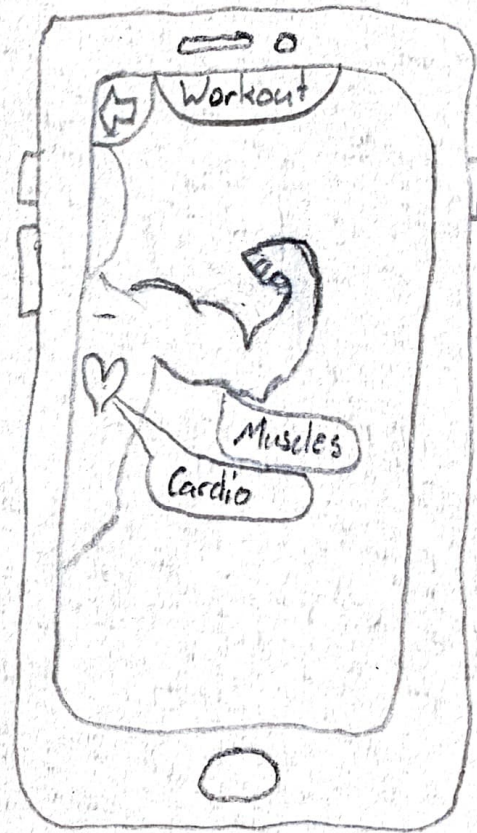
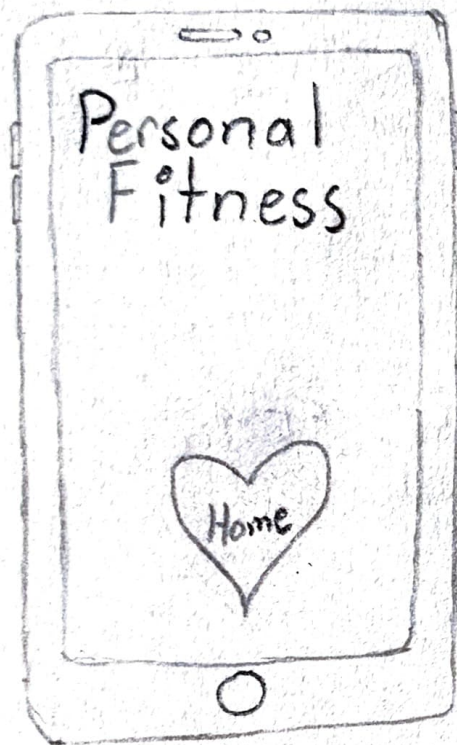
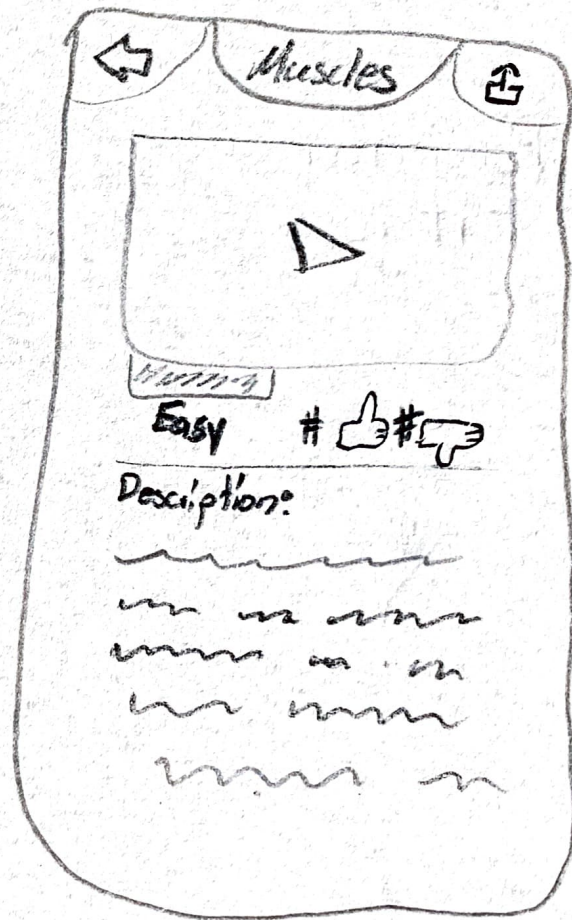
