Technical specification MVP

General notes:

All logos are clickable and redirect to the "homepage" for each user type (Home 1 for free, Basic 1 for basic, and Business 1 for business)

All "Recipe overview" type screens should when the user hovers over the image of the recipe a button should appear saying "Instructions" (See "Hover example"-screen for design specification of this). When the "Instructions" button is pressed the user should be redirected to the "Instruction" screen for this recipe

All the profile pictures should be clickable and redirect the user to the "Profile 6" screen.

If any problems or errors occur, redirect the user to the "error 1" screen
And log the problem

All the screens that contain external information (and not to be provided by Chat GPT), have the information stored on a server.

Landing page
The button "food" takes a user with an existing account to the "home 5" screen. If the user does not have an account, the "food" button should redirect them to the "sign up 1" screen.

Log in, register account

Log in now

Redirect the user to the "Log in 1" screen

Register now

Redirect the user to the "Sign up 1" screen

Log in as business

Redirects user to "Log in 2" screen

Log in

Email Address field: The users email address
Password: The users password (must be at least 8 characters, one "special character", one capital letter, one number)

Login button sends a login request using Email Address field and Password field, used to log in users. If login is successful, redirect the user to a home screen, which home screen is determined by if the user is a free subscriber, paying subscriber (Basic-plan) or a personal trainer.

Redirect user to "Home 2"

Register/create profile
Note: for every sign up screen there is a "Next" button which redirects the user to the following sign up screen.
Terms and conditions: Redirect user to "Terms and conditions" screen

Sign up 1
- Full name: The users full name and surname
- Email address: The email address the user wants to use for their account
- Password: The password that the user chooses, (must be at least 8 characters, one "special character", one capital letter, one number)
- Repeat password: Make the user repeat the password they entered in the "Password" field, if they do not match do not allow user to proceed

Sign up 2
- Date of birth: Date of birth (yyyy-MM-dd)
- Height: The users height in centimeters, should be inputted as number (decimals allowed)
- Weight: The users weight in kilograms, should be inputted as number (decimals allowed)
- Gender: Clickable dot-menu Male/Female/Other

Sign up 3
User selects how often they usually work out.
- More than 5 times a week
- 3 to 5 times a week
- 1 to 3 times a week
- I rarely work out or move

Sign up 4
Choose goal/mission: The user selects several goals from a drop-down menu
Options:
Lose Weight, Gain Weight, Live healthier, Use the app without a goal

Sign up 5

Goal weight
User inputs goal weight in the field

Sign up 6
Dietary preferences
User chooses dietary preferences (what diet they would like to use/follow)
<u>Options</u>:
Keto (Dirty/lazy/strict), Ketovore, Carnivore, LCHF, Low Carb, Vegan, Vegetarian, Pescatarian, Flexitarian, Halal, Koscher, Mediterranean diet, Intermittent fasting (periodisk fasta), LFHF (low-fat high fiber), No red meat, Gluten free/celiac, Lactose-free/low lactose/dairy products

Sign up 7
User chooses their favorite cuisine, what they would like their meals to be inspired and influenced by.

<u>Options</u>:
Italian, French, Arabic, Chinese, Japanese, West Asian, East Asian, Middle East, Mediterranean, Greek, Spanish, Swedish, Indian, South American, American

Sign up 8
Users get to input information about ingredients they would prefer to avoid.
This is done in free text with a note saying that each individual ingredient has to be divided by a decimal. This tells Chat GPT to, under no circumstances, include these ingredients in a meal.

Sign up 9
Users get to input information about ingredients they would like to see more of in their meals.
This is done in free text with a note saying that each individual ingredient has to be divided by a decimal. This prompt tells Chat GPT to try and come up with recipes involving these ingredients

Micronutrients
The purpose of this screen is to make it possible for users to choose how their daily intake is divided between these three micronutrients: Fats, Proteins, and Carbohydrates. The circle in the middle of the screen change accordingly to how the nutrients are divided. If the user for instance turns down the "carbohydrates" slider, the blue part in the middle circle decreases in size accordingly to the percentage chosen by the user. The rest is filled in by a gray color. As long as the total of the three nutrients is <u>not</u> adding up to 100%, the "next" button is toned down and not clickable.
The following information should be shown on the sliders: daily amount in grams, the percentage of the total daily intake that nutrient represents, and the total amount of daily calories that nutrient provides.

