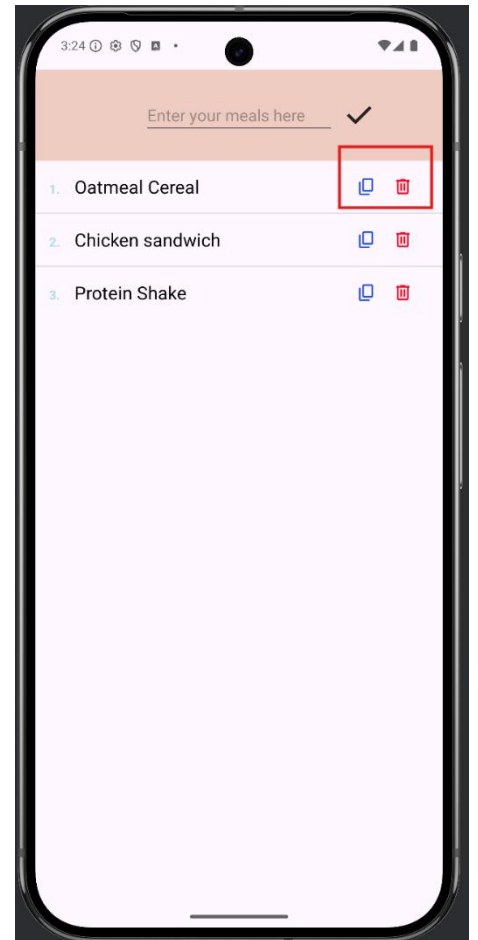
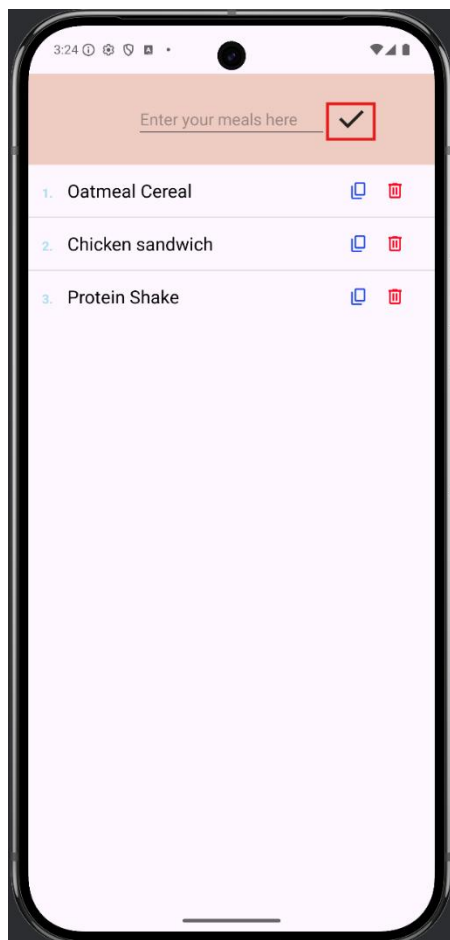
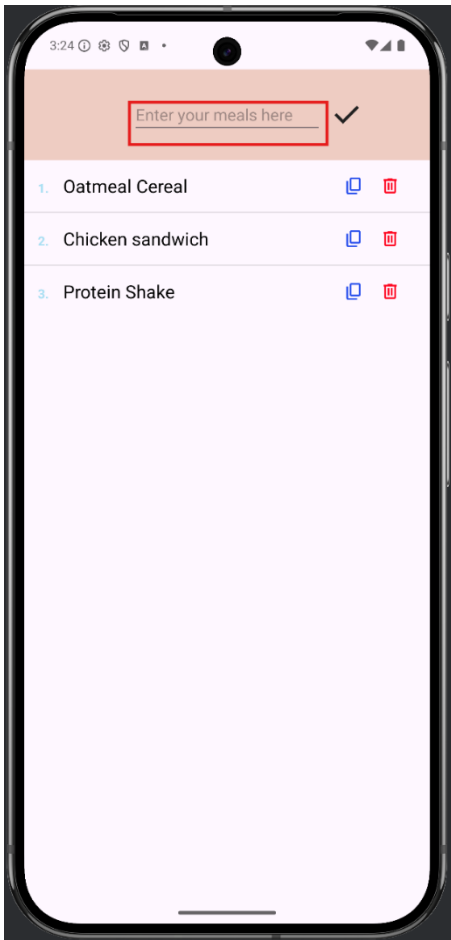
Meal Planner

On this page, you can create meals by selecting one of the three options: breakfast, lunch, or dinner. Select any option to continue.



