

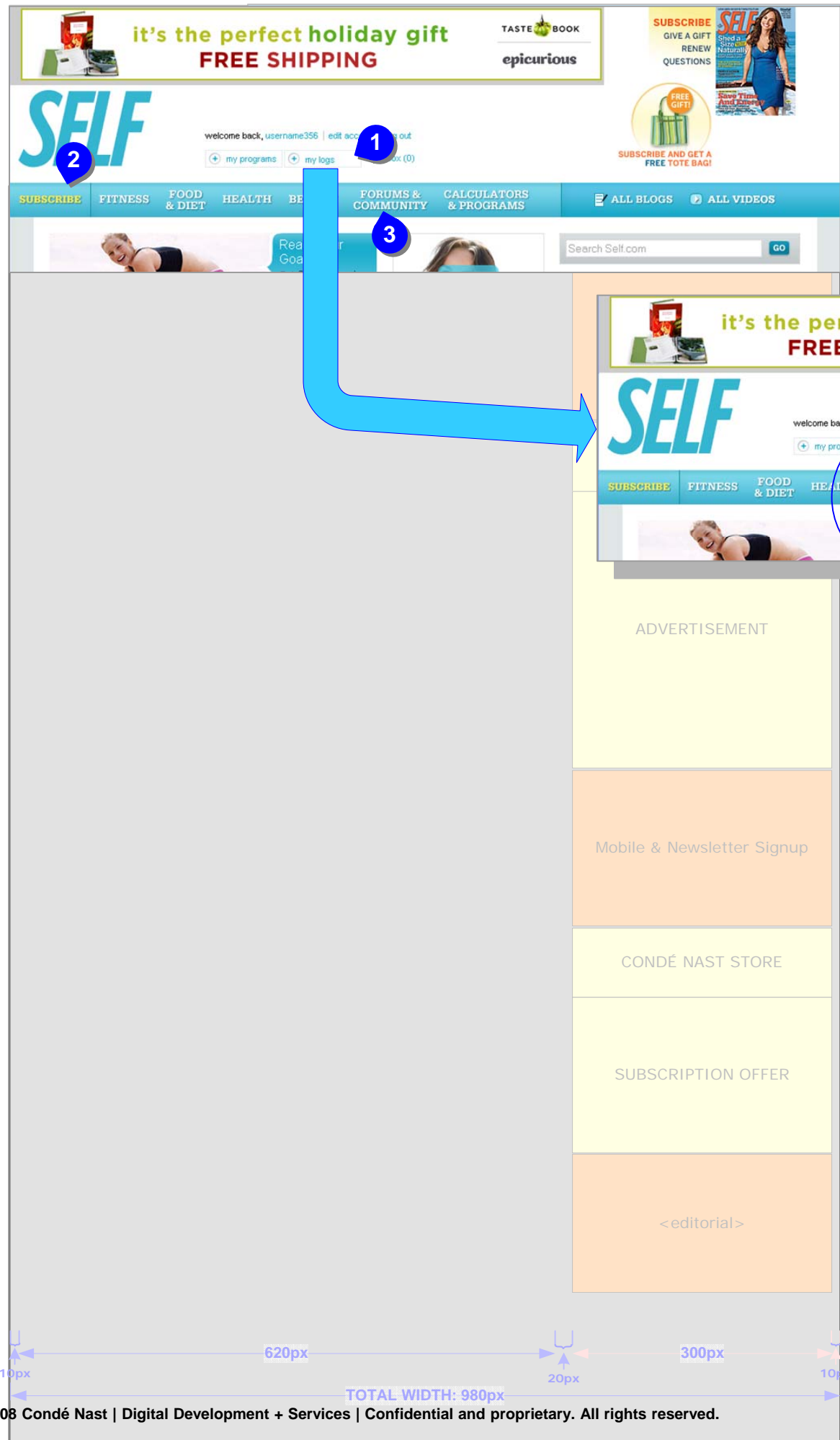
Condé Nast | DD+S

SELF.com | Challenge 2009

Conceptual Wireframes

Version 20.0

Updated Monday, January 12, 2009
Lance M. Love, Director of User Experience



Notes

General Page Information

Links to the dashboard, the fitness log and the food log should be persistent and easy to find. In addition to in page promotion, dashboard and logs will be available from the locations below.



Signed-In User Logs Menu

When the user is signed in there will be a menu with links to the "dashboard, the fitness log, the food log, the calendar and the the progress page



Signed-In User Logs Menu - open

This is the view of the open menu



Program Navigation Link

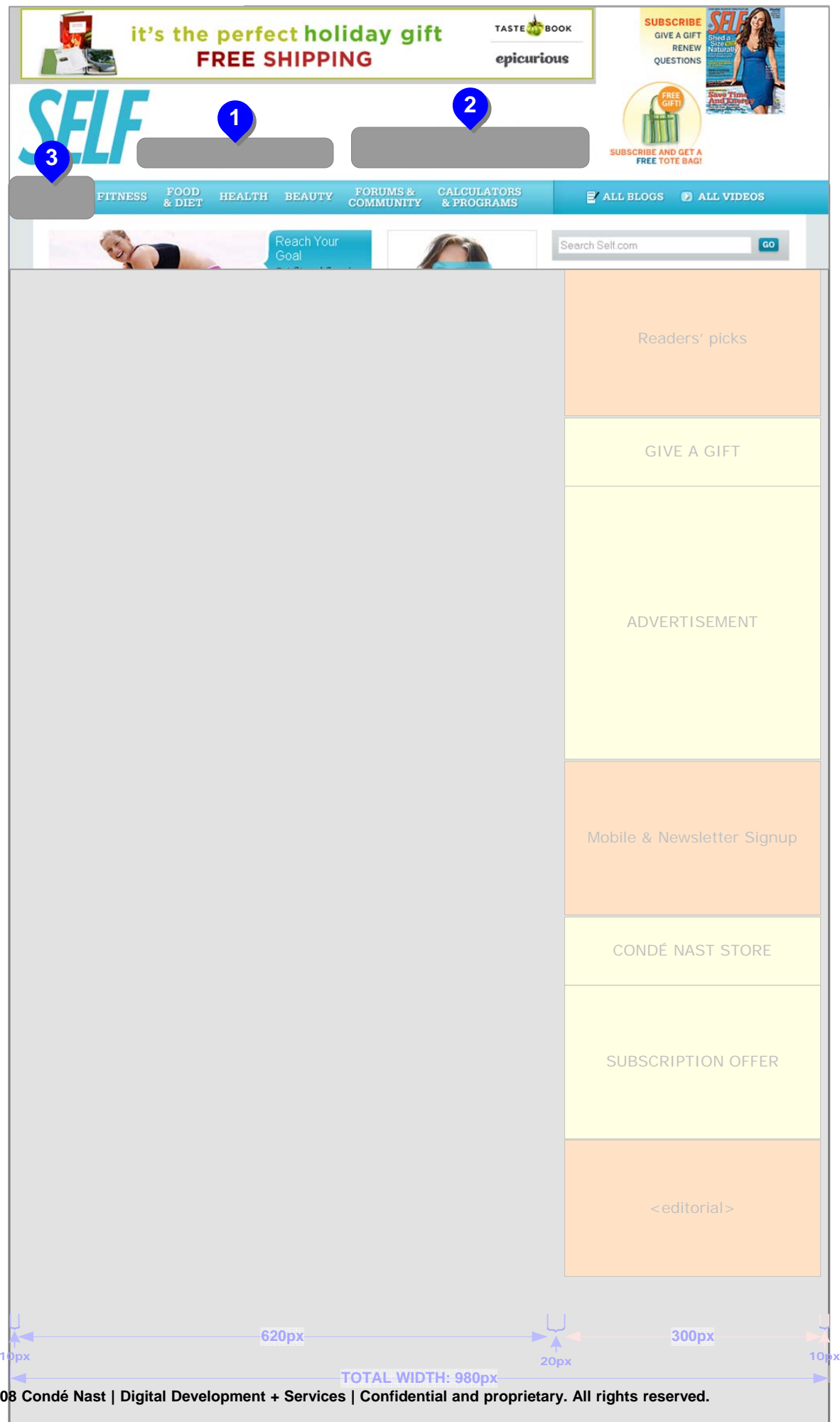
When there is an active program, the "subscribe" navigation button will be replaced with the branded program navigation button. For example: "Challenge 2009" or "Goals 2009"

- Secondary Navigation Recommendation
- <Program> Overview
- <Program> Tip of The Day
- <Program> Food Plan (or sample food plan)
- <Program> Fitness Plan (or sample fitness plan)
- <Program> Video Promo
- <Program> Dashboard
- <Program> "About" (Help/FAQs/Rules/Prizing/Photo Credits)



Forums & Community

There should be a link to the "dashboard" in the secondary navigation layer



Notes

General Page Information

This wireframe is for discussion only. No assumptions should be made regarding the final design.

1

New Subscription Unit

This is a new subscription unit which will display a short form on rollover

2

Signed-In User Logs Menu

When the user is signed in there will be a menu with links to the "dashboard, the fitness log, the food log, the calendar and the the progress page

3

Program Navigation Link

When there is an active program, the "subscribe" navigation button will be replaced with the branded program navigation button. For example: "Challenge 2009" or "Goals 2009"

Secondary Navigation Recommendation

- <Program> Overview
- <Program> Tip of The Day
- <Program> Food Plan (or sample food plan)
- <Program> Fitness Plan (or sample fitness plan)
- <Program> Video Promo
- <Program> Dashboard
- <Program> "About" (Help/FAQs/Rules/Prizing/Photo Credits)

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Logo/Masthead
Banner Ad / Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

1 MY CHALLENGE DASHBOARD

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

2 PROGRESS SNAPSHOT

Your weight is: Save update all my stats

<You have lost XX pounds so far / final copy TK>

View Full Fitness Profile

3 Program Status: Active

Pause | Finish | Leave

4 Challenge Tip of the Day

Lorem ipsum onsectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt.

Mobile & Newsletter Signup
Challenge Pledge
View Sorority Info

5 CALENDAR QUICK VIEW

SUN	MON	TUE	WED	THU	FRI	SAT
August 20	August 21	August 22	August 23	August 24	August 25	August 26
Food Fitness	Food Fitness	Food Fitness	Food Fitness	Food Fitness	Food Fitness	Food Fitness
	Start of Self Challenge Program!	Program Paused	Program Paused	Program Resumed	Program Finish	

Your last log entry was at XX:YY PM on MM/DD/YY. [View Calendar >](#)

6 QUICK ADD TO FOOD

Food Log

Add Meal to Log Choose Meal to add food to:

Results: XXX

Food	Portion	Serving Size	Calories
<Food Item> <view>	1	XX <Measure>	XX calories per serving Add Info
<Food Item> <view>	1	XX <Measure>	XX calories per serving Add Info
<Food Item> <view>	1	XX <Measure>	XX calories per serving Add Info

<Your entry has been saved to your Food Log for Today!>

Your last Food Log entry was at XX:YY PM on MM/DD/YY. [View Food Log >](#)

Food Notes

Food Log Post Date: August 25

<Your entry has been saved to your Food Log for Today!>

Your last Food Log entry was at XX:YY PM on MM/DD/YY. [View Food Log >](#)

7 QUICK ADD TO FITNESS

Fitness Log

Activity Type: Filter Clear Filter

Results: XXX

Activity	Type	Minutes	Distance
<Fitness item> <view>	Cardio	* 30	xx miles
<Fitness item> <view>	Strength	* 20	
<Fitness item> <view>	Cardio	* 30	xx miles

<Your entry has been saved to your Fitness Log for today!>

Your last Fitness Log entry was at XX:YY PM on MM/DD/YY. [View Fitness Log >](#)

Fitness Notes

Fitness Log Post Date: August 25

Lorem ipsum onsectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat.

Your last Fitness Log entry was at XX:YY PM on MM/DD/YY. [View Fitness Log >](#)

Continued on Next Wireframe Page

620px 300px 20px 10px

TOTAL WIDTH: 980px

Notes

General Page Information

Page is comprised of components for efficient viewing & logging Program-related activities. Each Module will have its own help window, triggered by clicking on the circled question mark on the upper right corner of each.

1

MY CHALLENGE DASHBOARD

Program members will see full title: "My Challenge Dashboard." and personalized week messaging, "Welcome to week xx...". For non-program members neither "My Challenge" nor personalized week messaging will be displayed. Non-program head and messaging TBD and may contain a tout for current program.

PRIZING INFORMATION (available to ALL Users)

Date Based Prizing Information
Date is based on magazine on sale dates and NOT dependant upon user program dates. Uses serial item list to display edit controlled content.

2

Progress Analytics Snapshot

Visual summary of User's progress.
Weight field with button for:
- "Save" closes the textbox around weight and updates it with the latest entry.
Link to update all stats; Status of pounds lost to date
Displays daily graph view of Calories Burned with daily caloric recommendation (recommendation for calories is 1600-2000 per day)
Graph to include SELF official recommendation for both program and non-program stats.
The week shown on the graph corresponds to the same week as Calendar Quick View.

