

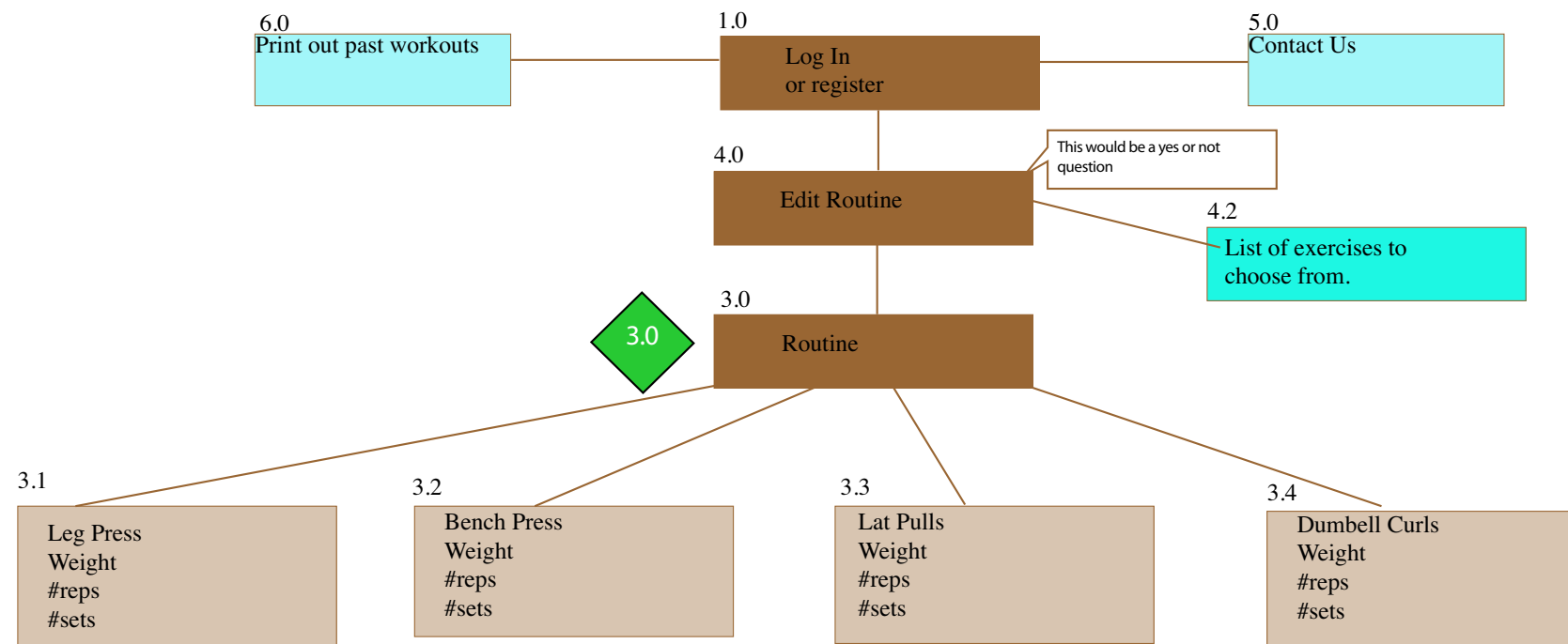


Mobil App Design Package

by James Gerritsen

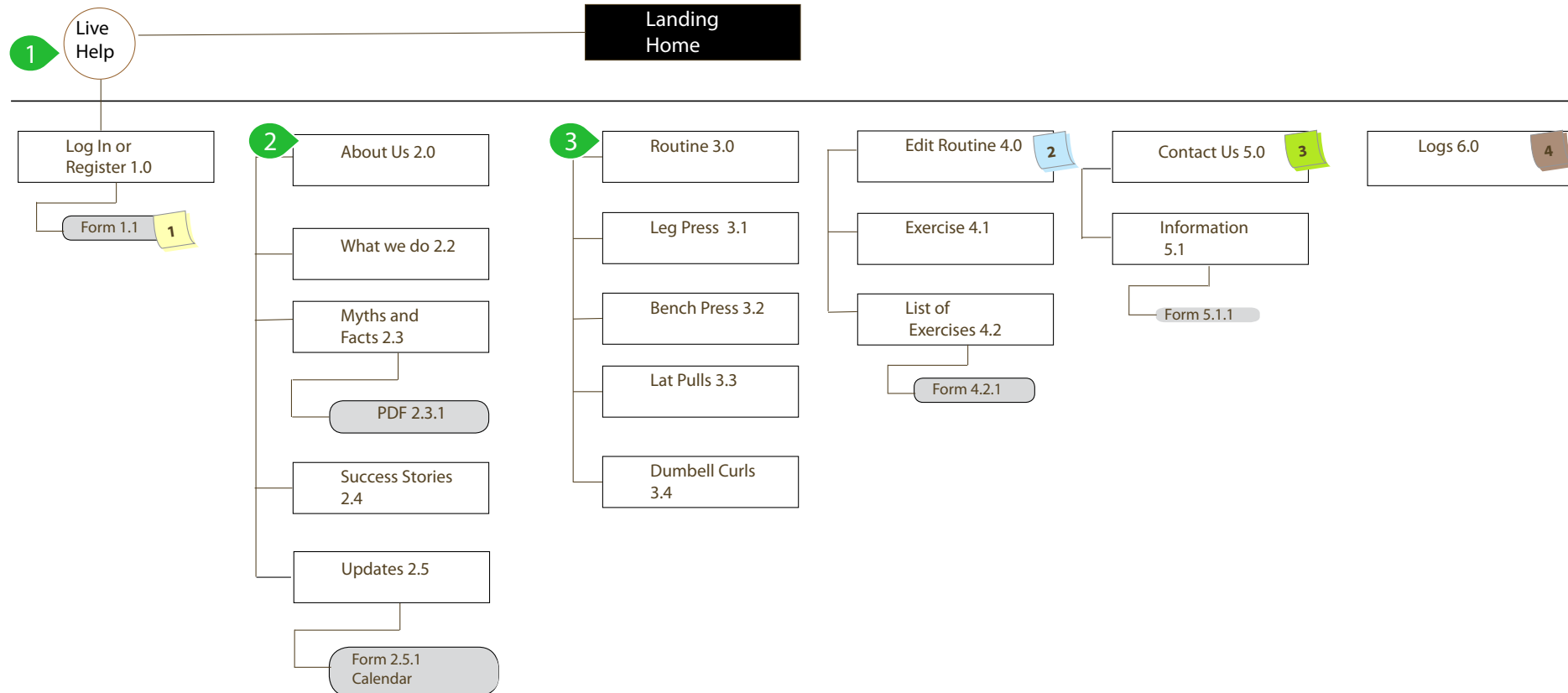
Mobile App Design

Prototype diagram used for the screen mock ups for the user testing.



This is an example of an routine that was suggested to me from a trainer. He said that is would be useful for all levels of expertise to use this type of recording because it is quick and easy to record. All you would do is enter in the weight, the number reps and then the number of sets on each exercise.

Information Architecture V.1



Comment Stickers

- 1 [Form 1.1] Registration form for paying for app. Sign up online.
- 2 [Edit Routine 4.0 to 4.2.1] When the participant wants to change by adding or deleting they may be able to at this point.
- 3 [Contact Us 5.0 to 5.1.1] Make it possible to enter information for help by using a form.
- 4 [Logs 6.0] View prior work outs and print the results

Technical Markers

- 1 [Live Help] Registration form is being used that may require help in some other form than email.
- 2 [About Us 2.0 to 2.5.1] This section including all from 2.0 to 2.5.1 will be added in a future upgrade.
- 3 [Routine 3.0 to 3.4] The main goal for this app is to be able to quickly enter the reps, sets, and weight on every work out so a print out may be done.

FIT TRACK

The main goal for this app is to be able to quickly enter the reps, sets, and weight on every work out so a print out may done.

- Log in or Register** >
- Routine** >
- Edit Routine** >
- About Us** >
- Contact Us** >

Results will be sent to your email if you regisiter.

FIT TRACK

index.html #page

(BACK) **About Us**

After all of the hype about body building very few programs seem to be geared towards a total transformation, physical, mental, spiritual and emotional. This is a video of a transformation solution by Body-for-LIFE

FIT TRACK

index.html #video

(BACK) **Contact Us**

Name

Email

Phone

Question

FIT TRACK

index.html #contact

(BACK) **Routine**

This is an example of an routine that was suggested by several trainers. It is used by all levels of expertise. It is quick and easy to record. Enter the weight, number of reps, sets on each exercise.

