

UI Design



Watch the flow:

<https://www.figma.com/file/fP0r6lhMD8MbmpwbhdDjDQ/WIT-FIT?node-id=130%3A165>

**WIT
FIT**



LOG IN

Username

Password

LOGIN

[Forget Password](#)

[I don't have an account](#)



SIGN UP

First Name

Last Name

Email

Birthday

DD/MM/YYYY



Gender



Username

@

Password

Confirm Password

SIGN UP

[I have an account](#)

We would like to know more about you

What is your height?

CM

What is your weight?

KG

NEXT

Go back

We would like to know more about you



Any physical injuries?

- Yes
- No

Do you have any pre-existing health conditions?

- Yes
- No

NEXT

[Go back](#)

We would like to know more about you

What is your injury?

ARM

LEG

HAND

BACK

FEET

OTHERS

Area of injury:

NEXT

Go back

We would like to know more about you



What is your condition?



NEXT

[Go back](#)

We would like to know more about you

What is your fitness goals?

GAIN MUSCLE

LOSE WEIGHT

BUILD STRENGTH

BODY CONDITIONING

INCREASE ATHLETICISM

NEXT

[Go back](#)

We would like to know more about you

When was your last period?

DD/MM/YYYY



- Not sure
- I am pregnant

FINISH

[Go back](#)

TRANSFORM YOUR BODY

Take control of your
fitness and health with
just a simple click

[NEXT >](#)

UNIQUE WORKOUTS

Curated workouts just
for you and your body

LETS GOOOOO

Welcome Back, Gabriel

THIS WEEK'S PROGRESS

Calories

405

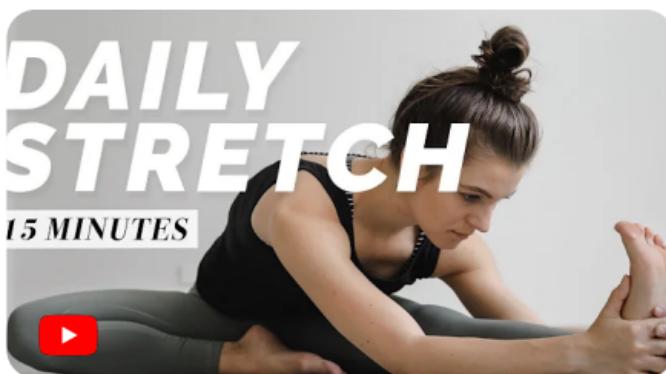
Duration

1h40m

SHOW MORE



RECOMMENDATIONS



WORK



FIND A GYM



HOME



GYM BUDDY



SETTINGS

Welcome Back, Gabriel

WEEKLY SCHEDULE



Sun Mon Tue Wed Thu Fri Sat

Keep up the good work!



RECOMMENDATIONS



WORK



FIND A GYM



GYM BUDDY



SETTINGS

WORKOUTS

+

DATE



THIS IS MY WORK

Chest, Triceps, Abs

STILL IN PROGRESS

WORKOUT #1

Shoulders, Back

COMPLETED ON

30.02.2021

FEELING STRONG

Back, Quads, Glutes, Hamstrings

COMPLETED ON

10.02.2021



WORK



FIND A GYM



GYM BUDDY



SETTINGS

WORKOUTS

+

DATE



THIS IS MY WORK

Chest, Triceps, Abs

STILL IN PROGRESS

WORKOUT #1

Shoulders, Back

COMPLETED ON

30.02.2021

FEEL

Body

ON

Any changes?

- Height:** 180cm
- Weight:** 75KG
- Area of Injury:** Knee
- Fitness goal:** Gain Muscle

Next

Cancel



WORK



FIND A GYM



GYM BUDDY



SETTINGS



Weight

70

KG

No Injuries

What is your fitness goals?