Links:

"Your Full Fitness Profile" - links to the Fitness Profile page
"Update all stats" - links to Fitness Profile page
"View Progress Page" - links to the Progress Page

3

Program Status and Utility Links

This module does not appear for non-program members. Displays the member's current status.
Status are:
- Active
- Paused
-When status is Paused, instead of a "Pause" link, a "Resume" link appears in place of Pause.
Links that does not apply to the user will not appear.

Links:

"Pause" - prompts a confirmation action to Pause program. When confirmed, program is paused and a "Resume" link appears in place of the Pause.
"Finish" - prompts a confirmation action to Finish the program.
"Leave" - prompts a confirmation action to Leave the program.
"Resume" - Appears only when the program is in Paused mode.

4

Challenge Promotional

Copy:
Tip of the Day will appear here in full.
Controlled by Magazine.

Links:

"Buddy List" - links to <TBD>
"Mobile & Newsletter Signup" - links to <TBD>
"Challenge Pledge" - links to <TBD>
"Sorority Information" - links to <TBD>

5

Calendar Quick View

This view shows current Sunday - Saturday week. Indicates Log activity with links to each day's Exercise or Nutrition Log. Current date is August 25. Current date should have a visual differentiation from the rest of the days
Visual indication of days that are Challenge days. Site member started the program on Mon., August 21. Indicate the start date of Challenge program and all dates after the start (ie., after Aug. 21) will be visually different from before Challenge program days. Visual indication when there's a status change within Challenge Days, such as program paused, program resumed, program finished.
Calendar currently shows days that the program was paused; the day the program resumed, and the day that the program finished.
Links for "food" or "fitness" should be differentiated or assigned icons IF user has respective entry for respective date.

Links:

"Food" - links to the Food Log - Daily view of that date. See Food Log - Daily View
"Fitness" - links to the Fitness Log - Daily view of that date. See Fitness Log - Daily View
"View Calendar" - links to the full Calendar overview. See Calendar

Note: Alert text which appears in wireframes as <text> will be displayed according to the visual style Design creates. Exact specs for interaction behavior is not yet finalized.

Note about "pausing": If you pause a program and then resume, you can add activities/food items during a time period that was once paused (once you resume the program, of course). If you pause a program and then resume and log activities/food during the previously paused time period, those activities will not count towards any Challenge progress tracking. However, the activities will count toward general stats and progress not part of Challenge.* When you pause a program, the pause becomes effective the day you pause. When you resume, the day you resume is part of the program

6

Food Quick Entry

Allows user to quickly & efficiently log exercise, food & related notes related to each without having to open the Log pages themselves. Entries are limited to current day only. Site members and Non-program members select food select activities from a list of Saved Food Items. Users may add items to their food log by clicking the "add" link. Users may view nutrition info of the individual item by clicking "info" for an informational modal. Clicking "view" opens a new window and displays the site content referenced by the link.
Last log entry date and time is shown. Validation of Quick Log entry appears after each posting from this module. Updates all instances where this data and/or its status displayed. On the dashboard quick logs conditional messaging would display if the user has no favorites. The messaging can have a link to the daily log. Error messaging appears when user attempts to Post to Log without completing all required fields.
Required fields are:
- Choose Meal
- Food
- Portion
Portion is defaulted to 1
Confirmation message appears only after successful submission.

Links:

"View Food Log" - links to Food Log - Daily view. See Food Log - Daily view.

6a

Food Quick Entry - Notes

If notes have already been entered for this day, the text entry field will be pre-populated with the entry so that the user can edit. Confirmation message appears only after successful submission.

Links:

"View Food Log" - links to Food Log - Daily view. See Food Log - Daily view.

7

Fitness Quick Entry

Note: User must select either "Strength" or "Cardio" from the drop down menu to display fitness items.

Allows user to quickly & efficiently log exercise & related notes related to each without having to open the Log pages themselves. Entries are limited to current day only. Site members and Non-program members select activities from a list of Saved Fitness Items. Users may add items to their log by clicking the "add" link. Clicking "view" opens a new window and displays the site content referenced by the link. Last log entry date and time is shown. Validation of Quick Log entry appears after each posting from this module. Updates all instances where this data and/or its status displayed. Error messaging appears when user attempts to Post to Log without completing all required fields.
Required fields are:
- Activity
- Minutes
- Metrics dropdown, if data for distance is entered (miles, etc). Defaults to Miles.
Confirmation message appears only after successful submission.

Links:

"View Fitness Log" - links to Fitness Log - Daily view. See Fitness Log - Daily view.

7a

Fitness Quick Entry - Notes

If notes have already been entered for this day, the text entry field will be pre-populated with the entry so that the user can edit. Confirmation message appears only after successful submission.

Links:

"View Fitness Log" - links to Fitness Log - Daily view. See Fitness Log - Daily view.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Continued from Previous Wireframe Page

8 BLOG QUICK ENTRY ?

Post Date: August 25

Enter Your Blog Post Title

Enter Blog Post Tags

<Your Blog entry has been posted!>

Post to Blog

Your last Blog entry was at XX:YY PM on MM/DD/YY. [View My Blog >](#)

9 FRIENDS & GROUPS ?

Challenge Friends & Groups | All Friends & Groups

Challenge Friends

UserName UserName UserName UserName UserName UserName

[View / Manage All Friends >](#)

Challenge Groups

GroupName GroupName GroupName GroupName

[View All Groups >](#)

[Tell your friends about the 2009 SELF Challenge >](#)

9a FRIENDS & GROUPS ?

Challenge Friends & Groups | All Friends & Groups

Challenge Friends

You don't have any Self Challenge Friends yet.

[Visit your "Friends" >](#)

Challenge Groups

You don't belong to any Self Challenge Groups yet.

[Join a Group >](#)

[Create a Group >](#)

[Tell your own friends about the 2009 SELF Challenge >](#)

Edit Feature

Edit Feature

Note: Features at the bottom of the page may differ for various program parameters.

Edit Feature

Edit Feature

9b FRIENDS & GROUPS ?

Friends

UserName UserName UserName UserName UserName UserName

[View / Manage All Friends >](#)

Groups

GroupName GroupName GroupName GroupName

[View All Groups >](#)

Notes

continued from previous page

8

Quick Blog Entry

Only user's Persona Blog is available for Quick Entry. Last blog entry status is shown. Validation of Quick Blog entry appears after each posting from this module. Updates all instances where this data and/or its status displayed. Confirmation message appears only after successful submission.

Links:
"View My Blog" - links to the User's full Blog on her Persona page

9

Friends & Groups - All

Quick & easy view of Program friends & Groups, with links to more comprehensive community pages. Links to individual "Friend" or "Group" to function as they currently do on SELF.com. If the user is NOT enrolled in a program, no tabs appear and the global friends and groups modules are displayed (See 9b)

Links:
"View / Manage All Friends" - links to the Friends tab on the user Persona page
"View all Groups" - links to My Groups page. This is a HTML, keyword search page.
"Tell your own friends about the 2009 Self Challenge" links to the Ecards page. Program specific link TBD.

9a

Friends & Groups - User Enrolled in Program but has no program friends

This is the view when the user is not part of any Groups and does not have any Challenge Friends.

Links:
"Visit your "Freinds" - links to the Friends tab on the Persona page.
"Join a Group" - links to My Groups page. This is a HTML, keyword search page.
"Create a Group" - links to Groups landing page
"Tell your own friends about the 2009 Self Challenge" links to the Ecards page. Program specific link TBD.

9b

Friends & Groups - User is not enrolled in a program

If the user is NOT enrolled in a program, no tabs appear and the global friends and groups modules are displayed, populated with users friends and/or groups.

Links:
"View / Manage All Friends" - links to the Friends tab on the user Persona page
"View all Groups" - links to My Groups page. This is a HTML, keyword search page.

9c

Friends & Groups - User is not enrolled in a program and user has no friends and does not belong to a group

If the user is NOT enrolled in a program, no tabs appear and in the global friends and groups modules promotion text is displayed.

Links:
"Invite Friends" - links to the Invite Friends page
"Create A Group" - links to Group creation page.

Note: Alert text which appears in wireframes as <text> will be displayed according to the visual style Design creates. Exact specs for interaction behavior is not yet finalized.

9c

FRIENDS & GROUPS ?

Friends

<Keep track of your friends. Click the "Add me as a friend" button on your friend's pages. .To add a friend simply click on the Invite friend button you see on other users' profile pages. You can also [invite your own](#) friends to join you on My.Self.com!>

Groups

<Joining a new group is simple: Just click on the button on the group's page and you'll be added immediately. For private groups, a request will be sent to the group's administrator(s), alerting them that you'd like to join.

Don't see a group that fits your needs? Start one of your own!

[CREATE A GROUP >](#)

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Logo/Masthead

Banner Ad / Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE FITNESS LOG ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

Daily View
Weekly View

◀ Day MM/DD
📅
▶

Daily totals:
 Calories Burned: XXX Cardio Minutes: XX
 Strength Minutes: XX

Saturday ★ ★ ★ ★ ★ [How do I earn Stars? >](#)
Month, Day Year

▼ Cardio

Activity	Minutes	Distance	Calories Burned	
<Activity Item> * xx	xx	xx miles	XX calories	Edit / Delete
<Activity Item> * xx	xx	xx miles	XX calories	Edit / Delete

▼ Strength

Activity	Minutes	Distance	Calories Burned	
<Activity Item> * xx	xx		XX calories	Edit / Delete
<Activity Item> * xx	xx		XX calories	Edit / Delete
<Activity Item> * xx	xx		XX calories	Edit / Delete

[Add Fitness Activity](#)

▼ Fitness Notes

Lorem ipsum onsectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

<Your entry has been saved to your Fitness Log for Today!>

Save Notes

Search Self.com GO

Readers' picks

GIVE A GIFT

ADVERTISEMENT

Mobile & Newsletter Signup

CONDÉ NAST STORE

SUBSCRIPTION OFFER

<editorial>

Edit **Note:** Features at the bottom of the page may differ for various program parameters.

Edit Feature
Edit Feature

TOTAL WIDTH: 980px

Notes

General Page Information

This is the default view.
All data entered here will be reflected/updated in all views: Weekly, Calendar, Progress, Dashboard as required.

1 Header Information

This is the default view.
All data entered here will be reflected/updated in all views: Weekly, Calendar, Progress, Dashboard as required.

Page header: My Challenge Fitness Log and the specialized week messaging. Non-members will not see both the "My Challenge" part of the title and the specialized week messaging.

PRIZING INFORMATION (available to ALL Users)

Date Based Prizing Information
Date is based on magazine on sale dates and NOT dependant upon user program dates.
Uses serial item list to display edit controlled content.

Overview of the day's Fitness-related activities.
Day Carousel & Calendar drop down available for browsing other days.

2 Star Rating

Allows user to rate each day from 1 to 5 stars; Specs TBD by Edit Link to "How do I earn Stars?"

3 Activity

List the activities the user entered into 2 categories: Cardio or Strength.
The 2 categories can be expanded or collapsed. Both are currently in the expanded mode.
Column header underneath each activity type: Activity | Minutes | Distance | Calories Burned.
Activities are displayed in chronological order – oldest entries first.

3a Edit/Delete

- "Delete" deletes the entry.
- "Edit" displays the fields to allow editing
 - Distance dropdown to contain Miles, Kilometers, Meters, Yards (TBD).
 - Distance fields do not appear for activities that do not make sense to have distance.
 - Distance defaults to Miles.
 - Text fields to edit Minutes and/or Distance.
 - In Edit mode the "Edit" link is changed to "Save" which allows user to Save their edits

"Add Activity" button pops open the Add Fitness Log Widget. When the Add Activity widget appears, page and features are grayed out except for the widget. Once widget is closed, the page becomes ungray and "active."

4 Fitness Notes

An area for the user to record any observations or moods she may experience related to fitness.
Notes entered from the dashboard will appear here when linked to the Log page.
Confirmation message when user saves a note. Appears after successful submission.

Save Note button saves any entries or edits within the notes fields. This will also update the notes on the dashboard view.

{Action: Open "Add Fitness" Widget}

<Activity Item> * miles calories [Save / Delete](#)

<Activity Item> * calories [Save / Delete](#)

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Logo/Masthead

Banner Ad /
Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE FITNESS LOG ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

Daily View
Weekly View

1
Week Ending 08/09

Weekly totals:
 Calories Burned: XXX Cardio Minutes: XX
 Strength Minutes: XX

Sunday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
 Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Monday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
 Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Tuesday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
 Calories: XXX

STRENGTH X

Activity	Calories Burned
< Activity Item Entry >	xx
< Activity Item Entry >	xx
< Activity Item Entry >	xx
< Activity Item Entry >	xx

[Edit Activity](#)

[Close Window](#)

Search Self.com GO

Readers' picks

GIVE A GIFT

ADVERTISEMENT

Mobile & Newsletter Signup

CONDÉ NAST STORE

SUBSCRIPTION OFFER

<editorial>

Continued on Next Wireframe Page

Notes

- 1
Header Information
 Page header: My Challenge Fitness Log and the specialized week messaging. Non-members will not see both the "My Challenge" part of the title and the specialized week messaging.

