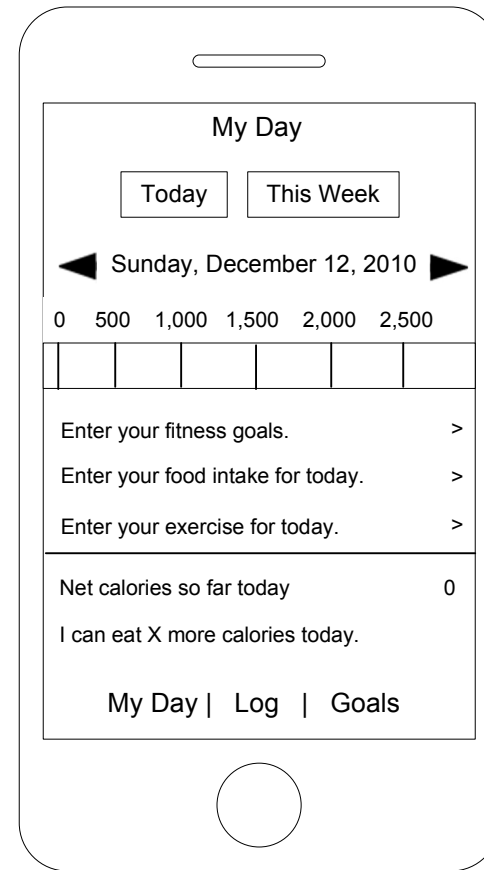


Weight Loss App

Notes

The user will see this screen the first time they use this application. It is accessed via an icon from the iPhone's main screen.

On this screen, the user can add goals, food and exercise to the application by clicking the > icon next to the corresponding text.



Weight Loss App

Notes

The user sees this screen when they first start entering goal info into the app.

The text view supports user editing, a keyboard appears when the user taps inside a textbox allowing the user to enter text. The user will need to switch between the letter and number keyboard to enter text on this screen.

When the user tabs out of the text boxes or clicks the circle button, the keyboard disappears. The user must save or cancel this information.

The Back button takes the user to the previous screen.

The screen displays a 'Goals' form with a blue 'Back Button' in the top left corner. The form contains four numbered items: '1. My current weight is' followed by an empty text box, '2. My goal weight is' followed by an empty text box, '3.' followed by an empty text box, and '4.' followed by an empty text box. At the bottom of the form are 'Save' and 'Cancel' buttons. A navigation bar at the very bottom contains the text 'My Day | Log | Goals' and a circular home button.

The screen displays the same 'Goals' form as the previous image, but with the input fields filled. Item 1 has '145' in the text box followed by 'lbs'. Item 2 has '120' in the text box followed by 'lbs'. Item 3 has the text 'My goal is to wear size 6 pants.' in the text box. Item 4 has an empty text box. A grey keyboard is visible at the bottom of the screen, partially overlapping the bottom of the form. The 'Back Button', 'Save', 'Cancel' buttons, and the bottom navigation bar are also present.

Notes

The text view supports user editing, a keyboard appears when the user taps inside the text view. The keyboard's input method and layout are determined by the user's language settings. When users tap the button labeled ".?123," the keyboard changes to display numbers, punctuation marks, and a few common symbols.



Text keyboard



Number keyboard



Symbol keyboard

Weight Loss App

Notes

The user access this screen from the My Day screen by touching the > icon next to the "Enter your exercise for today" text.

The user sees Screen 1 when they first start entering exercise info into the app. The user can use the date selector to enter the exercise for that day.

To select an activity:

User clicks the > icon next to the "Select activity" text. Screen 2 displays. The user can select exercises by clicking on a letter or using the search field. User can also use their finger to scroll down the screen. Clicking the + icon next to the activity adds that exercise for the date selected.

Screen 3 displays. The user must add the duration of the selected activity and click the Save button for calculations. A keyboard appears when the user touches Duration field.

