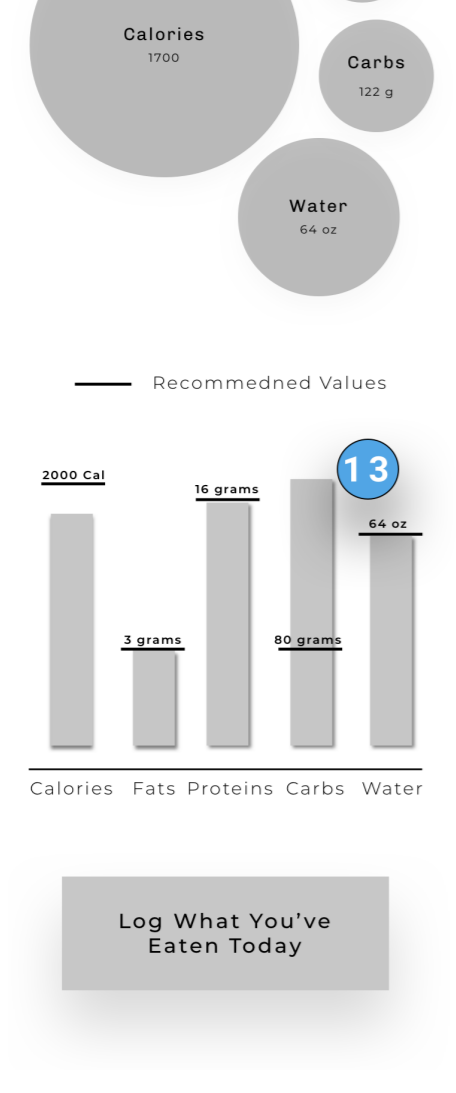
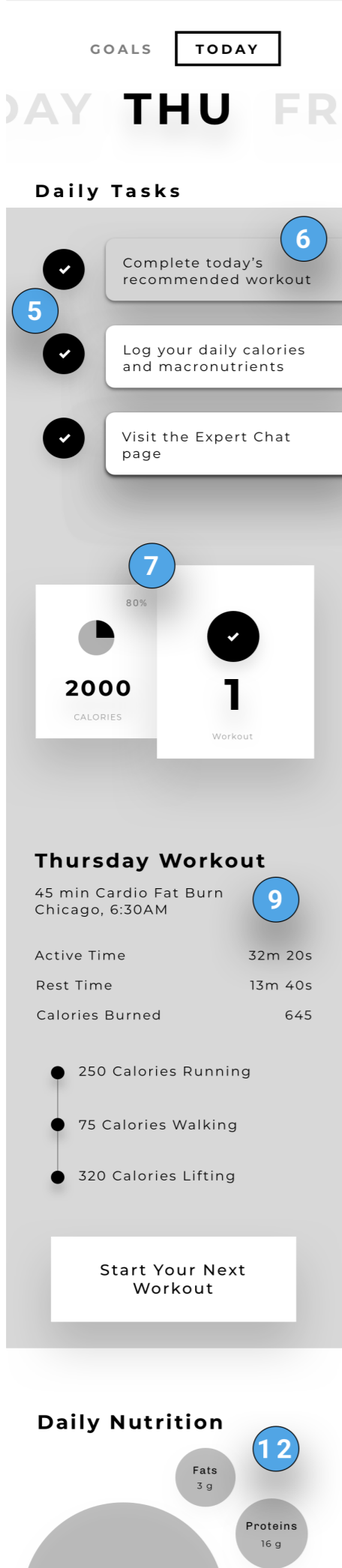
