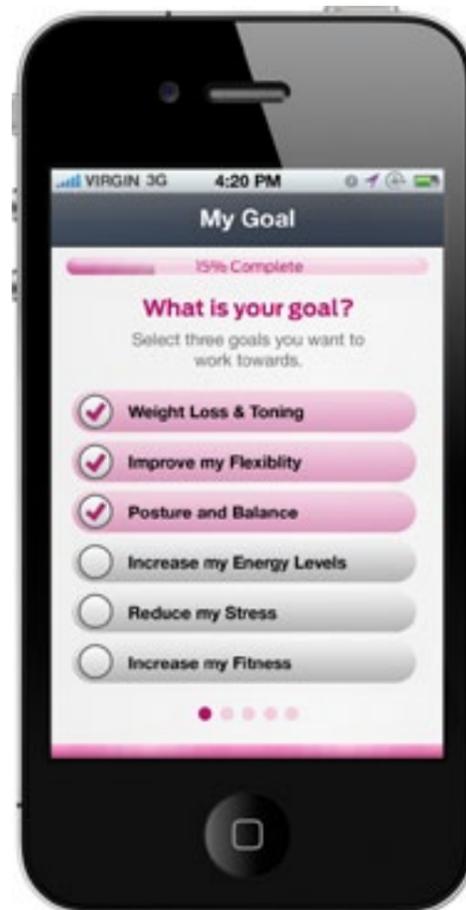




01. Load Screen

Suggested animation:
Lucy, moves into position,
pink bar slides in, ribbon
swooshes into shape, app
name and logo drop into
place,



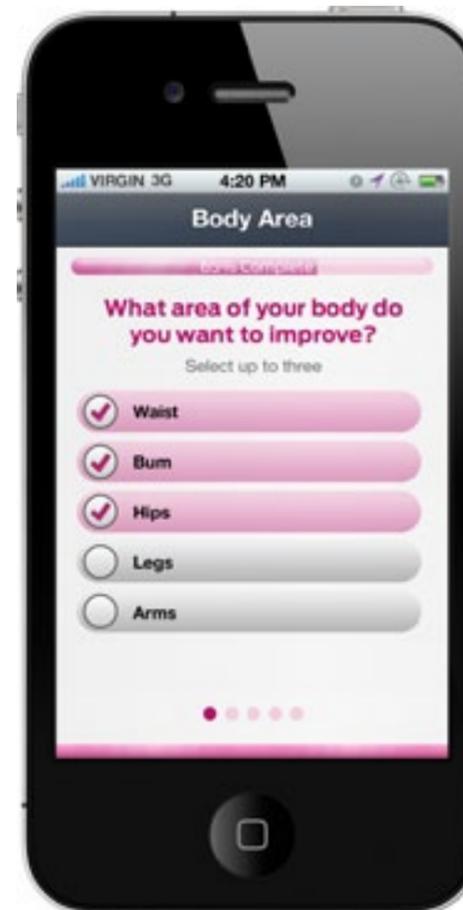
02. My Goal

Progress bar is set to 0%
User can only select three
options. If user attempts
to select more, screen
shakes/vibrates side to
side.

On selection, goal is high-
lighted pink and ticked.

User swipes right to left to
get to next screen.

Pips reflect current page



03. Body Area

Progress bar is set to 20%
User can only select three
options. If user attempts
to select more, screen
shakes/vibrates side to
side.

On selection, goal is high-
lighted pink and ticked.

User swipes right to left to
get to next screen.

Pips reflect current page



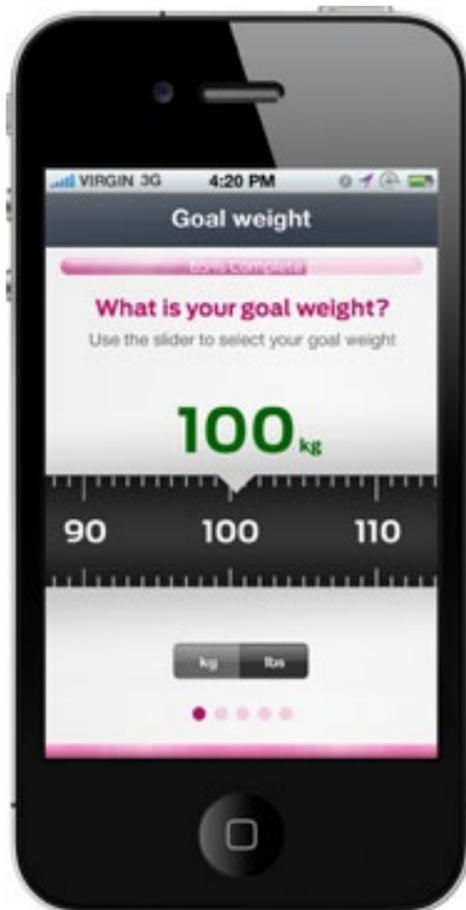
04. Current Weight

Progress bar is set to 40%
User slides tape measure
left to right to select weight.
Large pink number chang-
es as the tape measure is
moved.

