Welcome to
Self-Care!
App. Pick
an option:

[Eating Schedule]
[Workout Schedule]
[Both options]

What is Your
Current work/
school schedule?

_____
_____
_____
_____

What is Your
Budget?

_____

What are
Your Dietary
restrictions,
if any?

_____
_____

What Workout
Goals are You
Trying to achieve?

_____
_____
_____

What is Your
Payment information?
(for ordering
groceries)

_____
_____
_____

Do you Want
reminders for
eating/working
out?

☐ Yes   ☐ No
   ☐ customize

Here is Your
Personalized
Schedule:

- _____
- _____
- _____
- _____
- _____
- _____

Welcome to your Personalized Health-Plan

JohnSmith

Age: 22
Occupation: IT
Weight: 160 Height 5'7

Daily water

Daily Calories

100%

75%

Exercise

Cardio:

- Jog 10mins
- Jumping Jacks

Nutrition

- Recommended 3 meals
- Breakfast 750cal
- Lunch 600cal
- Dinner 1000cal

Preferences

- ☑ Lose Weight
  - Cut calories
- ☐ Maintain
- ☐ Gain Weight
  - Calorie surplus

Recommend

email@email.com

Recommend us to a friend!

Have a Great Day!

WELCOME TO
SELF CARE

Click To Get
Started!

Choose From the Following!

Search: [🔍]

| Meal Prep | Fitness | Diets |

| Eating Schedule | Life Schedule | Reminders |

| Heart Rate Tracker | Workout Schedule | Daily Notifications |

Selections

Search: Motivation

Motivational Quotes

Goals

Meditation

Brainstorming Ideas

Improving Mental Health

Adding A Category

Add: <u>Hydration Reminder</u>

Time: <u>Every Hour</u>

Days: <u>Everyday</u>

Notification: <u>on</u>

Click To: <u>Set</u>

Schedule

Planner

10126	6:30 am : <u>GYM</u>
	8:30 am : <u>Breakfast</u>
	9:45 am : <u>leave for work</u>
	1:30 pm : <u>Lunch Break</u>
	2:00 pm : <u>Hydrate</u>
	5:00 pm : <u>off work</u>
	7:30 pm : <u>Dinner</u>
	8:00 pm : <u>Watch T.V</u>
	10:00 pm : <u>Sleep</u>