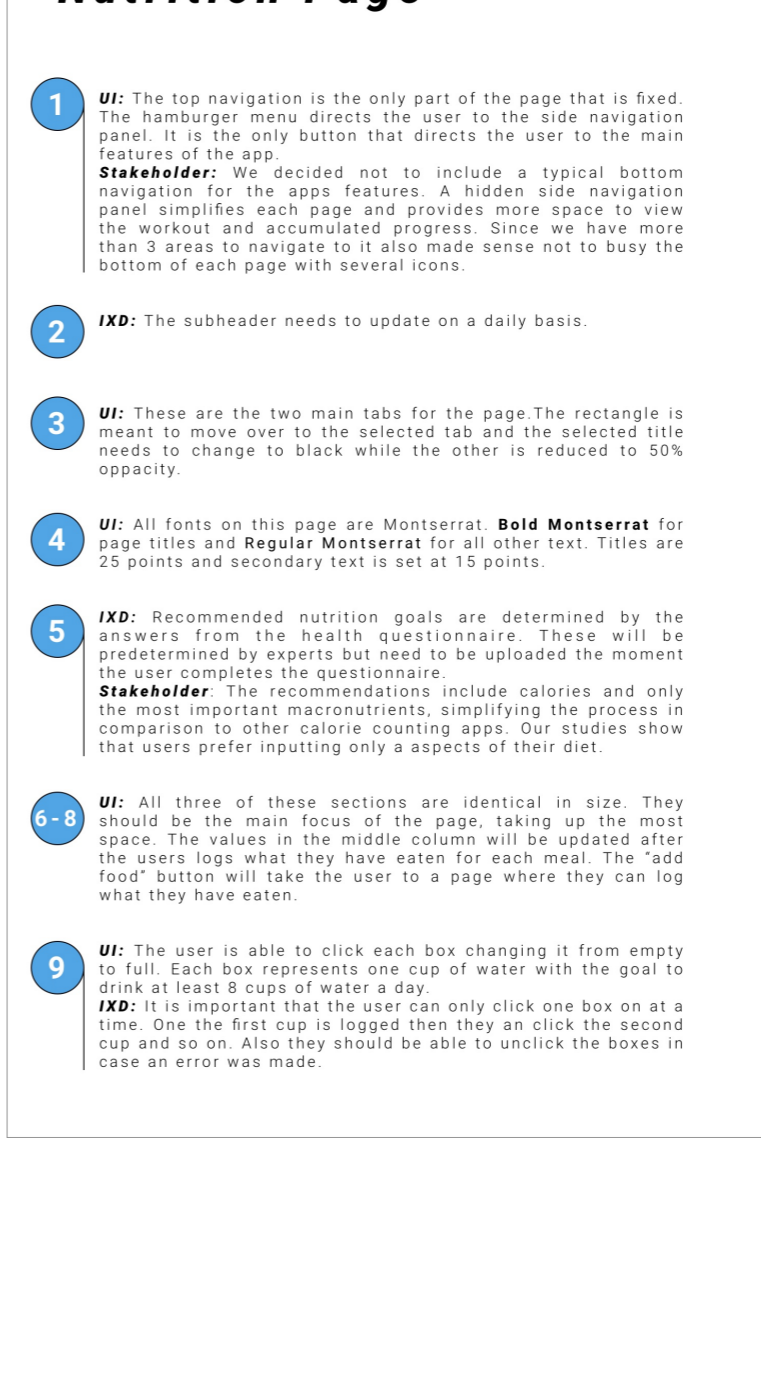
