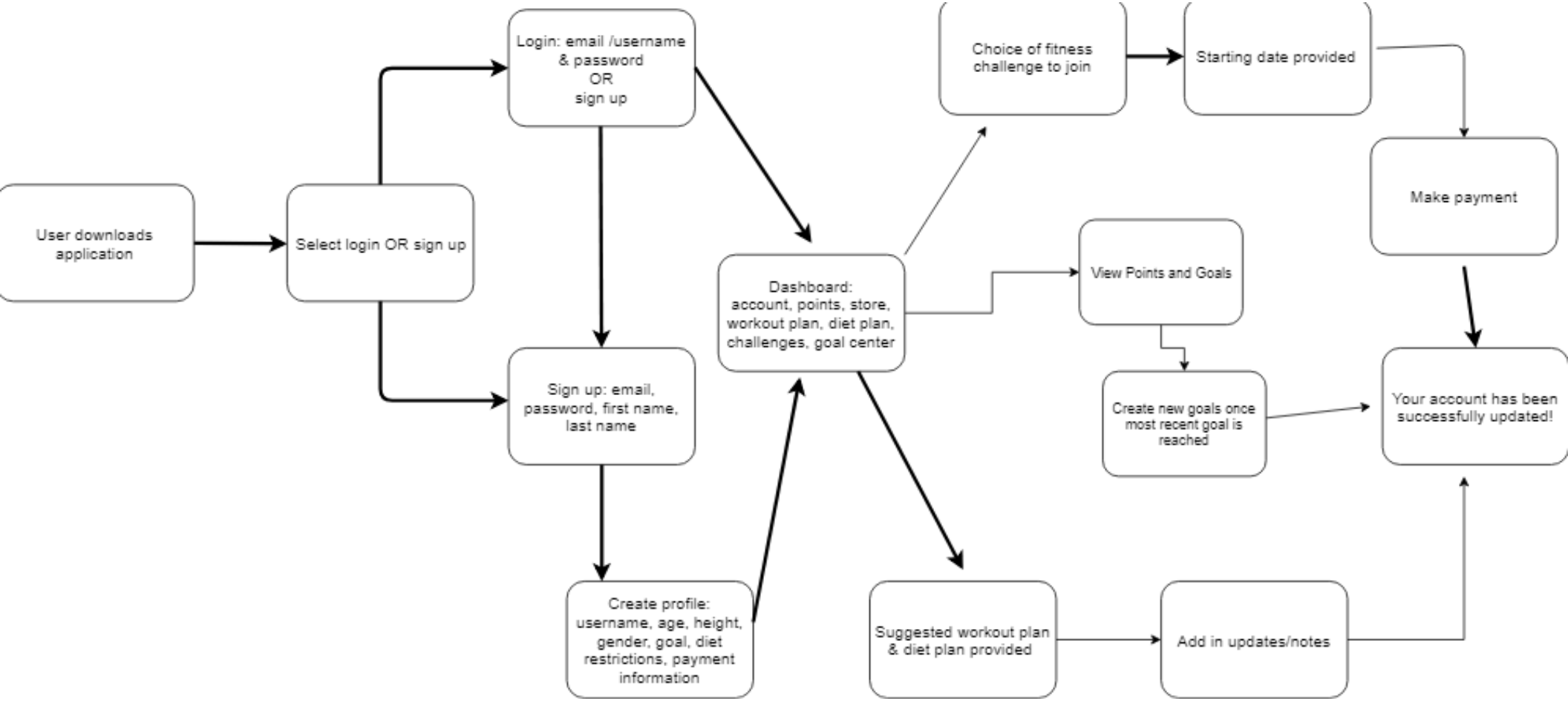
User downloads application
Select login OR sign up
Login: email /username & password OR sign up
Sign up: email, password, first name, last name
Create profile: username, age, height, gender, goal, diet restrictions, payment information
Dashboard: account, points, store, workout plan, diet plan, challenges, goal center
Choice of fitness challenge to join
Starting date provided
Make payment
View Points and Goals
Create new goals once most recent goal is reached
Your account has been successfully updated!
Suggested workout plan & diet plan provided
Add in updates/notes