GAIN MUSCLE

LOSE WEIGHT

BUILD STRENGTH

BODY CONDITIONING

INCREASE ATHLETICISM

Target Weight

69

KG

DONE

Cancel

CREATE WORKOUT

Routine Name

Description

Intensity

METs = metabolic equivalents

- | | | |
|-----------------------|-----------------|--------------|
| <input type="radio"/> | LOW | <3.0 METs |
| <input type="radio"/> | MODERATE | 3.0–6.0 METs |
| <input type="radio"/> | VIGOROUS | 6.0–9.0 METs |
| <input type="radio"/> | HARD | >9.0 METs |
-

Duration

- | | | |
|-----------------------|------------------------|-----------|
| <input type="radio"/> | SHORT AND QUICK | 15 Mins |
| <input type="radio"/> | BACK ON TRACK | 30 Mins |
| <input type="radio"/> | BUILT DIFFERENT | 60 Mins |
| <input type="radio"/> | BEAST MODE | 90 MINS > |
-

Location

- | | |
|-----------------------|-------------|
| <input type="radio"/> | GYM |
| <input type="radio"/> | HOME |
-

Equipment

- | | |
|-----------------------|---------------------------|
| <input type="radio"/> | BASIC EQUIPMENTS |
| <input type="radio"/> | MINIMAL EQUIPMENTS |
| <input type="radio"/> | NO EQUIPMENT |
-