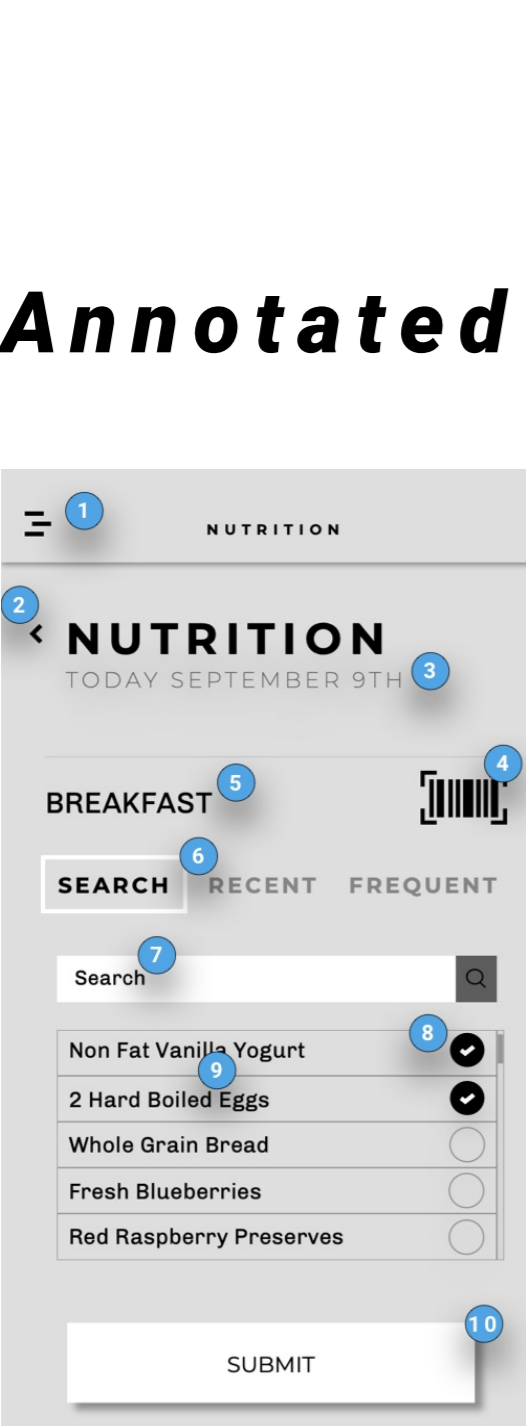
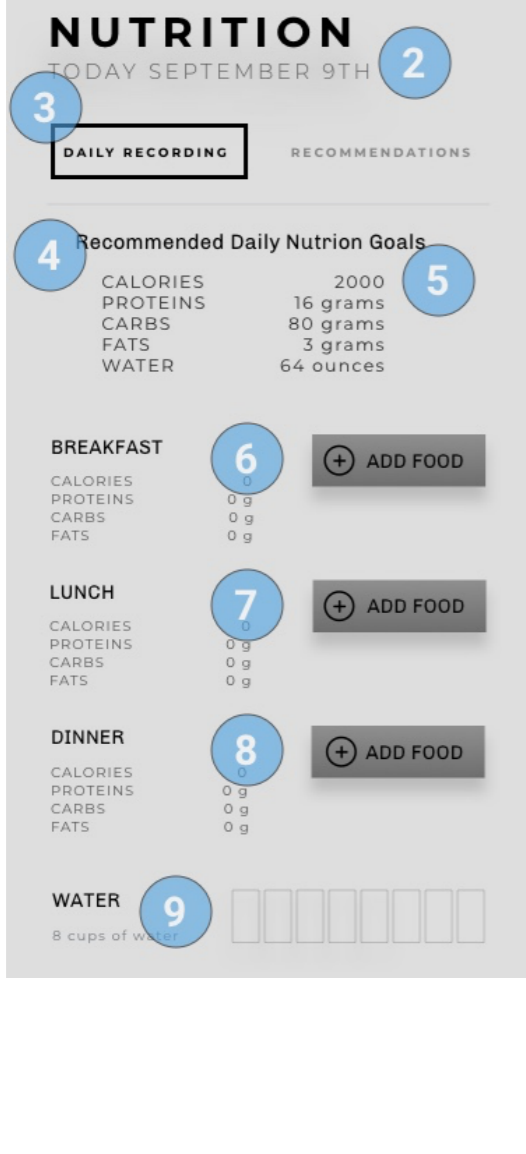


