

WIREFRAMES:

WELLNESS TRACKER

LoginSign Up

BMI CALCULATOR

Height

Weight

Age

Calculate

LOGIN

Email

Value

Password

Value

Submit

SIGN UP

Name	
<input type="text" value="Value"/>	
Gender	
<input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Prefer not to disclose	
Age	
<input type="text" value="Number"/>	
Username	
<input type="text" value="Value"/>	
Password	Retype Password
<input type="text" value="Value"/>	<input type="text" value="Value"/>
Email	
<input type="text" value="Value"/>	
Height and Weight	
<input type="text" value="Value"/>	
Activity Level	
<input type="radio"/> Low <input type="radio"/> Medium <input type="radio"/> High	

Submit

FITNESS TRACKER

BMI CALCULATOR

CLICK HERE TO GENERATE YOUR
OVERALL HEALTH REPORT

update your details in all 3 trackers to generate your overall health report

DIET TRACKER

MENTAL HEALTH
TRACKER

FITNESS TRACKER

What exercises did you do today?

Option 1

How many times did you do it?

Number

No.of calories burned today:

List of exercises suggested for you:

Text

Quotes:

DIET TRACKER

What did you eat today?

Option 1

No.of calories gained today

List of food items suggested for you:

Text

Quotes:

MENTAL HEALTH TRACKER

Tell us something about your day?

YOU SEEM GOOD !!!!!!!!!!!!!

TRY DOING THIS TODAY !!!!