PRIZING INFORMATION (available to ALL Users)
 Date Based Prizing Information
 Date is based on magazine on sale dates and NOT dependant upon user program dates.
 Uses serial item list to display edit controlled content.

 Overview of the week's Fitness-related activities, as logged into the Daily view.
 Week Carousel & Calendar drop down available for browsing other weeks.
 Weekly cumulative totals at top.

 Entry header underneath each Day: Activity | Calories Burned
- 2
Star Rating
 Clicking on "stars" takes user to daily view for that view.
- 3
Daily Overviews
 Each Day's overview contains the following:
 -- Cumulative Fitness totals.
 -- All Workouts entered on the Daily View, sorted into Cardio & Strength building categories.

Links:
 "Day" - links to the Daily View for the corresponding Day, e.g. [Wednesday](#) will link to that day's Daily Log.
 "Details":
 - Rollover - displays the activity entries for the activity type for that day.
 - "Edit Activity" links to the corresponding Daily log of that activity type (Cardio or Strength). Only the selected Activity Type is expanded.
 - Column header: Activity | Calories Burned.
 - Header displays the Activity Type that is moused over (ie., Cardio).

 - "x" icon or "close Window" link closes this pane. Clicking on areas outside of the overlaying pane will also close it.
- 4
Fitness Type Details
 On Click - displays the fitness items logged for a type of fitness activity. "x" icon or "Close Window" link closes this pane. Clicking or moving mouse away from the box will also close it.
 "Edit Activity" takes user to the fitness log for the selected date with the selected type expanded.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

©2008 Condé Nast | Digital Development + Services | Confidential and proprietary. All rights reserved.

(SELF_conceptual_wf_Challenge2009_v20) p.7

Notes

Please see previous page

Continued from Previous Wireframe Page

Wednesday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Thursday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Friday ★★★★★ Month, Day Year

Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Saturday ★★★★★ Month, Day Year

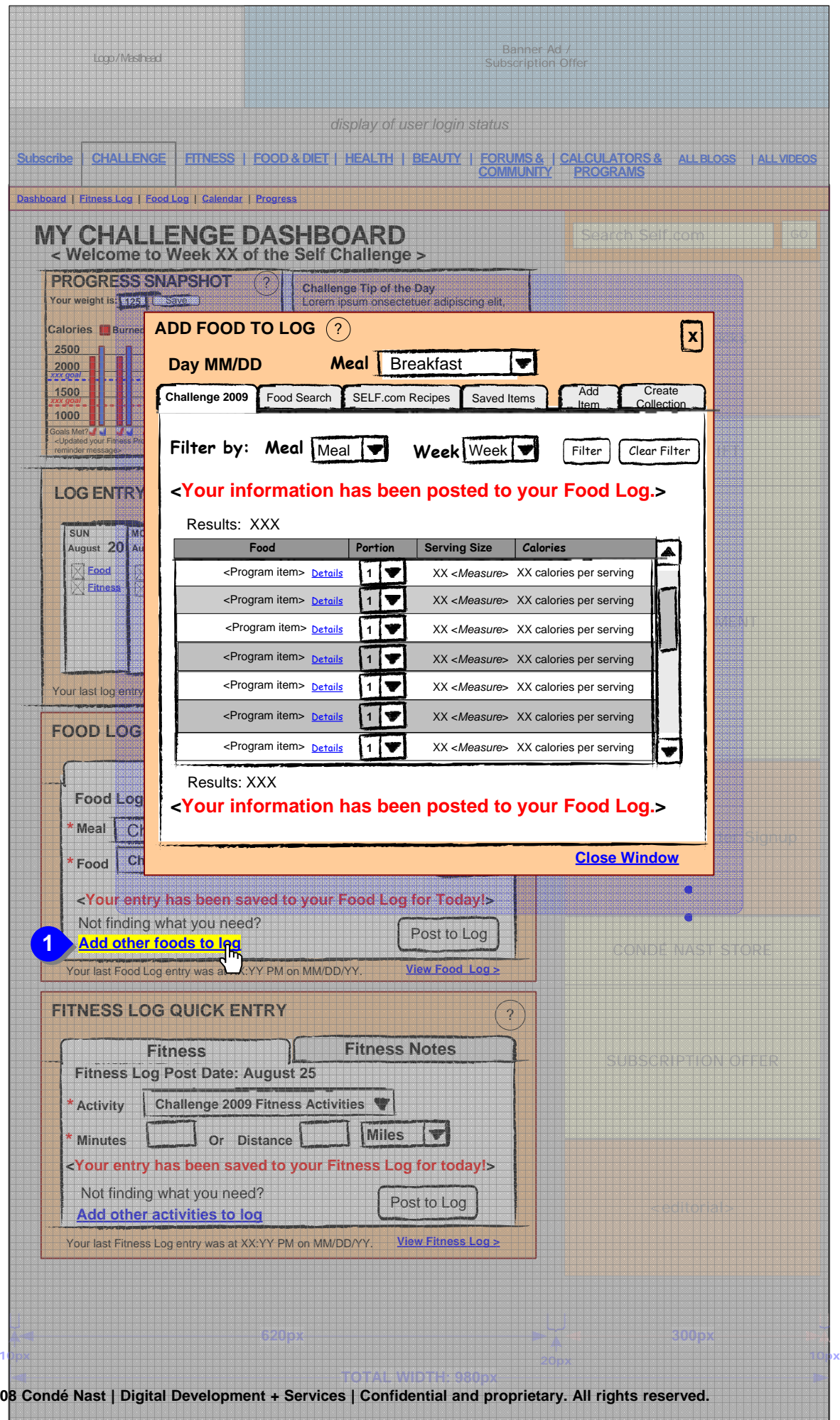
Activity	Calories Burned
Cardio Details	XX calories burned
Strength Details	XX calories burned

Daily totals:
Calories: XXX Cardio Minutes: XX Strength Minutes: XX

Note: Features at the bottom of the page may differ for various program parameters.

Edit Feature Edit Feature

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD



Notes

General Interaction Information

Widget loads On Click
 Page should be partially obscured by a semi-transparent layer.
 The widget should be located close to the element that initiated it.
 "x" icon or "Close Window" link closes widget.
 Clicking or moving mouse approximately 20 pixels outside of active widget (represented by the blue halo in the wireframe) will also close it.
 For any tab in either the add food or add fitness widget that requires "saving" (Food: Add Item, Food: Create Collection and Fitness: Add Item) an alert should be displayed if user has entered data in to any of the fields on the aforementioned tabs and attempts to close widget asking them if they'd like to save the data they've entered before closing the widget.

For Example, user has "Add other foods to log" link; widget appears

- 1 Add Other Foods To Log
 User has clicked "add other foods to log"

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

1 ADD ACTIVITY TO LOG ?

Day MM/DD

Challenge 2009 | Activities Search | SELF.com Workouts | My Favorites | Add Item

Filter by: Activity Type Week Month

Filter Clear Filter

<Your information has been posted to your Fitness Log.>

Results: XXX

Activity	Type	Minutes	Distance
<Program item> <view>	Cardio	30	xx miles
<Program item> <view>	Strength	20	
<Program item> <view>	Cardio	30	xx miles
<Program item> <view>	Cardio	15	5 miles
<Program item> <view>	Strength	30	
<Program item> <view>	Strength	30	
<Program item> <view>	Cardio	10	2 miles

Results: XXX

<Your information has been posted to your Fitness Log.>

Not finding what you need? [Create a New Fitness Item>>](#)

Close Window

Note: For Challenge filter by month is available; for Goals filter by week is available

Month

2 ADD ACTIVITY TO LOG ?

Day MM/DD

Challenge 2009 | Activities Search | SELF.com Workouts | My Favorites | Add Item

Enter Search Term Search - or - View All

<Your information has been posted to your Fitness Log.>

Results: XXX

Activity	Type	Minutes	Distance
<Activity item> <view>	Cardio	30	xx miles
<Activity item> <view>	Strength	20	
<Activity item> <view>	Cardio	30	xx miles
<Activity item> <view>	Cardio	20	xx miles
<Activity item> <view>	Strength	15	
<Activity item> <view>	Strength	15	
<Activity item> <view>	Cardio	20	5 miles

Results: XXX

<Your information has been posted to your Fitness Log.>

Not finding what you need? [Create a New Fitness Item>>](#)

Close Window

2a

<Search Instructions>

Notes

General Fitness Log Widget Information

Widget head (above the tabs) to include date (the date that the user is entering an activity for).

Widget navigation includes

- Challenge 2009 | Program Activities Recommendations
 - Activities Search | Search <data source TBD> for activities
 - SELF.com Workouts | A List of all SELF.com workouts
 - My Favorites | A list of all items saved as favorites by user
 - Add Item | Allows user to enter a custom fitness item
- Note: Create a slightly different visual Treatment for "Add Item" as it is form entry/utility tab.

This widget will have its own help window, triggered by clicking on the circled question mark near the widget header.

"x" icon or "Close Window" link closes this widget. Clicking mouse outside of the widget will also close it.

1 Add Activity to Fitness Log – Self Challenge 2009 Tab

Add Activity Widget pops opens with Challenge 2009 tab defaulted. Challenge 2009 tab contains all Self Challenge 2009 recommended Fitness Activities. "Filter By" allows user to Filter by "Type" (cardio versus strength) and/or by "Week" (in the program) - or - by "Month" (program month). Filters allow user to view up to a certain month's items, or cardio / strength activities only; the month that the user is in or previous months. - For Challenge filter by month is available; for Goals filter by week is available "Clear Filters" resets the filters to default settings. Results shows the number of program items returned. Scrollbars to scroll through the list of items. Column headers: Activity | Type | Minutes | Distance Challenge Activities default to SELF recommended minutes. Link next to each fitness item to post to Fitness Log or save to Favorite Items. - "Add" posts activity to Log - "Fave" adds to favorite Items Confirmation message when user clicks icon to Add to Saved Items or Post to Fitness Log. Confirmation appears only after successfully submission. Distance dropdown to contain Miles and Yards. Distance fields do not appear for activities that do not have distance as a parameter. Text fields to enter Minutes and/or Distance. Minutes are required for all activities. Distance defaults to Miles.

Note: Challenge 2009 - From 2/19-3/18 users should just get Month 1 in the drop down. They get the Option of Month 1 or Month 2 from 3/19 - 4/15 and the Option of all 3 months (Months 1, 2 or 3) starting on 4/16.

Links:

"View" Opens a new browser widow with the selected SELF.com workout loaded. Link to "Create a new fitness Item" enables navigation to the "add item" tab.

2 Add Activity to Fitness Log – Activities Search

User may Search <data source TBD> for activities or "View All" Results shows the number of program items returned. Scrollbars to scroll through the list of items. Column headers: Activity | Type | Minutes | Distance Activities default to SELF recommended minutes. Link next to each fitness item to post to Fitness Log or save to Favorite Items. - "Add" posts activity to Log - "Fave" adds to favorite Items Confirmation message when user clicks icon to Add to Saved Items or Post to Fitness Log. Confirmation appears only after successfully submission. Distance dropdown to contain Miles and Yards. Distance fields do not appear for activities that do not have distance as a parameter. Text fields to enter Minutes and/or Distance. Minutes are required for all activities. Duration or Distance may be entered for Calories Burned calculation. Distance defaults to Miles.

Links:

"View" Opens a new browser widow with the selected SELF.com workout loaded. Link to "Create a new fitness Item" enables navigation to the "add item" tab.

2a Add Activity to Fitness Log – Activities Search | User has not executed a search

Search Instructions (Specific text TBD) in place of search results.

