FITFREAK

English version

# Client guide

Step-by-step instruction for the English client app.


### Quick route

1. Create the client account.
2. Enter the coach invitation code.
3. Activate the subscription through Stripe.
4. Open the assigned workout.
5. Log nutrition and progress data.

Created from FitFreak Pro materials and client interface screenshots.

# Client workflow

The guide follows the client journey: registration, coach connection, subscription, workouts, progress, nutrition, coach information, and settings.

**01** Registration and coach connection
12 steps

**02** Subscription activation through Stripe
5 steps

**03** Viewing an assigned workout
3 steps

**04** Progress report and measurements
3 steps

**05** Nutrition, foods, and recipes
8 steps

**06** Coach information
2 steps

**07** Client profile and settings
2 steps

01

SECTION

# Registration and coach connection

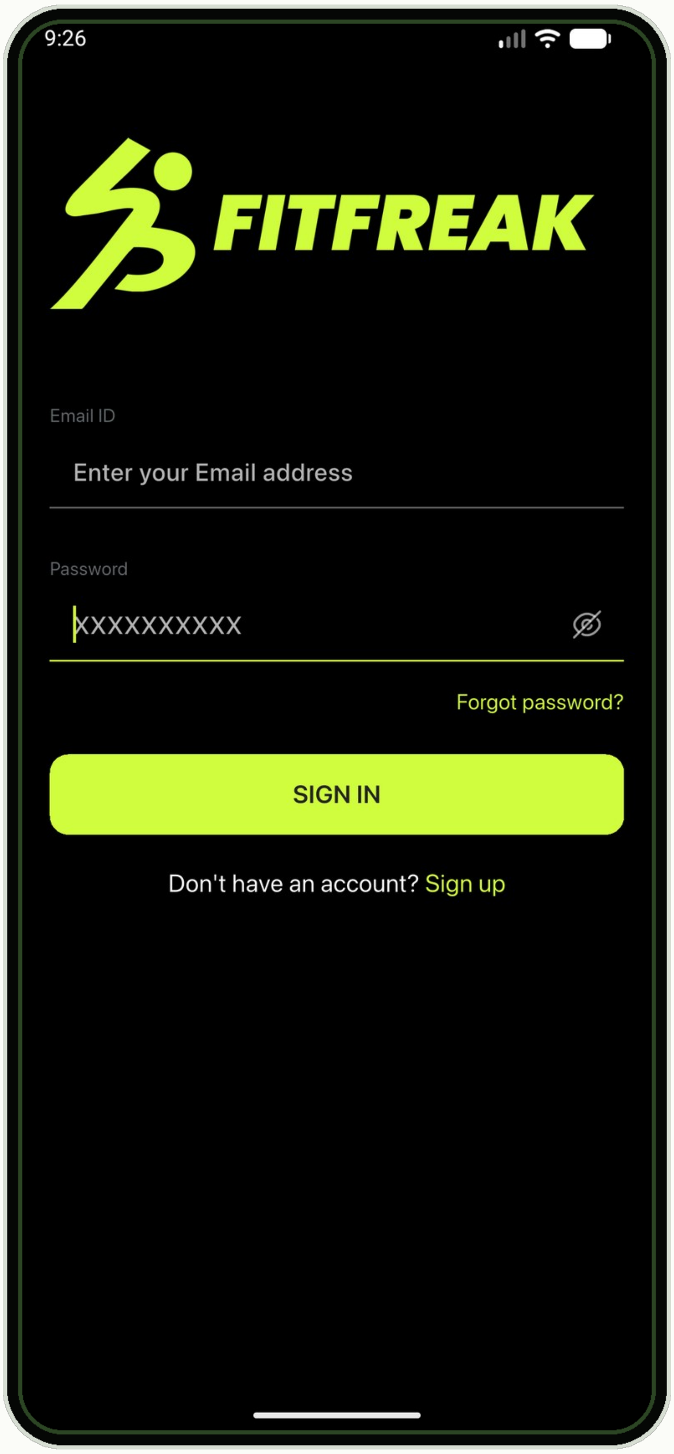
Create your client account, verify your email, and connect to your coach with the invitation code.

### In this section

# 01 Open the app

## What to do

- On the sign-in screen, tap Sign up.
- If you already have an account, enter your email and password, then tap SIGN IN.

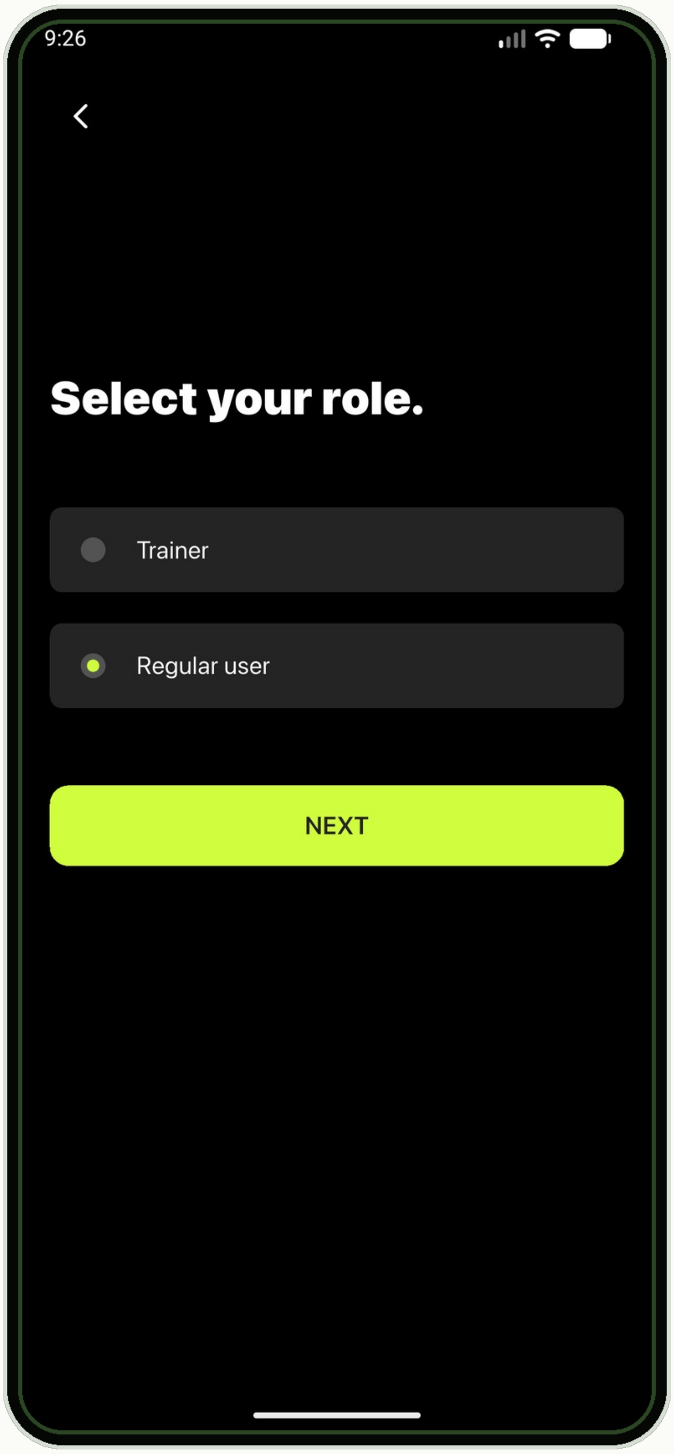



Sign-in screen and registration link.

# 02 Select the client role

**What to do**

- Choose Regular user.
- Do not choose Trainer unless you are creating a coach account.
- Tap NEXT.

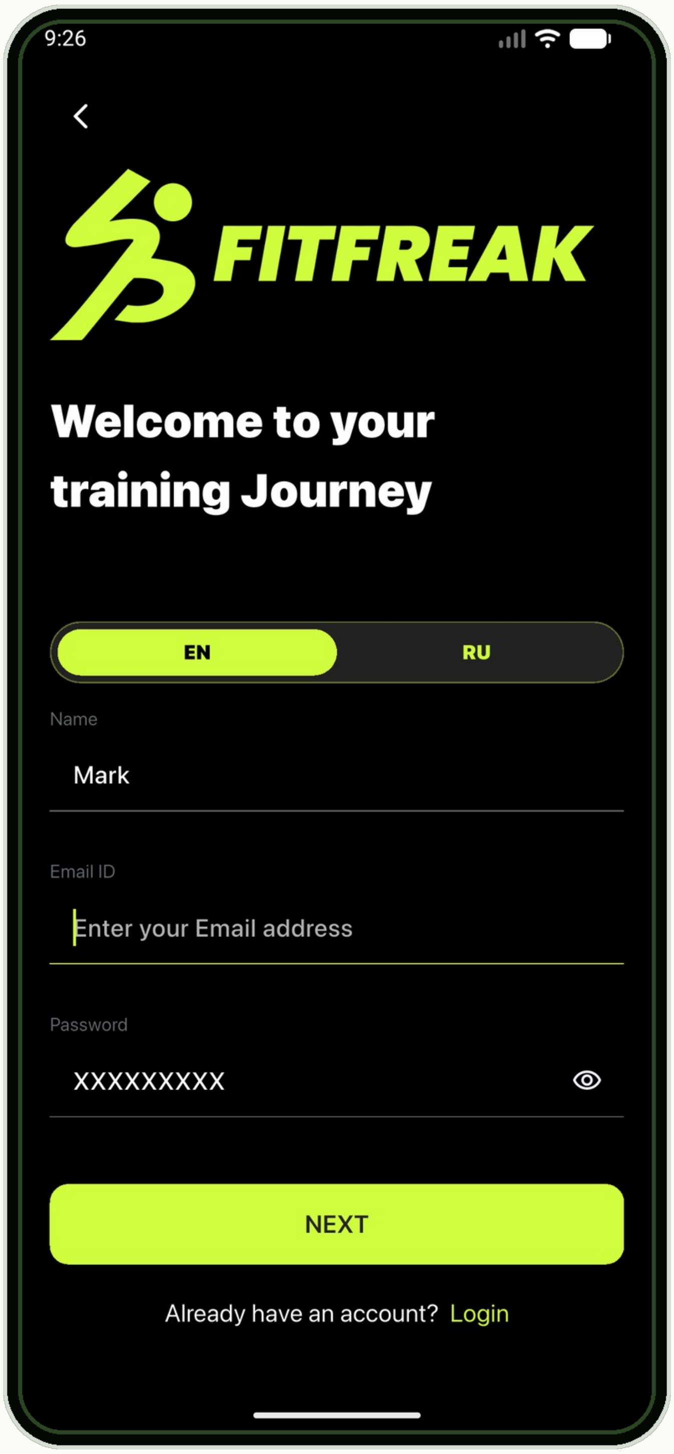



The client account uses the Regular user role.

# 03 Enter the account details

**What to do**

- Keep the language selector on EN.
- Enter your name, email address, password, and password confirmation.
- Use an email address you can access immediately.
- Tap NEXT.