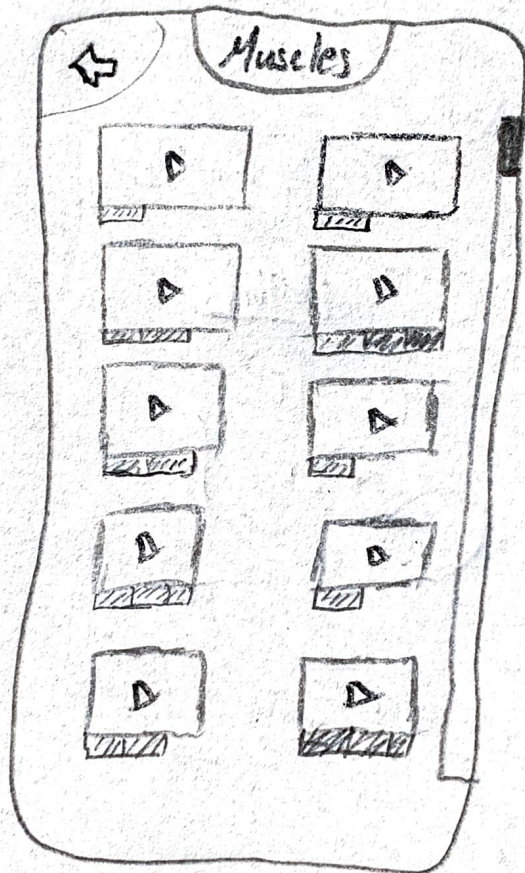
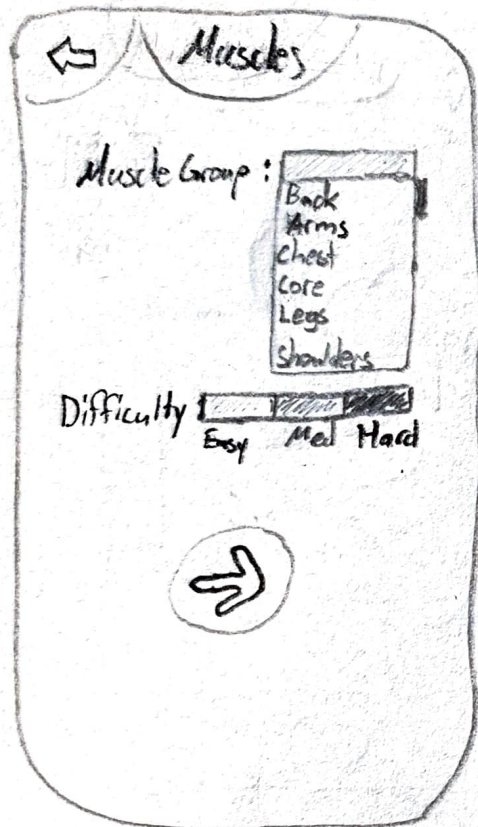