The user can also add a second activity.

The Back button takes the user to the previous screen.

Screen 1

The screenshot shows the 'Exercise' screen with a 'Back Button' at the top left. The date 'Sunday, December 12, 2010' is centered at the top. Below the date, there are two identical sections for adding an activity. Each section starts with '1. Select activity:' followed by a right-pointing chevron '>'. Below each section is a 'Duration' label and an 'Enter minutes' input field. At the bottom of the screen, there are 'Save' and 'Cancel' buttons, and a navigation bar with 'My Day | Log | Goals'.

Screen 3

The screenshot shows the 'Exercise' screen with the 'Back Button' at the top left. The date 'Sunday, December 12, 2010' is centered at the top. The first activity section is filled out: '1. Aerobics: high impact' followed by a minus sign '-', and a 'Duration' input field containing the number '1'. The second section is '2. Select activity:' followed by a right-pointing chevron '>'. Below it is a 'Duration' label and an 'Enter minutes' input field. A virtual keyboard is overlaid on the bottom half of the screen. At the bottom, there are 'Save' and 'Cancel' buttons, and a navigation bar with 'My Day | Log | Goals'.

Screen 2

The screenshot shows the 'Exercise' screen with the 'Back Button' at the top left. Below the title is a search bar with a magnifying glass icon on the left and a close icon on the right. Below the search bar is an alphabetical index: 'A B C D E F G H I J K L M N O P Q R S T U V W X Y Z'. The letter 'A' is highlighted. Under 'A', there is a list of activities with a plus sign '+' to the right of each: 'Aerobics: low impact', 'Aerobics: high impact', 'Aerobics, Step: low impact', 'Aerobics, Step: high impact', and 'Aerobics: water'. The letter 'B' is also highlighted. Under 'B', there is a list of activities with a plus sign '+' to the right of each: 'Basketball: playing a game', 'Basketball: wheelchair', 'Bicycling: BMX or mountain', 'Bicycling: 12-13.9 mph', 'Bicycling: 14-15.9 mph', and 'Boxing: sparring'. The letter 'C' is highlighted. At the bottom, there are 'Save' and 'Cancel' buttons, and a navigation bar with 'My Day | Log | Goals'.

Weight Loss App

Notes

The user accesses this screen from the My Day screen by touching the > icon next to the "Enter your food intake for today" text.

The user sees Screen 1 when they first start entering food info into the app. The user can use the date selector to enter the food for that day.

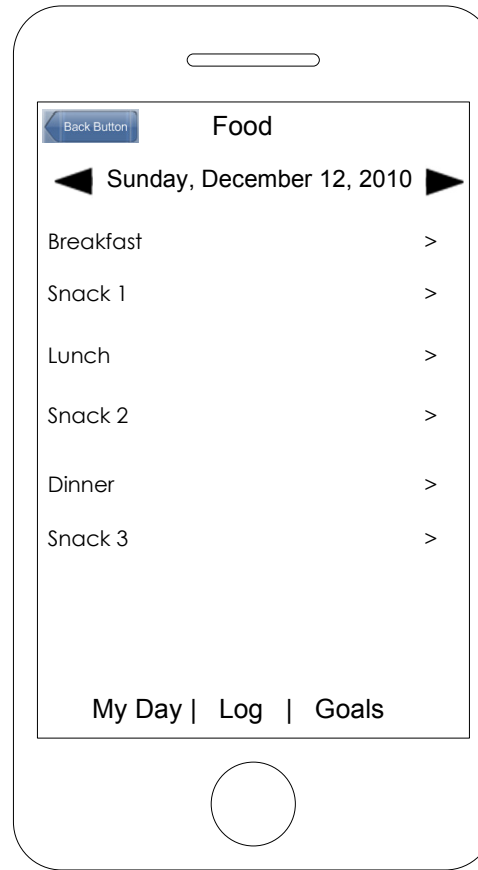
To select food:

The user must first select which meal to add the food to. User clicks the > icon next to the corresponding meal. Screen 2 displays. The user can select foods by clicking on a letter or using the search field. User can use their finger to scroll down the screen. Clicking the + icon next to the item adds that food item to the meal selected.