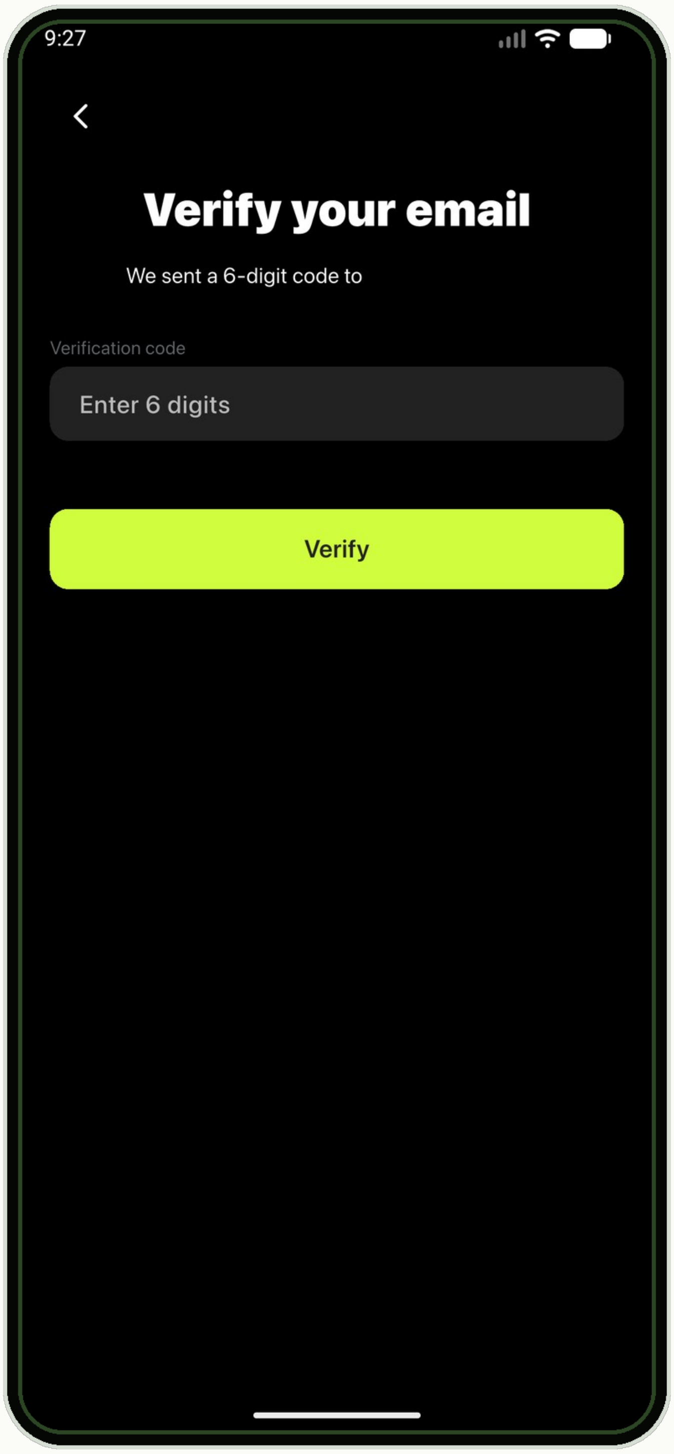



Client account registration.

# 04 Verify your email

**What to do**

- Open the email from FitFreak Pro and find the six-digit code.
- Enter the code in the app.
- Tap Verify.
- If the email does not arrive, check spam, junk, and promotional folders.

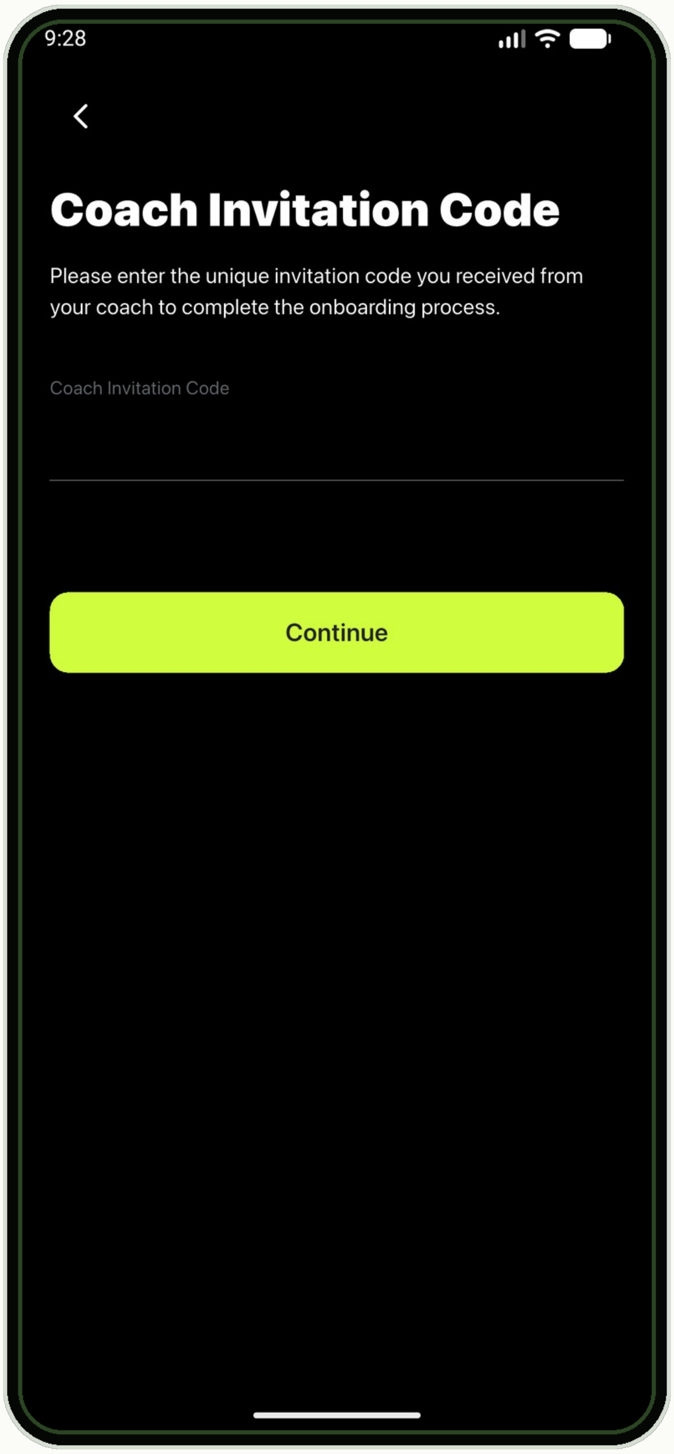



Email verification code entry.

# 05 Enter the coach invitation code

**What to do**

- Enter the unique code sent by your coach.
- Check the code carefully and tap Continue.
- The code connects your client account to a specific coach, so avoid extra spaces.

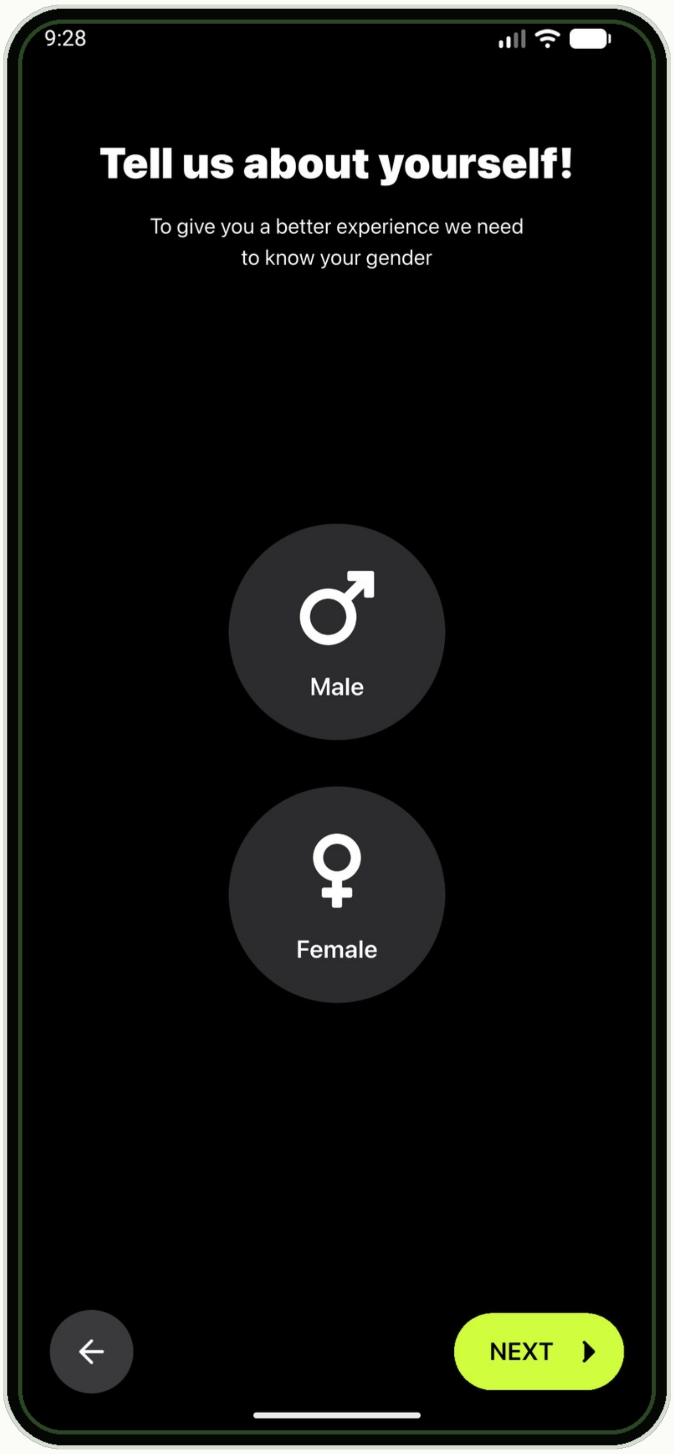



Connecting to a coach with an invitation code.

# 06 Select your gender

**What to do**

- Choose Male or Female.
- Review the selection and tap NEXT.

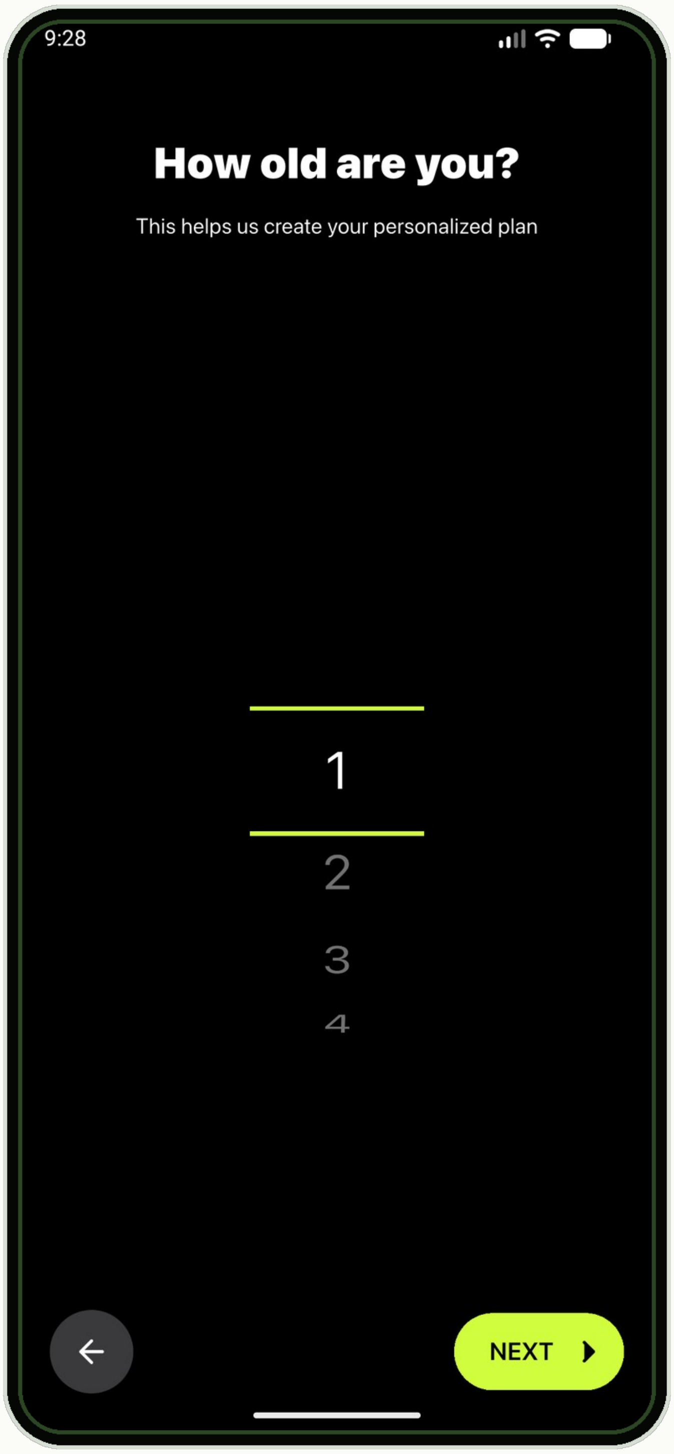



Gender selection for the client profile.