Team Golden Apples

Diana Sen, Doug Stokes, Jackson Trigiani, Thomas Vu







Cardio

Target Calories

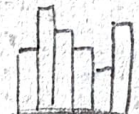
Duration

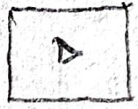




Cardio











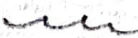
Cardio

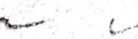


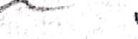


#👍 #👎

Description

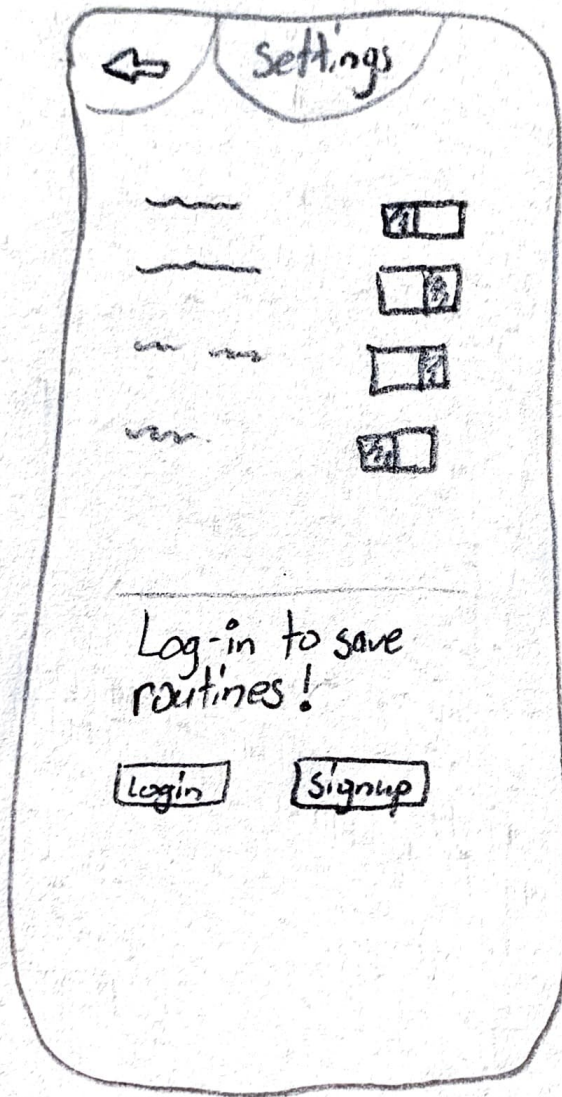
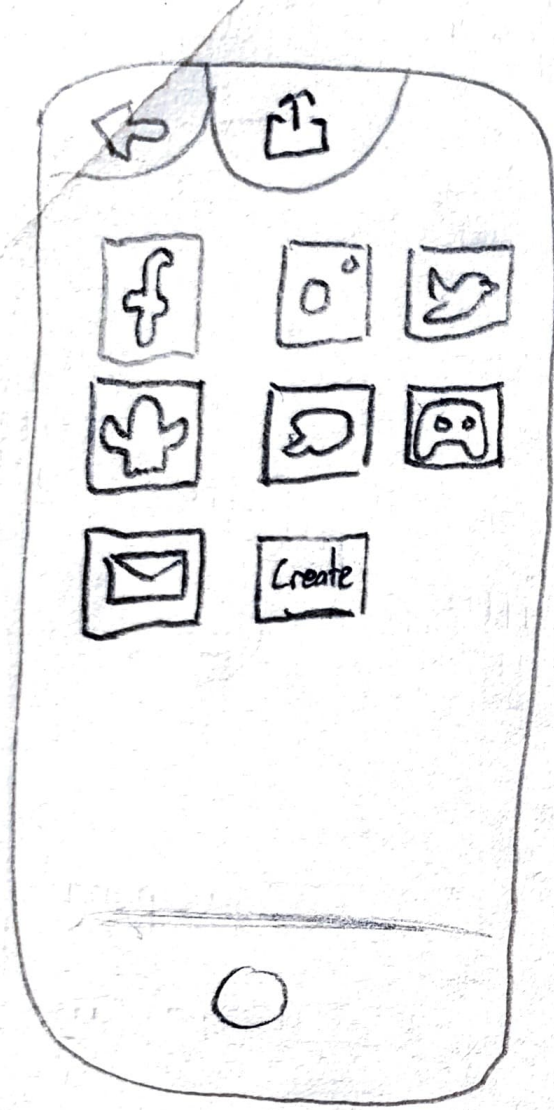