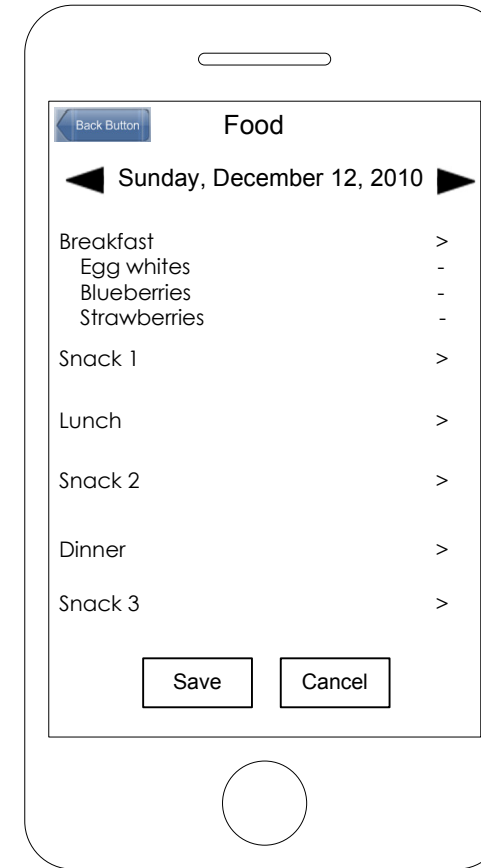
Screen 3 illustrates the food selected for Breakfast on the date selected. The user can delete the food by clicking the - icon. The user must click the Save button for calculations.

The Back button takes the user to the previous screen.

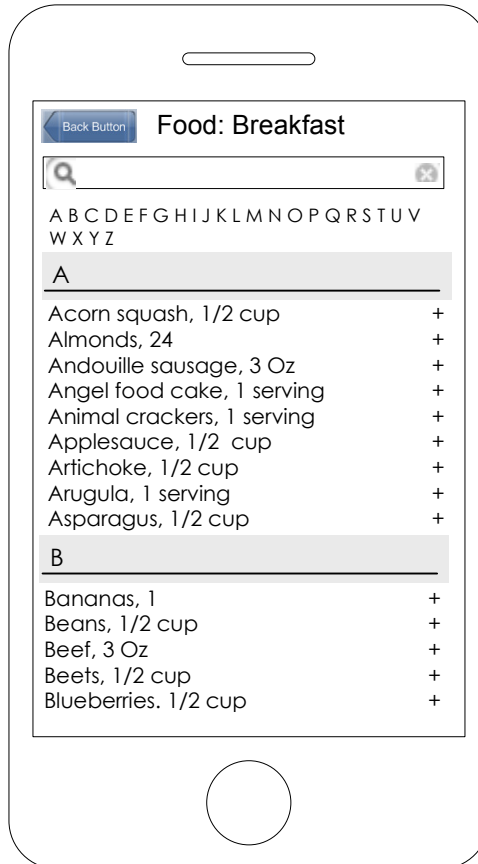
Screen 1



Screen 3



Screen 2



Weight Loss App

Notes

The user accesses this screen by touching the My Day button in the bottom navigation. The My Day screen displays with goal, exercise and food info added. This screen displays the following information for the date selected:

- Budgeted calorie count for that day
- Calories the user has consumed for that day
- Calories the user has burned during exercise for that day
- View how many additional calories the user can consume for that day
- Add additional food
- Add additional exercise

The user can also view this information totaled for the week and month. User can change the date using the arrow keys and view the same info for that day.

Navigation: My Day, Log, Goals.

The Back button takes the user to the previous screen.