Sign up 10
Users get to create their own schedules by filling in the information in the boxes.
When does the user have breakfast
When does the user have lunch

When is the user in need of a snack
When does the user have dinner
"I don't need a schedule" button skips that part of the sign up process.

If a user clicks the "Why?" button underneath the header, they should be redirected to the "Why Schedule" Screen.

Sign up 11
User gets to choose their preferred budget
- Low budget
- Normal Budget
- Luxury budget
- No budget

The "No budget" option does not impact anything. The rest of the options however should tell chat gpt that the meals should fit inside of a certain price range (Low budget, normal budget or luxury budget)

Sign up 12
The purpose of this screen is to give the user a chance to check that the vital information has been inputted in a correct manner.
If a user clicks "View Schedule" they should be redirected to "View Schedule" Screen.
If a user clicks "Next" they should be redirected to the "Home 2" screen

Screen (View Schedule)
If a user clicks on "Edit", they should be redirected to the "Edit Schedule" screen
Where they can edit and make changes to the schedule by clicking the boxes to the right on the pop-up screen. "Save" first saves the changes the user has made and then redirects them back to the "Sign up 12" screen.

Home 2

"Type prompt" field in the middle of the screen allows the user to send a prompt to ChatGPT. Send the text the user inputted in the field to OpenAIs API for ChatGPT. It should use the "Curie" model. When the user presses "Generate" button, send the prompt. The prompt should include a request to format the reply in a machine-readable way (the reply should follow a pre-defined format so that it can be properly parsed)

After a user has inputted the prompt, they click the "Generate" button on the right side which sends the prompt to chat gpt and redirects the user to "Home 4" screen which displays the meal that has been generated.

When ChatGPT has returned the recipe, display it using the format shown in "Home 4" screen

The text to the left is the name of the recipe, received from the ChatGPT response

The calorific content is displayed in the text to the right, this data is also from ChatGPT

The text above the image should be in the format "Generation " followed by the number of generations the user has used since they first started the account.

The image in the center is taken from Google Search, using the first image returned when searching for the name of the recipe (the name is the one returned by ChatGPT)

The "View this recipe" button redirects the user to the "recipe 1" screen.

"Auto generate" - if a user clicks the button, chat gpt gets told to auto generate a weakly meal plan based on the users information (which has been customized and detailed in the sign up process) It redirects the user to the "home 3" screen

"How it works" on the bottom of the box redirects the user to the "how it works" screen

Home 3
This screen is a pop-up which shows up after the "auto generate" button has been clicked on "Home 2" screen. If a user clicks on the "Check it out" button, they shall be redirected to the "home 5" screen.

Home 4
The home 4 screen displays the single prompt meal that the user generated. If the user clicks on the image and/or the "View recipe" button, they should be redirected to the "recpie 1" screen

Profile 1
Profile 1 is a profile overview screen for those who have the business plan. When the "create new profile" button is clicked, the user is redirected to the sign up process.

Home 5
Home 5 is the main view if you have a paid plan. Underneath the profile picture, the current week is displayed (the week are being counted after the users first clicks on "auto generate" button)
Underneath that the days of the week are displayed, they should not be interactive.
Underneath that, the meals of the day are displayed. If a user clicks on a meal, it redirects them to the "Recipe 1" screen which displays the current recipe.
If the "Extra intake" button is clicked, redirect the user to "extra intake" screen

Extra intake
In this pop-up, the user should be able to input their extra intake, what they consumed (free text - with recommendations) e.g if a user starts by typing "cinna" there should be a list of recommendations of ingredients/foods that start with that (e.g cinnamon bun)
In the field below that "calories" the calories for that ingredient/food is live-displayed. If a user clicks on that field, they should be able to change the amount.
The "submit" button redirects the user back to "Home 5" screen