# 07 Enter your age

**What to do**

- Scroll to your current age.
- Make sure the correct number is centered between the green lines.
- Tap NEXT.

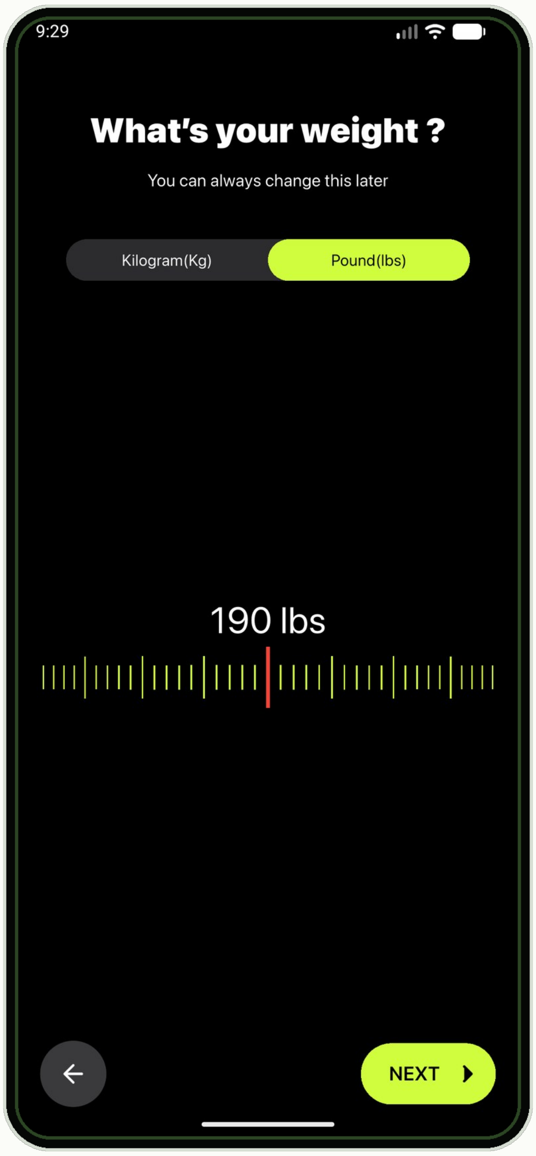



Age selection.

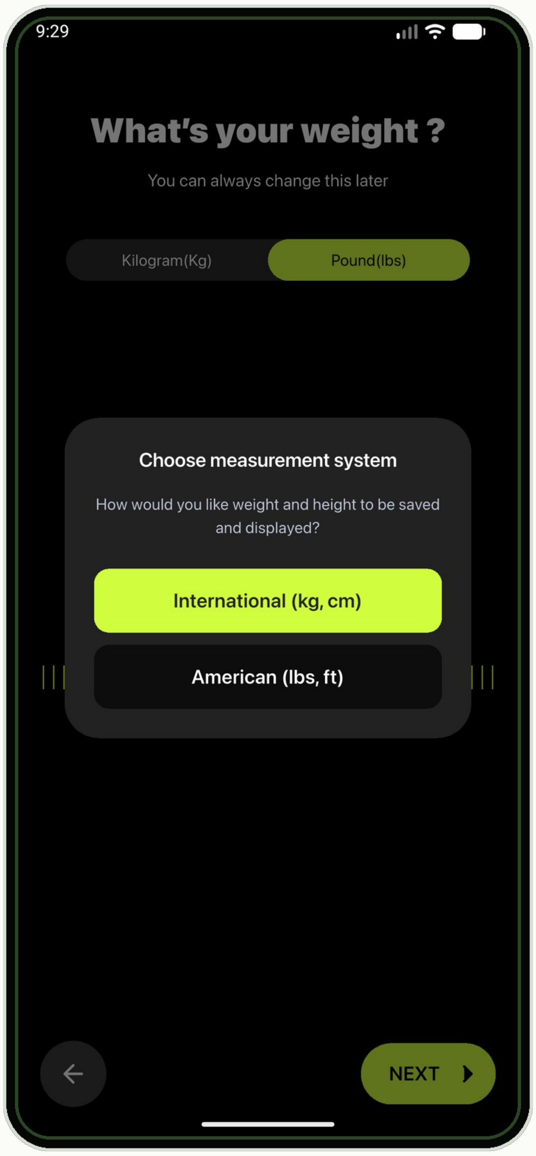
# 08 Enter your weight and unit system

## What to do

- Choose kilograms or pounds.
- Scroll the scale to your current weight.
- If the measurement-system dialog appears, choose the system you want to use.
- Tap NEXT.




Current weight selection.



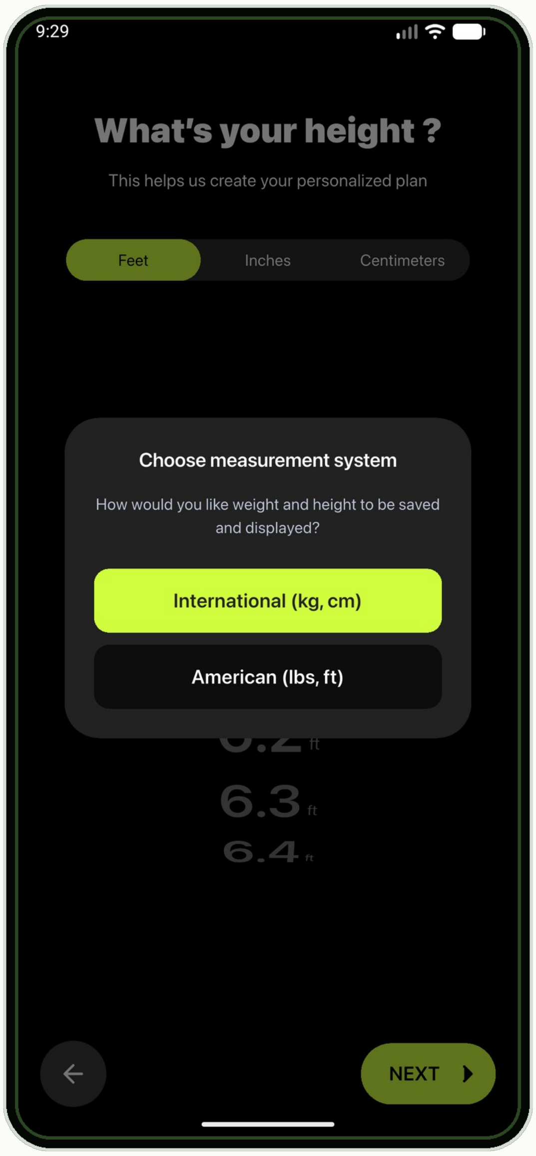

Measurement-system confirmation for weight.

# 09 Enter your height and unit system

## What to do

- Choose feet, inches, or centimeters.
- Scroll to your current height.
- If the measurement-system dialog appears, confirm the correct system.
- Tap NEXT.


Height selection.

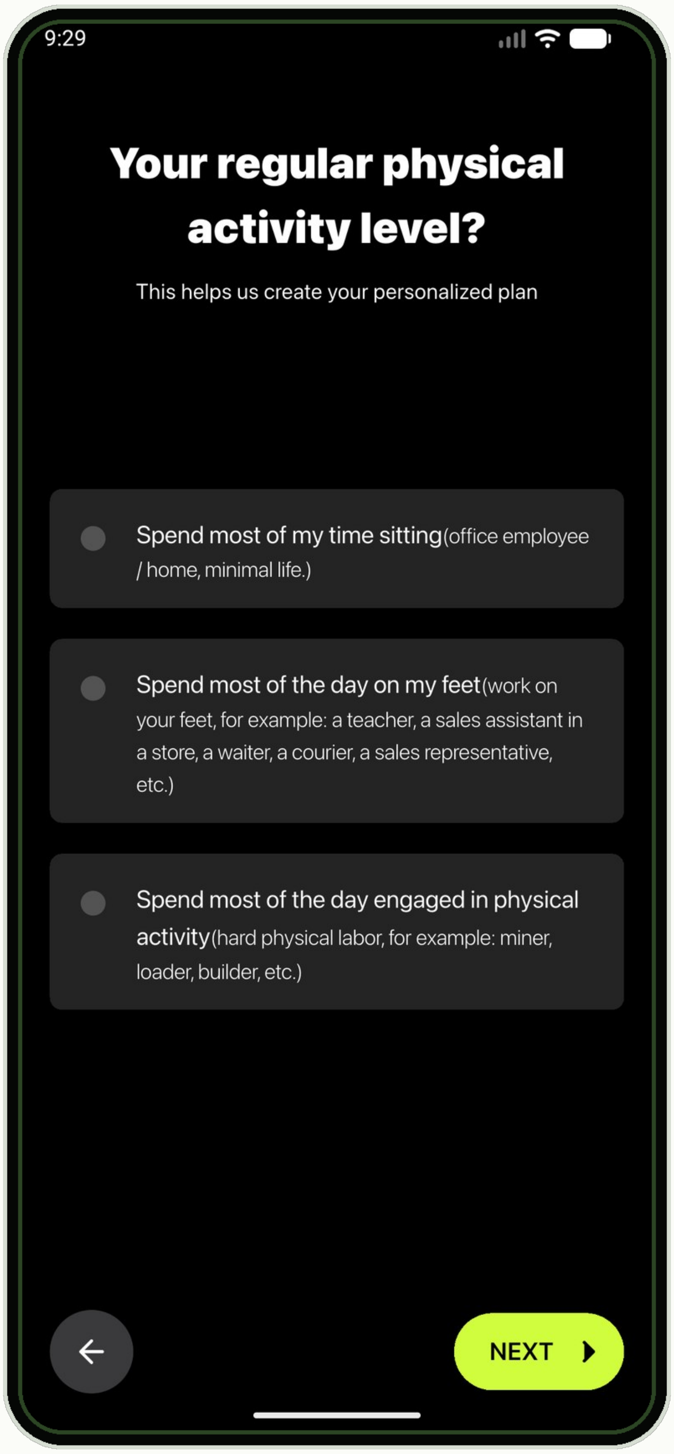



Measurement-system confirmation for height.

# 10 Select your daily activity level

## What to do

- Choose the option that best describes a normal day.
- Treat daily activity separately from planned workouts.
- Tap NEXT.

