

Wireframe Mockup (Calendar Applet)

Today is, Wednesday, February 23, 2000

Previous and Next links allow user to navigate within their accessible date range.

User range:
(Registration date=current date)

[Previous Month](#) **February** [Next Month](#)

To log in an entry for today, which is already selected just click done. To edit or input new data for past entry, click on the respective date.

S	M	T	W 1	T 2	F 3	S 4
		

This takes user to the chart result page and displays user's past seven entries.

This calendar applet has color-coded days to alert user to the data entry status for each date.

The present date is selected by default. User can click on "done" to input data for the default date.

User can click on any date to edit or input new data for past entry.

All future dates are grayed out and not accessible to user.

This takes user to a list of the user's past seven journal entries.

User selects from the following options: weight, activity and food intake. This takes user to the graph result page.

[Contains Data](#) [No Data](#) [Default Selectio](#) [Done](#)

View your progress:

[Chart](#)

[Journal](#)

Graph Pull-Down Menu

When a reminder is set, it states the setting and frequency and allows user to edit or delete reminder.

First-time user will have this Reminder link included on all input and result pages.

User can go back and edit their profile.

[Your Profile](#)

[Send to a friend](#)

[Remind me to input fitness information](#)