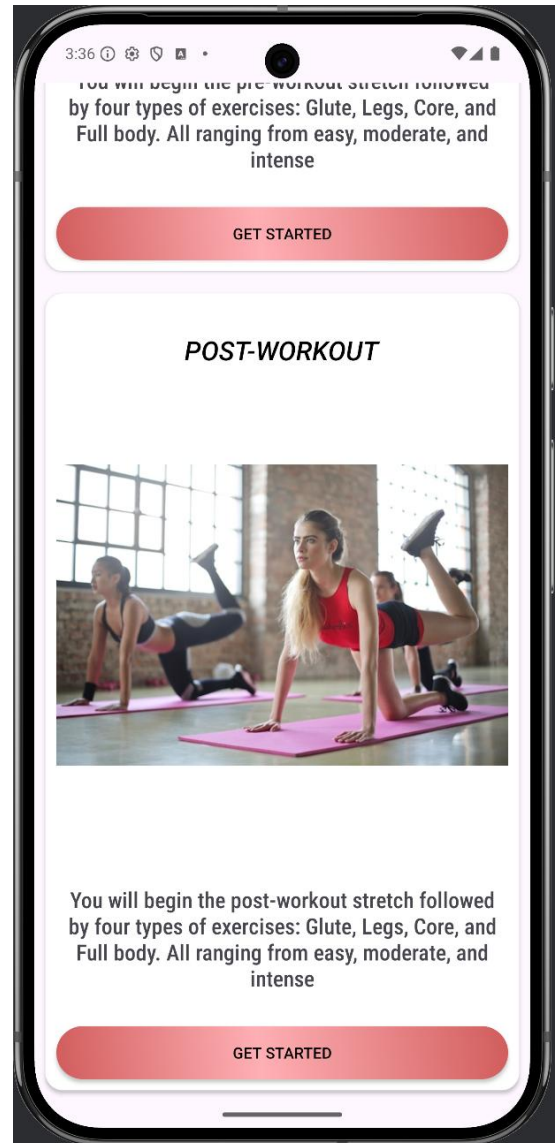
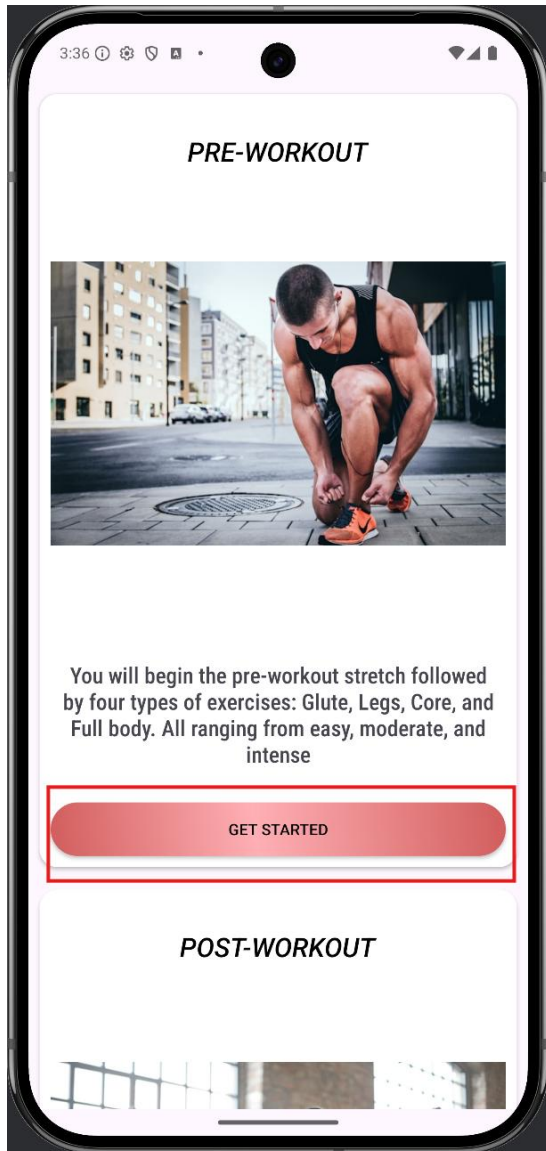
Breakfast/Lunch/Dinner Meal Menu

Enter your meals in the field at the top of the screen. After typing, select the checkmark icon to save it. You will then have the option to copy or delete the meal. Meals are listed in the order they are added.