Weight Loss App

Notes

The user accesses this screen by touching the Log button in the bottom navigation. This screen allows the user to view their daily exercise and food intake for the day selected.

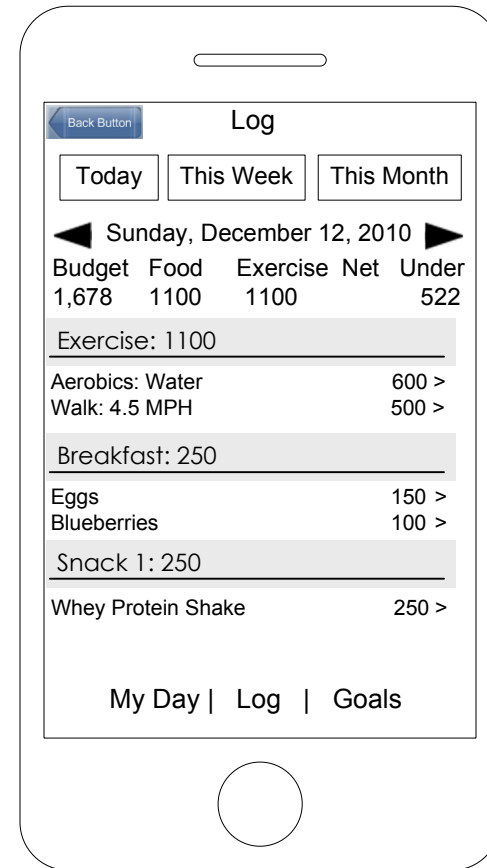
User can view and edit exercises and food for different days using the date arrow keys.

User can scroll down the page using their fingers on the screen.

Calculations on this screen are: exercise calories burned, total calories for food intake and budget minus those values.

Touching the > next to a selected activity takes the user to the Exercise screen allowing them to edit that selection. Touching the > next to a selected food item takes the user to the Food screen allowing them to edit that selection.

The Back button takes the user to the previous screen.



Weight Loss App

Notes

The user accesses this screen from any screen that has a Today button.

This screen allows the user to view their calorie intake for today. This calculation reflects the calories burned. The user can also edit their Food and Exercise by touching the Food and Exercise buttons.

The Back button takes the user to the previous screen.



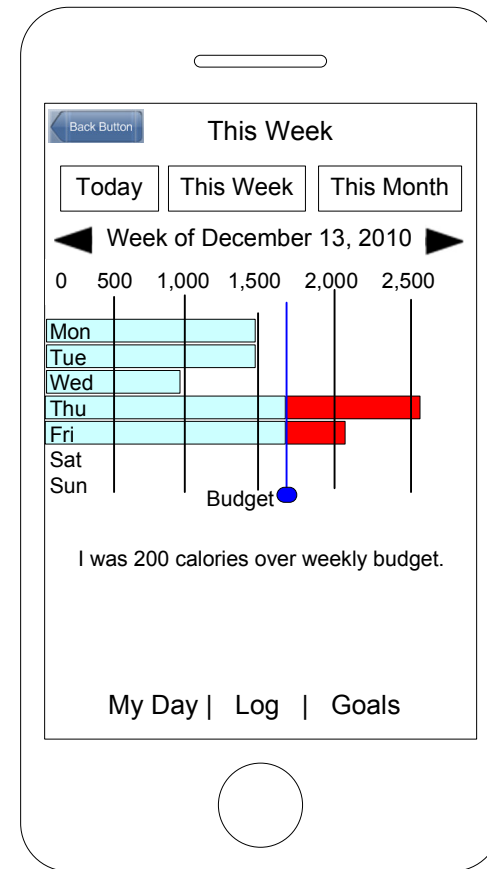
Weight Loss App

Notes

The user accesses this screen from any screen that has a This Week button.

This screen allows the user to view their calorie intake for the week. This calculation reflects the calories burned.

The Back button takes the user to the previous screen.