BUILD MY WORKOUT



WORK



FIND A GYM



HOME



GYM BUDDY



SETTINGS



HARD AT WORK

This is my workout description

Duration: 60 Mins

Location: Gym

Find the closest gym

WARM UP 5 mins

EXERCISES ~40 mins

SHOULDER PRESS 4 sets
10 reps

LATERAL RAISES 3 sets
12 reps

LAT PULLDOWN 4 sets
10 reps

SITTED ROWS 3 sets
12 reps

SINGLE ARM ROWS 4 sets
10 reps

BACK FLYES 3 sets
12 reps

COOL DOWN 8 mins

START WORKOUT



WORK



FIND A GYM



HOME



GYM BUDDY



SETTINGS

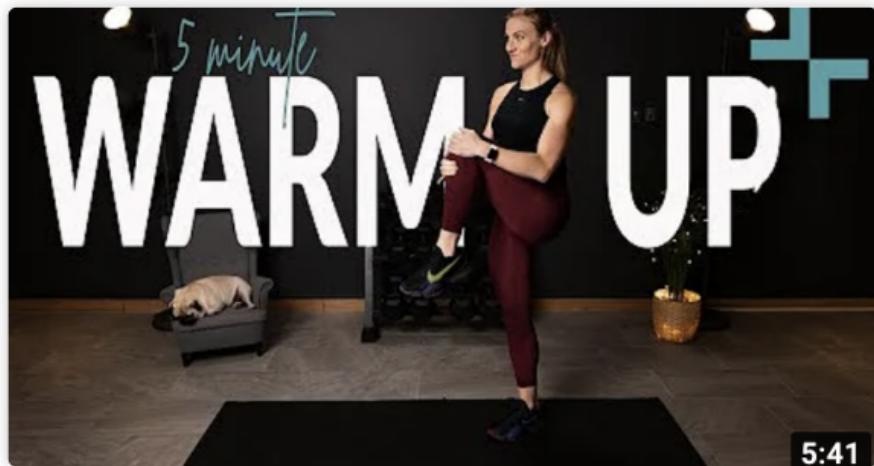
00:00:10

Duration

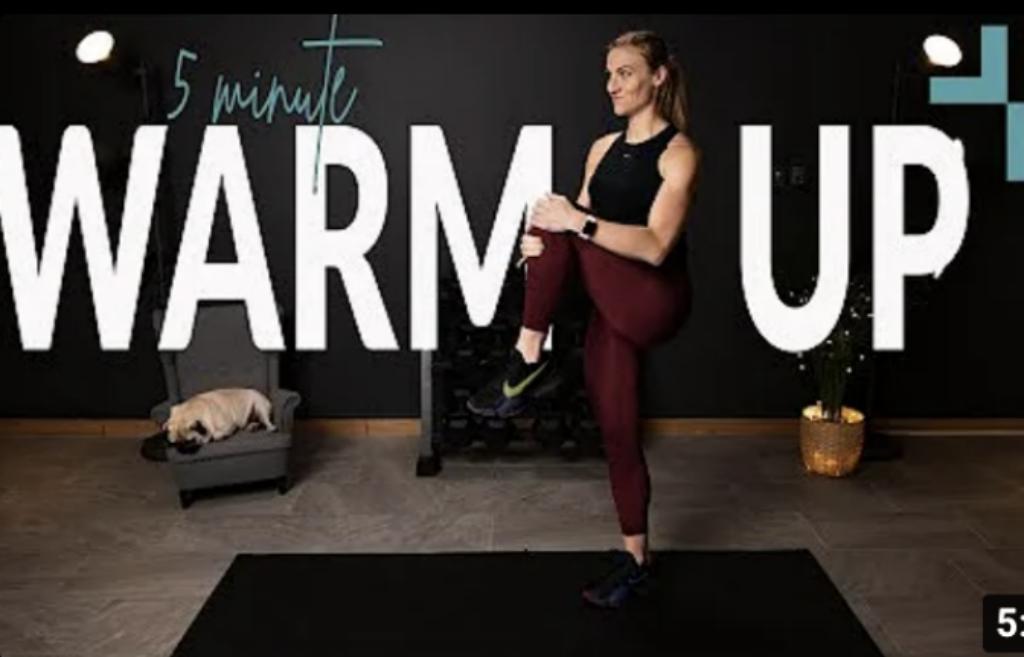


HARD AT WORK

WARM UP



START WARM UP



1:35

3:48

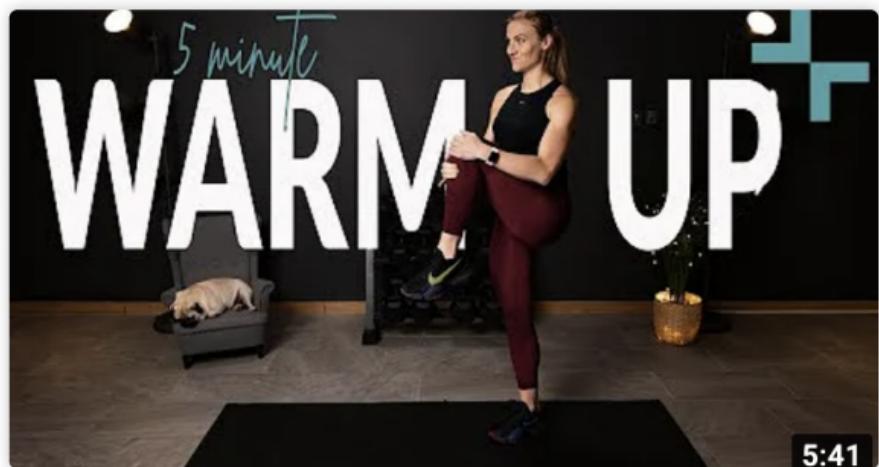
00:05:50

Duration



HARD AT WORK

WARM UP



FINISH WARM UP

NEXT: EXERCISES

00:05:50



Duration

HARD AT WORK

EXERCISES

SHOULDER PRESS



SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS



NEXT EXERCISE

NEXT: LATERAL RAISES

00:05:50



Duration

HARD AT WORK

EXERCISES

SHOULDER PRESS

Stand upright and keep the back straight. Hold a dumbbell in each hand, at the shoulders, with an overhand grip. Thumbs are on the inside and knuckles face up.