3 ADD ACTIVITY TO LOG ?

Day MM/DD

Challenge 2009 | Activities Search | SELF.com Workouts | My Favorites | Add Item

Filter by: Activity Type Filter Clear Filter

<Your information has been posted to your Fitness Log.>

Results: XXX

Activity	Type	Minutes	Distance	
<Workout item> <view>	Cardio	* 30	xx miles	Add Fave
<Workout item> <view>	Strength	* 20		Add Fave
<Workout item> <view>	Cardio	* 30	xx miles	Add Fave
<Workout item> <view>	Cardio	* 15	5 miles	Add Fave
<Workout item> <view>	Strength	* 30		Add Fave
<Workout item> <view>	Strength	* 30		Add Fave
<Workout item> <view>	Cardio	* 10	2 miles	Add Fave

Results: XXX

<Your information has been posted to your Fitness Log.>

Not finding what you need? [Create a New Fitness Item>>](#)

[Close Window](#)

Notes

continued from previous page

3 Add Activity to Fitness Log – SELF.com Workouts

"Filter By" allows user to Filter by "Type" (cardio versus strength).
 "Clear Filters" resets the filters to default settings.
 Results shows the number of program items returned.
 Scrollbars to scroll through the list of items.
 Column headers: Activity | Type | Minutes | Distance
 Activities default to SELF recommended minutes.
 Link next to each fitness item to post to Fitness Log or save to Favorite Items.
 - "Add" posts activity to Log
 - "Fave" adds to favorite Items
 Confirmation message when user clicks icon to Add to Saved Items or Post to Fitness Log.
 Confirmation appears only after successfully submission.
 Distance dropdown to contain Miles and Yards.
 Distance fields do not appear for activities that do not have distance as a parameter.
 Text fields to enter Minutes and/or Distance. Minutes are required for all activities.
 Duration or Distance may be entered for Calories Burned calculation.
 Distance defaults to Miles.

Links:

"View"

Opens a new browser widow with the selected SELF.com workout loaded.

Link to "Create a new fitness Item" enables navigation to the "add item" tab.

4 Add Activity to Fitness Log – Favorite Items

"Filter By" allows user to Filter by "Type" (cardio versus strength).
 "Clear Filters" resets the filters to default settings.
 Results shows the number of program items contained in list.
 Scrollbars to scroll through the list of items.
 Column headers: Activity | Type | Minutes | Distance
 Program Activities default to SELF recommended minutes - UNLESS it is an activity entered by the user - in that case the minutes/distance should default to the value entered when the user created the saved activity.
 Link next to each fitness item to post to Fitness Log.
 - "Add" posts activity to Log
 Confirmation message when user clicks icon to Add to Saved Items or Post to Fitness Log.
 Confirmation appears only after successfully submission.
 Distance dropdown to contain Miles and Yards.
 Distance fields do not appear for activities that do not have distance as a parameter.
 Text fields to enter Minutes and/or Distance. Minutes are required for all activities.
 Duration or Distance may be entered for Calories Burned calculation.
 Distance defaults to Miles.

Links:

"View"

Opens a new browser widow with the selected SELF.com workout loaded.

Link to "Create a new fitness Item" enables navigation to the "add item" tab.

4 ADD ACTIVITY TO LOG ?

Day MM/DD

Challenge 2009 | Activities Search | SELF.com Workouts | My Favorites | Add Item

Filter by: Activity Type Filter Clear Filter

<Your information has been posted to your Fitness Log.>

Results: XXX

Activity	Type	Minutes	Distance	
<Workout item> <view>	Cardio	* 30	xx miles	Add
<Program item> <view>	Strength	* 25		Add
<Activity item>	Cardio	* 30	20 Miles	Add
<Workout item> <view>	Cardio	* 30	xx miles	Add
<Activity item>	Strength	* 45		Add
<Activity item>	Strength	* 20		Add
<Activity item>	Cardio	* 30	20 Miles	Add

Results: XXX

<Your information has been posted to your Fitness Log.>

Not finding what you need? [Create a New Fitness Item>>](#)

[Close Window](#)

5
ADD ACTIVITY TO LOG ?
x

Day MM/DD

Challenge 2009

Activities Search

SELF.com Workouts

My Favorites

Add Item

ADD CUSTOM ACTIVITY

* **Activity Name:**

Type: ▼

Distance: Yards Miles

* **Total Calories Burned:**

* **Total Minutes:**

<Please enter an activity name>

[Close Window](#)

Note: All tabs should be grayed out when user is interacting with this tab until their transaction is completed. If the user has interacted with any field (by entering data or checking a check box or radio button) clicking on "Close", any other tab, or clicking on the screen anywhere outside of the widget should display an alert asking them if they'd like to save the data they've entered before navigating elsewhere.

Notes

continued from previous page

5 Add Activity to Fitness Log – Create New Activity Item

Adds items to Saved Items
 Error messaging appears when required fields are not completed upon submission.
 When user clicks "Save", the information is saved and activity is listed under Saved Items. User is returned to the Saved Items tab with the confirmation message that activity has been saved to Saved Items.
 "Cancel" clears all fields

Logo/Masthead

Banner Ad / Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE FOOD LOG ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

Daily View
Weekly View

◀
Day, Month Year
▶

Daily Totals:
 Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX
 Fiber: 0 gm.

Monday
☆☆☆☆☆
How do I earn Stars? >
Month, Day Year

Breakfast

Food	Portion	Serving Size	Calories
<Food Item> Details	1	XX <Measure>	XX calories per serving
<Action: Open "Add Food" Widget>			
3a			
<Food Item> Details 1 XX <Measure> XX calories per serving Save/Delete			
3a			
<Food Item> Details 1 XX <Measure> XX calories per serving Save/Delete			

[Add Food to Breakfast](#)

Breakfast Totals:
 Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX
 Fiber: XX gm.

Lunch

Food	Portion	Serving Size	Calories
3			
4			
<Food Item> Details 1 XX <Measure> XX calories per serving Edit/Delete			
<Food Item> Details 1 XX <Measure> XX calories per serving Edit/Delete			
<Food Item> Details 1 XX <Measure> XX calories per serving Edit/Delete			
<Food Item> Details 1 XX <Measure> XX calories per serving Edit/Delete			
<Food Item> Details 1 XX <Measure> XX calories per serving Edit/Delete			

Lunch Totals:
 Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX
 Fiber: 0 gm.

NUTRITIONAL VIEW X

Self Nutritional Data Header

<Food Item Name>

Serving Size: XX <Measure>

Calories Per Serving: XX

Nutritional Information

Protein: XX g

Carbs: XX g

Fiber: XX g

Fat: XX g

[Close Window](#)

620px

20px

TOTAL WIDTH: 980px

300px

10px

Notes

General Page Information

This is the default view.
 All data entered here will be reflected/updated in all views: Weekly, Calendar, Progress, Dashboard as required.

1 Log Header

Header contains the following:
 Program members will see full title: "My Challenge Dashboard." and personalized week messaging, "Welcome to week xx...".
 For non-program members neither "My Challenge" nor personalized week messaging will be displayed. Non-program head and messaging TBD and may contain a tout for current program.

PRIZING INFORMATION (available to ALL Users)

Date Based Prizing Information
 Date is based on magazine on sale dates and NOT dependant upon user program dates.
 Uses serial item list to display edit controlled content.
 Static display for the day of the week and the date
 Day Carousel & Calendar drop down available for browsing other days.
 Daily cumulative totals.

2 Star Rating

Allows user to rate each day from 1 to 5 stars; Exact specs TBD by Edit. Link to "How do I earn Stars?"

3 Meals

The default display for the Food Log is 3 Meals + Other (Edit to decide on labels). There is an option to add meals, (see element 5).
 Meals can be expanded and collapsed. Breakfast & Lunch are shown here as expanded with food logged by the user.
 Below each meal type is the column header for the information displayed: Food | Portion | Serving Size | Calories.
 Dinner and Other meals shown on the next page in their collapsed state. Nutritional data for each meal is visible in both expanded and collapsed states.
 Foods are displayed in chronological order – oldest entries first.

3a Edit/Delete

"Delete" deletes the line entry from the log. In the case of a group of foods, it deletes the entire group.
 "Edit" displays the "Portion" Drop-down and allows user to edit.
 - When a user has elected to edit an item, "Edit" is replaced with "Save" - which saves the edit.
 - Portion dropdown will offer a list of multiples to apply to Serving nutritional data, I.E 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, etc.
 - Portion is defaulted to 1. 1 Portion is equal to 1 serving size, calories are listed per 1 serving size
Note: Edit is only displayed for individual food items (either independent food items or food items contained within a group); "Edit" does not appear as an option at the group level for grouped foods.

Grouped Foods

Group Foods are collapsed on default.
 Grouped Foods display the aggregate of the food item's caloric data.
 "Delete" removes the food item from within Grouped Food for just this log. It does not permanently remove the food from Grouped Food.
 Grouped Food can be collapsed | expanded. When collapsed, shows only the <Grouped Food name>, when expanded, shows each item underneath the Grouped Food. Currently shown in expand mode.

When the Add Food widget appears, page and features are grayed out except for the widget. Once widget is closed, the page becomes ungray and "active."

Links:

- "Add Food to <meal>" - Pops open the Add Food to Log widget.
- Meal dropdown on the widget is defaulted to the selected meal.
- After successfully adding food, the food item will appear within the selected meal table. Foods are displayed in chronological order – oldest entries first.
- When the Add Food widget appears, page and features are grayed out except for the widget. Once widget is closed, the page becomes ungray and "active."

4 Details

On Click – displays the nutritional view of the food item. "x" icon or "Close Window" link closes this pane. Clicking or moving mouse away from the box will also close it.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Continued from Previous Wireframe Page

▶ Dinner

<No food Added Messaging>

[Add Food to Dinner](#)

Dinner Totals:
 Calories: 0 Protein: 0 gm. Fat: 0 gm. Carbs: 0
 Fiber: 0 gm.

▶ Other

<No food Added Messaging>

[Add Food to Other](#)

Other Totals:
 Calories: 0 Protein: 0 gm. Fat: 0 gm. Carbs: 0 gm.
 Fiber: 0 gm.

Add a Meal ▶

Record your water intake below.

1 2 3

▼ Food Notes

Lorem ipsum onsectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

<Your entry has been saved to your Food Log for Today!>

Save Notes

Note: Features at the bottom of the page may differ for various program parameters.

Edit Feature
Edit Feature

Notes

continued from previous page

- 5 Add a Meal**
Note: When a user begins a day there are 3 Meals + Other (Edit to decide on labels), meals may added using the "Add Meal" button.
 Add a Meal button adds an additional meal. Add a Meal(label): dropdown (with meal names) --> 'go' button (when clicked a new selected meal is added)
 When the Add Food widget appears, page and features are grayed out except for the widget. Once widget is closed, the page becomes ungray and "active."
 Meal dropdown on the Add Food to Log widget is not defaulted to a meal.
 Meals are sorted by Type in the following order:
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
 - Other
 Multiple meals of the same name (ie., 2 Breakfast) will be sorted chronologically, older entries first.
- 6 Water Intake**
 Simple click on icons to track water intake. Icons that are clicked will turn bright while icons not clicked are grayed out. User is able to click only the left-most, grayed out icon.
- 7 Food Notes**
 An area for the user to record any observations or moods she may experience related to her food & nutrition intake. Notes entered from the dashboard will appear here when linked to the Log page.
 Confirmation message when user saves a note. Appears only after submission.
 Save Note button saves any entries or edits within the notes fields. This will also update the notes on the dashboard view.

Logo/Masthead

Banner Ad /
Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE FOOD LOG ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

Daily View
Weekly View

◀
Week Ending 08/09
▶

Weekly Totals:
Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX
Fiber: 0 gm.

Sunday	Month, Day Year
★★★★★	
Food	Calories
Breakfast Details	XXX calories
Lunch Details	XXX calories
Dinner Details	XXX calories
Snacks Details	XXX calories
Other Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.	
Monday	Month, Day Year
★★★★★	
Food	Calories
Breakfast Details	XXX calories
Lunch Details	XXX calories
Dinner Details	XXX calories
Snacks Details	XXX calories
Other Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.	
Tuesday	Month, Day Year
★★★★★	
Food	Calories
Breakfast Details	XXX calories
Lunch Details	XXX calories
Dinner Details	XXX calories
Snacks Details	XXX calories
Other Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.	

Search Self.com GO

Readers' picks

GIVE A GIFT

ADVERTISEMENT

Mobile & Newsletter Signup

CONDÉ NAST STORE

SUBSCRIPTION OFFER

<editorial>

LUNCH X

Food	Calories
<Food Item Entry>	xx
<Food Item Entry>	xx
▼ <Grouped Food Entry>	xx
<Food Item Entry>	xx
▶ <Grouped Food Entry>	xx
Edit Food	

[Close Window](#)

300px

20px

10px

10px

TOTAL WIDTH: 980px

Continued on Next Wireframe Page

Notes

- 1 Header Information**

Page header: My Challenge Food Log and the specialized week messaging. Non-members will not see both the "My Challenge" part of the title and the specialized week messaging.

PRIZING INFORMATION (available to ALL Users)
Date Based Prizing Information
Date is based on magazine on sale dates and NOT dependant upon user program dates.
Uses serial item list to display edit controlled content.

Overview of the week's Food-related activities, as logged into the Daily view.
Day Carousel & Calendar drop down available for browsing other days.
Weekly cumulative totals above.
- 2 Star Rating**

Clicking "stars" takes user to daily view for that day,
- 3 Daily Overviews**

Each Day's overview contains the following:
-- Cumulative nutrition totals.
-- All meals entered on the Daily View, including added meals.