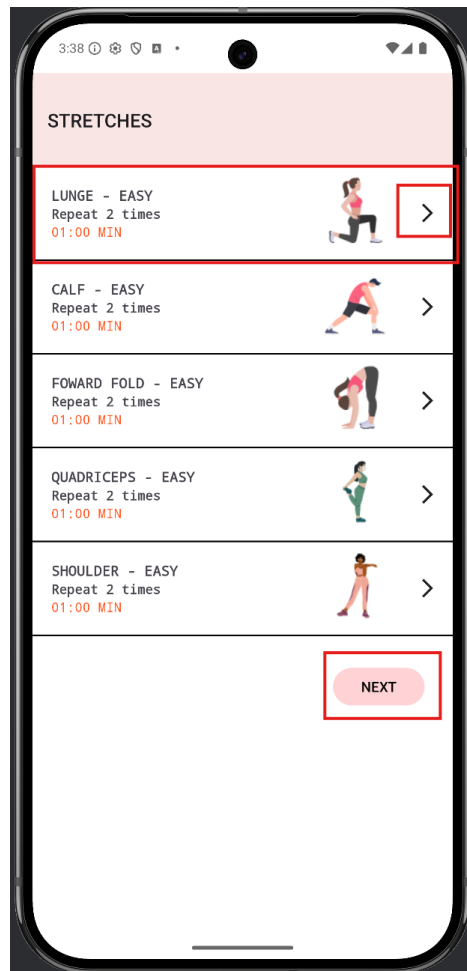
Workout Menu

You can choose either a pre-workout or post-workout session. Select “Get Started” under Pre-workout to first begin with stretches. For Post-Workout, scroll down and select “Get Started” to begin with the four workout options: Glutes, Core, Legs, and Full Body, followed by post-workout stretches. All workouts including stretches are available in easy, moderate, and intense levels.



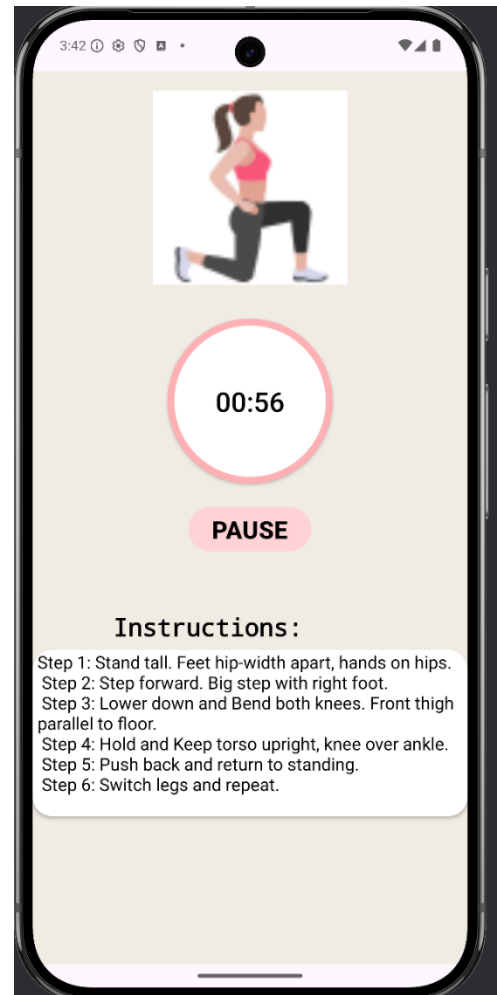
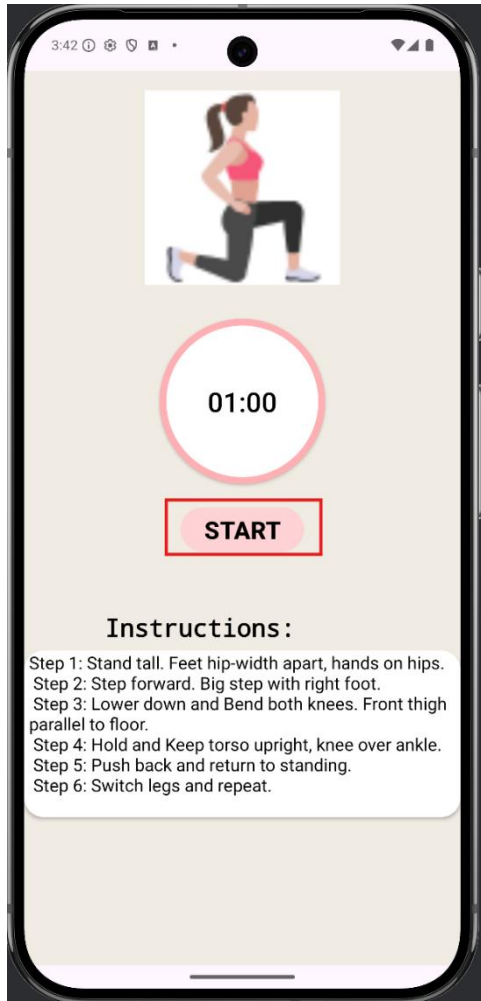
Pre-Workout Menu