User can select metric or
imperial

Use a sensible minimum
and maximum allowed
weight

User swipes right to left to
get to next screen.



05. Goal Weight

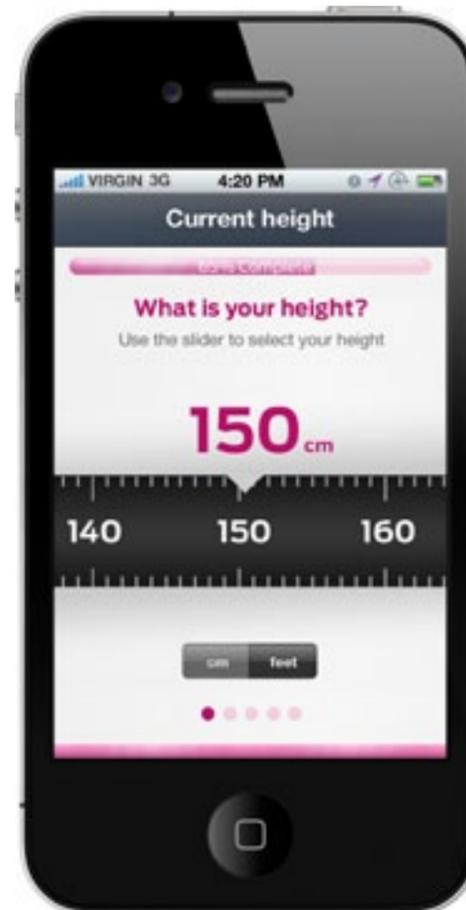
Progress bar is set to 60%
User slides tape measure left to right to select goal weight. Large green number changes as the tape measure is moved.

User can select metric or imperial

Use a sensible minimum and maximum goal weight

User swipes right to left to get to next screen.

Pips reflect current page



06. Current Height

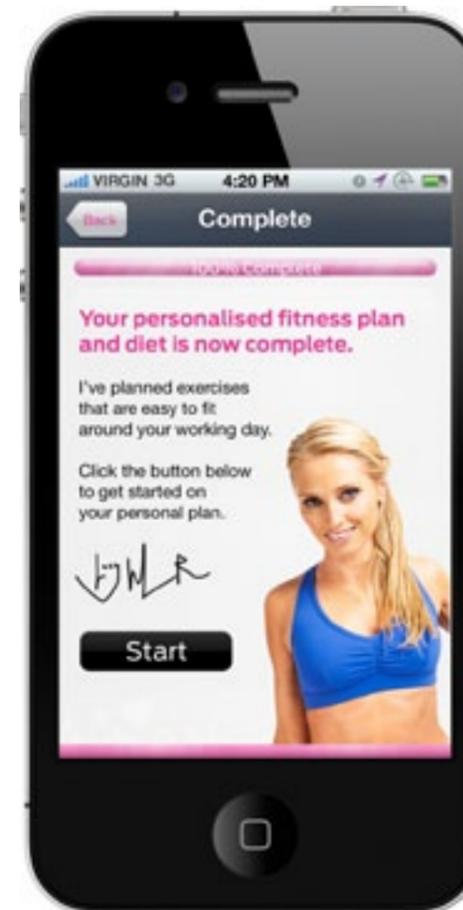
Progress bar is set to 80%
User slides tape measure left to right to select goal weight. Large pink number changes as the tape measure is moved.

User can select metric or imperial

Use a sensible minimum and maximum height

User swipes right to left to get to next screen.