Column header underneath each day: Food | Calories

Links:
"Day of the Week" - links to the Daily View for the corresponding Day, e.g. [Wednesday](#) will link to that day's Daily Log.
- 4 Meal Details**

On Click -- displays the food items logged for a meal. "x" icon or "Close Window" link closes this pane. Clicking or moving mouse away from the box will also close it.
"Edit Food" takes user to the food log for the selected date with the selected meal expanded.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

CONDÉ NAST PUBLICATIONS digital development +services

(SELF_conceptual_wf_Challenge2009_v20) p.15

©2008 Condé Nast | Digital Development + Services | Confidential and proprietary. All rights reserved.

Notes

Please see previous page

Continued from Previous Wireframe Page

Wednesday ★★★★★		Month, Day Year
Food	Calories	
Breakfast	Details	XXX calories
Lunch	Details	XXX calories
Dinner	Details	XXX calories
Snacks	Details	XXX calories
Other	Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.		

Thursday ★★★★★		Month, Day Year
Food	Calories	
Breakfast	Details	XXX calories
Lunch	Details	XXX calories
Dinner	Details	XXX calories
Snacks	Details	XXX calories
Other	Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.		

Friday ★★★★★		Month, Day Year
Food	Calories	
Breakfast	Details	XXX calories
Lunch	Details	XXX calories
Dinner	Details	XXX calories
Snacks	Details	XXX calories
Other	Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.		

Saturday ★★★★★		Month, Day Year
Food	Calories	
Breakfast	Details	XXX calories
Lunch	Details	XXX calories
Dinner	Details	XXX calories
Snacks	Details	XXX calories
Other	Details	XXX calories
Daily Totals: Calories: XXX Protein: XX gm. Fat: X gm. Carbs: XX Fiber: 0 gm.		

Note: Features at the bottom of the page may differ for various program parameters.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Notes

General Food Log Widget Information

Widget head (above the tabs) to include date (the date that the user is entering a meal for) & meal dropdown. Currently showing Breakfast as the defaulted/selected meal. This dropdown is editable. Meal type defaults to the meal type the user wants to add a food for. For example, if user clicks on "Add Food to Breakfast" on the Food Log - Daily view page, the default meal for the Add food widget is Breakfast.

Widget navigation includes

- Challenge 2009 | Program Food Recommendations
- Food Search | Search FDA DB for food items
- SELF.com Recipes | A List of all SELF.com recipes
- Saved Items | A list of all items saved by user
- Add Item | Allows user to enter a custom food item
- Create Collection | Allows user to create a collection of custom food items

Note: Create a slightly different visual Treatment for "Add Item" & "Create Collection" as they are form entry/utility tabs.

This widget will have its own help window, triggered by clicking on the circled question mark near the widget header.

"x" icon or "Close Window" link closes this widget. Clicking mouse outside of the widget will also close it.

1 Add to Food Log - Challenge 2009 Recommendations Only

Filters by Meal | Program Week -or- Program Month dropdowns. "Filter" button filters results based on the filter value selected. "Clear Filters" button resets the filters to default settings. For Challenge filter by month is available; for Goals filter by week is available. Results shows the number of program items returned. Scrollbars to scroll through the list of items. Column headers: Food | Portion | Serving Size | Calories.

Link next to each food item to post to Food Log or save to Favorite Items.

- "Add" posts item to Log
- "Fave" adds to favorite Items

Confirmation message when user clicks icon to Add to Saved Items or Post to Food Log. Confirmation appears only after successfully submission.

Meal type defaults to the meal type the user wants to add a food for. For example, if user clicks on "Add Food to Breakfast" on the Food Log - Daily view page, the default meal for the meal filter is Breakfast. Items are also filtered by the week the user is in IF they are enrolled in a program. Meal type does not default to a meal if adding a new meal. "Select Meal" option should appear.

Defaults to 1 portion. 1 Portion is equal to 1 serving size, calories are listed per 1 serving size

Links:

"Details" (see # 2)
On Click - displays the nutritional details view of the food item. "x" icon or "Close Window" link closes this pane. Clicking the mouse outside of the layer will also close it.

Note: Challenge 2009 - From 2/19-3/18 users should just get Month 1 in the drop down. They get the Option of Month 1 or Month 2 from 3/19 - 4/15 and the Option of all 3 months (Months 1, 2 or 3) starting on 4/16.

2 Nutritional View Layer

Nutritional view of the food item appears when clicking on the "Details" link next to the food. Data will come from either the database or the user's information entered with custom food items.

Includes (when available):

- Item Name
- Serving Size
- Calories
- Protein
- Carbs
- Fiber
- Fat

Links:

"X" and "Close Window" - closes this overlay pane.

3 Add to Food Log - Food Search

Manual entry and search functionality with search results appearing in table below. All results are from the FDA Nutritional data base. Results shows the number of items returned. Scrollbars to scroll through the list of items. Column headers: Food | Portion | Serving Size | Calories.

Link next to each food item to post to Food Log or save to Favorite Items.

- "Add" posts item to Log
- "Fave" adds to favorite Items

Confirmation message when user clicks icon to Add to Saved Items or Post to Food Log. Confirmation appears only after successfully submission.

Defaults to 1 portion. 1 Portion is equal to 1 serving size, calories are listed per 1 serving size

Links:

"Details" (see # 2)
On Click - displays the nutritional details view of the food item. "x" icon or "Close Window" link closes this pane. Clicking the mouse outside of the layer will also close it.

3a Add to Food Log - Food Search | User has not executed a search

Search Instructions (Specific text TBD) in place of search results.

1 ADD FOOD TO LOG ?

Day MM/DD Meal Breakfast

Challenge 2009 Food Search SELF.com Recipes My Favorites Add Item Create Collection

Filter by: Meal Meal Week Week

Filter Clear Filter

<Your information has been posted to your Food Log.>

Results: XXX

Food	Portion	Serving Size	Calories
<Program item> Details	1	XX <Measure>	XX calories per serving
<Program item> Details	1	XX <Measure>	XX calories per serving
<Program item> Details	1	XX <Measure>	XX calories per serving
<Program item> Details	1	XX <Measure>	XX calories per serving
<Program item> Details	1	XX <Measure>	XX calories per serving
<Program item> Details	1	XX <Measure>	XX calories per serving

Results: XXX

<Your information has been posted to your Food Log.>

Close Window

Note: For Challenge filter by month is available; for Goals filter by week is available

2 NUTRITIONAL VIEW

Food Item Name

Serving Size: X Lorums

Nutritional Information

Calories: XXX

Protein: XX g

Carbs: XX g

Fiber: XX g

Fat: XX g

Close Window

3 ADD FOOD TO LOG ?

Day MM/DD Meal Breakfast

Challenge 2009 Food Search SELF.com Recipes My Favorites Add Item Create Collection

Enter Search Term Search

<Your information has been posted to your Food Log.>

Results: XXX

Food	Portion	Serving Size	Calories
<Search Item> Details	1	XX <Measure>	XX calories per serving
<Search Item> Details	1	XX <Measure>	XX calories per serving
<Search Item> Details	1	XX <Measure>	XX calories per serving
<Search Item> Details	1	XX <Measure>	XX calories per serving
<Search Item> Details	1	XX <Measure>	XX calories per serving
<Search Item> Details	1	XX <Measure>	XX calories per serving

Results: XXX

<Your information has been posted to your Food Log.>

Close Window

3a

<Search Instructions>

4 ADD FOOD TO LOG ? X

Day MM/DD Meal **Breakfast**

Challenge 2009 Food Search **SELF.com Recipes** My Favorites Add Item Create Collection

Filter by: Meal **Meal** Cuisine **Cuisine** Filter Clear Filter

<Your information has been posted to your Food Log.>

Results: XXX

Food	Portion	Serving Size	Calories
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave
<Recipe Item> Details	1	XX <Measure>	XX calories per serving Add Fave

Results: XXX

<Your information has been posted to your Food Log.>

[Close Window](#)

Notes

continued from previous page

- 4 Add to Food Log – SELF.com Recipes**
 Filters by Meal | (TBD) dropdown. "Filter" button filters results based on the filter value selected. "Clear Filter" button resets the filter to default settings.
 Results shows the number of program items returned.
 Scrollbars to scroll through the list of items.
 Column headers: Food | Portion | Serving Size | Calories.
 Link next to each food item to post to Food Log or save to Favorite Items.
 - "Add" posts item to Log
 - "Fave" adds to favorite Items
 Confirmation message when user clicks icon to Add to Saved Items or Post to Food Log.
 Confirmation appears only after successfully submission.
 Meal type defaults to the meal type the user wants to add a food for. For example, if user clicks on "Add Food to Breakfast" on the Food Log – Daily view page, the default meal for the Add food widget is Breakfast.
 Meal type does not default to a meal if adding a new meal. "Select Meal" option should appear.

Defaults to 1 portion. 1 Portion is equal to 1 serving size, calories are listed per 1 serving size

Links:

"View"
 Opens a new browser widow with the selected SELF.com recipe loaded.

"Details" (see # 2)

On Click – displays the nutritional details view of the food item. "x" icon or "Close Window" link closes this pane. Clicking the mouse outside of the layer will also close it.

5 Add to Food Log – Favorite Items

Saved Item tab needs a different visual treatment from the rest of the tabs.
 Scrollbars to scroll through the list of items.
 Column headers: Food | Portion | Serving Size | Calories.

"Fave" adds to favorite Items.
 "Delete" removes the item from Saved Items.
 Can not post or delete individual items within a Food Collection.
 Confirmation message when user clicks icon to Post to Food Log.
 Confirmation appears only after successfully submission.

No portion selection for Food Collection as a whole.
 Food Collections has either a collapsed | expand view. Collapsed view displays the Food Collection name; Expanded view displays all the food items within the Group.

Defaults to 1 portion for all items in group when adding food. 1 Portion is equal to 1 serving size, calories are listed per 1 serving size. All saved items default to portion 1. The original portion amount is not saved.

Links:

"Details" (see # 2)

On Click – displays the nutritional details view of the food item. "x" icon or "Close Window" link closes this pane. Clicking the mouse outside of the layer will also close it.

5 ADD FOOD TO LOG ? X

Day MM/DD Meal **Breakfast**

Challenge 2009 Food Search **SELF.com Recipes** **My Favorites** Add Item Create Collection

<Your information has been posted to your Food Log.>

Food	Portion	Serving Size	Calories
<Recipe item> Details	1	XX <Measure>	XX calories per serving Fave Delete
<Food Collection>			XX calories Fave Delete
<Food item> Details	1	XX <Measure>	XX calories per serving Fave Delete
<Program item> Details	1	XX <Measure>	XX calories per serving Fave Delete
<Food Collection>			XX calories Fave Delete
<Food item> Details	1	XX <Measure>	XX calories per serving
<Recipe item> Details	1	XX <Measure>	XX calories per serving

<Your information has been posted to your Food Log.>

[Close Window](#)

6 ADD FOOD TO LOG ?

Day MM/DD Meal Breakfast

Challenge 2009 Food Search SELF.com Recipes My Favorites Add Item Create Collection

ADD NEW FOOD ITEM

* Food Name:

Serving Size (for 1 portion):

Enter nutritional information (per serving size)

* Calories:

Protein:

Carbs:

Fiber:

Fat:

<Please enter a food name.>

Clear Save

Close Window

Note: The "Meal" field should not be available in these tabs. It may be grayed out.

Note: All tabs should be grayed out when user is interacting with this tab until their transaction is completed. If the user has interacted with any field (by entering data or checking a check box or radio button) clicking on "Close", any other tab, or clicking on the screen anywhere outside of the widget should display an alert asking them if they'd like to save the data they've entered before navigating elsewhere.

7 ADD FOOD TO LOG ?

Day MM/DD Meal Breakfast

Challenge 2009 Food Search SELF.com Recipes My Favorites Add Item Create Collection

CREATE COLLECTION

* Name:

Select the foods and their portions to add to this collection.

Food	Portion	Serving Size	Calories
<input type="checkbox"/> <Recipe item> Details	1	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> <Food item> Details	1	XX <Measure>	XX calories per serving
<input type="checkbox"/> <Food item> Details	1	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> <Program item> Details	1	XX <Measure>	XX calories per serving
<input type="checkbox"/> <Food item> Details	1	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> <Food item> Details	1	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> <Food item> Details	1	XX <Measure>	XX calories per serving

Food selected for collection:

Food	Portion	Serving Size	Calories
<input checked="" type="checkbox"/> < Program item>	1	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> < Food item>	2	XX <Measure>	XX calories per serving
<input checked="" type="checkbox"/> < Food item>	1	XX <Measure>	XX calories per serving

<Please enter a name for this food group.>

Clear Save

Close Window

Notes

continued from previous page

6 Add Item to Food Log

Add items to Saved Items
 Only Food Name and Calories are required fields.
 Error messaging appears when required fields are not completed upon submission.
 When user clicks "Save", the information is saved and food is listed under Saved Items. User is returned to the Saved Items tab with the confirmation message that food has been saved to Saved Items.
 "Cancel" clears all fields

7 Create a New Collection

Displays saved items only
 User selects checkbox or icon to choose item.
 When item is selected, this item appears in the table below with the selected portion sized and caloric information
 Items in lower table may be removed by unchecking them in the saved items list or by unchecking them in the lower list.
 Table column header: Food | Portion | Serving Size | Calories.
 If no items are selected, "No food items selected." message will appear underneath table column header.
 Error messaging appears when user attempts to create a new group without selecting at least one food item and/or without entering a Name.
 Switching to other tabs will cancel the Create a New Collection action.
 Is it possible to alert user they are about to lose collection?