Five different stretches are displayed on this page. You can select any stretch by clicking anywhere inside the red box or the arrow, as shown below. Each stretch has the same number of repetitions and timing, with a goal of stretching for 5 minutes. All stretches are set to easy mode. After completing a stretch, you can select the Next button to continue to the four workout options.



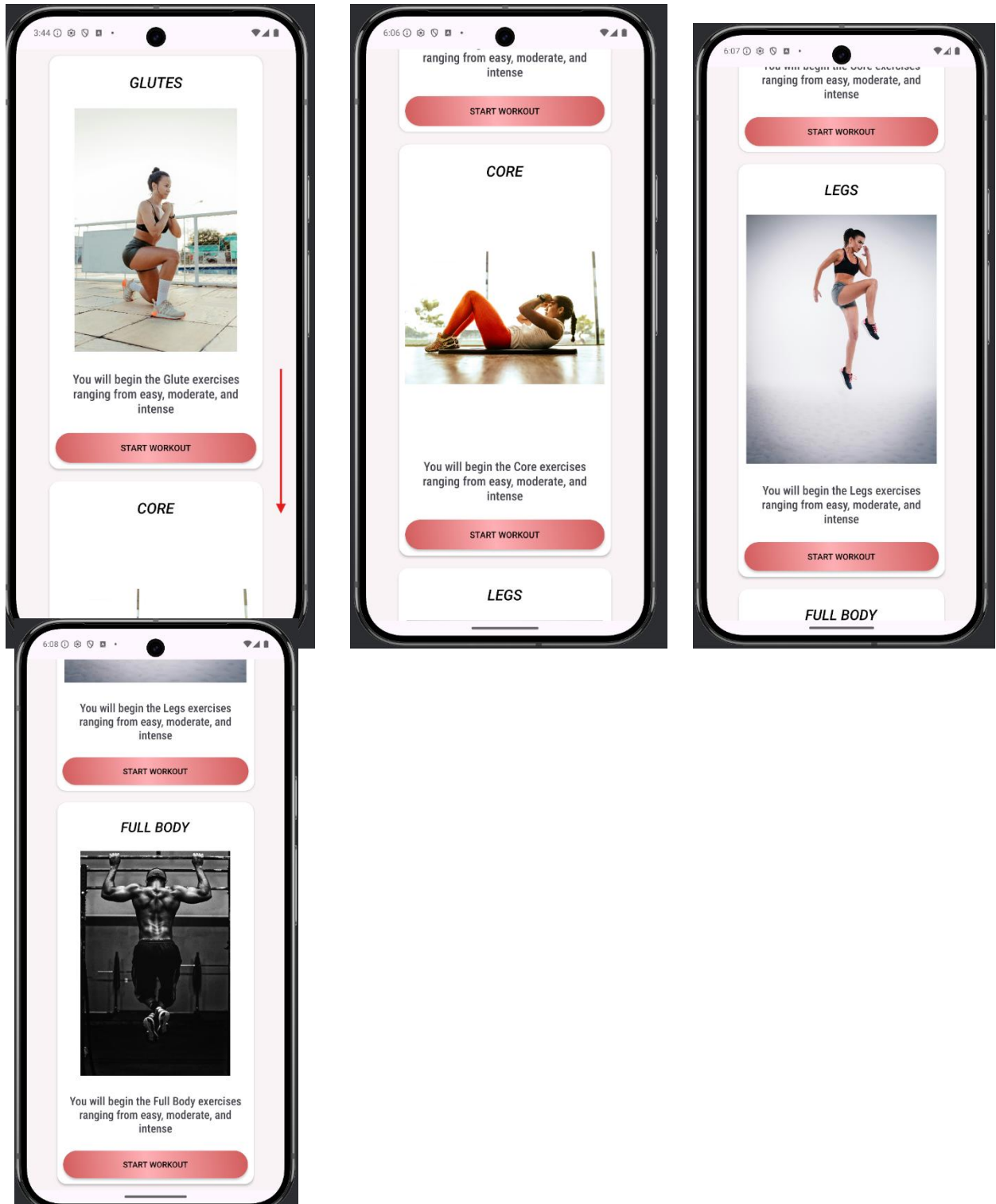
Stretches

Each individual stretch screen will display a timer, start/pause button, and instructions for performing the selected stretch. To begin, click on the Start button to start the timer.