Recipe 1

The recipe 1 screen displays the chosen recipe/meal. The arrows on both sides of the picture redirect the user either one meal back or one meal forward.. E.g if a user clicks the arrow to the right, the meal and the text changes and displays meal 2 instead of meal 1.
The "grocery list" button redirects the user to the "List 1" screen.
The "Give rating" button redirects the user to "rate this recipe" pop-up screen
The "Change ingredients" button redirects the user to the "change ingredients disclaimer" screen
If you click the image in the middle of the screen, a button with the text "Instructions" appears. (as shown on "screen 5") If that button is clicked, the user should be redirected to the "Instructions" screen.

Change ingredients disclaimer
This disclaimer pop up is made to make the user think twice before replacing any ingredients. This is a problem because we can not guarantee the same results with different ingredients since they contain different amounts of calories distributed differently amongst the chosen micronutrients.
If the "Go back" button is pressed, redirect the user back to the "Recipe 1" screen.
If the "proceed" button is pressed, redirect the user to the "change ingredients" screen.

Change ingredients
This screen is used to change and replace certain ingredients in the meals.
 When a user hits the "change" button to the right of the ingredient, redirect them to the "change ingredients 2" pop up screen.
When a user hits "save changes" save the ingredient and replace the old one with it, in the recipe.
When a user hits the "Go back" button, redirect them back to the "recipe 1" screen.

Change ingredients 2
When a user has chosen to replace a certain ingredient, they get redirected to this pop up screen. The alternatives on the pop up are ingredients that are similar to the original ingredient. For instance if the user would want to replace the pecorino cheese the ingredients that are most similar to that is the following ingredients "parmesan cheese, mozzarella cheese, grana padano, gouda cheese"
When an alternative has been chosen by pressing the "choose" button to the right of the ingredients, mark the word by filling in the opacity to 100% and mark the button blue - change the text to "chosen". When an alternative has been chosen the user can press the "replace" button. This replaces the ingredient and redirects the user back to the "change ingredients" screen.

Give rating screen
The stars in the top of the pop-up are used to rate recipes.
The buttons below "Daily, weekly, Monthly, Quarterly, Never" determine how often the user would like to see this recipe in their weekly meal plans. When a user has chosen the amount of stars and how often they would like to see the recipe, the "Ok" button is clicked and redirects the user back to the "recipe 1" screen.

Profile 6

Note: when the updates have been made and the button "update" has been pressed. The user redirects to the "profile 7" pop-up.

This screen displays your profile. For the regular plans, the profile picture is not clickable. On the pro/business plan it is and when clicked, the user gets redirected to "Profile 8" pop-up where the user gets to choose what client to check out. The pop-up is a wheel menu. When the button "Select" is pressed. The user redirects back to "profile 6" screen (viewing the client that they chose)

The "upgrade my account" button redirects the user to the "plan 1" screen. The screen is "slidable" so to view the other plans the user has to swipe to the right. One swipe to (plan 2) two swipes to (plan 3)

The "change preferences" button redirects the user to the "change preferences 2" screen (updated when the "Update" button is pressed)

The "change goal/mission" button redirects the user to the "change goal/mission" screen. (updated when the "Update" button is pressed)

The "update my weight" button redirects the user to the "update my weight" screen. (updated when the "Update" button is pressed)

The "change information" button redirects the user to "change info 1" screen. When the information has been updated and the user presses "next" it takes them to the "change info 2" screen. (updated when the "Update" button is pressed)

Profile 7

"Apply changes now" button applies all the changes that the user made instantly.
"Apply changes next week" applies all the changes that the user made the following week.
"Go back" deletes all the changes and redirects the user back to the "Profile 6" screen.

How it works screen
The "contact" button opens up the users email app with the pre-filled email address "support@preformly.com"

"Personal trainer overview" screen
This screen is only available for personal trainers (those who have a business plan)
The "generate" button redirects the user to the "profile 8" pop-up

If the "client overview" button is clicked, redirect the user to the "profile 8" pop-up.