Pips reflect current page

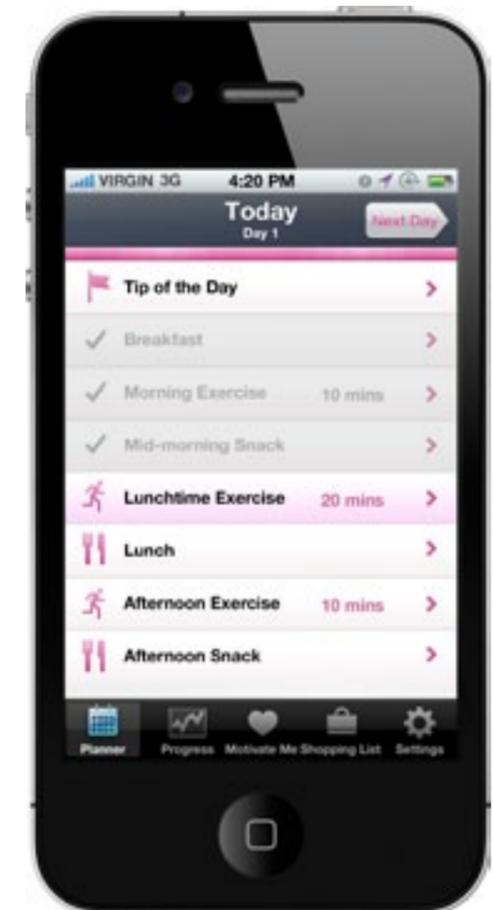


07. Complete

Progress bar is set to 100%

User can go back to adjust personal info.

Start button links to **Today** on the **Planner**



08. Planner: Today

Menu items include:
Tip of the day, Exercises, Meals
Add a meal, Add an exercise

Tab Bar items include:
Planner (current screen)
Progress
Motivate Me
Shopping List
Settings

When a menu item is marked done, icon changes to tick and menu item is greyed out.

Next menu item to do is highlighted pink.

User can tap to view next day



10. Alternative Meal

09. Meal

Prep time, Calories and Fat content is displayed above photo

Ingredients displayed in table format

Preparation steps numbered (need to alter data to these formats)

When users taps "I ate this", Lucy pops-up with a message about why it's good for you, and the meal is flagged as done on screen 08

Menu bar:

Swap meal icon brings up a table of alternative meals. Tapping on an alternative meal closes the table and replaces previous meal with new meal.

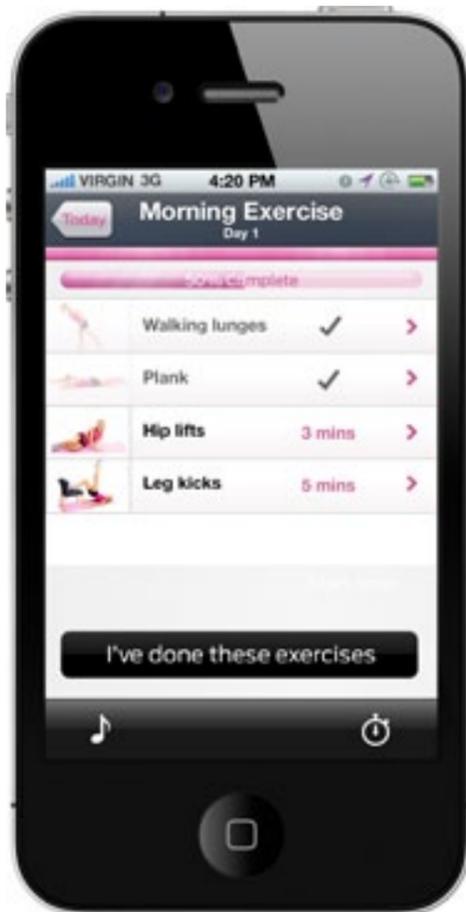
Mail icon opens Mail.app with the photo, ingredients, prep etc in the body of the email



09. Meal (Full view)



11. Meal - Done

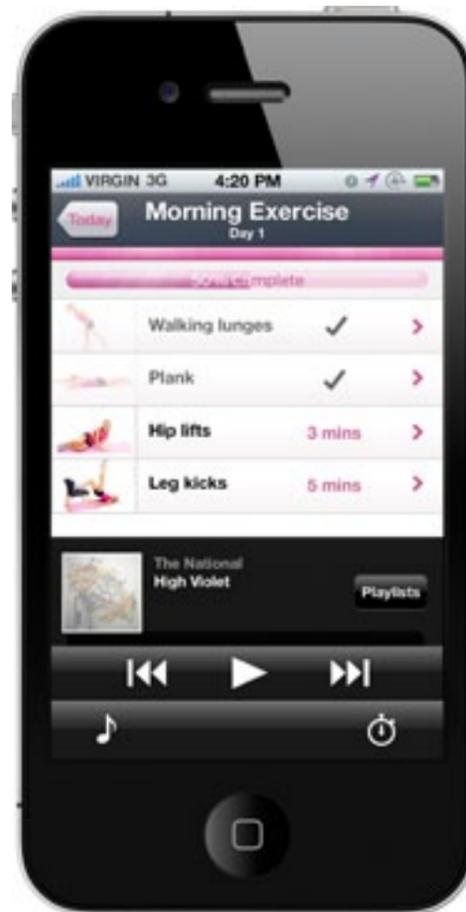


12. Exercise

Menu list of exercises for a specific session

Tapping on an exercise takes users to screen 15 (Exercise Detail)

Tapping "I've done these exercises" changes UI to style as shown on first two exercises.