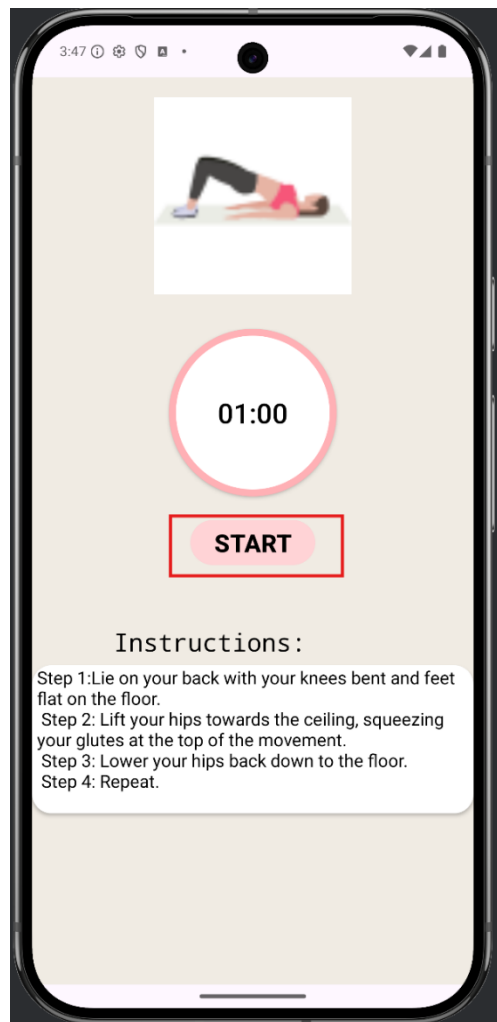
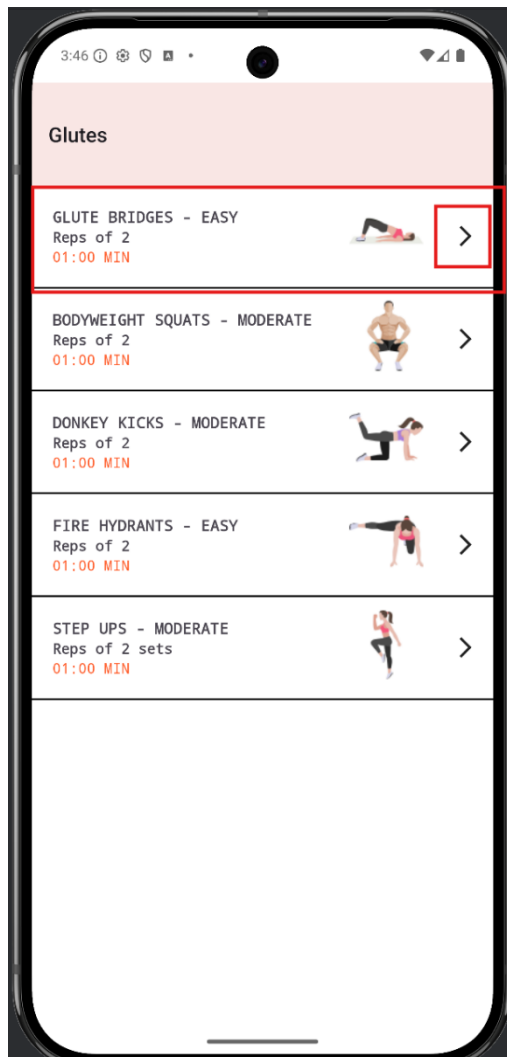
Exercises Menu

Scroll down to view the four workout options. Choose the option you would like to begin with and click on Start workout to start the session.