Profile 8 pop-up
The user can scroll through their clients and choose the one in the center of the wheel by pressing the "select" button. When the "select" button (if the user has previously pressed the "generate" button) has been clicked, redirect the user to the "Profile 9" pop-up

If the user has pressed the "client overview" button. Redirect the user to "client overview 2" screen after they have pressed the "select" button on this pop-up.

Rules:
(personal trainer overview) Generate - (profile 8) Select - (profile 9) Send to client
(personal trainer overview) Client overview - (profile 8) select - "client overview" screen

Profile 9 pop up
When the user clicks "send to client" - send the full meal plan to the email for that specific client. When the "send to client" button has been clicked. Replace the text with "Meal plan sent" and then, after a 2 second delay, redirect the user back to the "Personal trainer overview" screen.

Client overview
The box in the middle contains information about what the client have consumed (since the account was first set up)
If a user clicks the "training diary" they should be redirected to the "client overview 3" screen

Instructions screen
The text to the left provides the full ChatGPT recipe, containing both ingredients and instructions on how to prepare the meal. The image to the right is an image (from Google search) of the recipe, retrieved by using the name of the recipe as outputted by ChatGPT

Training

Landing page
When a users hits the Training button, they should be redirected to the "training log in" screen

Training log in
When a user hits "log in now", they should be redirected to the "log in 3" screen
The "Business" button redirects the user to the "error 1" screen (right now we don't offer business services)
When a user hits "register now" they should be redirected to the "sign up 18" screen

Log in

Email Address field: The users email address

Password: The users password (must be at least 8 characters, one "special character", one capital letter, one number)

Login button sends a login request using Email Address field and Password field, used to log in users. If login is successful, redirect the user to a home screen, which home screen is determined by if the user is a free subscriber, paying subscriber (Basic-plan) or a personal trainer.

Redirect user to "Training Home 1" screen

Register/create profile

Note: for every sign up screen there is a "Next" button which redirects the user to the following sign up screen.
Terms and conditions: Redirect user to "Terms and conditions" screen
On every Register or Log in screen there are buttons for logging in/creating an account using: Google, Facebook or Apple.

Sign up 18
- Full name: The users full name and surname
- Email address: The email address the user wants to use for their account
- Password: The password that the user chooses, (must be at least 8 characters, one "special character", one capital letter, one number)
- Repeat password: Make the user repeat the password they entered in the "Password" field, if they do not match do not allow user to proceed
Connect watch
The purpose of this screen is to connect the app to one of the devices/apps on the screen: Garmin Health, Apple Health, Fitbit.

Sign up 19
- Date of birth: Date of birth (yyyy-MM-dd)
- Height: The users height in centimeters, should be inputted as number (decimals allowed)
- Weight: The users weight in kilograms, should be inputted as number (decimals allowed)
- Gender: Clickable dot-menu Male/Female/Other

Sign up 20
User selects how often they usually work out.
- More than 5 times a week
- 3 to 5 times a week
- 1 to 3 times a week
- I rarely work out or move

Sign up 21
Choose goal/mission: The user selects several goals from a drop-down menu
Options:
Lose Weight, Gain Weight, Gain Muscle, Maintain Weight, Use the app without a goal

If the "lose weight" or "gain weight" button is pressed, redirect the user to the "sign up 25" screen, otherwise, redirect them to the "sign up 17 screen"

Sign up 25
In this screen the user can slide the bar to change the weight loss trajectory. In the bottom left of the graph, the users current weight is displayed, in the right corner, the goal weight and the estimated date to reach that weight goal is displayed. The slider determines how much weight the user wants to lose/gain. The first 70% of the graph is -x kg and from 70% up to 100% of the slider is + x kg in weight. The first 70% of the slider shows - x kg and form there the sign changes to + x kg. The graph and the details in the graph change accordingly.

If the "recommended weight loss" button is pressed, redirect the user to the "sign up 32 pop up" screen.
If the "next" button is pressed, proceed by redirecting the user to the "sign up 17" screen.