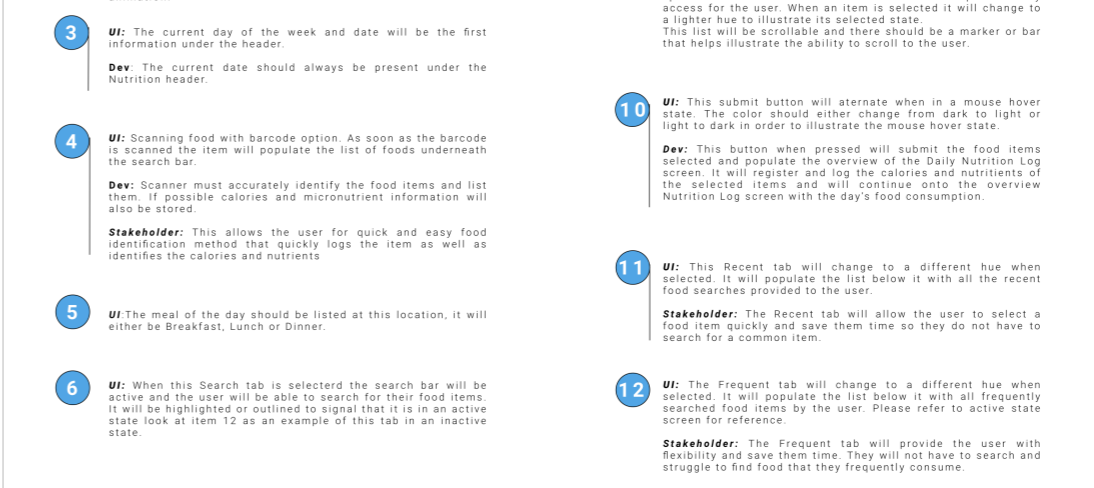
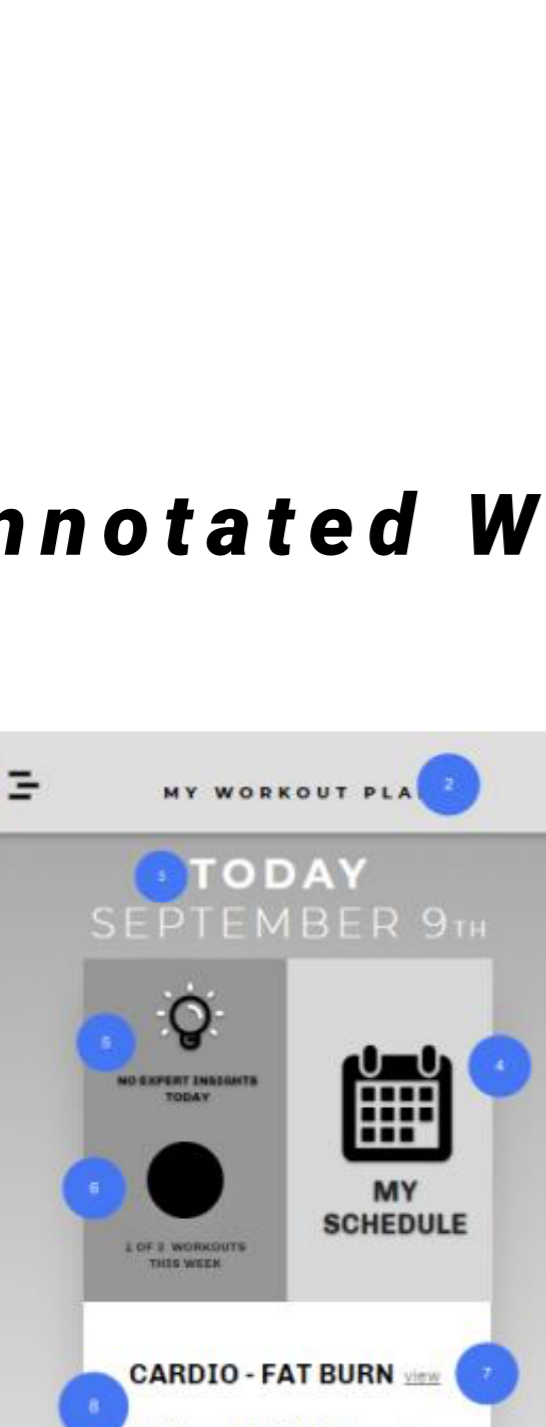
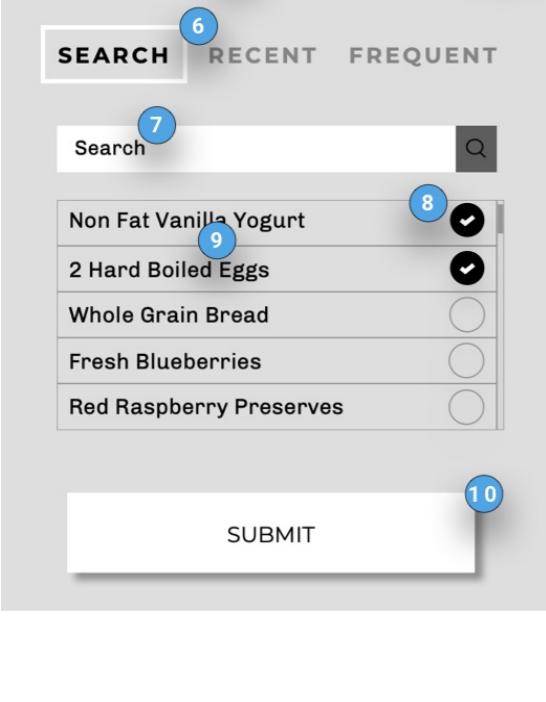
# Annotated Wireframes -Daily Progress Page