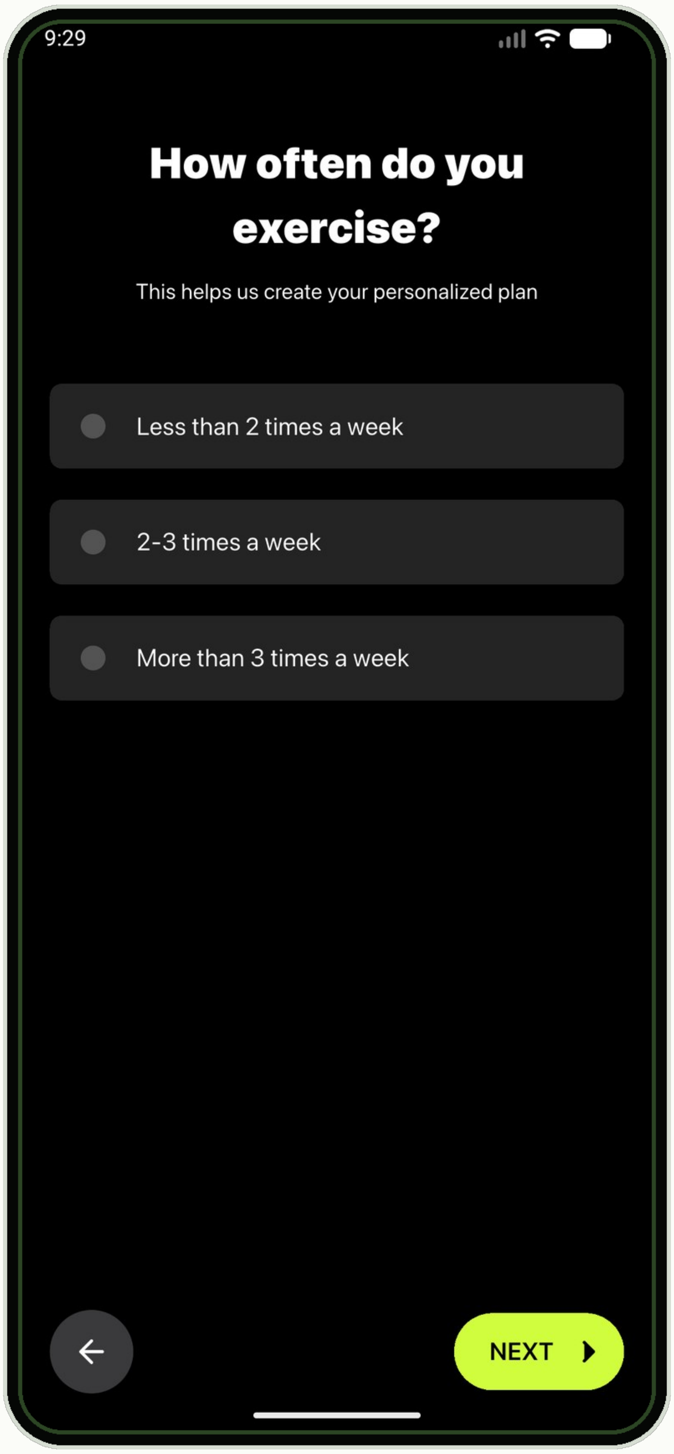



Regular daily activity selection.

# 11 Select your exercise frequency

**What to do**

- Choose how often you usually exercise each week.
- Tap NEXT.

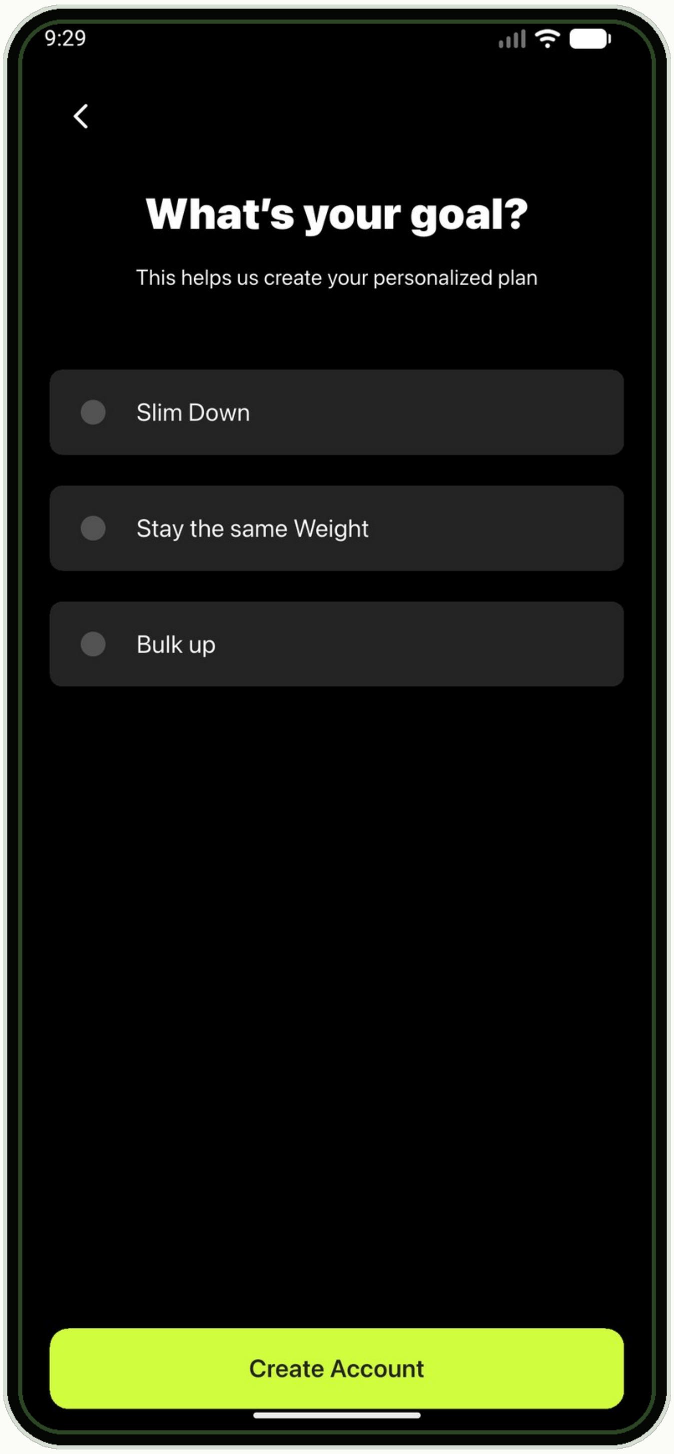



Exercise frequency selection.

# 12 Select your main goal

**What to do**

- Choose Slim Down, Stay the same Weight, or Bulk Up.
- Tap Create Account.
- Your coach can use this information when preparing workouts and nutrition targets.




Main fitness goal selection and account completion.

02

SECTION

# Subscription activation through Stripe

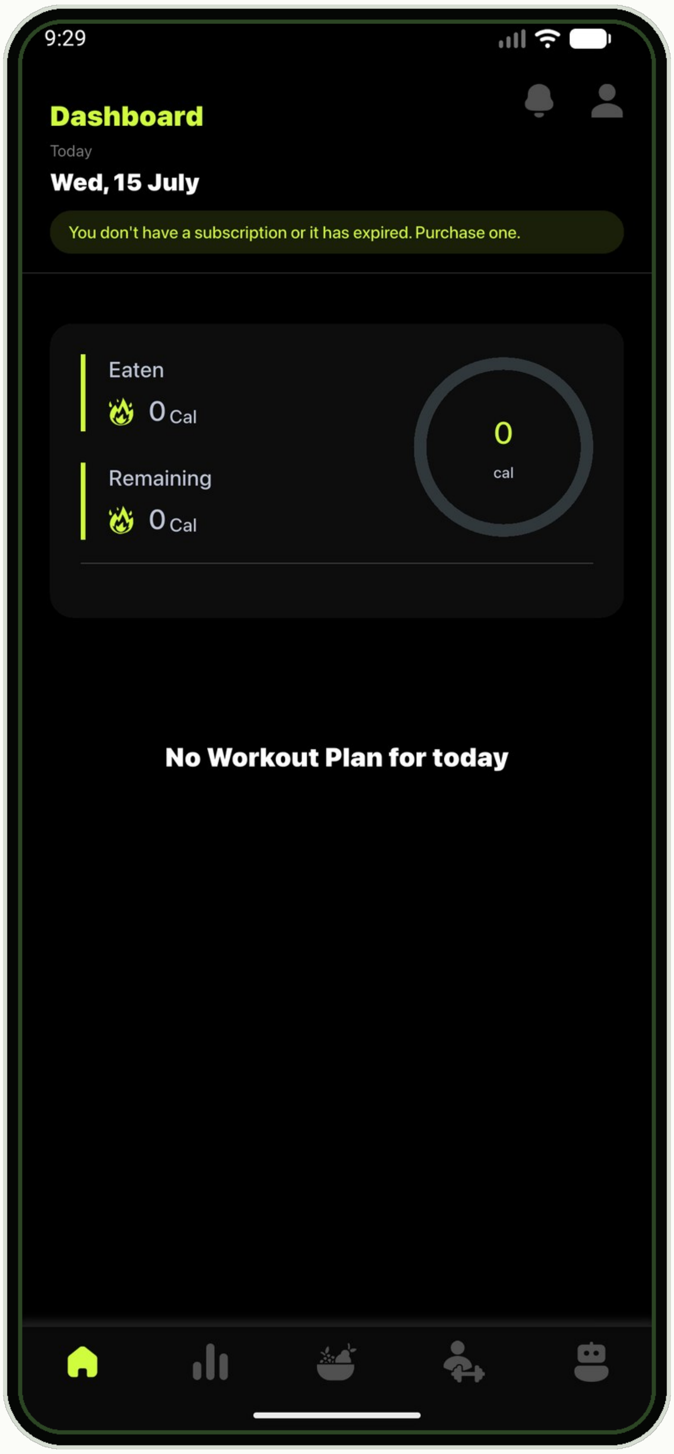
After registration, activate client access. The English client flow uses Stripe for subscription payment.

**In this section**

# 13 Open subscription setup

**What to do**

- On the dashboard, look for the notification that the subscription is missing or expired.
- Tap the subscription prompt to continue.

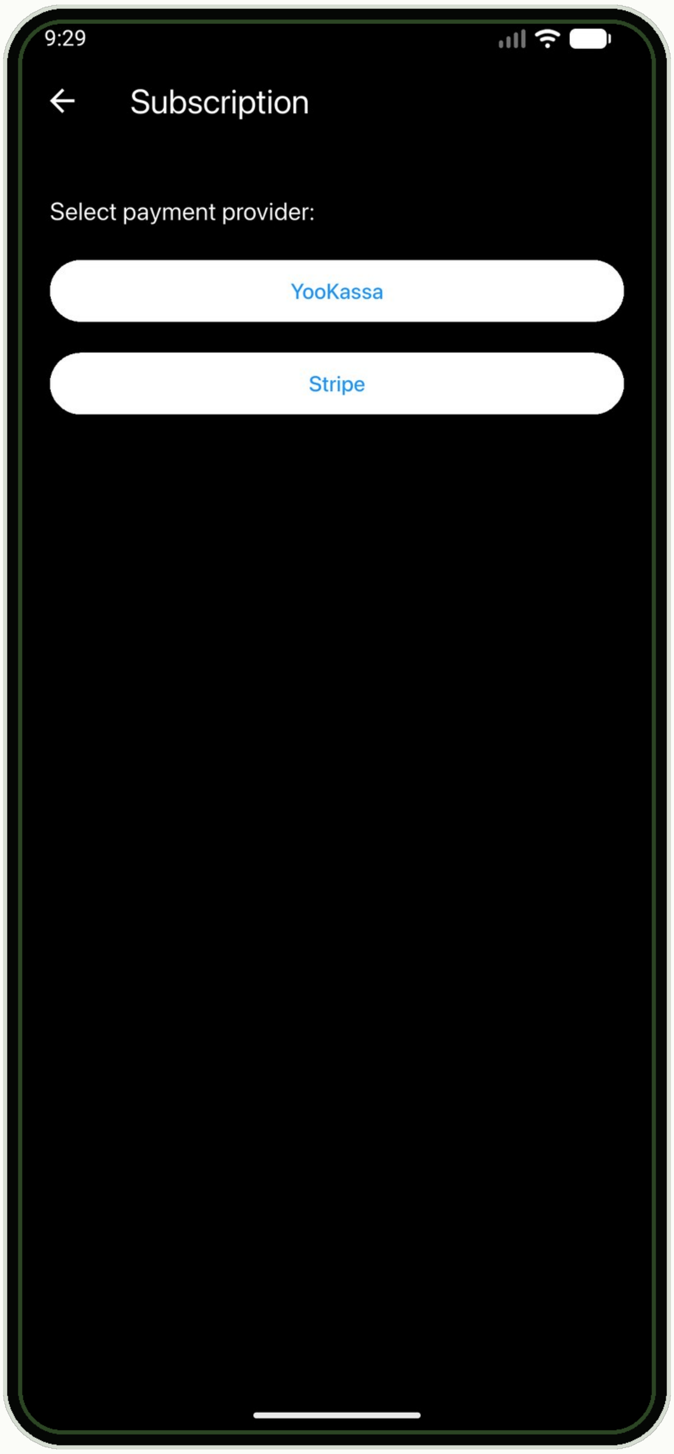



Dashboard before subscription activation.

# 14 Choose Stripe

**What to do**

- On the subscription screen, tap Stripe.
- For the English client flow, use Stripe for subscription payment.