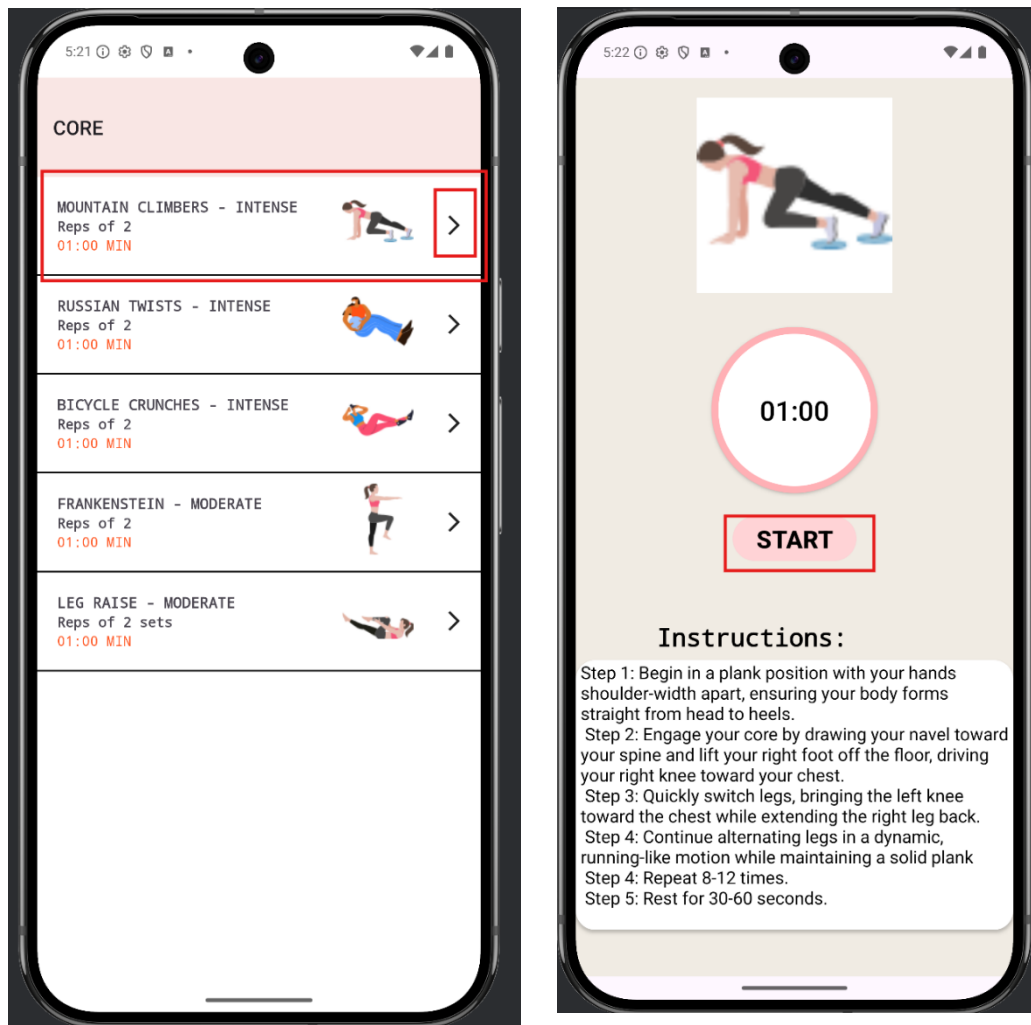
Glutes

These exercises will help you focus on the glute muscles of the body. You can select any glute exercises by clicking anywhere inside the red box or the arrow, as shown below. Each workout includes a timer, a Start button, and a step by step instructions, similar to the stretching menu. Each exercise consists of two sets, with a timer set to one minute. If you need help, instructions are provided for each workout.