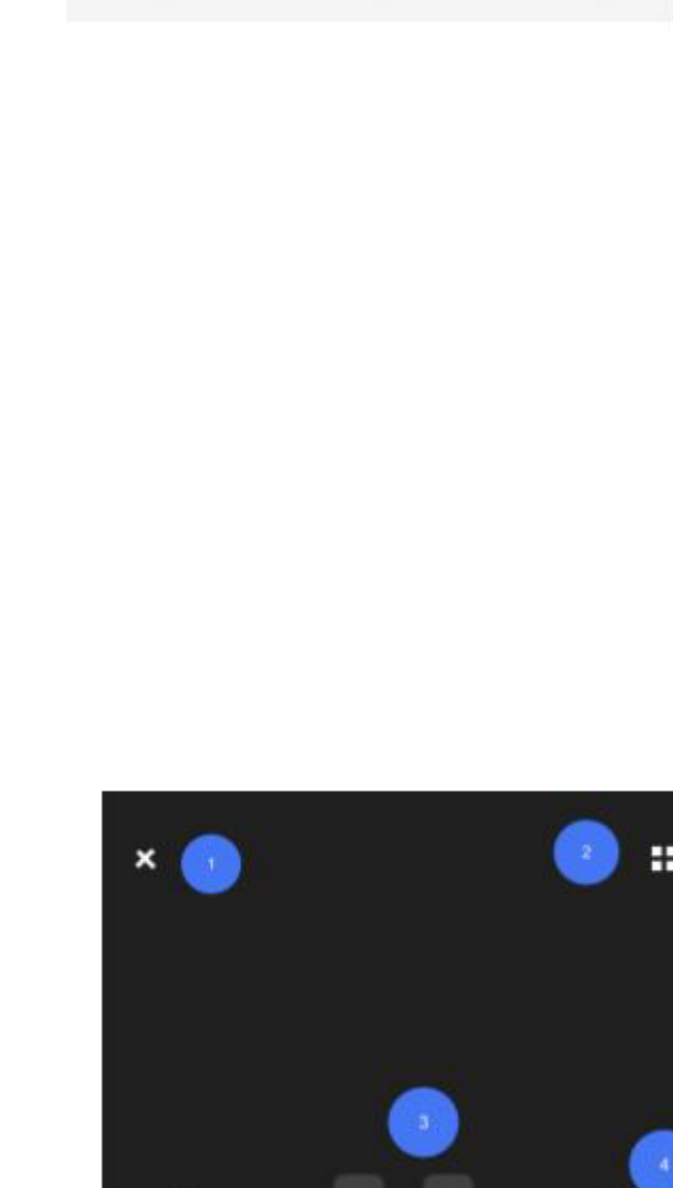
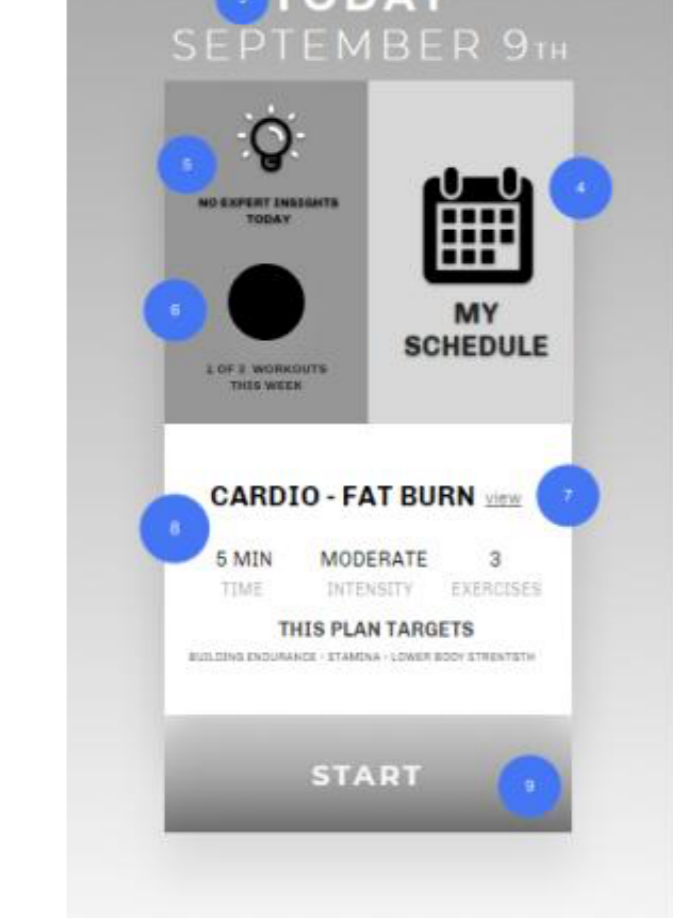
# Annotated Wireframes -Nutrition Page