Thomas Vu
Golden Apples

Dianagen

First time ever
↓
log in

Welcome
to Fitness
App lets get
started

enter email
enter create password
~~repeat~~ repeat password

welcome

Select your
schedule

Mon	time
Tue	time
Wed	time
Thurs	time

welcome:
← Schedule

Select your
Goal

Get Fit

Stay Fit

Get Big

Lose weight

welcome:
← Get to know you

Workout
name 1

2

3

4

welcome:
← Select your Workout

Work out

name

Descrip

Meal Plan

exercise

Work out

Workout name:

exercises

leg lift

sets

reps

Crunch

sets

reps

Jumping
Jacks

set

rep

Work out

Exercise name

Description

Picture

Video

Work out;

Second time
↓ login
(after preferences saved)

Fitness App

Name

Workouts for today

Name of workout	Name of workout
-----------------	-----------------

← Home



workout

Core	Back
Biceps	Shoulders
Chest	

Home Workout Exercises
Make your own
Login/Welcome

Exercises

Core :

Leg lift	Crunch
Bent leg	V-up

Exercises: Core

Leg lift + Description...

Video

Picture

Exercises Core

Select Your Schedule

Mon	time
Tues	time
Wed	time

Make Own Plan Schedule

Body Group Want to Work out

Chest	Biceps
calves	Core

Make Own Workouts

Exersices Add to your Custom workout

leg lift	rep - set
sit ups	rep - set

Core

Your Custom Work out Complete

Name
Description

Workout for today

Exercise 1	reps	✓ complete
	sets	
2	reps	
	sets	
3	reps	
	sets	
← Work out 1		

Congratulations
your
workout
for today
is complete



Home Page of the app where you can either sign in to your existing account or create a new one

[Back](#)

Sign in

username:

password:

SUBMIT

A hand-drawn sketch of a mobile phone screen. The screen displays a form titled 'Create Account' with a 'Back' button in the top left corner. The form contains several input fields with labels: 'username:', 'password:', 'confirm password:', 'height:', 'weight:', 'Sex:', '# of days you can workout:', and a large 'SUBMIT' button at the bottom.

Back

Create Account

username:

password:

confirm password:

height:

