

I. We used the design process to create a model using a paper prototype with designs made first.

II. We collect personal information such as name, birthday, BMI, etc.

III. We will prompt the user for the data.

IV. By displaying the information gathered from the user on several different windows.

V.

B. The code within the app runs when a button is clicked, bringing the user to another place.

I. The model runs within the app when the user asks for workouts or a user completes a workout.

II. The model stops within the app when the stats are displayed, or the user goes out of the workout

III. We pick these starting and ending points so that each steps that the user do doesn't waste their efforts and time