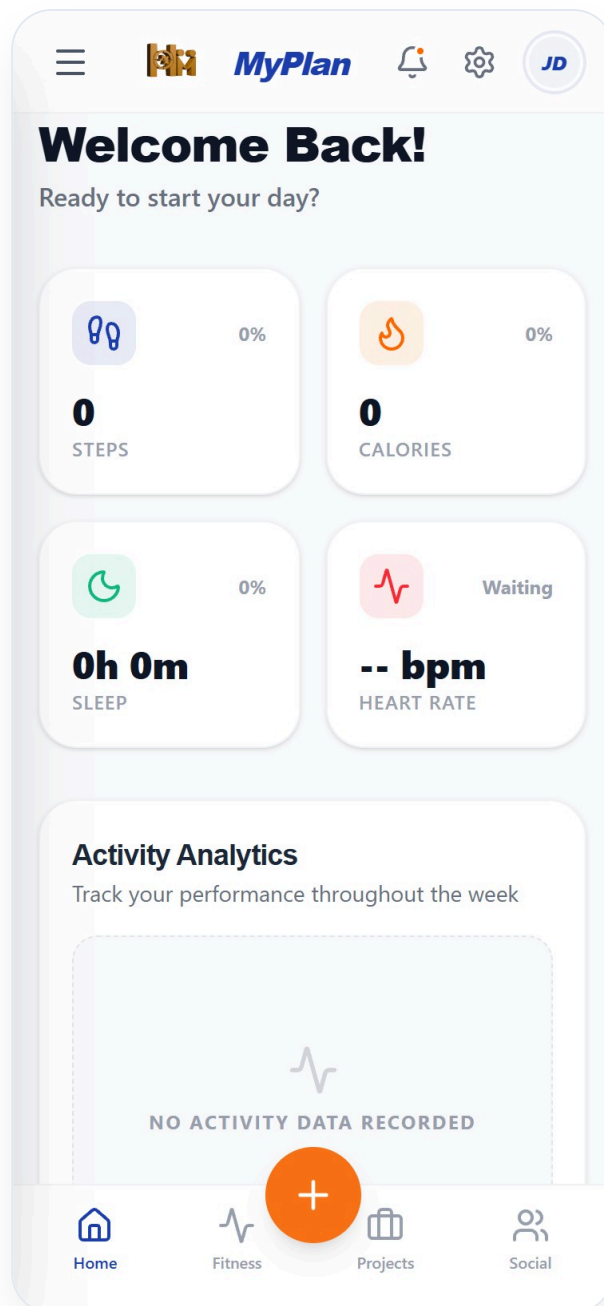


MyPlan Application User Guide

Complete guide to using the MyPlan PWA features.

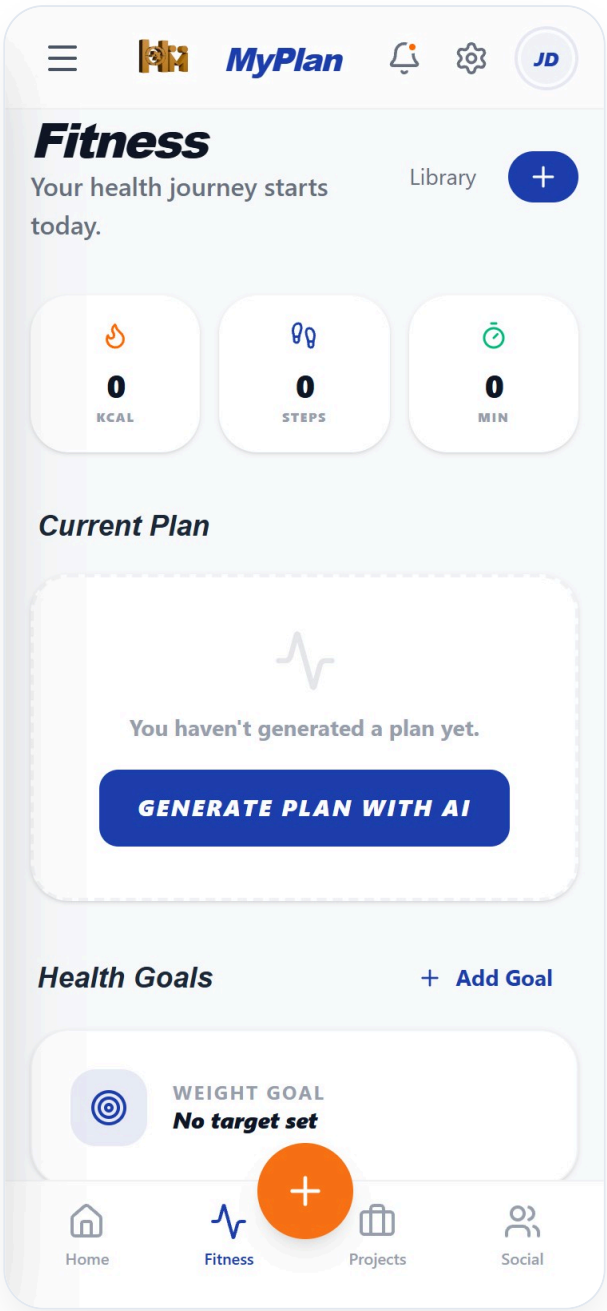
Dashboard

The main command center.



Fitness Hub

Track your workouts and health.



AI Workout Planner

Generate custom workout plans using AI.

MyPlan

JD

AI GENERATOR

Custom Plan

Create your perfect workout in seconds.

