

Welcome to
Self-Care!
App. Pick
an option:
Eating Schedule
Work-out Schedule
Both options

Both options

Do you want
reminders for
eating/working
out?

☒ yes ☐ no
☐ customize



Welcome
to your
Personalized
Health-
Plan

John Smith
Age: 22
Occupation: IT
Weight: 160 Height: 5'7"
Daily
water 100%
Daily
Calories 75%

Exercise
Cardio:
• Jog 10 mins
• Jumping Jacks

Nutrition
• Recommended 3 meals
• Breakfast 750 cal
• Lunch 600 cal
• Dinner 1000 cal

Preferences
☒ Lose Weight
- cut calories
☐ Maintain
☐ Gain Weight
- calorie surplus

Recommend
email@domain.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: Hydration Reminder

Time: Every Hour

Days: Everyday

Notification: on

Click to: Set

Schedule

Planner

10/26

6:30 am : GYM

8:30 am : Breakfast

9:45 am : leave for work

1:30 pm : Lunch Break

2:00 pm : Hydrate

5:00 pm : off work

7:30 pm : Dinner

8:00 pm : Watch T.V.

10:00 pm : Sleep