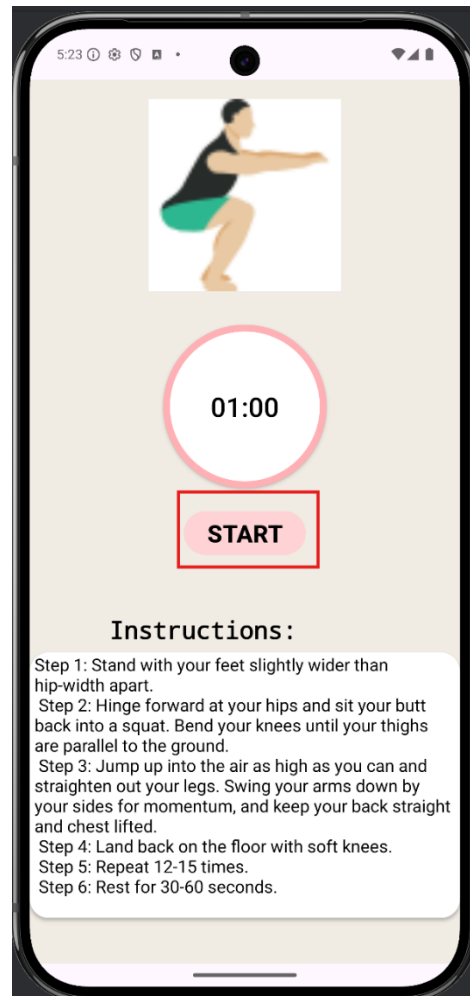
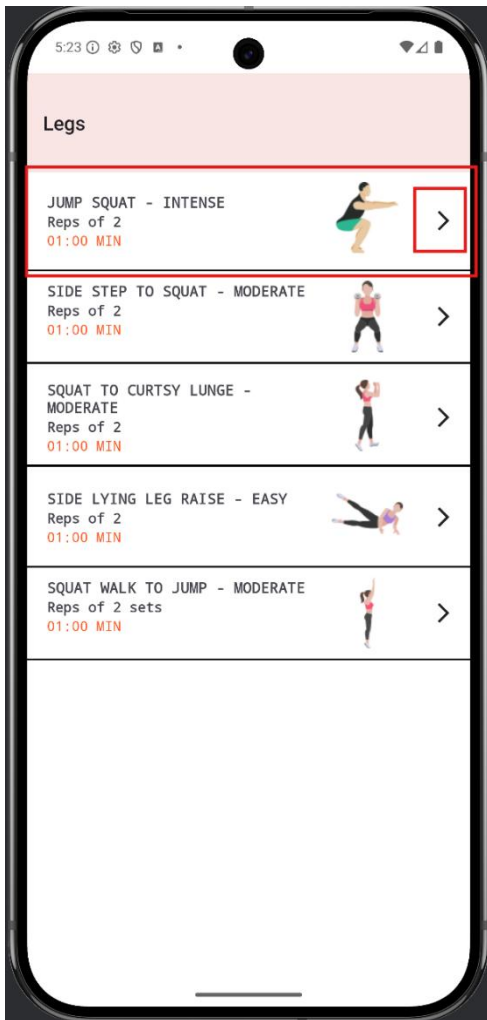
Core

These exercises will help you focus on the core muscles of the body. You can select any core exercises by clicking anywhere inside the red box or the arrow, as shown below. Each workout includes a timer, a Start button, and a step-by-step instructions, similar to the stretching menu. Each exercise consists of two sets, with a timer set to one minute. If you need help, instructions are provided for each workout.



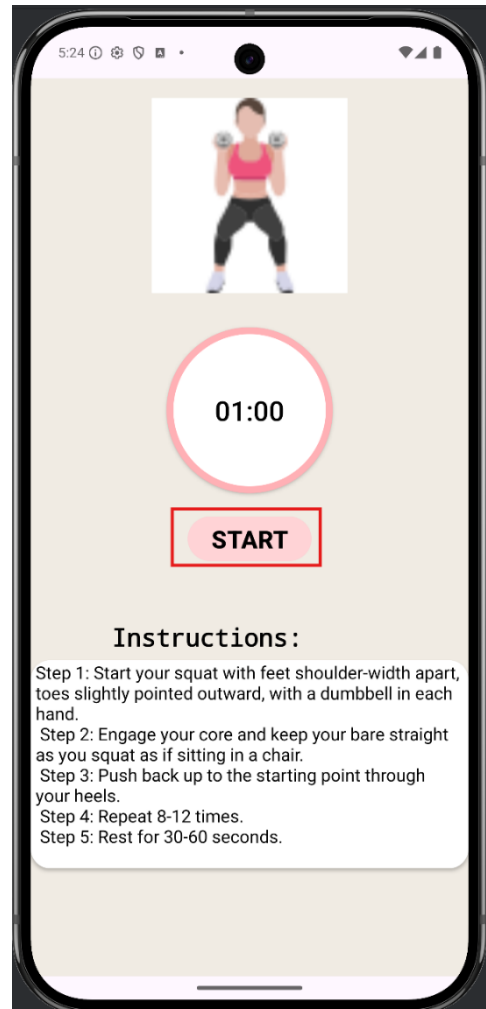
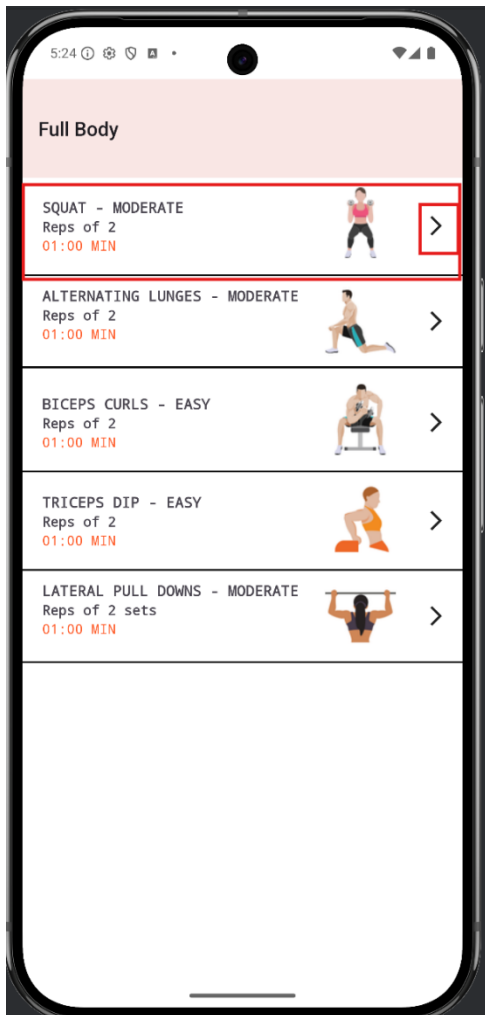
Legs