Sign up 17
How much time do you spend exercising
Options:
0-30 min, 30-60 min, 1-2 hours, 2-3 hours, Custom

Sign up 18
Where do you want to work out?
Options:
At the gym, at home, both

Sports 1
If the "yes" button is pressed, redirect the user to the "sign up 22" screen
If the "no" button is pressed, redirect the user to the "sign up 26" screen

Sign up 22
What do you do/practice
Options: soccer, baseball, hockey, running, climbing, tennis, cycling, surfing, basketball, volleyball, table tennis, golf, american football, boxing, wrestling, rugby, gymnastics, badminton, marshall arts, rowing, skiing, snowboarding, handball, fencing.

Sign up 23
How often do you practice this sport?
Options: more than 5 hours a week, 3 to 5 hours a week, 1 to 3 hours a week, less than 1 hour a week.

Sign up 24
If the user press "trust us" redirect them to the "training home 1" screen
If the user press "continue 5 more minutes" redirect them to the "sign up 26" screen.

Sign up 26

Tell us about your preferred workouts
Options: cardio, hi-intensity interval training, weight lifting, home workouts

Sign up 27
Workouts you would like to avoid
Options: calisthenics, swimming, weight lifting, home workouts, cardio, hi-intensity interval training

Sign up 28
Equipment the user posses
This is done in free text with a note saying that each individual piece of equipment has to be divided by a decimal. This prompt tells Chat GPT to try and come up with exercises involving this equipment

Sign up 29
Exercises the user likes
This is done in free text with a note saying that each individual exercise has to be divided by a decimal. This prompt tells Chat GPT to try and come up with exercises involving these exercises

Sign up 29 pop up
Is opened when the user presses "next" on the "sign up 29" screen.
When the "Ok" button is pressed, move on to the "sign up 30" screen.

Sign up 30
<u>Note:</u> The user should receive a motivational notice, reminding them to workout on the days they chose on this screen.
Create your time schedule
The user chooses which exercise and what days they want to work out by checking the alternatives, when they have pressed all the alternatives, they press next and move on.
When a user clicks on a day, the box gets extended and shows all the alternatives available (Push, pull, legs, arms, chest, back, rest day). (as shown on the "sign up 33" screen). When a user has chosen a workout for that day, reduce the size of the box to its original size and show the chosen workout. (as shown on "tuesday" on the "sign up 33" screen)

Options: all days of the week
If the "i don't need a schedule" button, move on without the information
If the "<u>Why?</u>" text is pressed, redirect the user to the "Why schedule is important" screen.

Sign up 31
This is only a summary of the setting,
If the "Goal/mission" bar is pressed, redirect the user to the "sign up 21" screen
If the "equipment" bar is pressed, redirect the user to the "sign up 28" screen
If the "Location" bar is pressed, redirect the user to the "sign up 18" screen

Training home 1
Note: all profile pictures redirect the user to the "profile settings training" screen

If the box containing information about steps is pressed, redirect the user to the "step counter" screen
If the "workout" box is pressed, redirect the user to the "workout pop up" screen
If the "training history" box is pressed, redirect the user to the "history 1" screen
If the "community" box is pressed, redirect the user to the "community 1" screen
If the "training diary" box is pressed, redirect the user to the "training diary 2" screen

Workout pop up
If the "custom workout" button is pressed, redirect the user to the "custom workout" screen
If the "pre-made workout" box is pressed, redirect the user to the "training box 1" screen
If the "create new workout" button is pressed, redirect the user to the "create workout 1" screen

Training box 1
If the "weight lifting" button is pressed, redirect the user to the "weight lifting box 1" screen
If the "yoga" button is pressed, redirect the user to the "
If the "cardio" button is pressed, redirect the user to the "
If the "boxing" button is pressed, redirect the user to the "
If the "meditation" button is pressed, redirect the user to the "
If the "Calisthenics" button is pressed, redirect the user to the "
If the "body control" button is pressed, redirect the user to the "

Weight lifting box 1
Note: all buttons on this screen redirect the user to the "start workout" screen, displaying the chosen workout. For instance:
If the "pull" button is pressed, redirect the user to the "start workout" screen displaying the "pull workout"
If the "all workouts" button is pressed, redirect the user to the "all workouts" screen.

