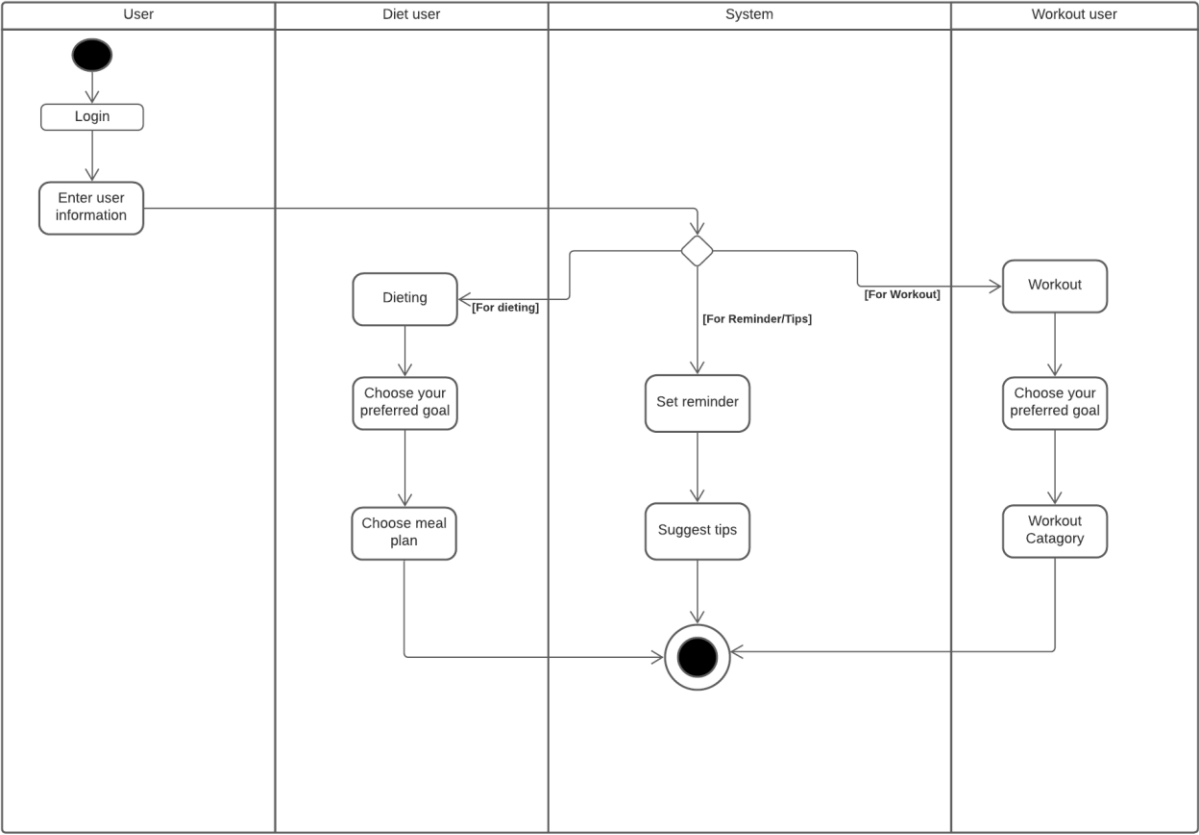



UML ACTIVITY DIAGRAM



User-Interface Design



Fitness Tracker

REACH YOUR GOALS

WORKOUT

Workout plans for those who love to exercise, explore and travel internationally.

[more](#)


DIET

Healthy diet plans, full of vitamins, nutritious and tasty meals.

[more](#)

WORKOUT + DIET

You'll get individual attention in a fun group setting with other people who know that on life's journey, it's best...

[more](#)

ABOUT FITNESS TRACKER

A NEW ADVENTURE AWAITS!

#1

FITNESS

The condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility.

#2

MEMBERS

a constituent piece of a complex structure, especially a component of a load-bearing structure.

#3

USER ORIENTED

designed with the user's convenience given priority.