"Cancel" button clears all fields.
 "Save" button saves and creates a new collection. (User is returned to the original Saved Item interface with the new group as part of the list?)

Links:

"Details" (see # 2)
 On Click – displays the nutritional details view of the food item. "x" icon or "Close Window" link closes this pane. Clicking the mouse outside of the layer will also close it..

Logo/Masthead
Banner Ad / Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE CALENDAR ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

GO

◀
August 2009
▶

S	M	T	W	T	F	S
30	31	1	2	3	4	5
☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness
6	7	8	9	10	11	12
☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness
13	14	15	16	17	18	19
☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness
20	21	22	23	24	25	26
☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness
27	28	29	30	31	1	2
☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness	☒ Food ☒ Fitness

Readers' picks

GIVE A GIFT

ADVERTISEMENT

Mobile & Newsletter Signup

CONDÉ NAST STORE

SUBSCRIPTION OFFER

<editorial>

Edit **Note:** Features at the bottom of the page may differ for various program parameters.

10px

620px

20px

300px

10px

TOTAL WIDTH: 980px

Notes

General Page Information

Calendar View

A simple calendar view of the logs.

1

Page header: My Challenge Fitness Log and the specialized week messaging. Non-members will not see both the "My Challenge" part of the title and the specialized week messaging.

PRIZING INFORMATION (available to ALL Users)

Date Based Prizing Information
Date is based on magazine on sale dates and NOT dependant upon user program dates.
Uses serial item list to display edit controlled content.

2

User may navigate to adjacent months via the triangles or to other months via the calendar icon.
Current date is August 25. Current date is indicated with a different visual treatment.
In this wireframe the user began Challenge on August 16. If user is in a program, the date the program began is differentiated visually, as are all program dates
Links for "food" or "fitness" should be differentiated or assigned icons IF user has respective entry for respective date.
For example (in the wireframe example):
- On August 8, user has entered a food entry, but not a fitness entry
- On August 10, user has entered a fitness entry, but not a food entry
- On August 14, user has entered neither food nor fitness

Links:

"Food" - links to the Food Log - Daily view for that date.
"Fitness" - links to the Fitness - Daily view for that date.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Logo/Mealhead
Banner Ad / Subscription Offer

display of user login status

Subscribe
CHALLENGE
FITNESS
FOOD & DIET
HEALTH
BEAUTY
FORUMS & COMMUNITY
CALCULATORS & PROGRAMS
ALL BLOGS
ALL VIDEOS

Dashboard
Fitness Log
Food Log
Calendar
Progress

MY CHALLENGE PROGRESS ?

< Welcome to Week XX of the Self Challenge >

< Prizing Information: serial Item blurb for prizing information >

◀ Week Ending 08/09
▶ 2

▼ My Totals ?
3

	Weekly Total	Weekly Average
Food		
Protein Consumed	525 g	500 g
Carbs Consumed	650 g	625 g
Fiber Consumed	800 g	810 g
Fat Consumed	100 g	90 g
Calories Consumed	17,176 cal	17,000 cal
Fitness		
Calories Burned	10,000 cal	10,000 cal
Workout Minutes	50,000 min	50,000 min
Workout Miles	27 miles	25 miles
Workout Yards	300 yds	300 yds

GO

▼ Weight Goal Progress ?
4

Pounds to go 50 40 30 20 10 0

▼ My Stats ?
5

	Base	Current	Goal
Weight:	175	153	125
Waist circumference:	32in	30in	
Hip circumference:	36 in.	32 in.	
Left thigh:	17 in.	15 in.	
Right thigh:	18 in.	16 in.	
Run/walk a mile in:	25 mins.	20 mins.	
Sit-ups in a row:	25	40	
Push-ups in a row:	15	25	
Resting heart rate:	80 BPM	60 BPM	

Your last Profile Update was at XX:YY PM on MM/DD/YY.

[Update my stats](#)

Readers' picks

GIVE A GIFT

ADVERTISEMENT

Mobile & Newsletter Signup

CONDÉ NAST STORE

SUBSCRIPTION OFFER

<editorial>

Continued on Next Wireframe Page

Notes

General Page Information

Page is comprised of 2 graphs for food and fitness.
 All graphs to contain the SELF official recommendation (both for program and non-program views of the log)
 For non-program Members, the option to see graph in Program view does not appear. The program tab will not appear.
 General graph behavior:

- Weekly view will correspond to the current week ending displayed in "Week Ending: <date>"
- If no data is entered, a "0" will appear in place of the bar
- Nothing will appear in place of future weeks.
- If program member pauses a program the "paused" time will not be represented in the program view.

Page also displays the member's stats, such as weight, totals, fitness information, etc
 A message should display to the user on the progress page when there is no data entered by user for the weight tracker and my stats.
 There will be no messaging to the user if there is not enough data for the graphs. It will just display as zero.

1

Header

For non-program Members, "My Challenge" will not appear.
 Program members will see full title: "My Challenge Progress."

PRIZING INFORMATION (available to ALL Users)

Date Based Prizing Information
 Date is based on magazine on sale dates and NOT dependant upon user program dates.
 Uses serial item list to display edit controlled content.

2

Calendar Navigation

Day Carousel & Calendar drop down available for browsing other days.

Note: This placement differs from logs, due to the fact that there are additional progress metrics appearing on the bottom of the page.

3

My Totals

Displays the total aggregate number of Food and Fitness data as well as the average for the same numbers for the week.

The metrics to show are:

- Calories Consumed
- Protein Consumed
- Carbs Consumed
- Fiber Consumed
- Fat Consumed
- Calories Burned
- Workout Minutes
- Workout Miles
- Workout Yards

4

Goal

Note: x-axis will have a standard # of ticks with varying ranges based on the weight the user wants to lose (-25 is recommended, 50 is the average users have inputted in the past)

Ticker/countdown for pounds to lose.
 The ticker starts at the total amount of pounds to lose and ends at 0.
 Ticker reaches 0 when member hits goal weight.
 Displays how many pounds have been lost currently.

Please note: a running woman is the icon used in place of the arrow in the actual design.

5

My Stats

Displays the base and the most current stats that were entered from the Fitness Profile.

- Base should be labeled: "Program Base" or "Base from <date>"
- Program Member will see base as of program start date
- Non-Program Member will see base as of their start date.

Displays last Fitness Profile update date and time.

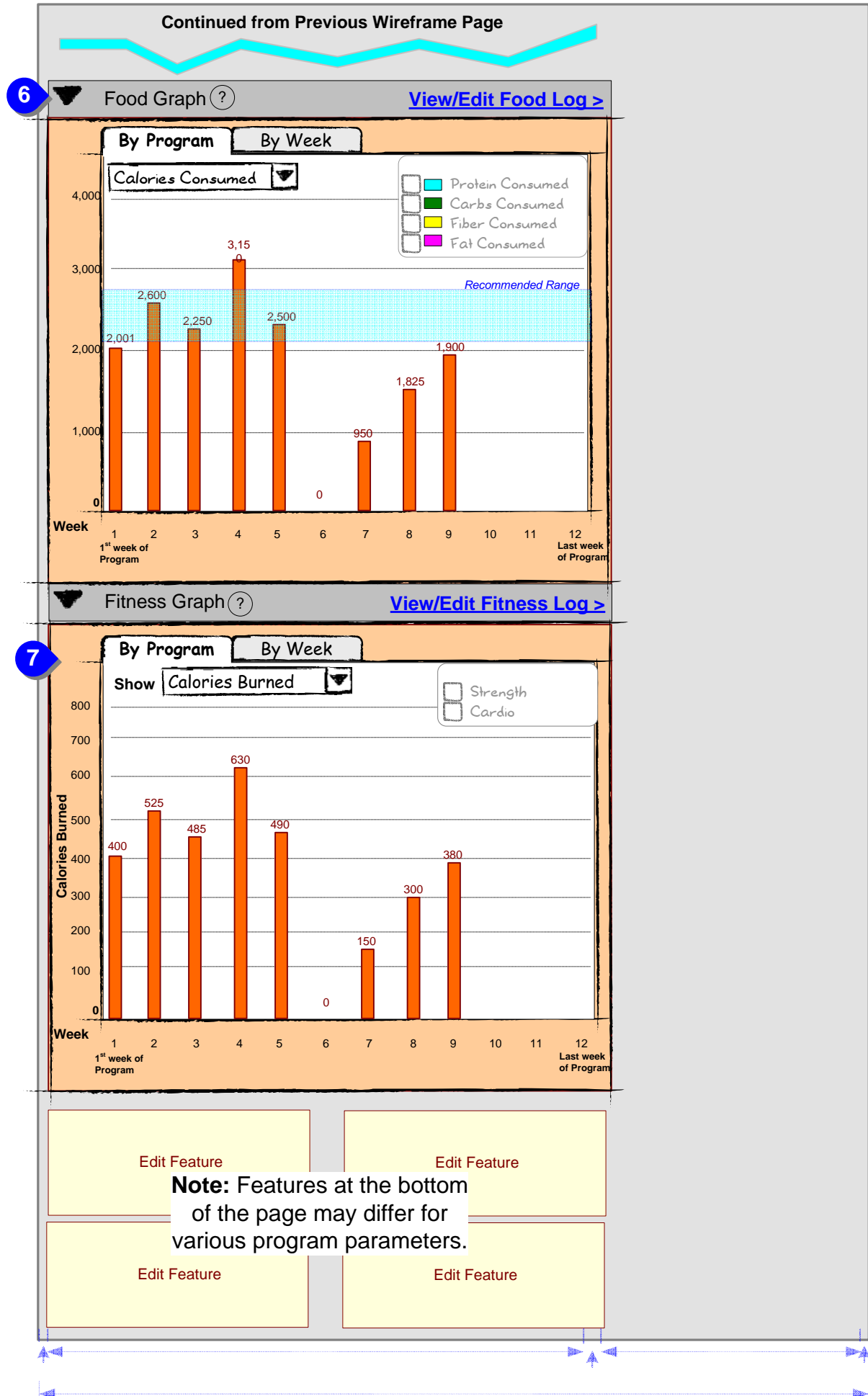
Links:

"Update my stats" - links to the Fitness Profile page to update stats.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

(SELF_conceptual_wf_Challenge2009_v20) p.21

©2008 Condé Nast | Digital Development + Services | Confidential and proprietary. All rights reserved.



Show

6 Food Graph (see 6a – 6i for graph variations)

This graph displays the user's food stats. Program View list out the weeks (maximum 12 weeks) the member is on the program, starting with the 1st week of the program and ending with the last week of the program. For program members, this graph will default to Program View and Calories Consumed. Displays the actual stat numbers (calories consumed, in this example) with each bar. Users have the option to change the view of graph by selecting any of the and compare different progress. Users may select "Calories Consumed" or "Nutritional Information" from the drop down menu. When "Nutritional Information" is selected the user may select any (one or many) of the following:

- Protein Consumed (in grams) | 350 grams per day | 2,450 grams per week
- Carbs Consumed (in grams) | 650 grams per day | 4,550 grams per week
- Fiber Consumed (in grams) | 75 grams per day | 525 grams per week
- Fat Consumed (in grams) | 175 grams per day | 1,225 grams per week

When Calories Consumed is selected, the metrics are:

- Calories Consumed (in calories) | 4,000 grams per day | 28,000 grams per week

The X-axis will always remain constant: Either Program view or Weekly view.

Links:
"View/Edit Food Log" - links to the Food Log – Weekly view of the week ending: <date> selected.