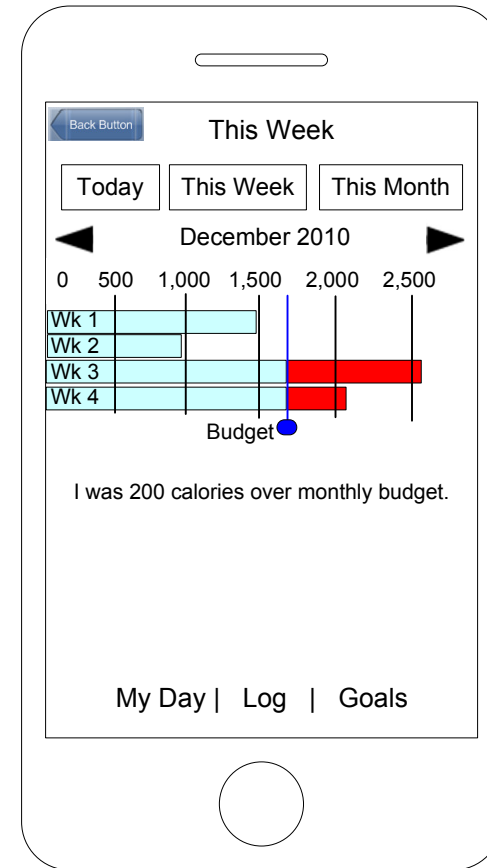
Weight Loss App

Notes

The user accesses this screen from any screen that has a This Month button.

This screen allows the user to view their calorie intake for the month. This calculation reflects the calories burned.

The Back button takes the user to the previous screen.



Weight Loss App

Notes

The user accesses this screen by touching the Goals button in the bottom navigation. The Goals screen with goal, exercise and food info added. Screen 1 displays the following information for the date selected:

Goals
Amt of weight lost to date
Graphic of weight loss

Touching the > next to a selected goal screen takes the user to the Screen 2 and 2a allowing them to edit their goals.

The text view supports user editing, a keyboard appears when the user taps inside a textbox allowing the user to enter text. The user will need to switch between the letter and number keyboard to enter text on this screen.

When the user tabs out of the text boxes or clicks the circle button, the keyboard disappears. The user must save or cancel this information.

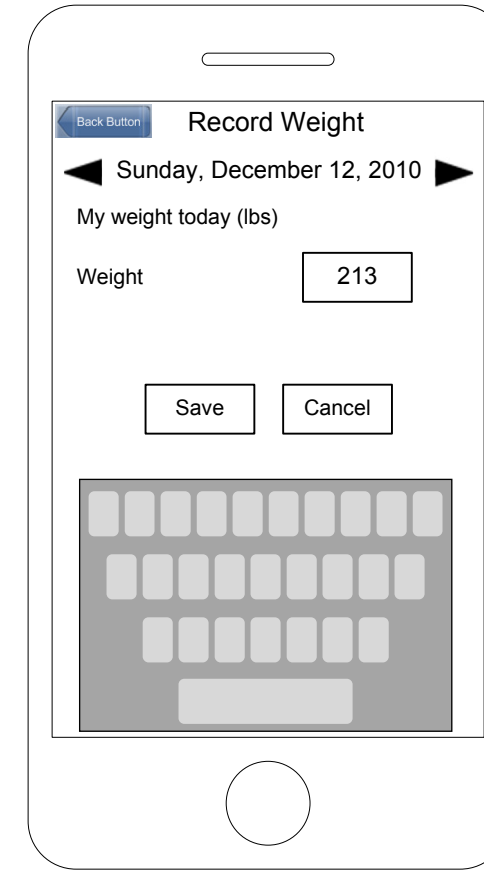
Touching the Record Today's Weight button takes the user to Screen 3 where they can record their weight. On this screen, the user can use the date selector to record other days weight as well.

The Back button takes the user to the previous screen.