13. Exercise: Music

Tap music icon for playlist button and playback controls to slide up



13. Exercise: Timer

Tap timer icon and timer slides up (with new menu bar including stop and pause)

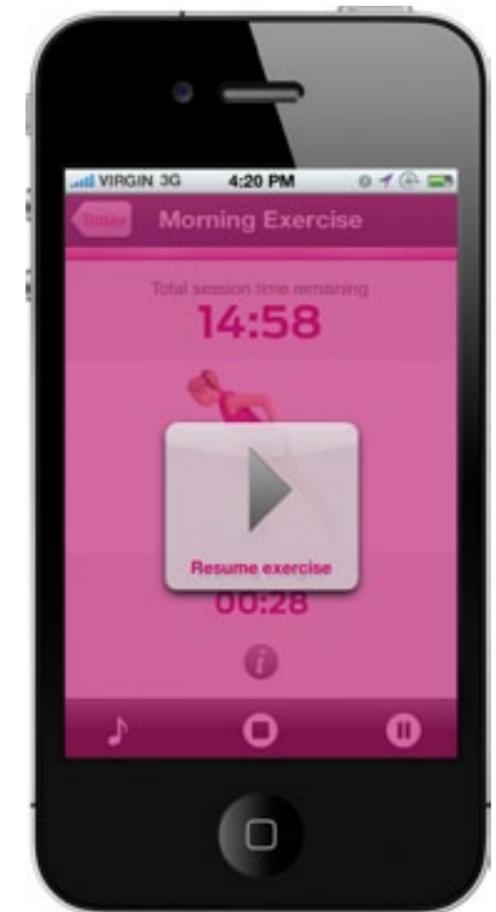
Stop takes user back to screen 12

Pause takes user to screen 14

Top timer counts down session time

Bottom timer counts down exercise set time

When exercise set time reaches 0, it moves to next set, displays image for the next set and starts the set count-down again



14. Exercise: Timer: Pause

Screen is inactive, tapping resume workout button takes user back to screen 13



15. Exercise: Exercise Detail

Swipe left and right to get to next/previous image of the exercise. Text below image changes with each swipe too.

Tap music icon to duplicate action in screen 13, tap timer icon to duplicate action in screen 13.

Tap movie icon to load full screen movie of exercise (screen 16)



16. Exercise: Exercise Detail: Video

Full screen video of exercise.

Tap Done to go back to screen 15



17. Progress: Input Weight

On first load, user is prompted to enter their current weight



18. Progress: Daily

After entering their weight on screen 17, users progress is displayed.

Progress period defaults to last viewed.

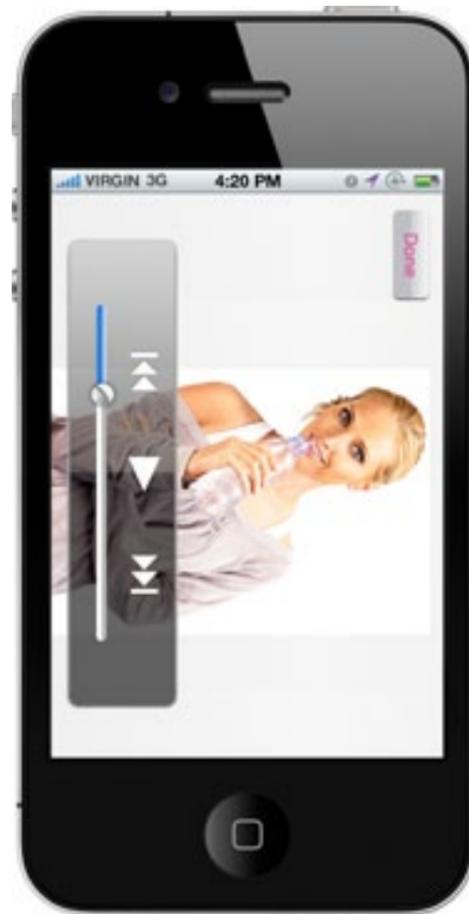
On first run default view is daily.

App calculates weight loss progress and BMI from weight entered on screen 17.

Calories is calculated using status of meals and exercises done.

19. Progress: Last 7 days

20. Progress: All Time



22. Motivate Me: Video



24. Shopping List

21. Motivate Me

23. Motivate Me: Text/Image