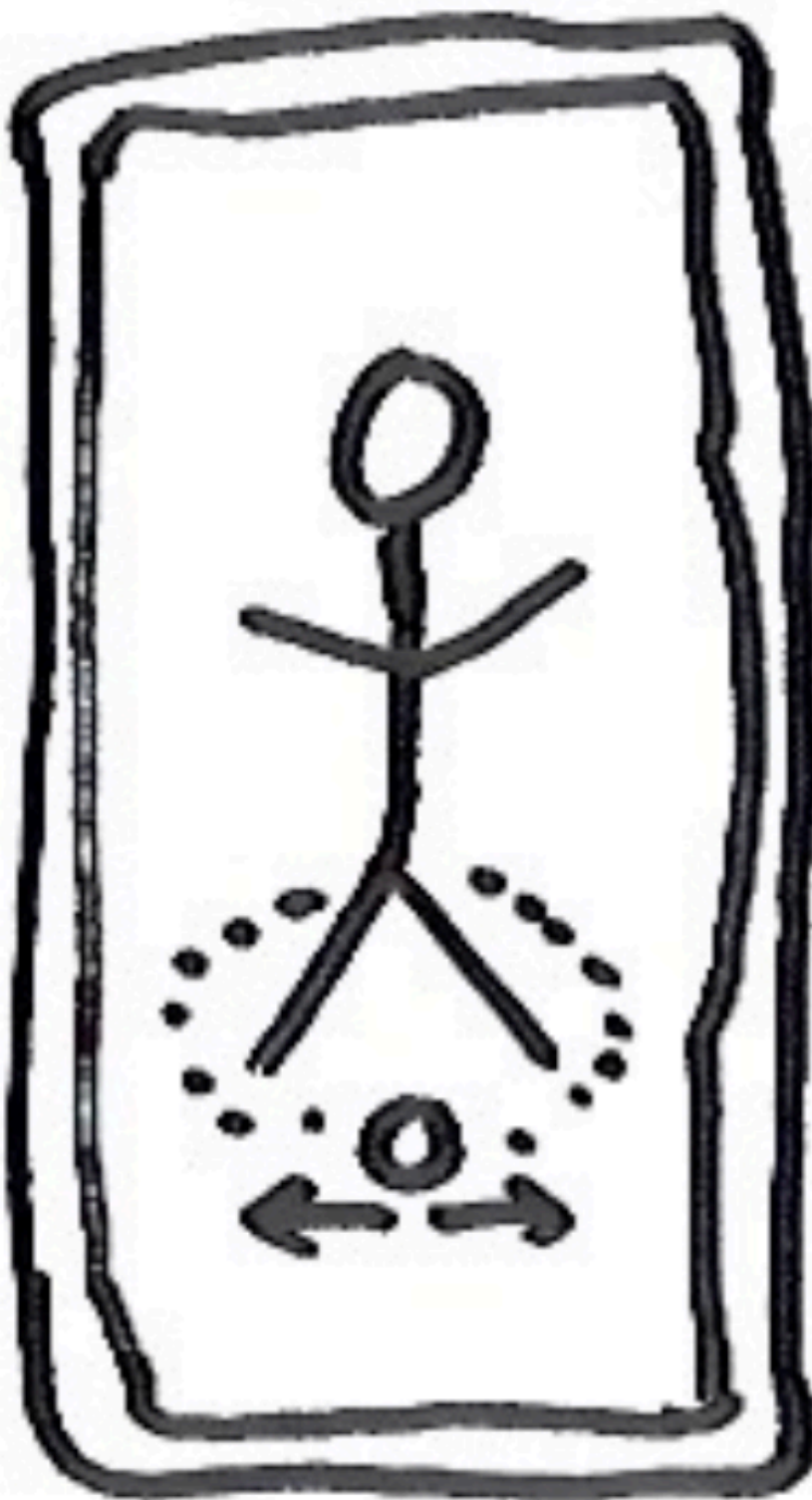
weight:

Sex:

of days
you can
workout:

SUBMIT

All of the
information you
must enter to
create an account



Rotating image of
person where you
can
select the particular
muscle group you
would like to
workout

A hand-drawn sketch of a mobile application interface. The interface is contained within a rounded rectangle with a thick border. At the top, there is a header section labeled "Muscle Grp". Below this header is a section labeled "Organize by:" which contains two sub-sections: "x time" and "x intense". Below these are three main categories, each separated by a horizontal line. The first category is labeled "Under 10" and contains three vertical dots. The second category is labeled "Under 20" and contains three vertical dots. The third category is labeled "Under 30" and contains three vertical dots.

Muscle Grp

Organize by:

x time x intense

Under 10

⋮

Under 20

⋮

Under 30

⋮

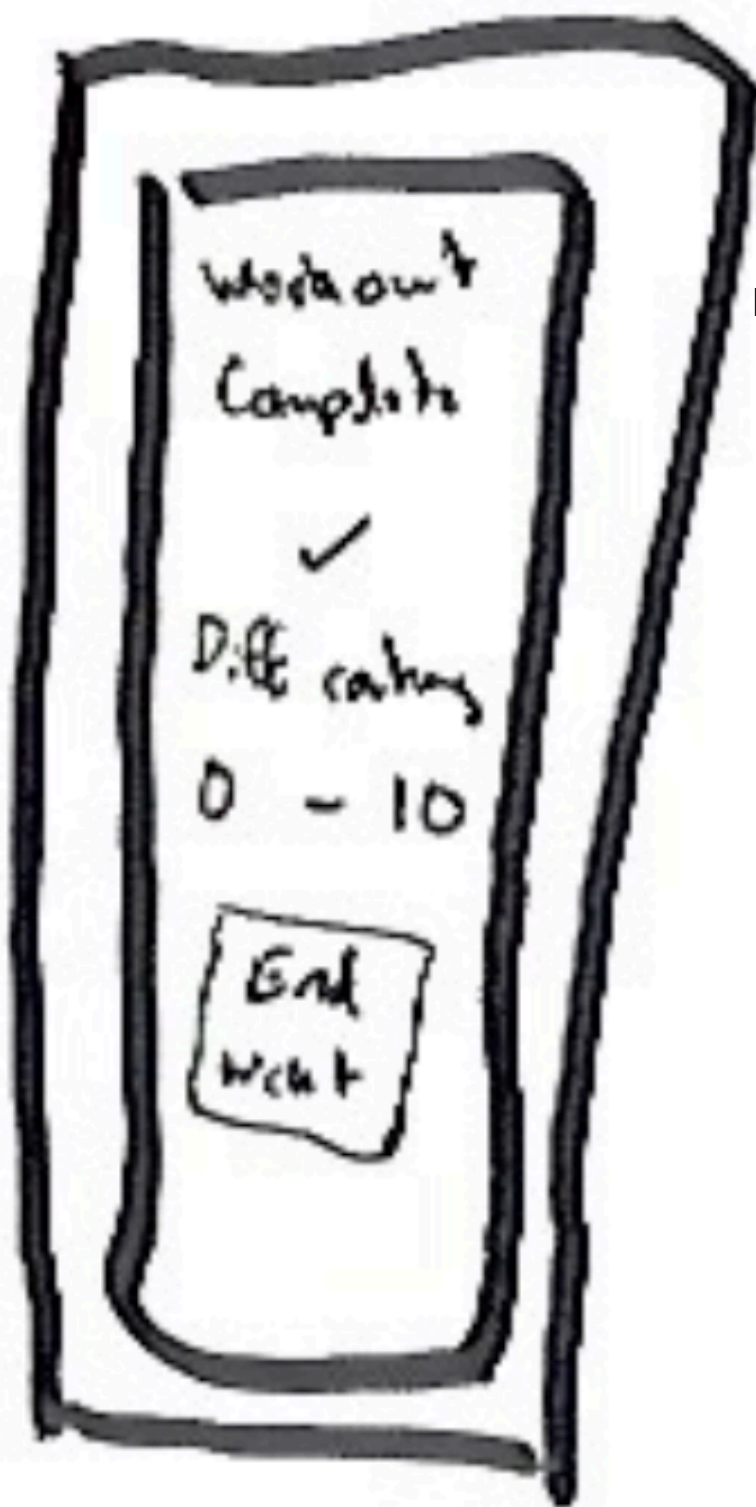
Selecting muscle group brings up another page to choose from a list of workouts specific to that group



After choosing your workout, you can select if you want to workout solo or watching a trainer-provided app.



the gif at the top shows the workout form for each exercise of the workout



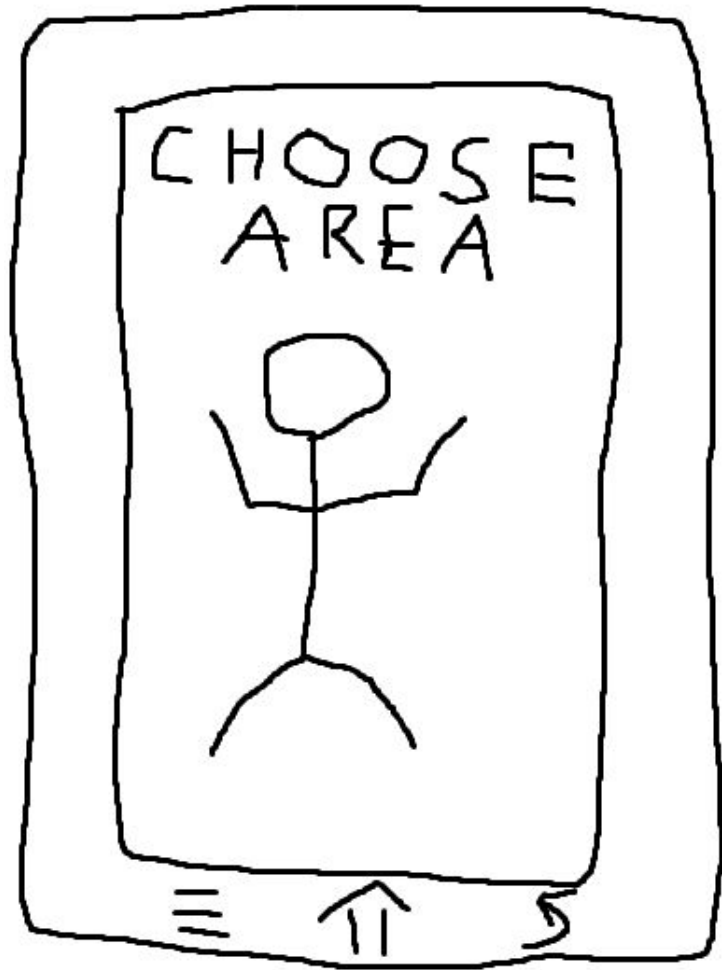
Final page of workout allows you to rate and end the experience