These exercises will help you focus on the leg muscles of the body. You can select any leg exercises by clicking anywhere inside the red box or the arrow, as shown below. Each workout includes a timer, a Start button, and a step-by-step instructions, similar to the stretching menu. Each exercise consists of two sets, with a timer set to one minute. If you need help, instructions are provided for each workout.



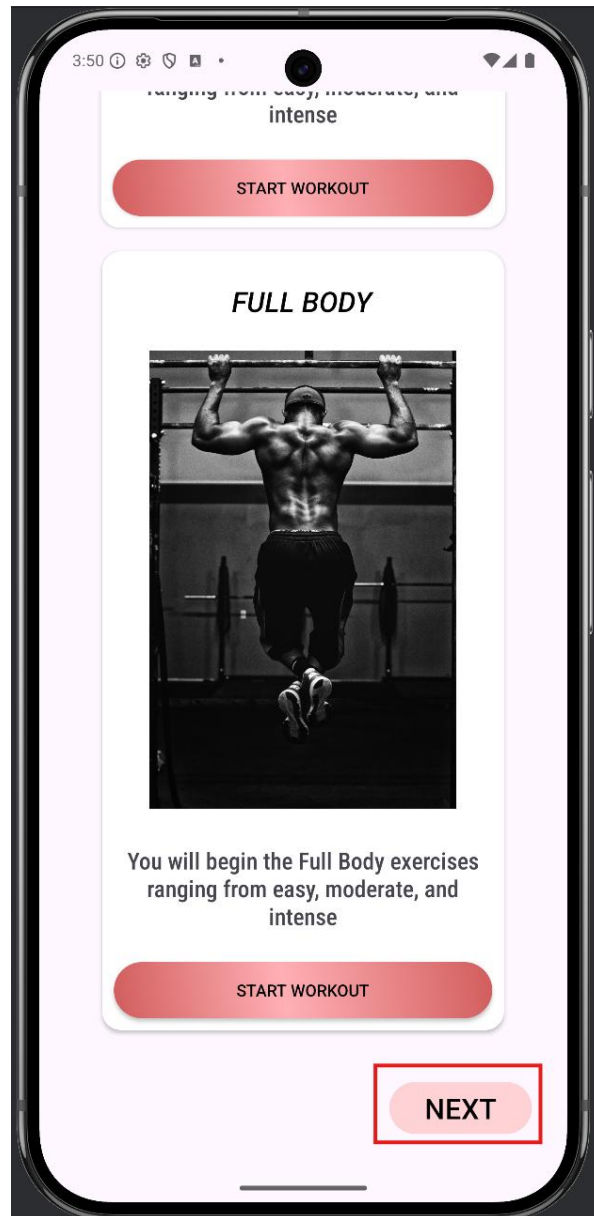
Full Body

These exercises will help you focus on the full body muscle group. You can select any full body exercises by clicking anywhere inside the red box or the arrow, as shown below. Each workout includes a timer, a Start button, and a step-by-step instructions, similar to the stretching menu. Each exercise consists of two sets, with a timer set to one minute. If you need help, instructions are provided for each workout.



Post-Workout Menu

You will begin with the four workout options. After selecting and completing your chosen workout, scroll to the bottom of the page and click on Next to continue to the post-workout stretches.



Post-Stretches

Just like in the pre-workout menu, five different stretches are displayed on this page. You can select any stretch to start with. Each stretch has the same number of repetitions and timing, with a goal of stretching for 5 minutes. All stretches are set to easy mode.

