

MyPlan Application User Guide

Complete guide to using the MyPlan PWA features.

Dashboard

The main command center.

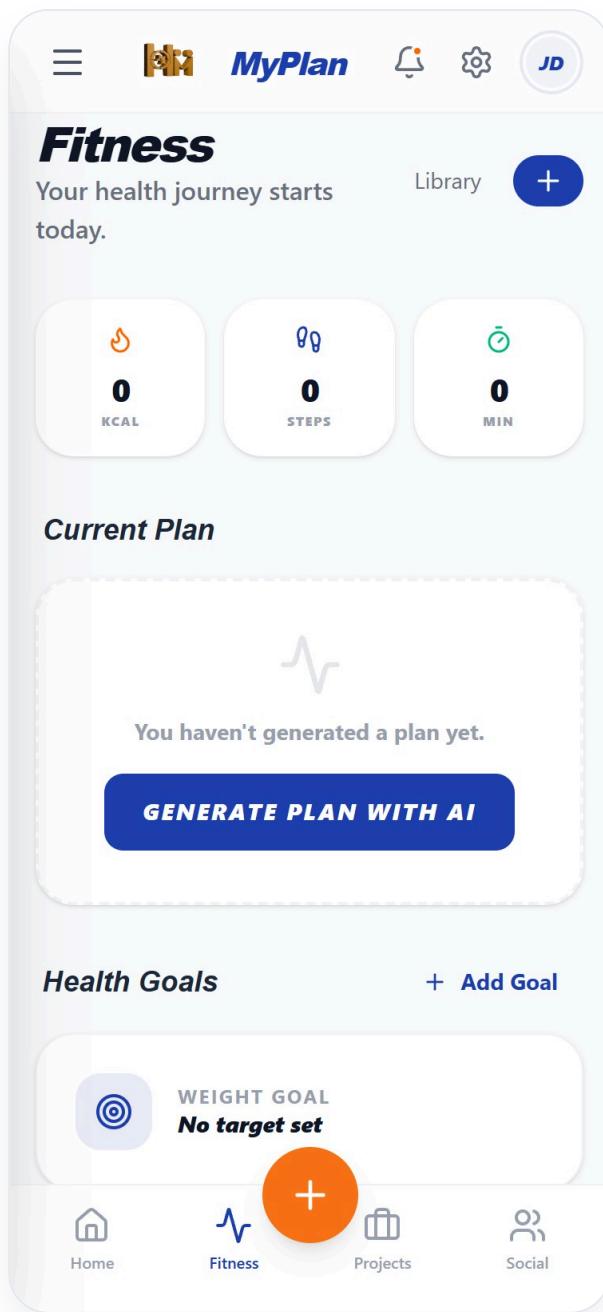
The dashboard features a top navigation bar with a menu icon, a user profile icon (JD), and icons for notifications and settings. Below the header is a large "Welcome Back!" message and a prompt to start the day. The main area displays four activity metrics in rounded boxes:

- Steps: 0 / 0%
- Calories: 0 / 0%
- Sleep: 0h 0m / 0%
- Heart Rate: -- bpm / Waiting

Below these is a section titled "Activity Analytics" with a placeholder message: "Track your performance throughout the week". A dashed box indicates "NO ACTIVITY DATA RECORDED". At the bottom are navigation tabs for Home, Fitness, Projects, and Social, with a prominent orange "+" button in the center.