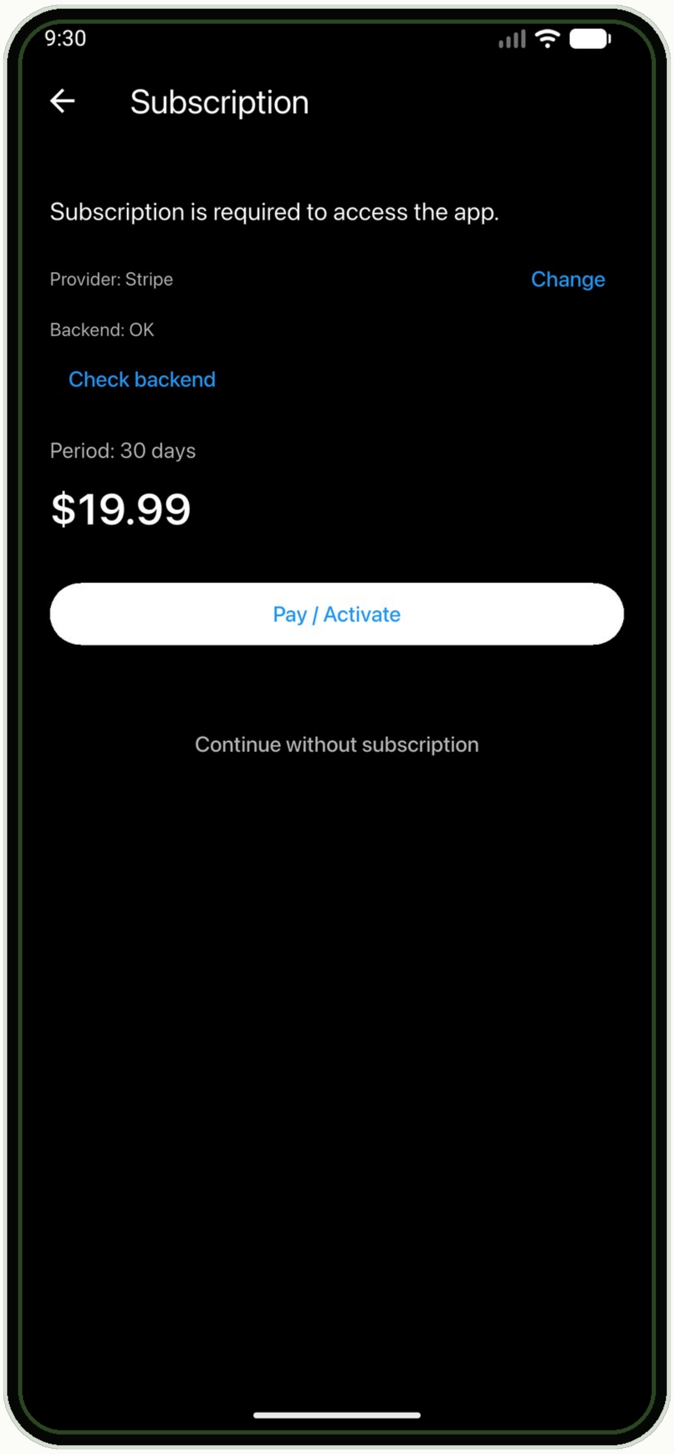



Payment-provider selection with Stripe.

# 15 Review the subscription details

## What to do

- Confirm that the provider is Stripe.
- Check the period and current subscription price directly in the app.
- Tap Pay / Activate.
- Do not rely on a saved price if the app shows a newer amount.

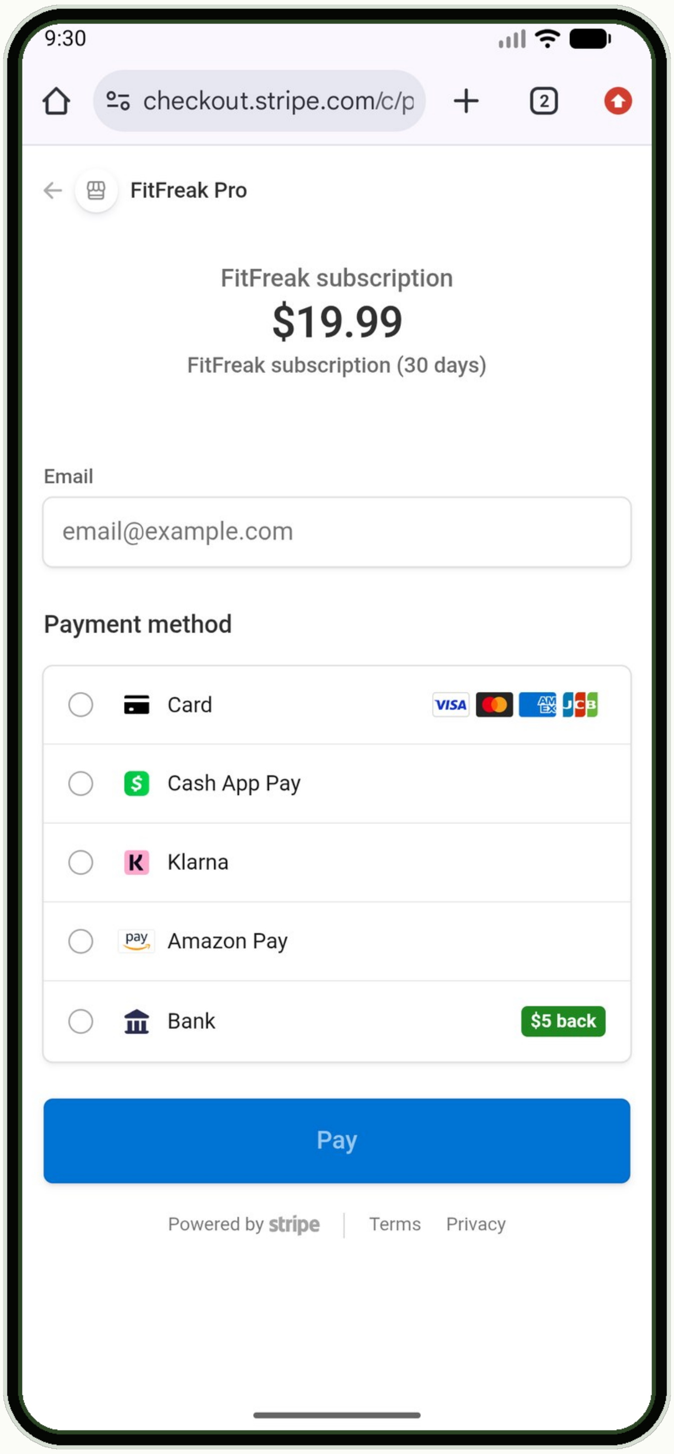



Subscription details and activation button.

# 16 Complete payment in Stripe

**What to do**

- Enter payment details in the secure Stripe checkout form.
- Review the amount.
- Follow any bank confirmation steps if they appear.
- Return to FitFreak Pro after payment is complete.

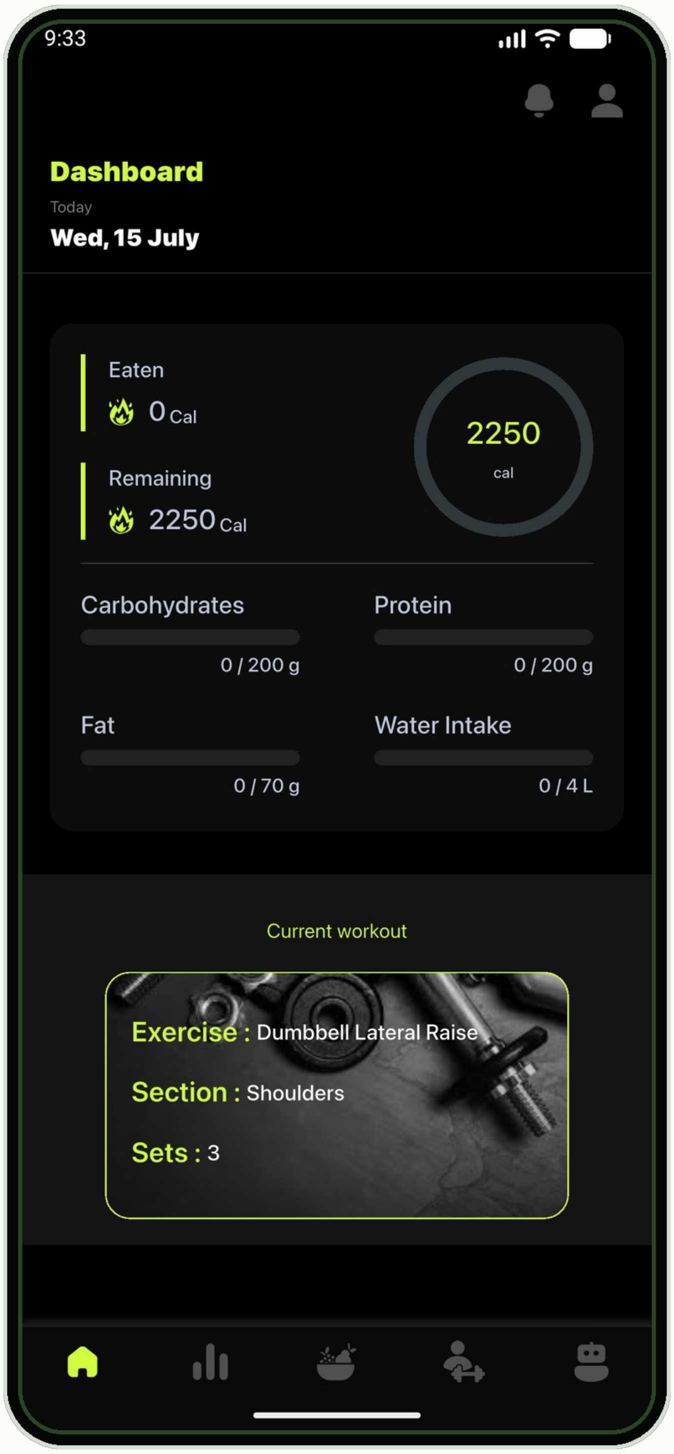



Secure Stripe checkout form.

# 17 Confirm that access is active

**What to do**

- The dashboard should show the nutrition targets set by your coach.
- If your coach has assigned a program, the current workout appears below the targets.




Dashboard after access activation and program assignment.

03

SECTION

# Viewing an assigned workout

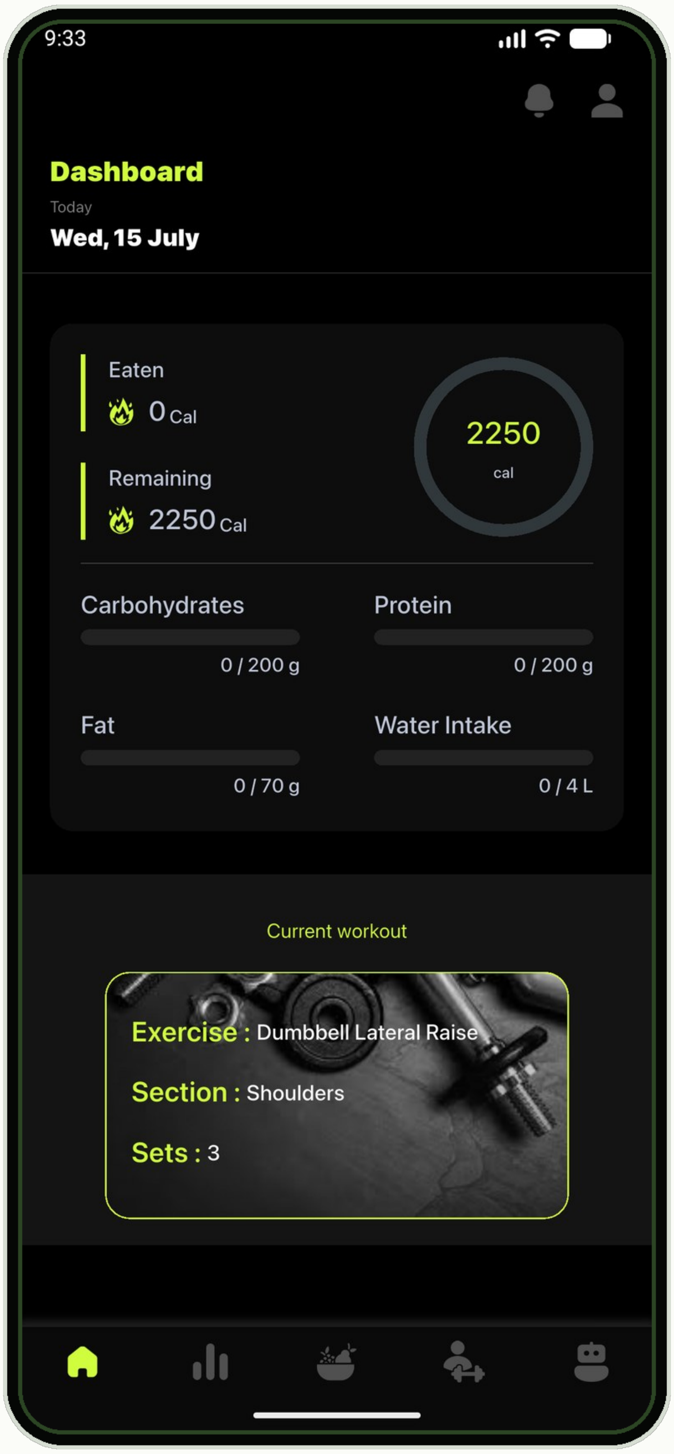
The dashboard shows daily targets and the workout prepared by your coach.