7 Fitness Graph (see 7a – 7c for graph variations)

This graph displays the user's fitness stats. Program View list out the weeks (maximum 12 weeks) the member is on the program, starting with the 1st week of the program and ending with the last week of the program. Program Members, this graph will default to Program View and Calories Burned. Displays the actual stat numbers (calories burned, in this example) with each bar. Users have the option to change the view of graph and compare different progress. They may select from "Calories Burned" or "Workout Minutes" in the drop down menu. When "Workout Minutes" is selected user may select "strength" and/or "cardio" to see a graph of the type of workout minutes in the graph. The different Y-axis selections are (with daily and weekly maximums following):

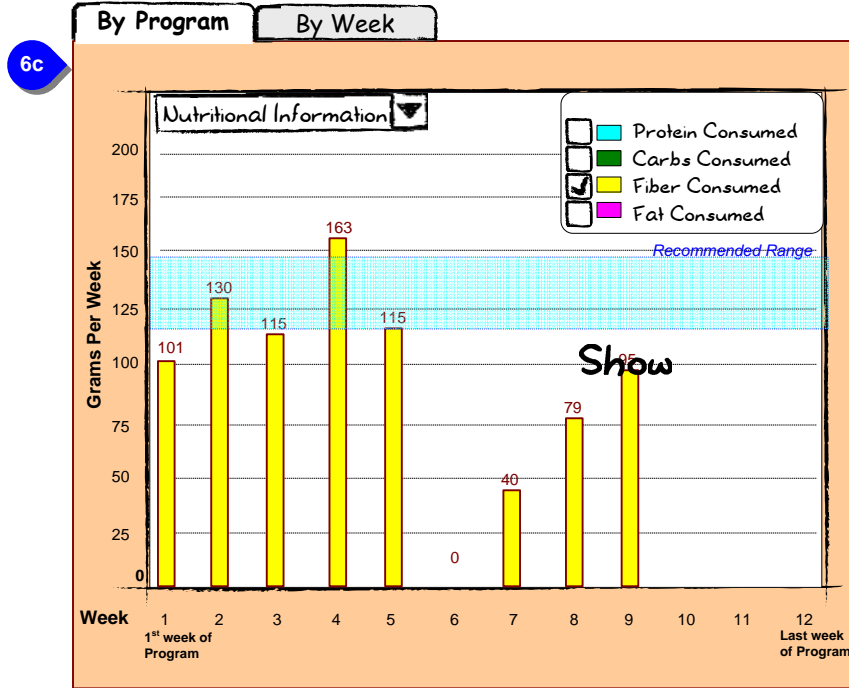
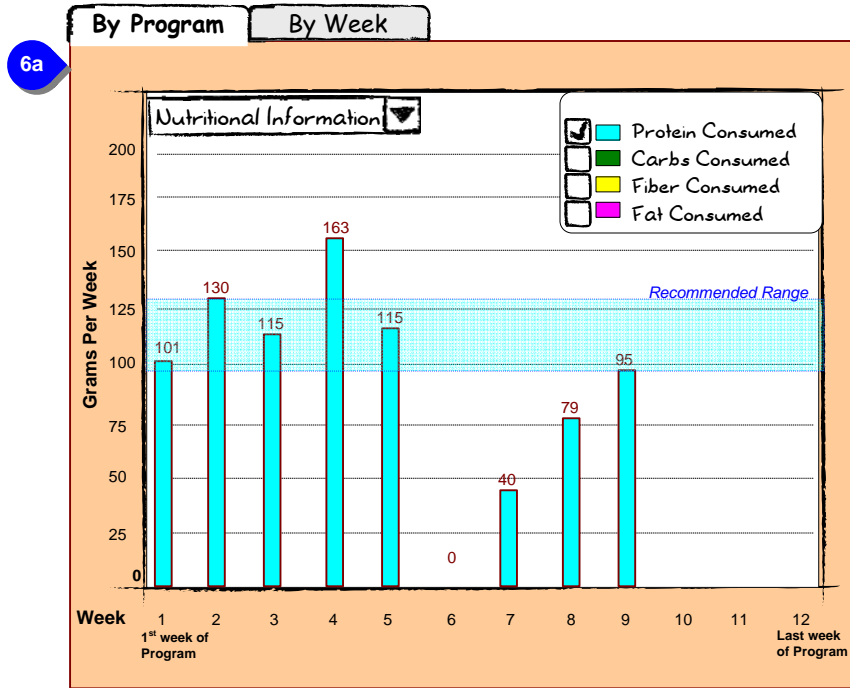
- Calories Burned (in calories) | 2,500 grams per day | 17,500 grams per week
- Workout Minutes (in minutes) | 300 minutes per day | 2,100 minutes per week

The X-axis will always remain constant: Either Program view or Weekly view.

Links:
"View/Edit Fitness Log" - links to the Fitness Log – Weekly view of the week ending: <date> selected.

Please Note: THIS DOCUMENT IS FOR DISCUSSION PURPOSES ONLY; NOT A COMMITMENT TO BUILD

Note: Please see the statistic specifications listed with Element 6, Food Graph located on the Progress Page – Bottom wireframe



6a

Graph variation – Food: Program View – Protein Consumed

Display of the graph in a Program view.
Shows the amount of Protein consumed for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.

6b

Graph variation – Food: Program View – Carbs Consumed

Display of the graph in a Program view.
Shows the amount of Carbs consumed for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.

6c

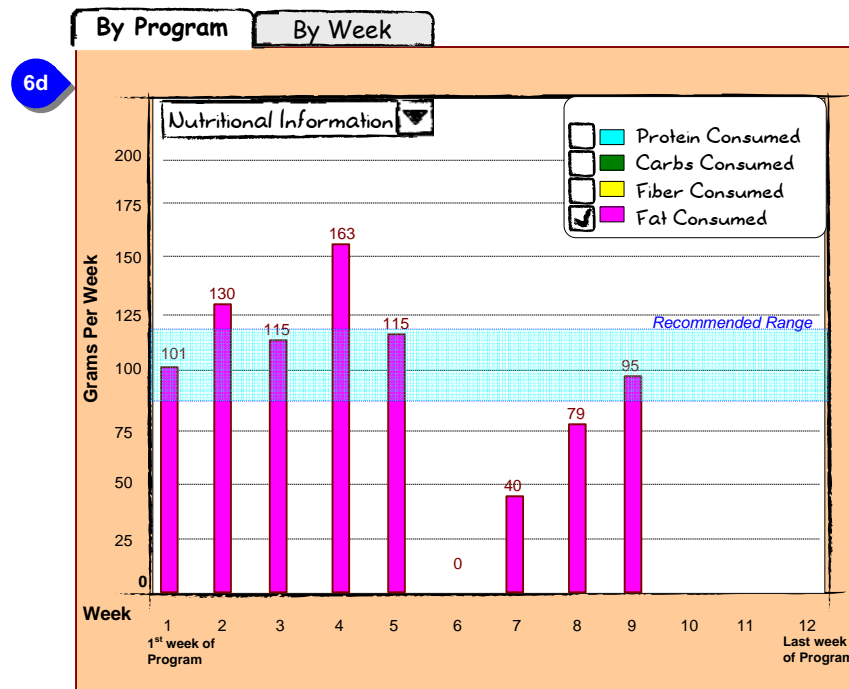
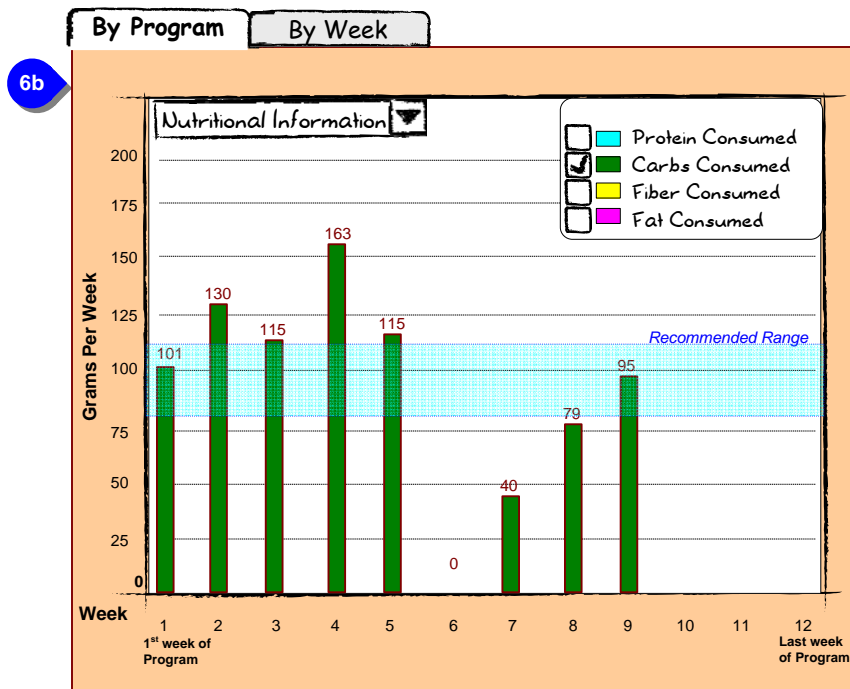
Graph variation – Food: Program View – Fiber Consumed

Display of the graph in a Program view.
Shows the amount of Fiber consumed for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.