**SET 1
10 REPS**

**SET 2
10 REPS**

**SET 3
10 REPS**

**SET 4
10 REPS**



NEXT EXERCISE

NEXT: LATERAL RAISES

00:10:20

Duration



HARD AT WORK

COOL DOWN



FINISH COOL DOWN

END WORKOUT



WORKOUT SUMMARY

HARD AT WORK

3 Feb 2022 at 12:00 PM

TOTAL SETS

24

TOTAL REPS

200

CALORIES

420

DURATION

69 MINS

FITNESS



STRENGTH



WORKOUT NOTES

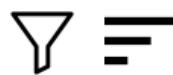
Give review for gym

DONE

WORKOUTS



DATE



THIS IS MY WORK

Chest, Triceps, Abs

STILL IN PROGRESS

HARD AT WORK

Shoulders, Back

COMPLETED ON

03.02.2021

WORKOUT #1

Shoulders, Back

COMPLETED ON

30.02.2021

FEELING STRONG

Back, Quads, Glutes, Hamstrings

COMPLETED ON

10.02.2021



WORK



FIND A GYM



HOME



GYM BUDDY



SETTINGS

WORKOUTS



DATE



THIS IS MY WORK

Chest, Triceps, Abs

STILL IN PROGRESS

HARD AT WORK

Shoulders, Back

COMPLETED ON

03.02.2021

WORKOUT #1

Shoulders, Back

COMPLETED ON

30.02.2021

FEELING STRONG

Back, Quads, Glutes, Hamstrings

COMPLETED ON

10.02.2021

Start

Edit

Delete

Cancel

EDIT WORKOUT



THIS IS MY WORK

This is my workout description

SHOULDER PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

SET 5
10 REPS

CHEST PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

SET 5
10 REPS

LEG PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

SET 5
10 REPS

DONE

CANCEL



SETS

15



REPS

15



SAVE

CANCEL

EDIT WORKOUT



THIS IS MY WORK

This is my workout description

SHOULDER PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

CHEST PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

SET 5
10 REPS

LEG PRESS

SET 1
10 REPS

SET 2
10 REPS

SET 3
10 REPS

SET 4
10 REPS

SET 5
10 REPS

DONE

CANCEL

COMPLETED WORKOUTS

WORKOUT

Total Time: 1h10min

Total Sets: 24

Total Reps: 100

WORKOUT

Total Time: 1h10min

Total Sets: 24

Total Reps: 100

WORKOUT

Total Time: 1h10min

Total Sets: 24