Start workout (pull, push, legs, arms, chest, back)
If the user press the "start workout" button, they should be redirected to "active workout 1" screen

All workouts
If the "push workout" button is pressed, redirect the user to the "start workout push" screen
If the "pull workout" button is pressed, redirect the user to the "start workout pull" screen
If the "legs workout" button is pressed, redirect the user to the "start workout legs" screen
If the "arms workout" button is pressed, redirect the user to the "start workout arms" screen
If the "chest workout" button is pressed, redirect the user to the "start workout chest" screen
If the "back workout" button is pressed, redirect the user to the "start workout back" screen

Active workout 1, 2, 3
Note: all the "active workout" screens fulfill the same purpose. There are a few differences that make it possible for you to see how it looks when certain things happen. For instance, when an exercise box is pressed (active workout 2) they appear as the second exercise box in "active workout 3). They are not different elements of the app, only so that you get the full perspective.

<u>Second note:</u> all the exercise boxes (for instance: push workouts) contain the following information: The name, the date, the time til completion (above the "exercise" text), what exercises should be performed, the number of repetitions that should be performed in each exercise, the total amount of sets (in the top left, above "repetitions text")

If the boxes, containing information about what exercise and how many repetitions the user should is pressed, open the up-scale version shown in the "active workout 3" screen (second exercise)
If the "add additional sets" text (on the upscale box) is pressed, redirect the user to the "active workout 4" pop-up screen.
If the check mark is pressed, tone down the text opacity and fill in the check with blue color
If the "end workout" button is pressed, redirect the user to the "active workout 2" screen

<u>Note:</u> when all check marks have been pressed/checked, change the "end workout" button to the "save" button, as shown in the "active workout 3" screen.

When the "save" button (active workout 3) has been pressed, redirect the user to the "active workout 5" screen

Active workout 4
In the "rep" box, the user inputs the number of repetitions the additional set should contain.
In the "kg" box, the user inputs the weight that should be used during the set.
When the "save" button is pressed, redirect the user back to the "active workout" screen.

Active workout 5 pop-up screen
When a user hits "save session" store the session and all the information on the server. The information will then be used in the "training history" element of the app.

<u>Note for: History 1, 2, history and progress, detailed progress screens</u>
The bar at the bottom is used to navigate throughout the screens, if the calendar icon in the left corner is pressed, redirects the user to the "History 1" screen.
If the "watch" icon in the middle is pressed, redirect the user to the "History 2" screen.
If the "target" icon on the right is pressed, redirect the user to the "history and progress" screen.

History 1
The calendar box is interactive, you should be able to switch months using the arrow in the upper right corner. When a date is pressed (for instance: May 15th) the saved workout from that day is displayed (saved from the "active workout 4, 5" screens)
If the "add a comment" text is pressed, make that field into a text, input field, and let the user type their own comment.

History 2
The boxes in this screen are not interactive, the user should be able to sort by: latest to newest, newest to latest, longest, shortest, pull, push, legs, chest, arms, and back. The user should also be able to sort from A-Z (which is changed by clicking the text or the arrow to the right of the text)

When a user pressed the "sort" button, make the sorting pop-up from the "sort after body" screen appear (containing the alternatives listed above)

History and progress
This screen displays the users personal bests. If any "+" button is pressed, redirect the user to the "detailed progress" screen.

Detailed progress
This screen displays the detailed progress information of a certain body part. The screen should adapt based on which "+" button the user pressed on the "history and progress" screen. For instance: if the user press the "squat +" button the "detailed progress" screen should look like the one being displayed. If the "weight +" is pressed, the "detailed progress" screen should look like the "detailed progress 2" screen.
If the "add picture" button is pressed, give the user two options: take a photo, or choose from the library. If the first alternative is pressed, open the native camera app, if the second alternative is pressed, open the native photo app library. When a user takes a picture/chooses from the library, upload it to the box where the "add picture" button is displayed and remove that button.