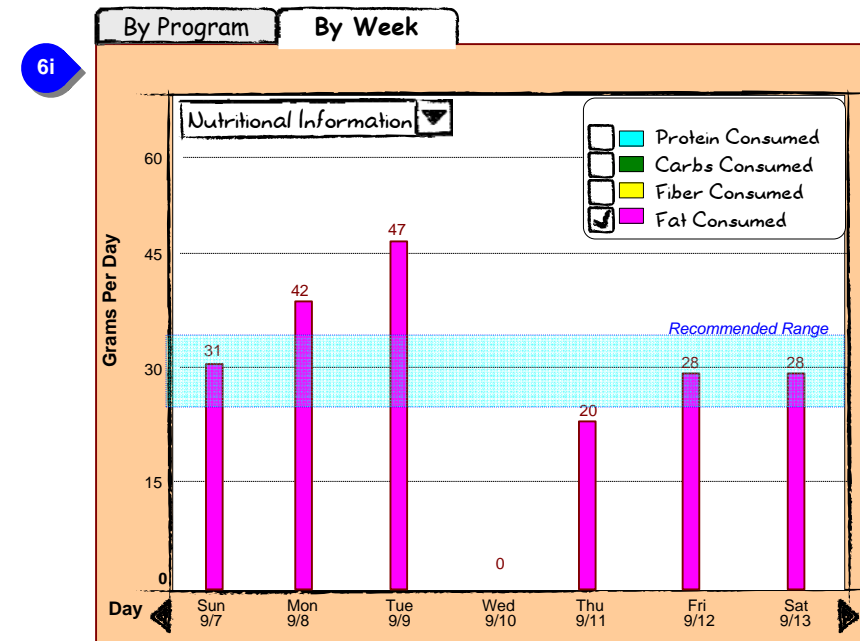
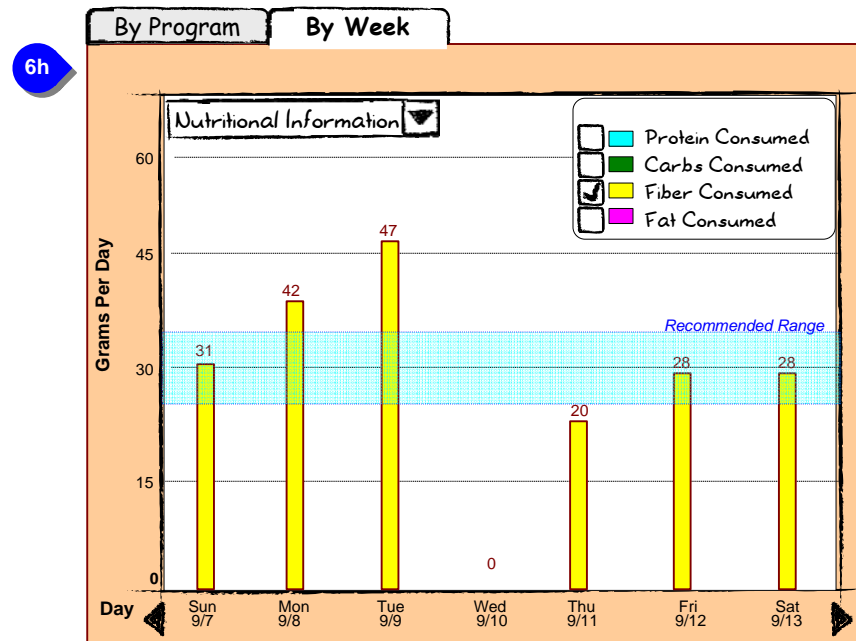
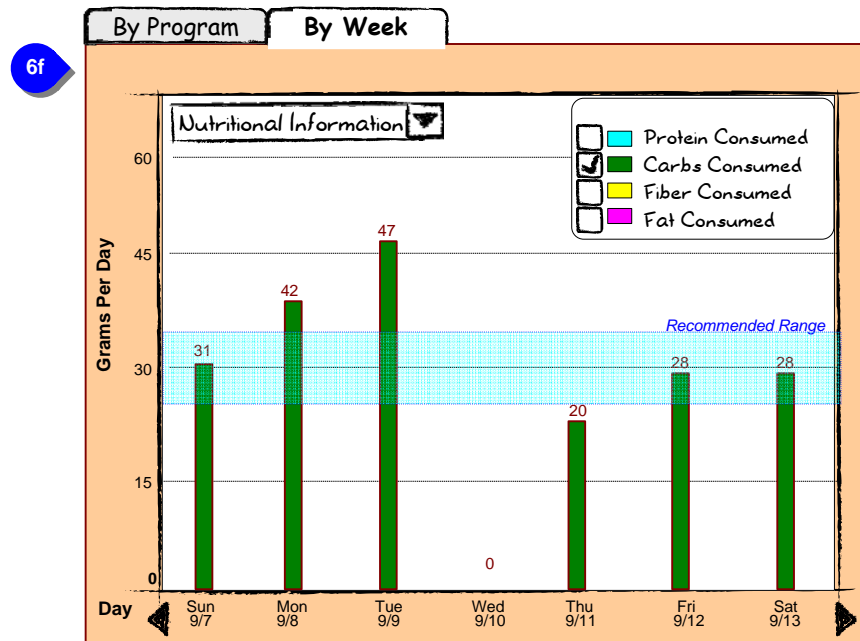
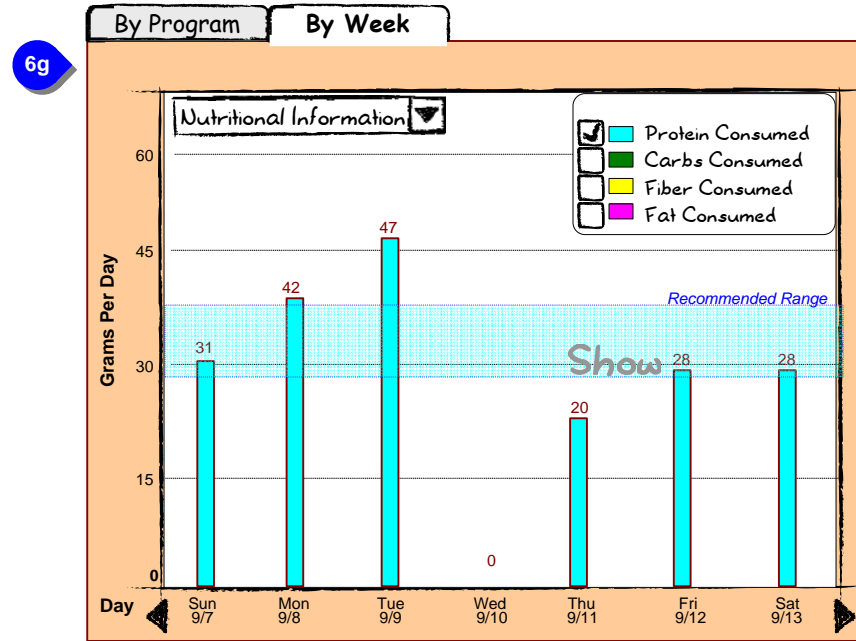
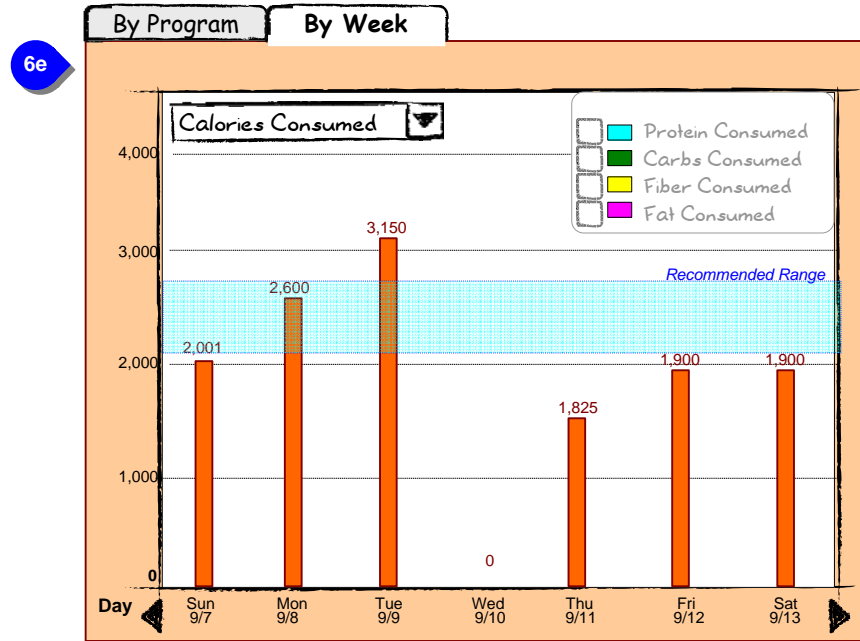
6d

Graph variation – Food: Program View – Fat Consumed

Display of the graph in a Program view.
Shows the amount of Fat consumed for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.



Show



Note: Please see the statistic specifications listed with Element 6, Food Graph located on the Progress Page – Bottom wireframe

All WEEKLY views of the graphs will allow for independent navigation using carousel-style navigation arrows.

6e Graph variation – Food: Weekly View – Calories Consumed

Display of the graph in a Weekly view. Shows the amount of Calories consumed for the day. Metrics and label on the X-axis are updated so that it corresponds with the stat selected. Displays actual stat numbers with each bar.

6f Graph variation – Food: Weekly View – Protein Consumed

Display of the graph in a Weekly view. Shows the amount of Proteins consumed for the day. Metrics and label on the X-axis are updated so that it corresponds with the stat selected. Displays actual stat numbers with each bar.

6g Graph variation – Food: Weekly View – Carbs Consumed

Display of the graph in a Weekly view. Shows the amount of Carbs consumed for the day. Metrics and label on the X-axis are updated so that it corresponds with the stat selected. Displays actual stat numbers with each bar.

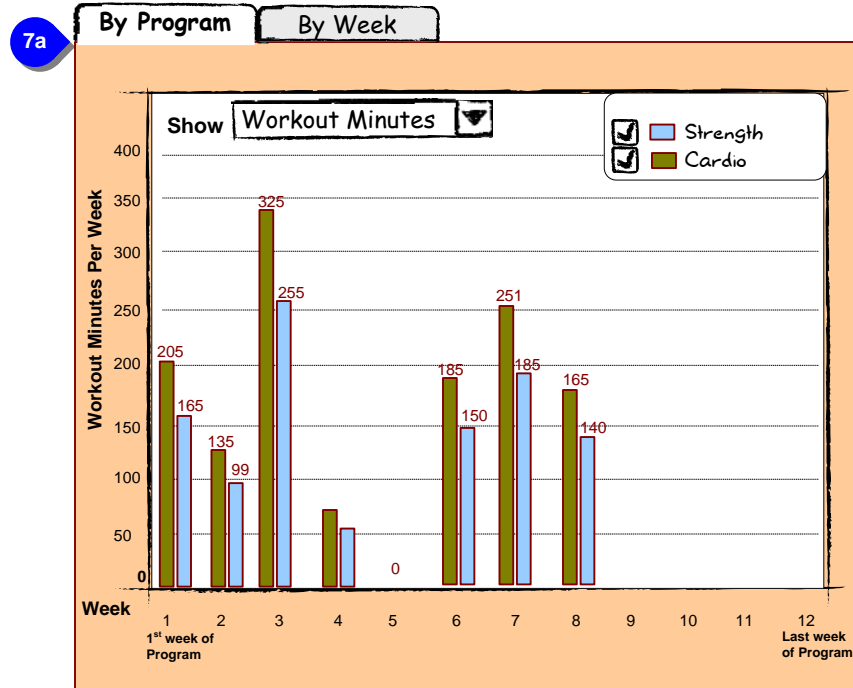
6h Graph variation – Food: Weekly View – Fiber Consumed

Display of the graph in a Weekly view. Shows the amount of Fiber consumed for the day. Metrics and label on the X-axis are updated so that it corresponds with the stat selected. Displays actual stat numbers with each bar.

6i Graph variation – Food: Weekly View – Fat Consumed

Display of the graph in a Weekly view. Shows the amount of Fat consumed for the day. Metrics and label on the X-axis are updated so that it corresponds with the stat selected. Displays actual stat numbers with each bar.

Show



Show

Note: Please see the statistic specifications listed with **Element 7, Fitness Graph** located on the **Progress Page – Bottom** wireframe

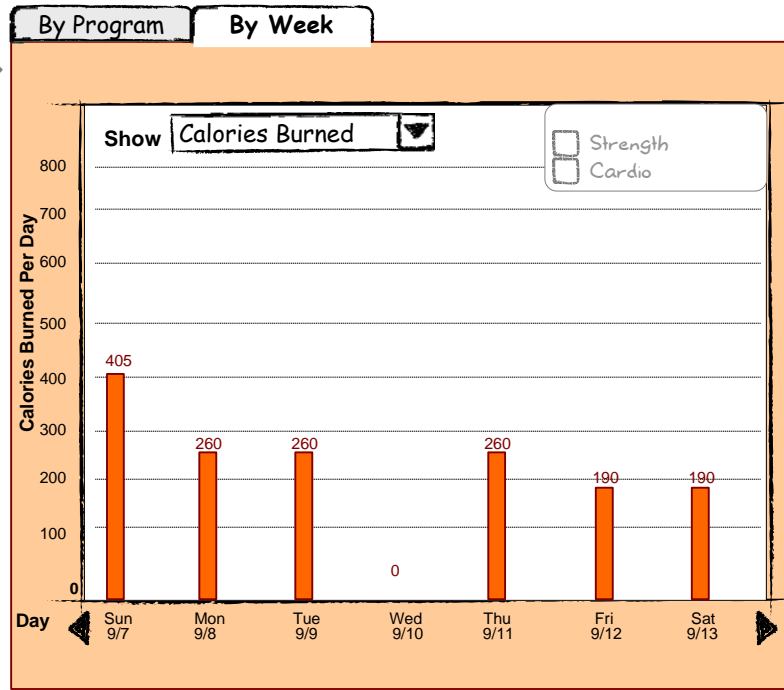
7a Graph variation – Fitness: Program View – Workout Minutes

Display of the graph in a Program view.
Shows the amount of minutes exercised for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
The 2 Stats (Strength versus Cardio) are differentiated when applicable.
Legend appears when graph with 2 different activity types are shown.
If a week doesn't have any data on one activity type but has on the other activity type, only the activity type with data will display.
Displays actual stat numbers with each bar.

7d Graph variation – Fitness: Program View – Calories Burned

Display of the graph in a Program view.
Shows the amount of Calories burned for each week of the program.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.

7b



Show

7b

Graph variation – Fitness: Weekly View – Calories Burned

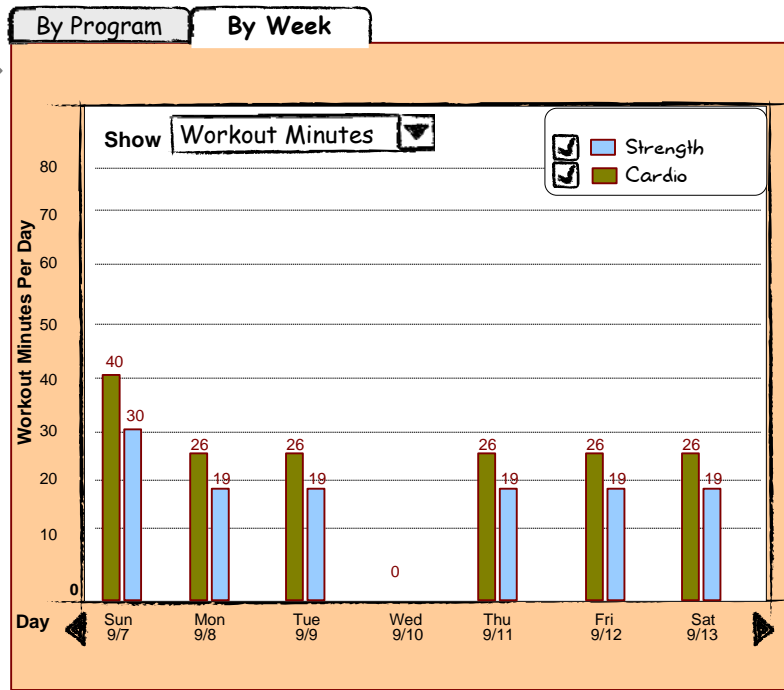
Display of the graph in a Weekly view.
Shows the amount of Calories burned for the day.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
Displays actual stat numbers with each bar.

7c

Graph variation – Fitness: Weekly View – Workout Minutes

Display of the graph in a Weekly view.
Shows the amount of minutes exercised for the day.
Metrics and label on the X-axis are updated so that it corresponds with the stat selected.
The 2 Activities are differentiated when applicable.
Legend appears when graph with 2 different activity types are shown.
If a day doesn't have any data on one activity type but has on the other activity type, only the activity type with data will display.
Displays actual stat numbers with each bar.

7c



Show