Login

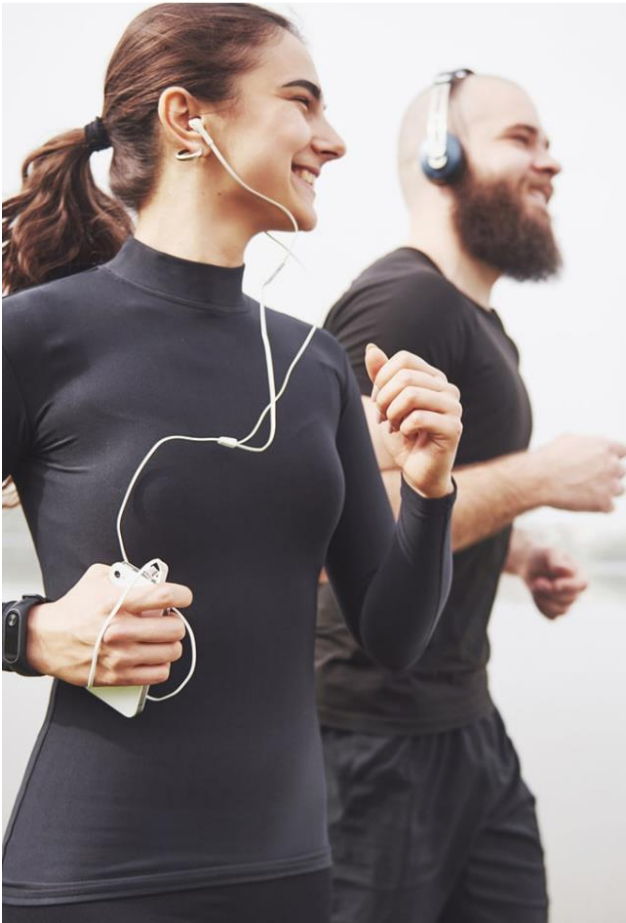
Name

Password

Login



Update your details



Name

Enter your Name

Email

Enter a valid email address

New Password

Enter at least 4 characters

Confirm password

User Type

Workout only

Age

10-15 years

Gender

Male

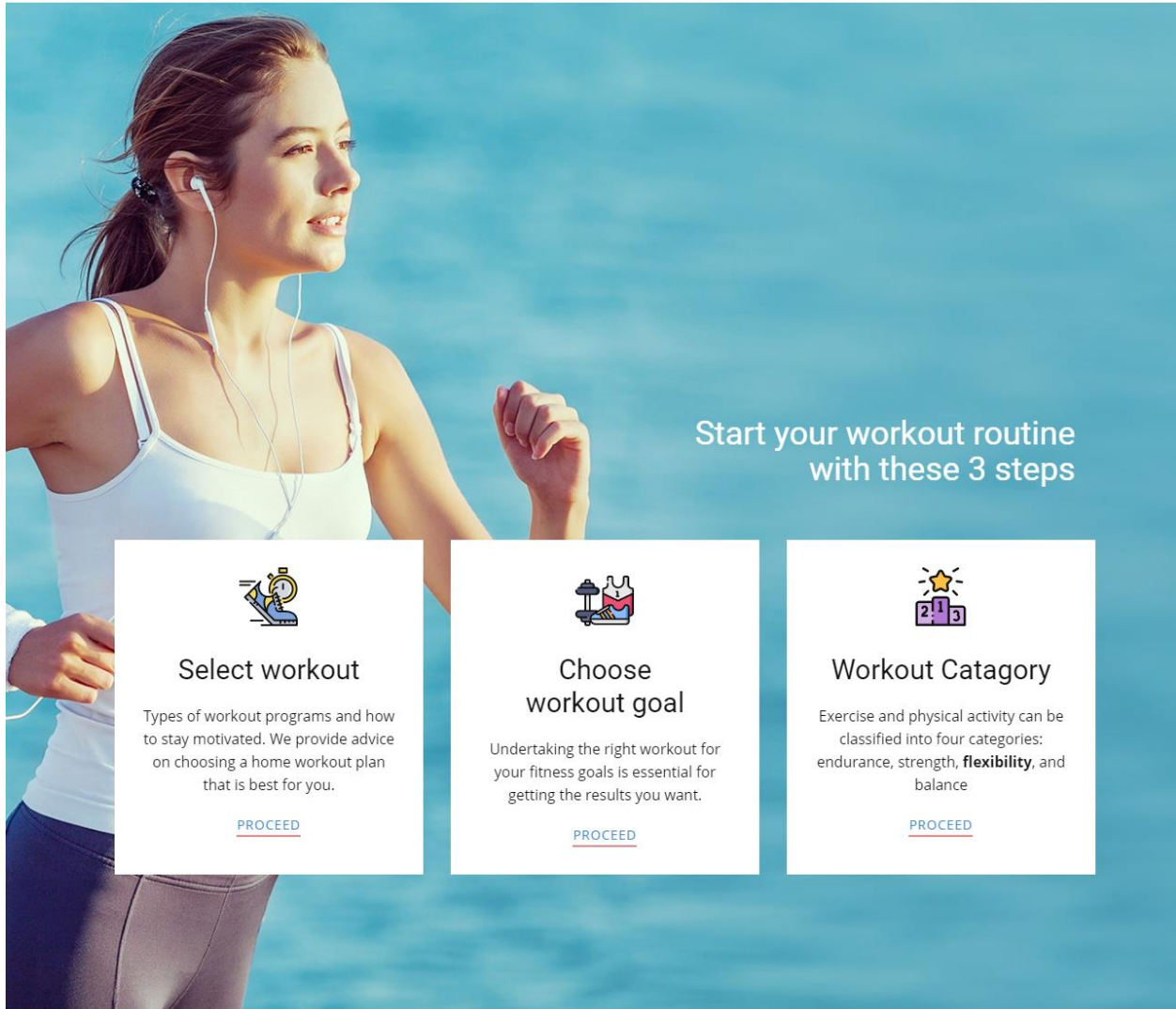
Height

Enter your height (eg 160cm)

Weight

Enter your weight (eg 130lbs)

Confirm



Start your workout routine
with these 3 steps



Select workout

Types of workout programs and how to stay motivated. We provide advice on choosing a home workout plan that is best for you.

[PROCEED](#)



Choose workout goal

Undertaking the right workout for your fitness goals is essential for getting the results you want.

[PROCEED](#)



Workout Catagory

Exercise and physical activity can be classified into four categories: endurance, strength, **flexibility**, and balance

[PROCEED](#)



Start your optimum diet plan with these 3 steps



Select diet

With so many to choose from, it's not easy to figure out which diet will be the best one that works for you.

[PROCEED](#)



Pick a preferred goal

Goal-setting is an absolute must for people who want to succeed, find their true purpose, and create joy.

[PROCEED](#)



Choose a meal plan

Your meal plan gives you the advantage of never having to worry about keeping cash on hand.

[PROCEED](#)