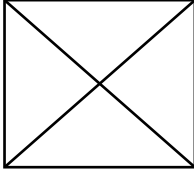
- Bench Press** >
- Lat Pulls** >
- Leg Press** >
- Dumbbell Curls** >

FIT TRACK

routine.html

(BACK) **Bench Press**

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



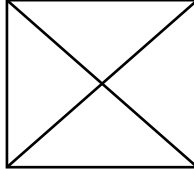
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

routine.html #benchpress

(BACK) **Lat Pulls**

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



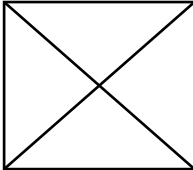
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

routine.html #latpulls

(BACK) **Leg Press**

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



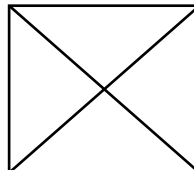
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

routine.html #legpress

(BACK) **Dumbbell Curls**

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

dumbell.html #legpress

(BACK) **Edit Routine**

Lifts Related To The Routine

- Over Head Press** >
- Chest Exercises** >
- Dead Lift** >
- Shoulder Shrug** >

FIT TRACK

editroutine.html

[BACK](#) Log in or Register

REGISTER ONLY AT THIS TIME

Name

Email

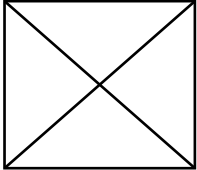
Phone

FIT TRACK

[index.html](#) [#login](#)

[BACK](#) Over Head Press

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



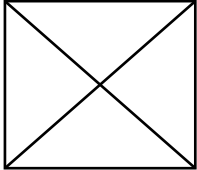
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

[edroutine.html](#) [#over](#)

[BACK](#) Sitting Rows

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



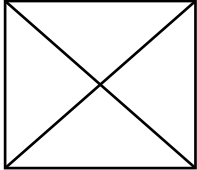
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

[edroutine.html](#) [#rows](#)

[BACK](#) Dead Lift

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



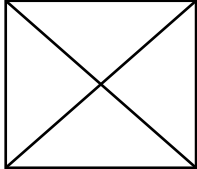
Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

[edroutine.html](#) [#lift](#)

[BACK](#) Shoulder Shrug

Recommend Reps
10-12
Recommend Sets
1-3
Recommended Weight:
Heavy enough to
make you strain
on last reps



Enter weight, reps, sets
eg. 100 10 3

FIT TRACK

[edroutine.html](#) [#shrug](#)