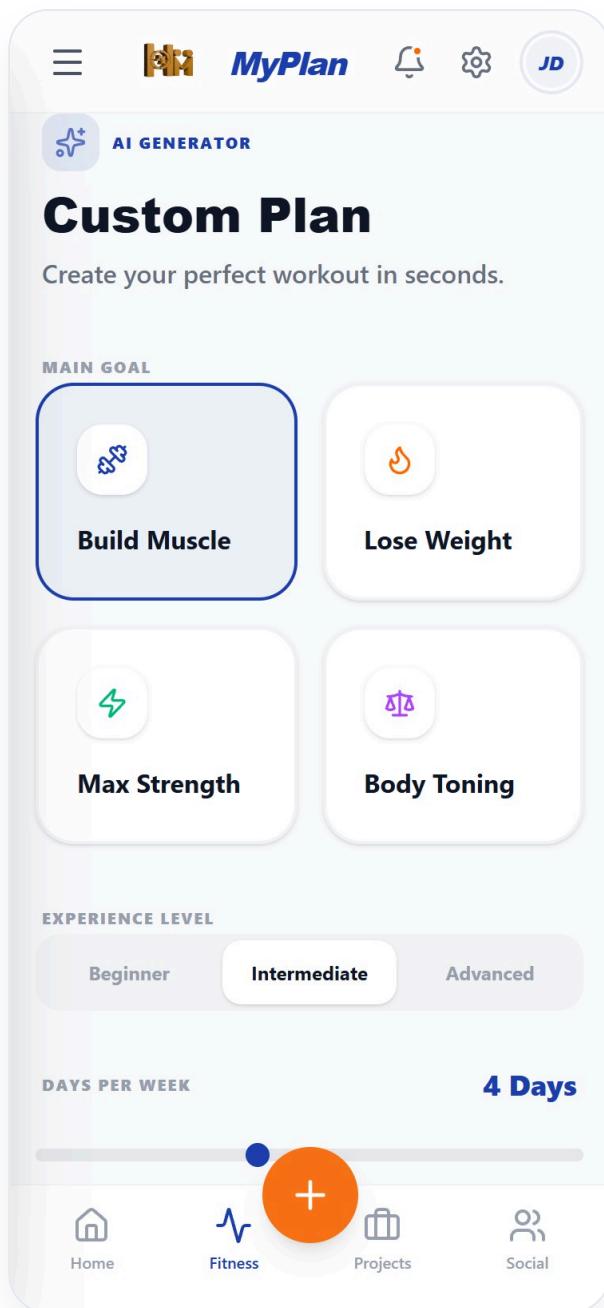
Fitness Hub

Track your workouts and health.



AI Workout Planner

Generate custom workout plans using AI.



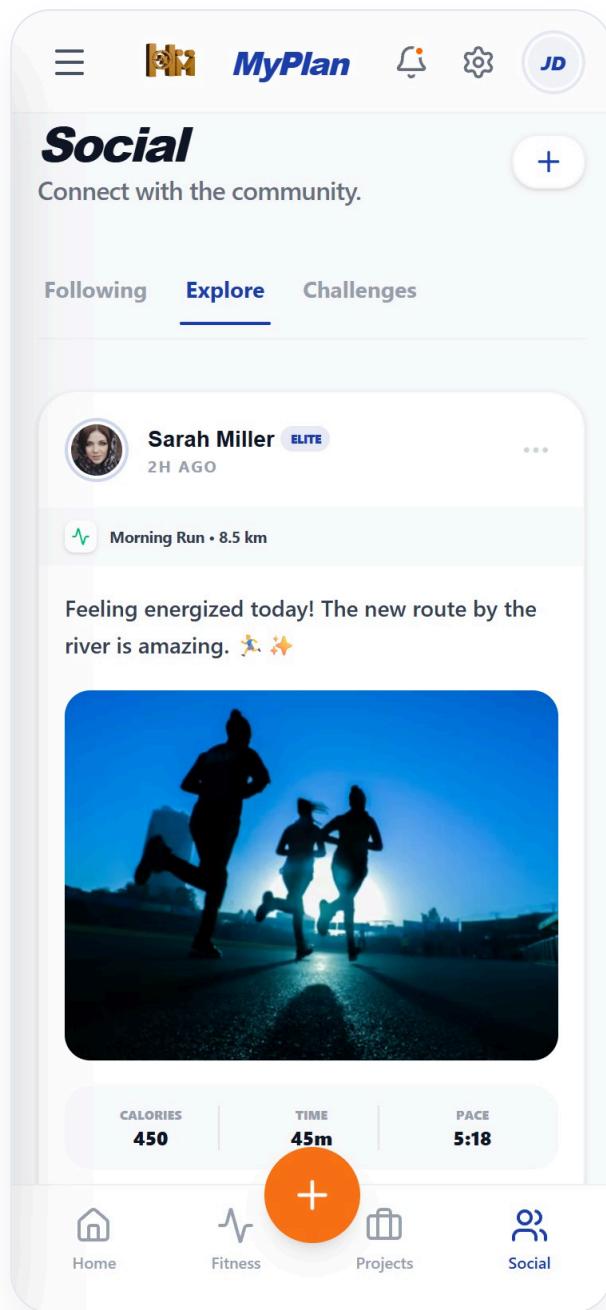
Project Management

Manage your tasks and projects.

The screenshot displays the 'Project Management' section of the MyPlan app. At the top, there is a navigation bar with icons for Home, MyPlan, Notifications, Settings, and a user profile (JD). Below the navigation bar, the title 'Projects' is prominently displayed in bold, with the subtitle 'Manage your professional workflows.' underneath. A blue '+' button is located in the top right corner of the main content area. Two large, rounded rectangular boxes below the title show 'ACTIVE TASKS' (0) and 'VELOCITY' (0). The 'ACTIVE PROJECTS' section follows, featuring a large blue 'Z' icon. Further down, the 'Insights' section is shown, containing a card with the heading 'EFFICIENCY' and the subtext 'System Ready for Business Integration'. At the bottom, a navigation bar includes icons for Home, Fitness, Projects (highlighted with an orange circle and a '+'), and Social.

Social Feed

Connect with the community.



Finance Tracker

Monitor your income and expenses.