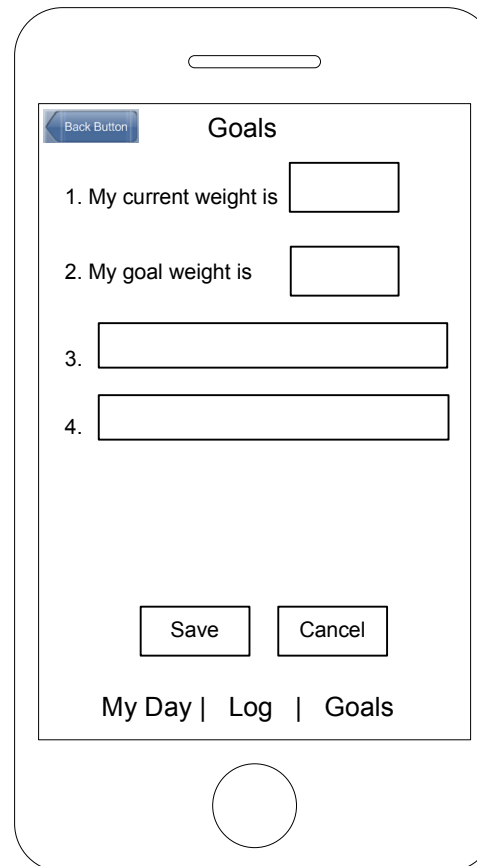
Screen 1



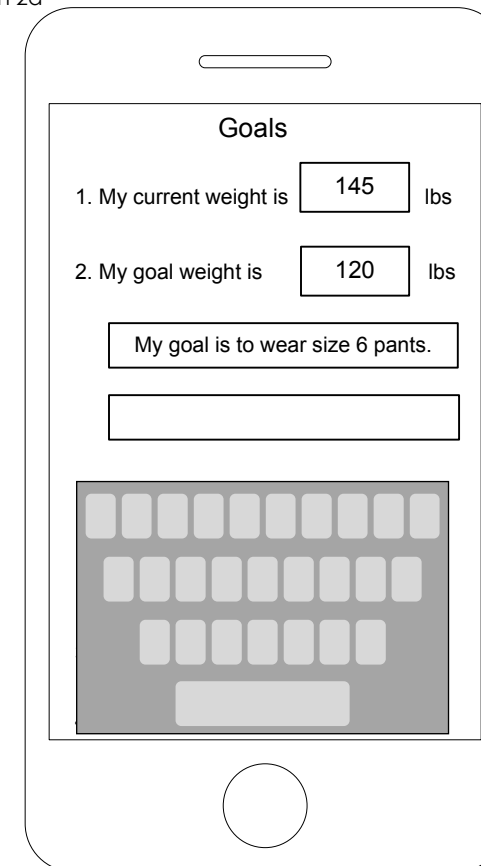
Screen 3



Screen 2



Screen 2a



Weight Loss App

Notes

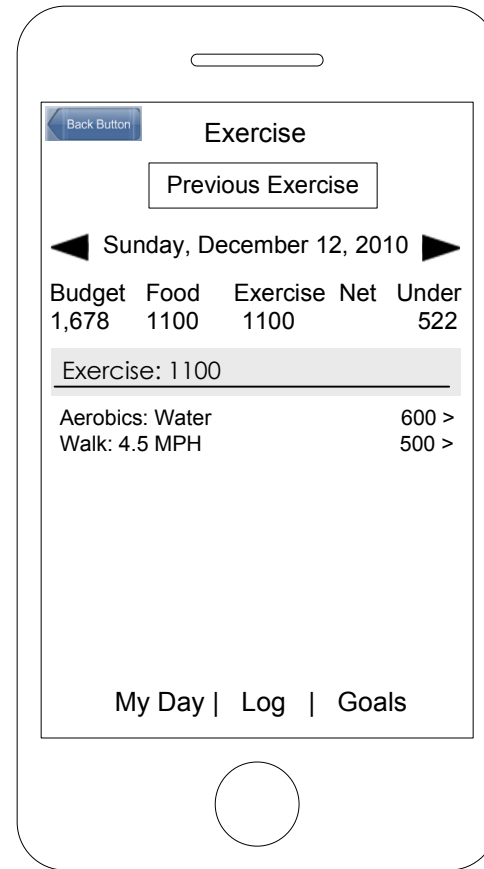
Screen 1 allows the user to view/edit their daily exercise activities. The user can edit an activity for the date selected by touching the > next to the activity. Screen 2 displays allowing them to select a new activity. When the user selects a new activity, Screen 3 displays allowing them to enter the exercise duration.

