PROJECT PART 4: WIREFRAMES

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1 Goal

The goal of the ActivePro platform is to provide a user-friendly, all-in-one solution that helps professionals stay active by tracking daily activities, logging calories, maintaining a fitness journal, and receiving personalized workout plans. The app should leverage Artifical intelligence (AI) to allow users to ask questions and receive tips in real time. Additionally, it will integrate with social platforms, enabling users to connect with friends and family, create groups, and engage in fitness challenges for motivation and accountability.

2 Core Tasks

1. **Daily Workout:** Recommend users daily exercise tailored to their activity level and previous data.

2. **Calorie and Nutrition Logging:** Allow users to add calories intake of their meals and adjust their goals accordingly

3. **Sharing pictures and fitness:** Allow users to share their workout summaries and achievements with friends and family via social media for encouragement.

3 Core Tasks

1. **Daily Workout:** Recommend users daily exercise tailored to their activity level and previous data.

4 Key Features:

1. **Customied Workout Plans:** AI-driven suggestions for different types of workouts

2. **AI Chat:** Answer questions from users and suggest customied exercise and previous health data

3. **Meal Logging:** Simple input for meals with automatic calorie tracking and goal adjustment.

4. **Social Connectivity:** Options to share prgress on social platforms