



# Task 4

# Widget Tree

# CREATE YOUR WORKOUT PLAN

Build a 4-weeks plan designed to help you reach your fitness goals



Goal

**Lose weight**



Fitness level

**I'm out of shape**



Technical level

**I want to start from scratch**



Fighting style

**Boxing**



Create your plan



Timer



Workouts

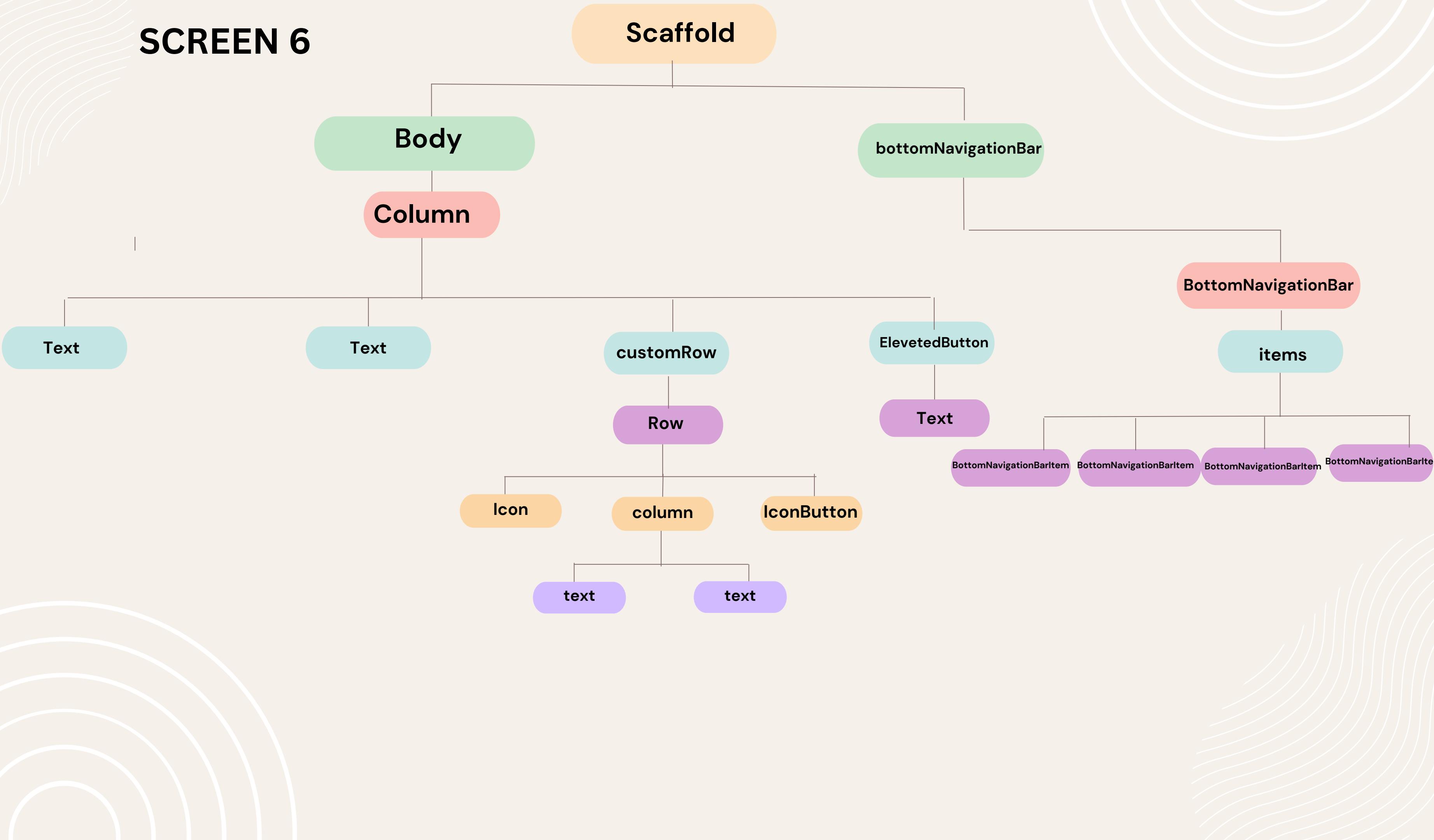


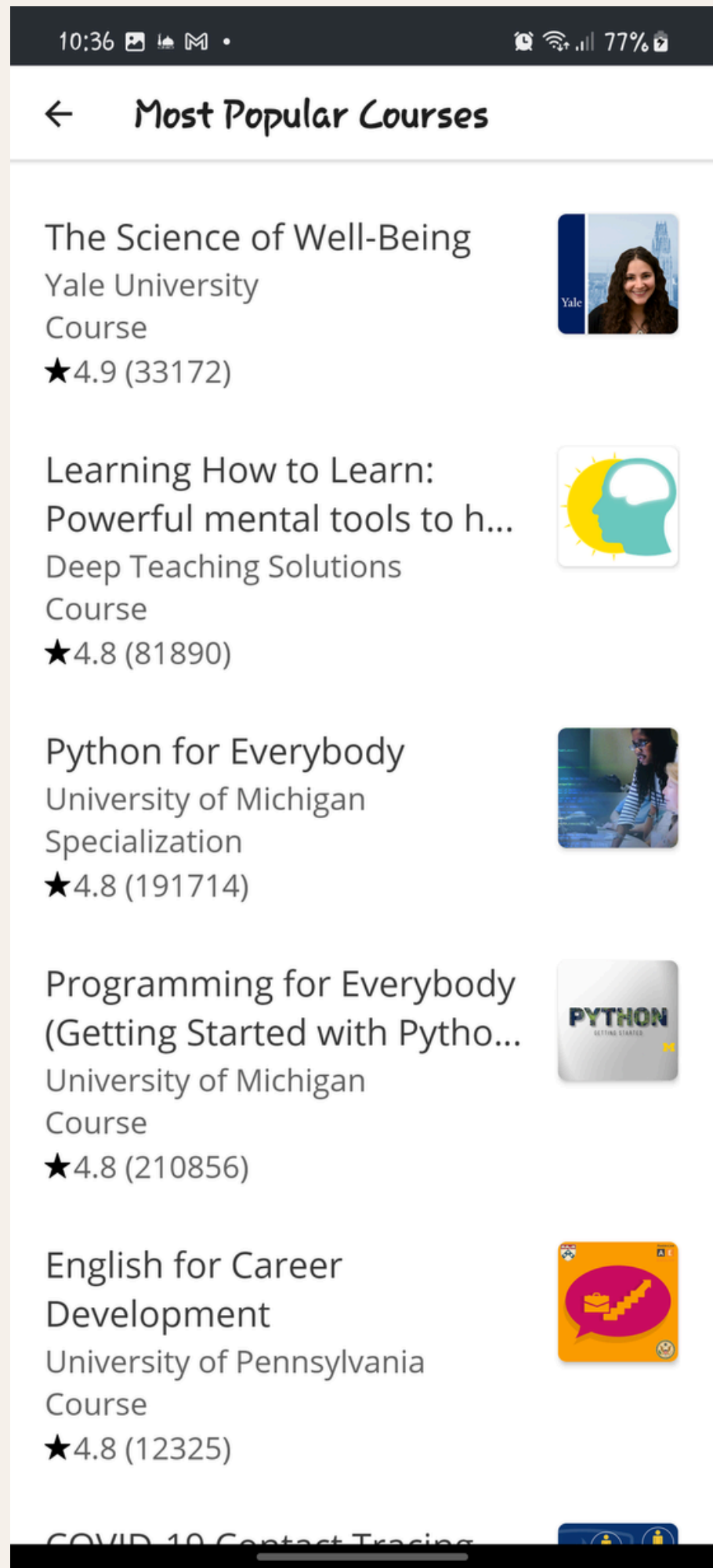
Plan



Profile

SCREEN 6





# SCREEN 7