MAIN GOAL

Build Muscle

Lose Weight

Max Strength

Body Toning

EXPERIENCE LEVEL

Beginner

Intermediate

Advanced

DAYS PER WEEK

4 Days

Home

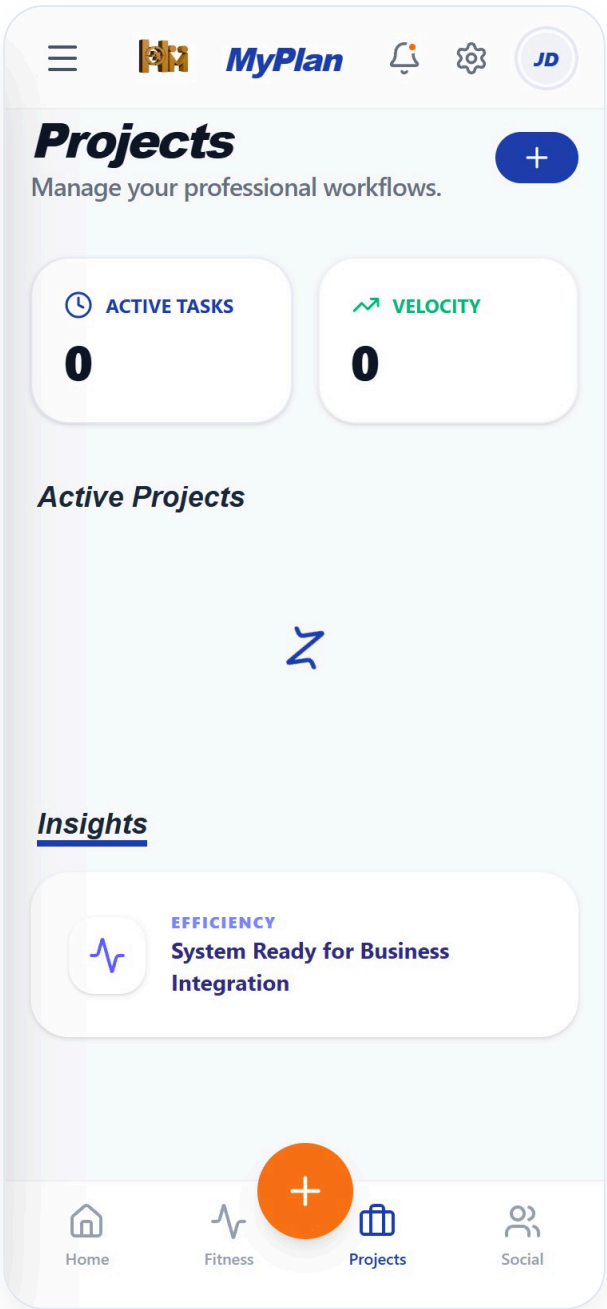
Fitness

Projects

Social

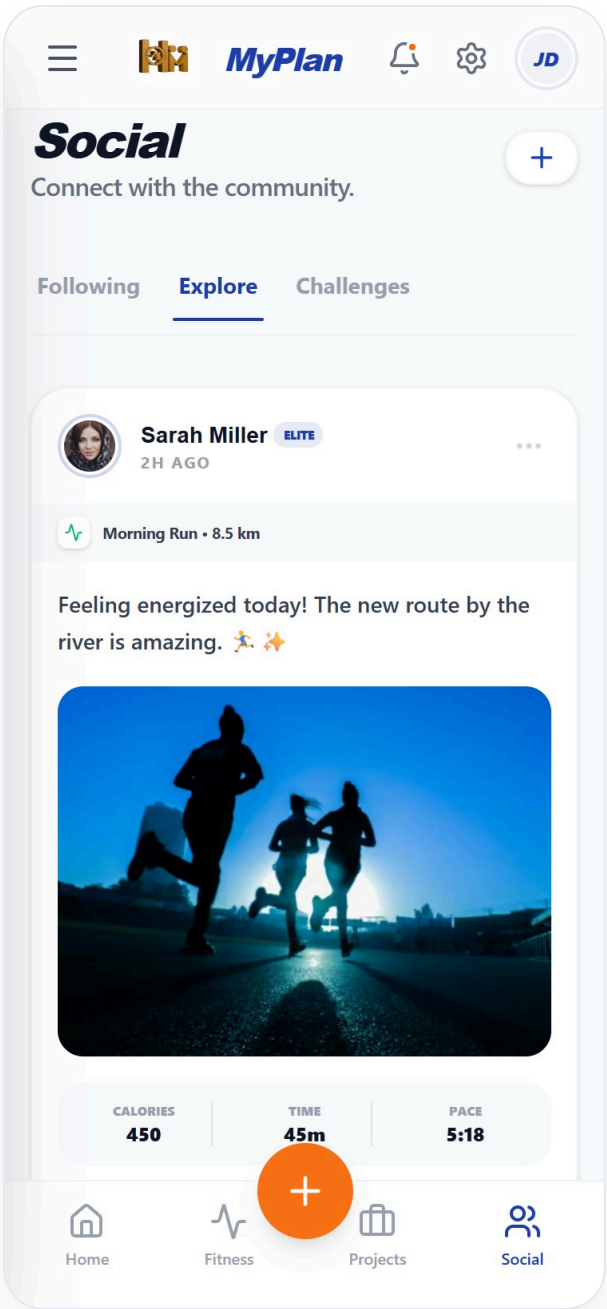
Project Management

Manage your tasks and projects.



Social Feed

Connect with the community.



Finance Tracker

Monitor your income and expenses.