Workout Sketch

Doug Stokes



Users will first see a sign in screen where they can enter their login information.



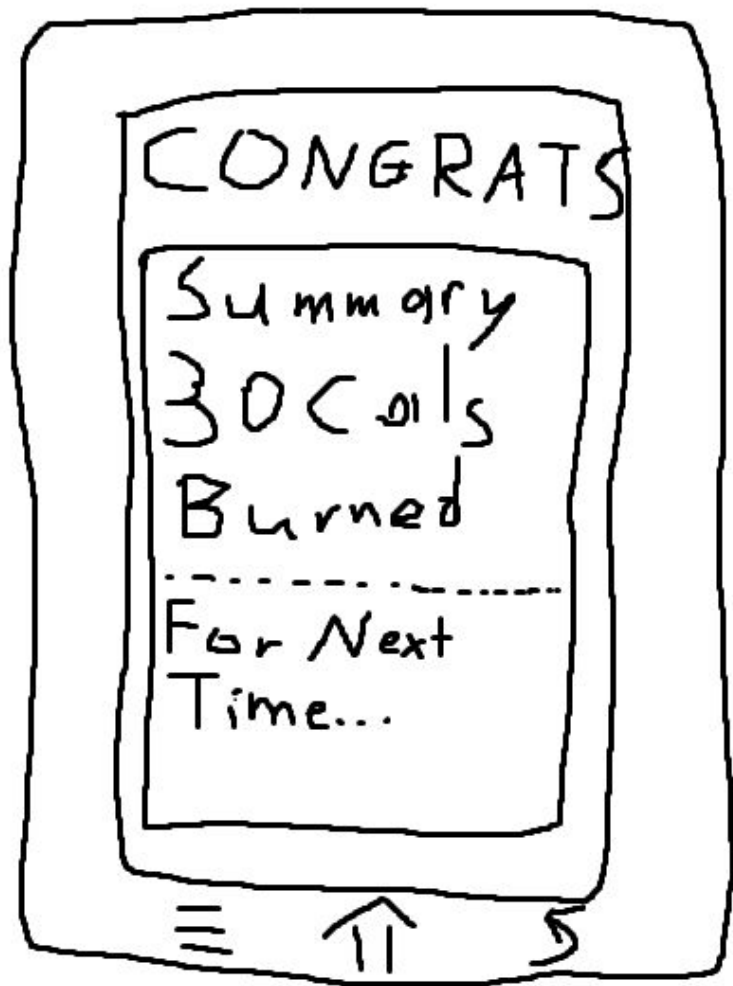
Users can then choose the area of the body that they want to exercise by tapping on the specific area.



Users will then see a list of the muscles that they will train during their routine, and have an option to confirm or reject this workout.



A list of steps to complete for your workout is then shown. Following these steps completely will finish your workout.



This screen is shown once you complete a workout. It displays helpful information such as the amount of calories burned. It also gives a preview of a future workout if you choose to train these same muscles next time.