# Annotated Wireframes -Nutrition Food Search Screen



# Annotated Wireframes -Workout “Rest”



## Annotated Wireframes - My Workout Plan

- UI:** - This icon represents the sidebar navigation. Here users will be able to navigate the app through this button. **Stakeholders:** - We decided to use a side navigation instead of a fixed bottom navigation because of how clean the wireframes came out and that a bottom navigation might distract from the content.
- UI:** - The text shown indicates that the users are in the workout plan feature. The text we used here is Montserrat on 15 points.
- UI:** - Here we decided that the date should be featured to the user. We decided to go with Montserrat Bold 20 points for "Today" same text for the actual date only adjustment is that it isn't in bold.
- UI:** - Here is where users will be able to see their schedule. We decided to incorporate this front and center because the user will have to plan in advance. **Stakeholder:** - Schedule is on this page because users will have to plan which days of the week they will hit the gym will also accommodating for plans they might have outside of their training.

- UI:** - If experts comment on any of the users post workout results, the insights will be listed here. Notifications will appear when comments are made.
- UI:** - Here the user will be able to see how many workouts they completed throughout the week. If they hit their target a check will appear in the box.
- Stakeholder:** - This funnels back to if the users are reaching their daily goals which is shown on the progress page or "Home"
- UI:** - This tab allows the user to view the exercise list before the workout. Here we used Chivo font in 10 points.
- IXD:** - Hovering over the text, we want the button to change states so the user knows it can be interacted with bringing them to another page.

- UI:** - Here is where the user will be able to view a summary of what the workout entails. Again using Chivo font for all text, Workout name in bold at 14 points. Sub headers are at 12 points in bold while context is unbolded at 10 points.
- Stakeholder:** - Here the user will be able to click start to begin their workout. The button is listed here with the appropriate size to grab the users attention when ready to begin.
- IXD:** - Hovering over the button we would like the state to change showcasing that the button can be interacted with..

## Annotated Wireframes - Workout “Rest”

- UI:** - We decided to incorporate an exit button that brings the user back to the Workout Home screen. It is the only button on this screen that brings them home to home.
- UI:** - This button is used for the user to go back to the exercise list, we used this icon because it resonated with our test stakeholders. The list button was put into this screen to allow the user to make changes to their current workout.
- UI:** - The team decided to incorporate a pause button to allow the user to pause the timer during the rest period. **IXD:** - The pause button shown when a clock on, will stop the timer below. After it has been pressed, the user will have the option to resume starting back the timer.
- UI:** - The button shown will allow the user to toggle between pages going forward or back between exercises.
- UI:** - The decision to include a timer will only be incorporated in rest states and exercises with time limits. **IXD:** - The timer function will interact directly with the play/pause button. Timer will start as soon as they move to that specific exercise.

- UI:** - In this title section we wanted to list the name of the exercise the user was currently on. We wanted to use Montserrat Light font at 25 points.
- UI:** - This tab is used to show the next workout for the user. We wanted to show a GIF thumbnail for what to expect next. **Stakeholder:** - The thumbnail indicates to the user what workout they will be doing next because they are unfamiliar with the exercise so they can make adjustments accordingly.
- UI:** - The text states the number of repetitions the participant will be doing corresponding to the next exercise. The font Montserrat is also being used at 18 points. **IXD:** - If the user interacts with the tab by click, this action will take them to the next page to accommodate users decision.
- UI:** - Progress bar on the bottom of the page indicates to the user how far into the daily workout they are. Incremental progress is determined by workout length. **IXD:** - When the user navigates back and forth between pages, the progress bar should move accordingly as well.