User can view different days by using the date selector.

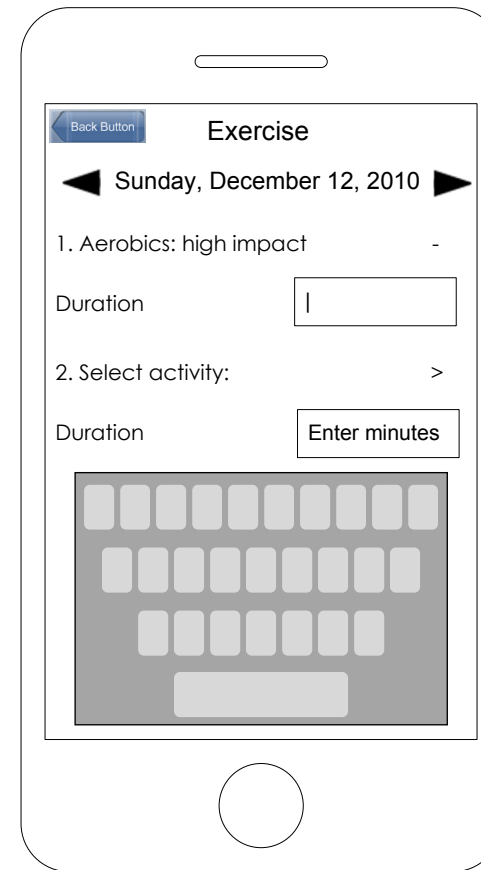
Touching the Previous Exercise button allows the user to quickly select an exercise that they have previously entered for the date selected. See Screen 4. User can use their finger to scroll down the screen through all the activities previously entered. Clicking the + icon next to the activity adds that exercise (and duration) for December 12. Any previous activity that was selected for December 12 is overwritten.

The Back button takes the user to the previous screen.