If the "change picture" text is pressed, give the user the same two alternatives as before and repeat the process.
If the "edit goal" button is pressed, allow the user to edit their goal by redirecting them to the "edit goal" screen
If the "save updates" button is pressed, save the changes, update the information, and redirect the users back to the "detailed progress screen"

Create workout 1
In this screen, the users can create their own workouts.
By pressing the "exercise" box, they can choose between all our exercises. Since there is a lot of exercises the box works a search bar. When a user starts typing, there should appear 5 related alternatives. For instance: if a user start typing "tri" the computer can understand that the user wants to choose tricep workouts, then display 5 tricep exercises and so on.

When the "repetitions" box is pressed, allow the user to manually input the number of repetitions wanted. It should be divided in this format (00 x 00 x 00). When the user has pressed the box, open the numbers keyboard on their phone and start with the first zeros, when the user has written 2 digits, move on to the next without them having to press anything.

When the "add" button is pressed, stack the exercise under the "add" button and let the user continue like this. (See the "create workout 2" screen for reference on how it should look)
When the user hits "start workout" redirect them to the "active workout 1" screen (with the exercises they have chosen themselves)

Profile settings training
Profile settings screen
If the "personal best" box is pressed, redirect the user to the "history and progress" screen
The "measurements" box is not interactive

The "account details" button redirects the user to the "account details 1" screen
The "change preferences" button redirects the user to the "change preferences training" screen
The "change mission/goal" button redirects the user to the "change goal/mission training" screen
The "update my weight" button redirects the user to the "update my weight training" screen

Account details 1
In this screen, the user gets to change the account details. Add a new email address, new name, change password, height, weight, goal weight, and gender.
The "update" button saves and updates the information

Change preferences training
Note: when redirecting users to the sign up screens, replace the "next" button with the "update" button. When that "update" button has been pressed, redirect the user back to the "change preferences training" screen.

If the user press the "how often you work out" button, redirect them to the "sign up 20" screen
If the user press the "Where do you want to work out" screen, redirect them to the "sign up 18" screen
If the user press the "for how long do you work out" button, redirect them to the "sign up 17 screen
If the user press the "preferred" button, redirect them to the "sign up 26" screen
If the user press the "workouts you want to avoid" button, redirect them to the "sign up 27" screen. When the "update" button on the "sign up 27" screen is pressed, redirect the user back to the "account details 1" screen.

Change goal/mission training
This screen is used to update the goal/misison. The current goal/mission is marked. The user can change this by pressing any of the buttons: lose weight, gain weight, live healthier, use the app without a goal. When the "update" button is pressed, save the information and redirect the user back to the "account details 1" screen.

Update my weight training
When a user types in their new weight in the "enter your new weight" box, save and update the information. If the user press the "add picture" button, give them two alternatives: take a photo, and choose from the library. If the user chooses the first option, open the native photo app. When the user has taken a picture, replace the button and the text below with that image and add the weight and the photo in the "progress pictures" screen. Add a small text underneath the picture in the "update my weight training" screen which states "See all progress pictures" when that text is pressed, redirecting the user to the "progress picture" screen.
The same goes for when a user wants to upload an image from the library. Open the native photo album/library and allow the user to choose a picture to add.

Training diary 2
The "Challenge" box displays the users' challenges, completed as well as unfinished. The box displays the challenge difficulty and the status, whether it's done or not. If pressed, redirect the user to the "community 1 (see all)"
The latest workout box is not interactive
The personal best box redirects the user to the "history and progress" screen if pressed. It is also scrollable if the list of personal best is to big to fit inside of the box.
When the "weight" box is pressed, redirect the user to the "update my weight training" screen.
The "current statistics" box is not interactive.

Step counter
When any of the boxes in this screen is pressed, redirect the "step counter pop up" screen.

Step counter pop up
This pop-up is an example of what happens when a user presses any of the buttons on the "step counter" screen. The information text and the headline change depending on what box the user presses.