Total Reps: 100



WORK



FIND A GYM



GYM BUDDY



SETTINGS

SETTINGS



GABRIEL TANG

Joined Jan 2022

GENDER

MALE

UNITS OF MEASURE

KG

DATE OF BIRTH

7 APR 1999

APP NOTIFICATIONS



LOG OUT



WORK



FIND A GYM



GYM BUDDY



SETTINGS

GYM BUDDY

BE MOTIVATED



SIGN UP FOR GYM BUDDY



WORK



FIND A GYM



GYM BUDDY



SETTINGS

GYM BUDDY

**BUILD YOUR OWN
COMMUNITY**



SIGN UP FOR GYM BUDDY



WORK



FIND A GYM

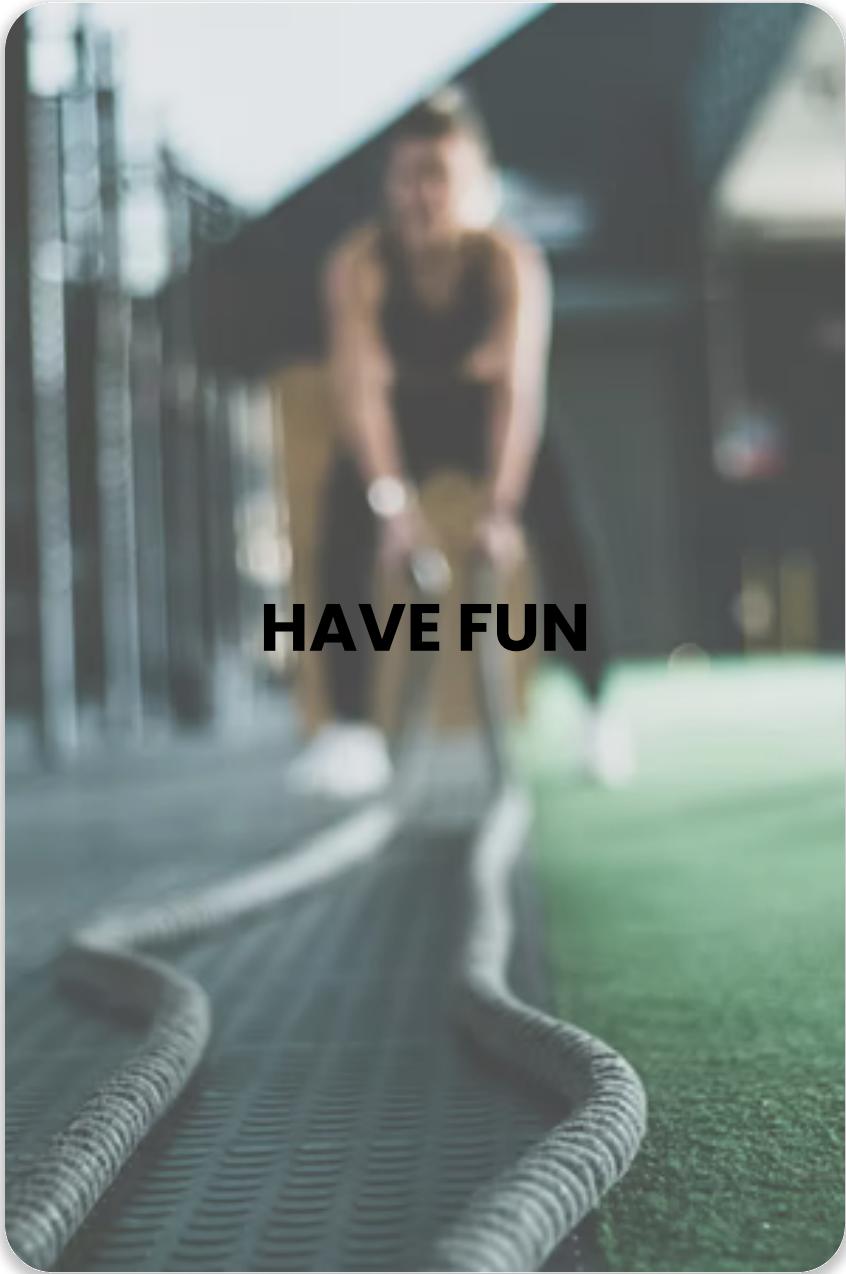


GYM BUDDY



SETTINGS

GYM BUDDY



HAVE FUN

[SIGN UP FOR GYM BUDDY](#)

WORK



FIND A GYM



GYM BUDDY



SETTINGS

CREATE YOUR PROFILE

Name

Gabriel Tang

Brief introduction

Upload image

 UPLOAD IMAGE

Preferred workout time

- | | |
|--|----------|
| <input type="radio"/> MORNING | 5AM-11AM |
| <input type="radio"/> AFTERNOON | 11AM-5PM |
| <input type="radio"/> EVENING | 5PM-11PM |
| <input type="radio"/> LATE NIGHT | 11PM-2AM |
| <input type="radio"/> NO PREFERENCE | ANYTIME |

Preferred buddy gender

- | |
|--|
| <input type="radio"/> FEMALE |
| <input type="radio"/> MALE |
| <input type="radio"/> NO PREFERENCE |

Goal you want to achieve with your buddy

Select up to 3 goals

Gain Muscle Mass Lose Weight

Increase Stamina Lift Heavier

Increase Athleticism Build Endurance

What are your areas of expertise?

Select up to 3 strengths

Strength Powerlifting Aerobic

Calisthenics Yoga Fitness

Conditioning

What is your style of training?

Select up to 2 styles

Continuous Circuit Plyometric

High Intensity Low Intensity Weights

Flexibility Power Pilates

Yoga

Where would you like to train?

Select up to 2 locations

Outdoor Gym Studio

Park Home Stadium

NEXT

< YOUR BUDDY PREFERENCE

What traits would you like in your buddy?

Select up to 3 strengths

Strength

Powerlifting

Aerobic

Calisthenics

Yoga

Fitness

Conditioning

What training style would you like your buddy to have?