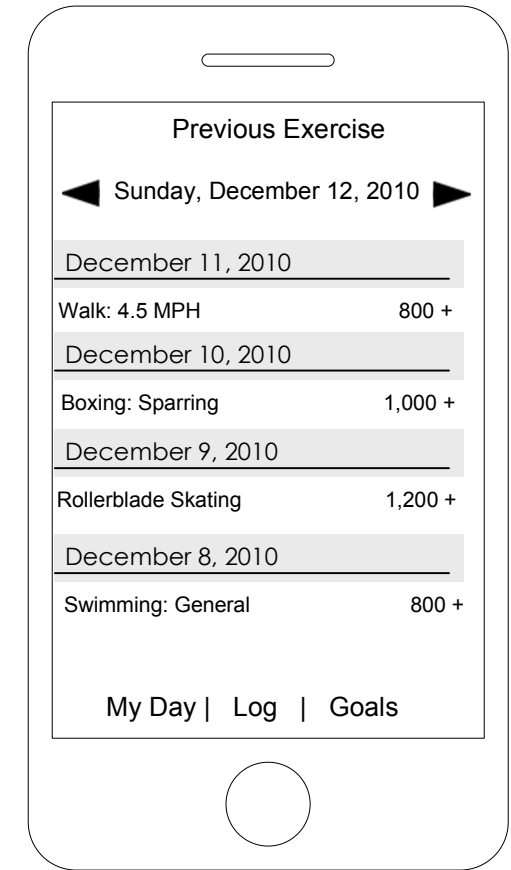
Screen 1



Screen 3



Screen 4



Screen 2



Weight Loss App

Notes

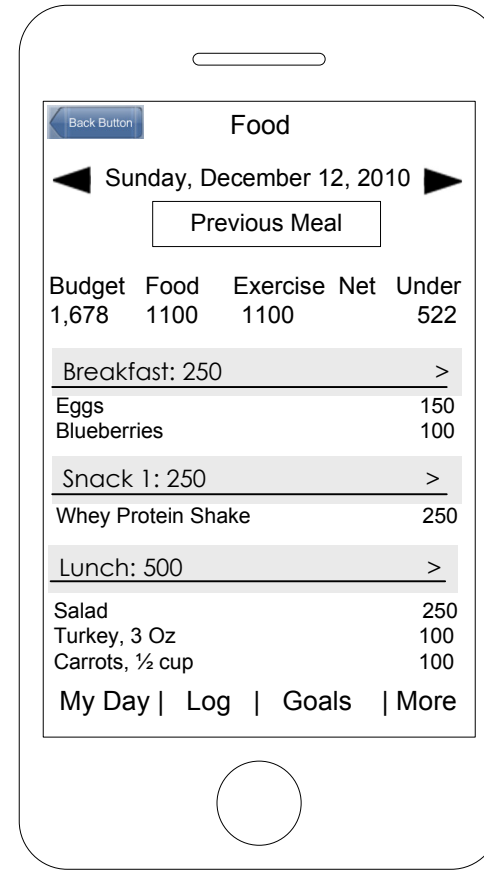
Screen 1 allows the user to view/edit their daily food intake. The user can edit an item for the date selected by touching the > next to the meal. Screen 2 displays allowing them to select a new food item. When the user selects a new activity, Screen 3 displays allowing them to delete or save the food items.

User can view different days by using the date selector.

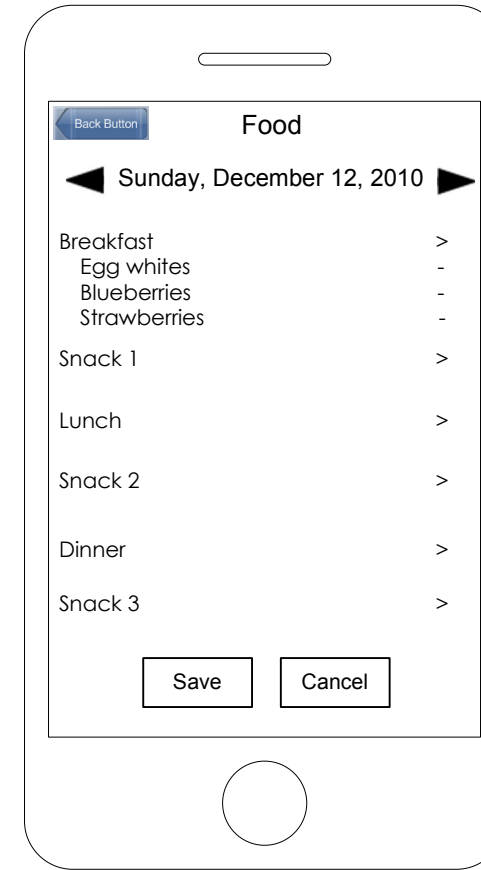
Touching the Previous Meal button allows the user to quickly select a meal that they have previously entered for the date selected. See Screen 4. User can use their finger to scroll down the screen through all the meals previously entered. Clicking the + icon next to the meal adds those food items to the meal for December 12. Any previous meal that was selected for December 12 is overwritten.

The Back button takes the user to the previous screen.

Screen 1



Screen 3



Screen 4



Screen 2