### In this section

# 18 Open an exercise

## What to do

- On the dashboard, find the current workout section.
- Tap the exercise card you want to review.

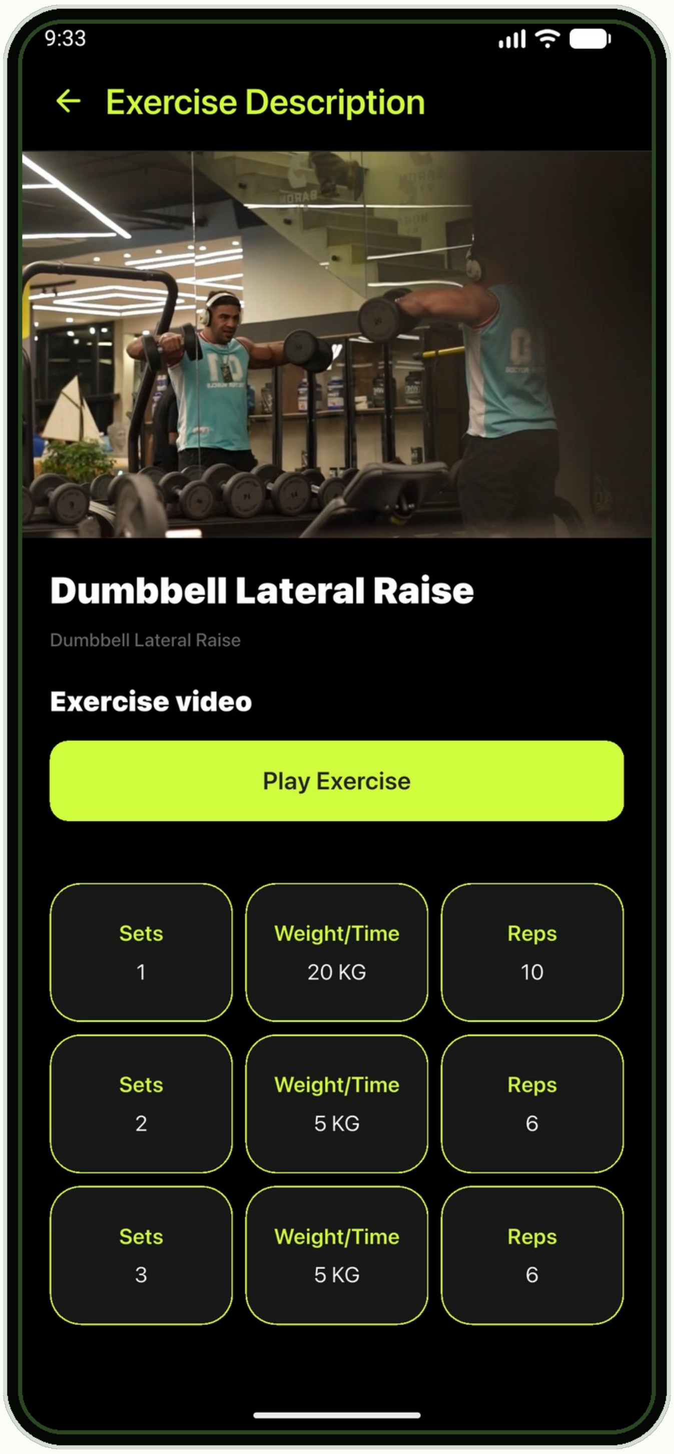



Dashboard after access activation and program assignment.

# 19 Review the exercise details

**What to do**

- Check the exercise name and section.
- Review sets, weight or time, and reps.
- Read the coach instructions before performing the movement.

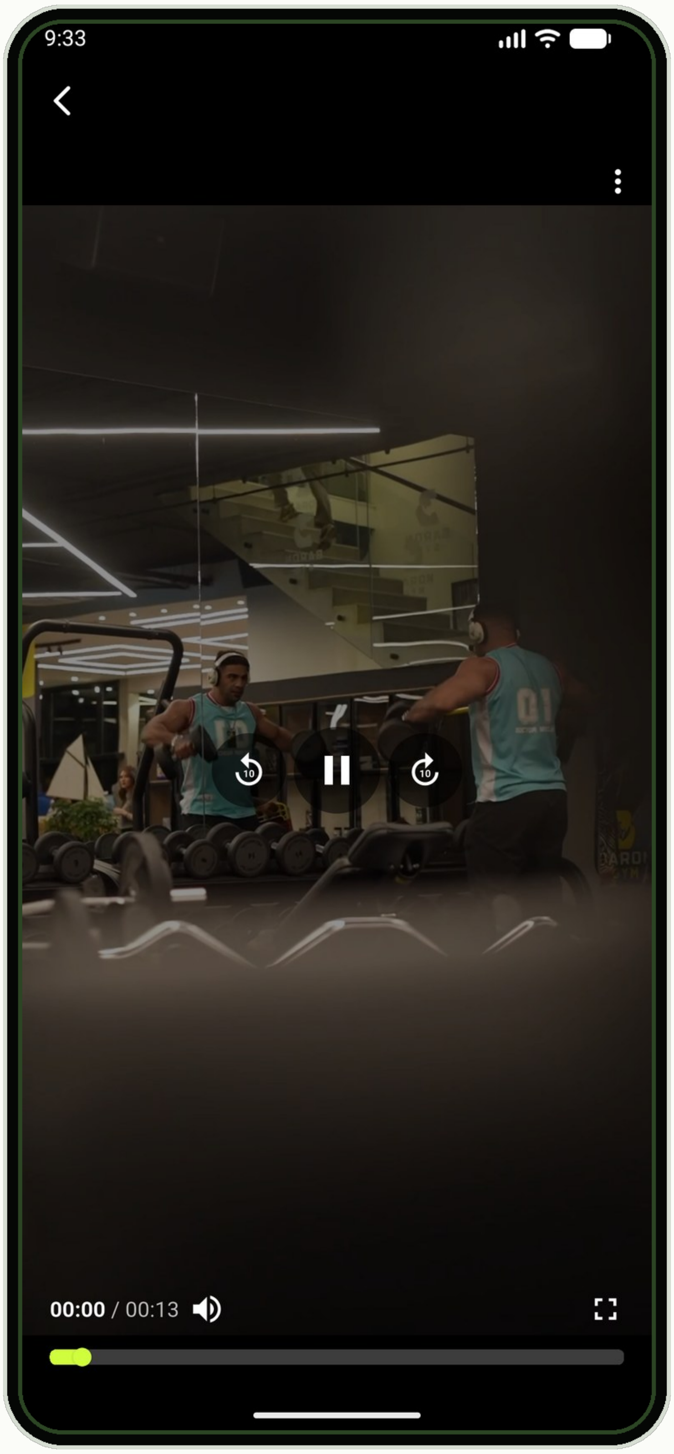



Exercise description and assigned parameters.

# 20 Watch the exercise video

### What to do

- Tap Play Exercise.
- Use pause, scrub, or full-screen controls when needed.
- Compare your technique with the coach demonstration.
- The video helps explain the movement, but it does not replace your coach's personal instructions.




Exercise demonstration video.

04

SECTION

# Progress report and measurements

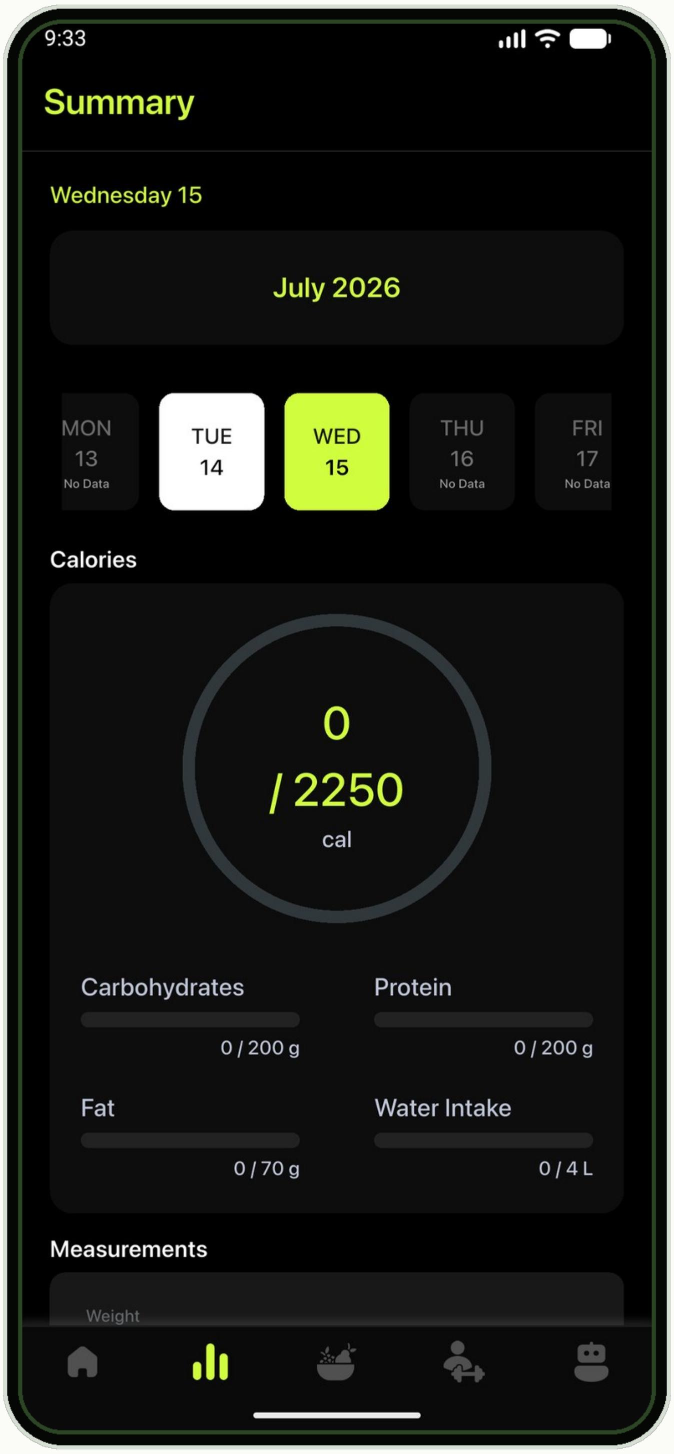
The Summary section lets you review targets for a selected date and add progress data.

**In this section**

# 21 Open the Summary section

**What to do**

- Tap the chart icon in the bottom menu.
- Choose the date you want to review at the top of the screen.