Select up to 2 styles

Continuous

Circuit

Plyometric

High Intensity

Low Intensity

Weights

Flexibility

Power

Pilates

Yoga

DONE

GYM BUDDY

Your Profile



Gabriel Tang

I like to spin

Preferred workout time: Morning

My goals: Consistency

Area of expertise: Yoga, Conditioning, Strength

FIND A BUDDY

BUDDY LIST



WORK



FIND A GYM



GYM BUDDY



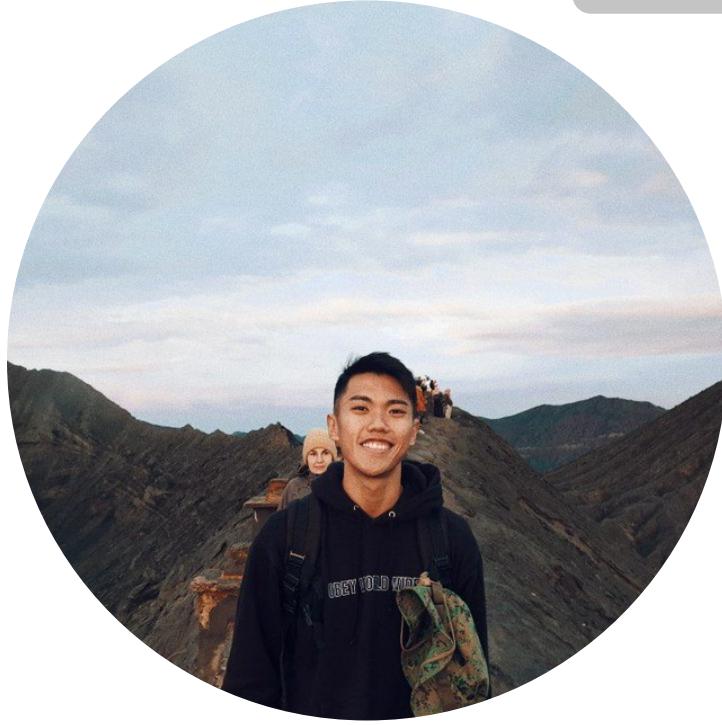
SETTINGS

GYM BUDDY

Your Profile



EDIT PREFERENCES



Gabriel Tang

I like to spin

Preferred workout time: Morning

My goals: Consistency

Area of expertise: Yoga, Conditioning, Strength

FIND A BUDDY

BUDDY LIST



WORK



FIND A GYM



GYM BUDDY



SETTINGS

GYM BUDDIES



Bryan
I like soccer



Zhi Kai
I like soccer



Joshua
I like rockclimbing



WORK



FIND A GYM



GYM BUDDY



SETTINGS



**WIT
FIT**

GYM BUDDY

Please follow these house rules:



BE YOURSELF

Make sure your photo, age and description are true to who you are.



STAY SAFE

Do not be too quick to give out personal information



PLAY IT COOL

Respect others and treat them as you would like to be treated.

I AGREE



Joshua Alaba

Goal: Gain weight

Strengths: Fitness

Style: Interval Training

Location: Stadium



WORK



FIND A GYM



GYM BUDDY



SETTINGS

GYM BUDDY CHAT



Bryan

Where you want to workout?



Zhi Kai

Sunday you free?



Joshua

I like Jurong gym! you?



WORK



FIND A GYM



HOME



GYM BUDDY



SETTINGS



Bryan

• • •

Hello! I want to workout.

11:30am

Where you want to workout?

12:30pm

Type something...



EDIT PREFERENCES

YOUR PROFILE

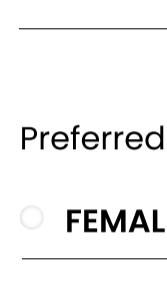
Name

Gabriel Tang

Brief introduction

I like to spin!

Change image



UPLOAD IMAGE

Preferred workout time

MORNING 5AM-11AM

AFTERNOON 11AM-5PM

EVENING 5PM-11PM

LATE NIGHT 11PM-2AM

NO PREFERENCE ANYTIME

Preferred buddy gender

FEMALE

MALE

NO PREFERENCE

Goal you want to achieve with your buddy

Select up to 3 goals

Gain Muscle Mass

Lose Weight

Increase Stamina

Lift Heavier

Increase Athleticism

Build Endurance

What are your areas of expertise?

Select up to 3 strengths

Strength

Powerlifting

Aerobic

Calisthenics

Yoga

Fitness

Conditioning

YOUR BUDDY

DONE