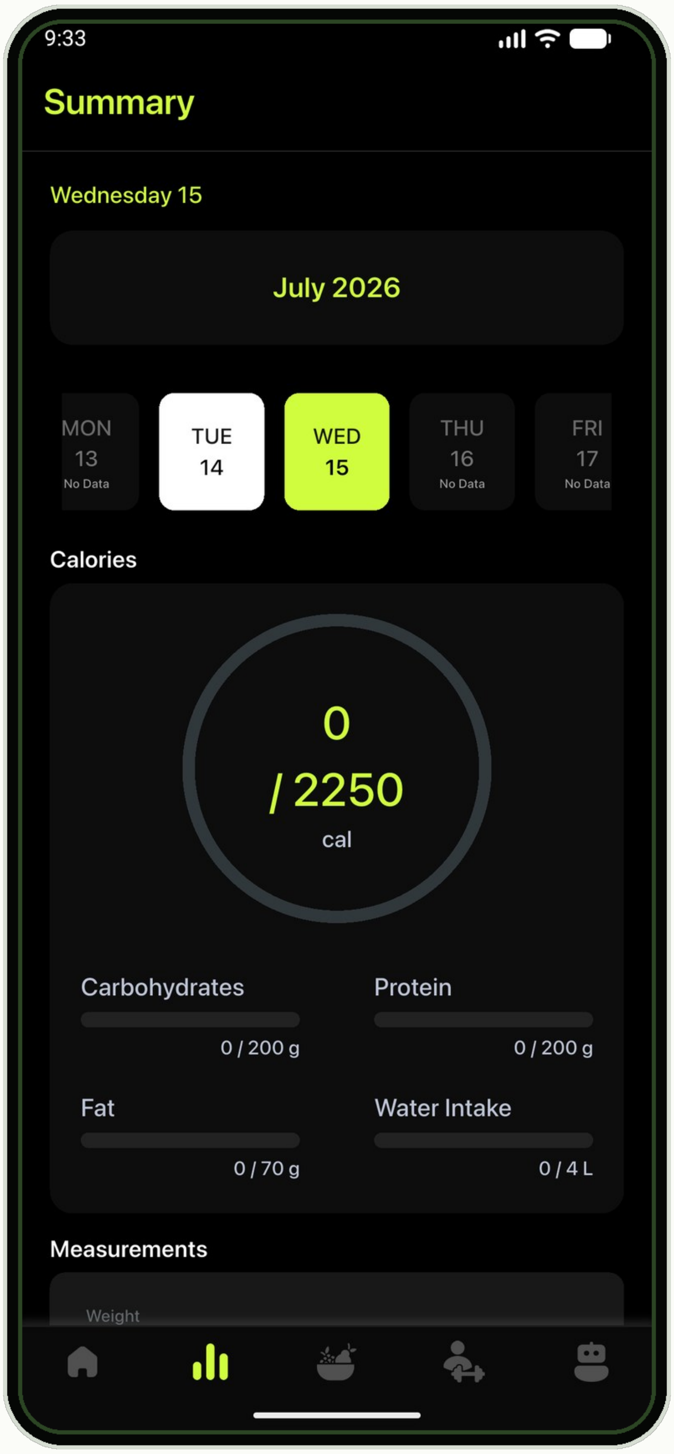



Summary for the selected day.

# 22 Review daily metrics

**What to do**

- Check calories, carbohydrates, protein, fat, and water.
- Make sure you are viewing the intended date before entering new data.
- Use the Add Data screen when you need to submit progress photos or measurements.



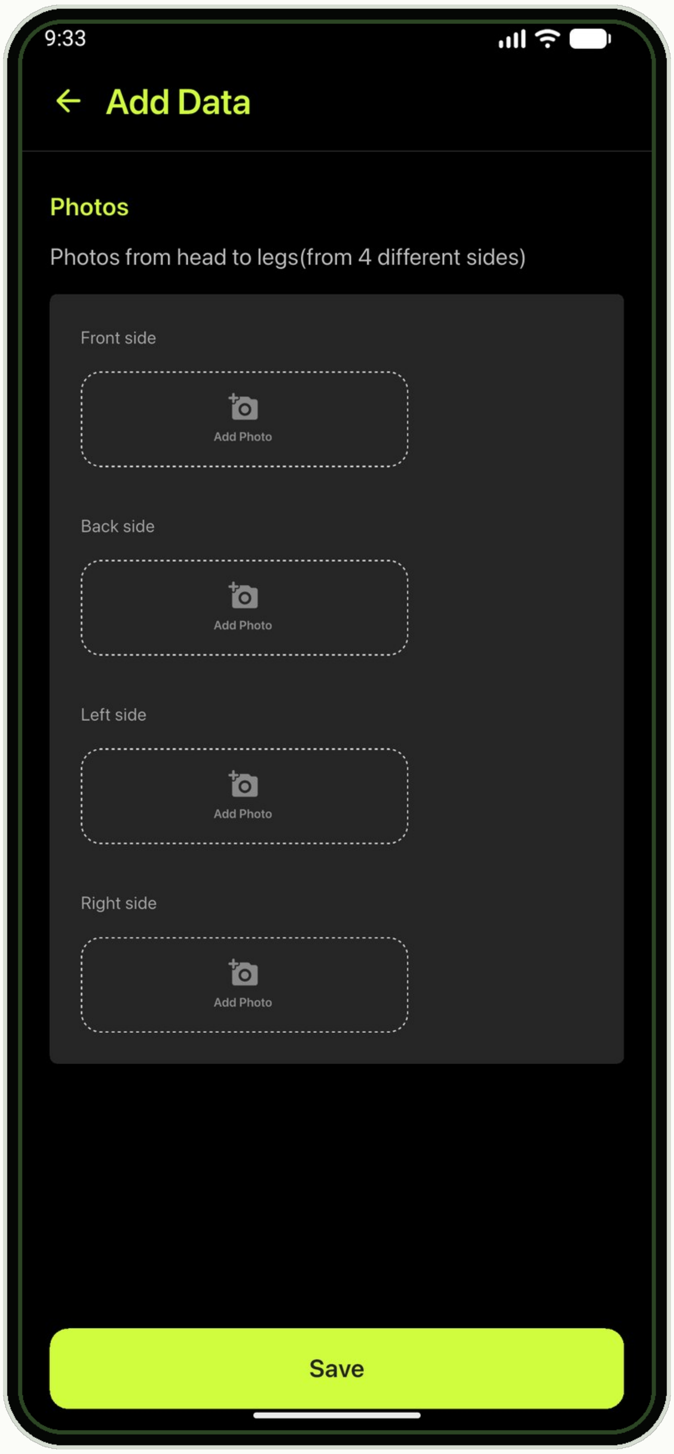

Summary for the selected day.

23

# Add progress photos

**What to do**

- Open Add Data.
- Add photos from the front, back, left side, and right side.
- Confirm each image is uploaded to the correct field.
- Tap Save.
- For better comparisons, take photos with similar lighting, distance, and body position.




Four-angle progress photo upload.

FITFREAK

05

SECTION

# Nutrition, foods, and recipes

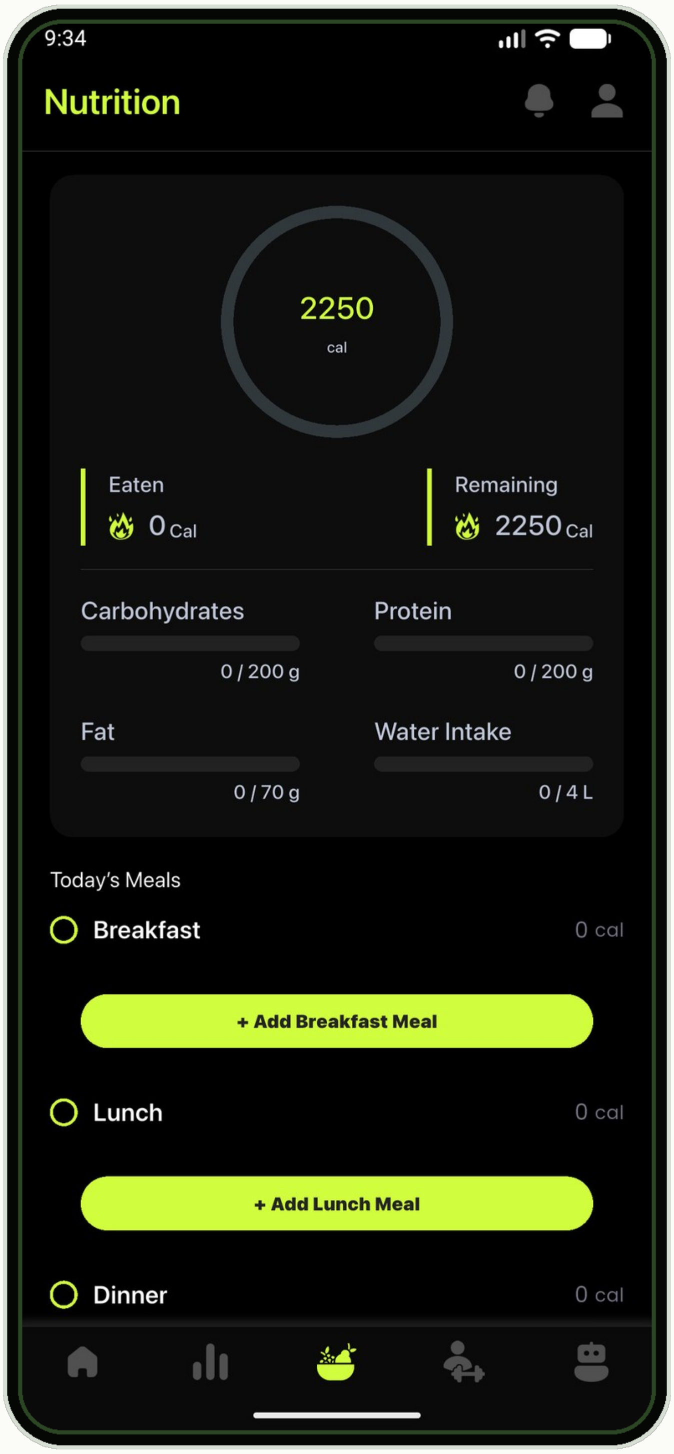
The Nutrition section helps you follow coach targets, add meals, log water, and save custom foods or recipes.

**In this section**

# 24 Open Nutrition

## What to do

- Tap the meal icon in the bottom menu.
- Review daily targets for calories, protein, fat, carbohydrates, and water.

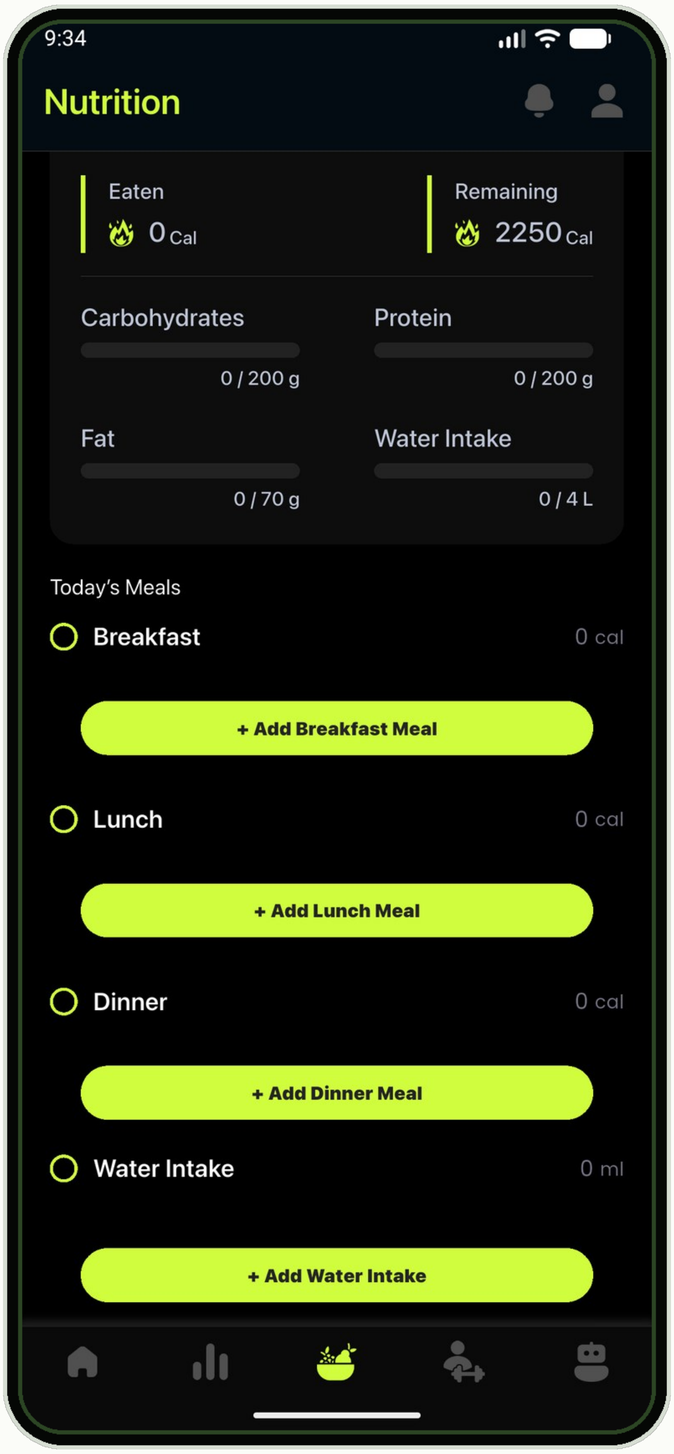



Daily nutrition target overview.

# 25 Choose a meal

**What to do**

- Tap Add Breakfast Meal, Add Lunch Meal, or Add Dinner Meal.
- Use Add Water Intake to log water separately.

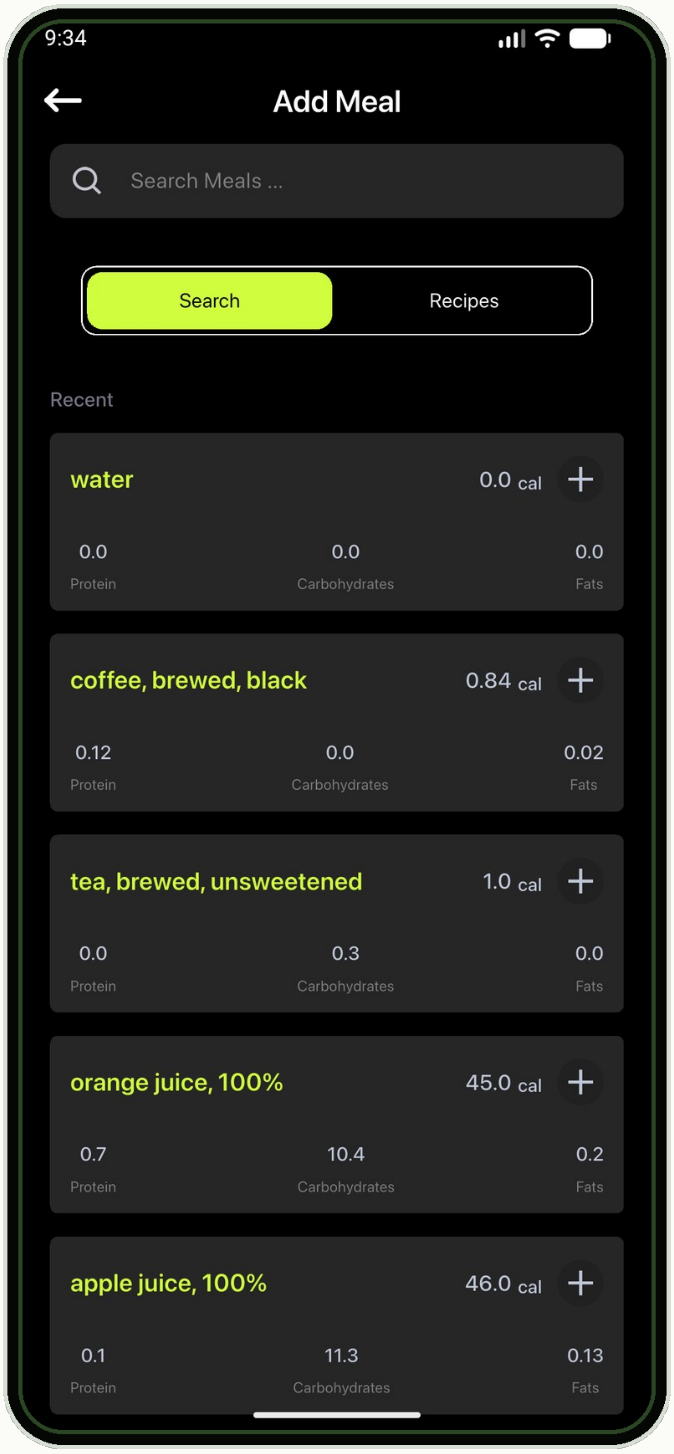



Meal and water intake buttons.

# 26 Search for a food

## What to do

- On the Search tab, enter the food name.
- Review calories and nutrients in the results.
- Tap the plus button beside the food you want to add.

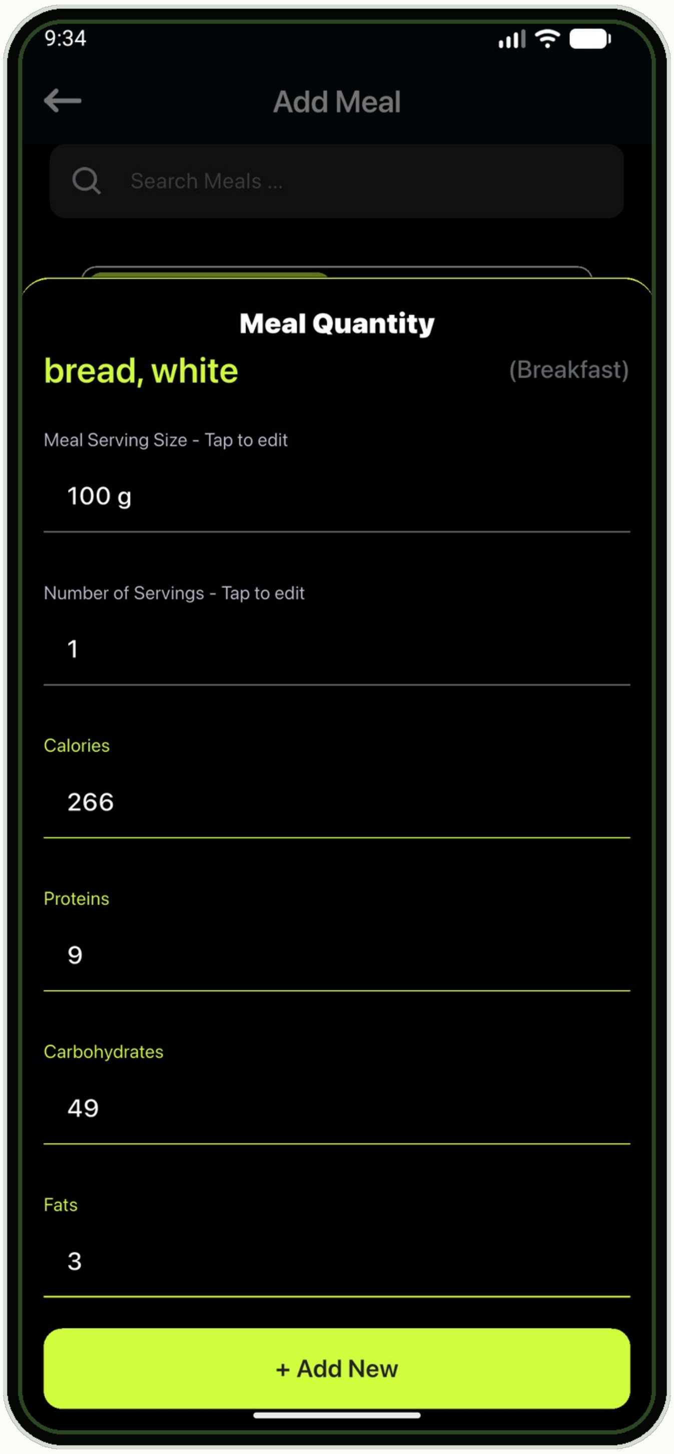



Food search in the nutrition database.

# 27 Adjust the food quantity

## What to do

- Check the selected food and meal category.
- Enter serving size and number of servings.
- Review the calculated calories, protein, carbohydrates, and fat.
- Tap Add New.

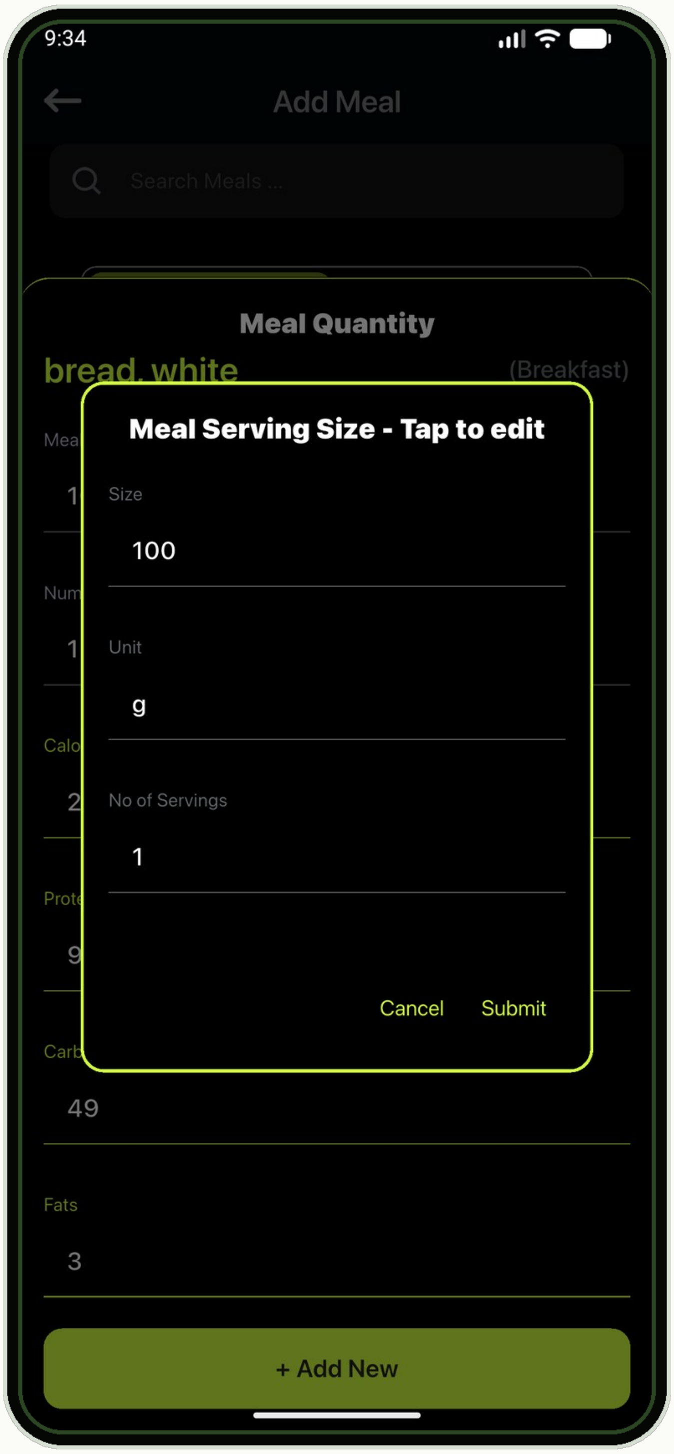



Selected food quantity setup.

# 28 Edit serving size

**What to do**

- Tap the serving-size field.
- Enter size, unit, and number of servings.
- Tap Confirm.

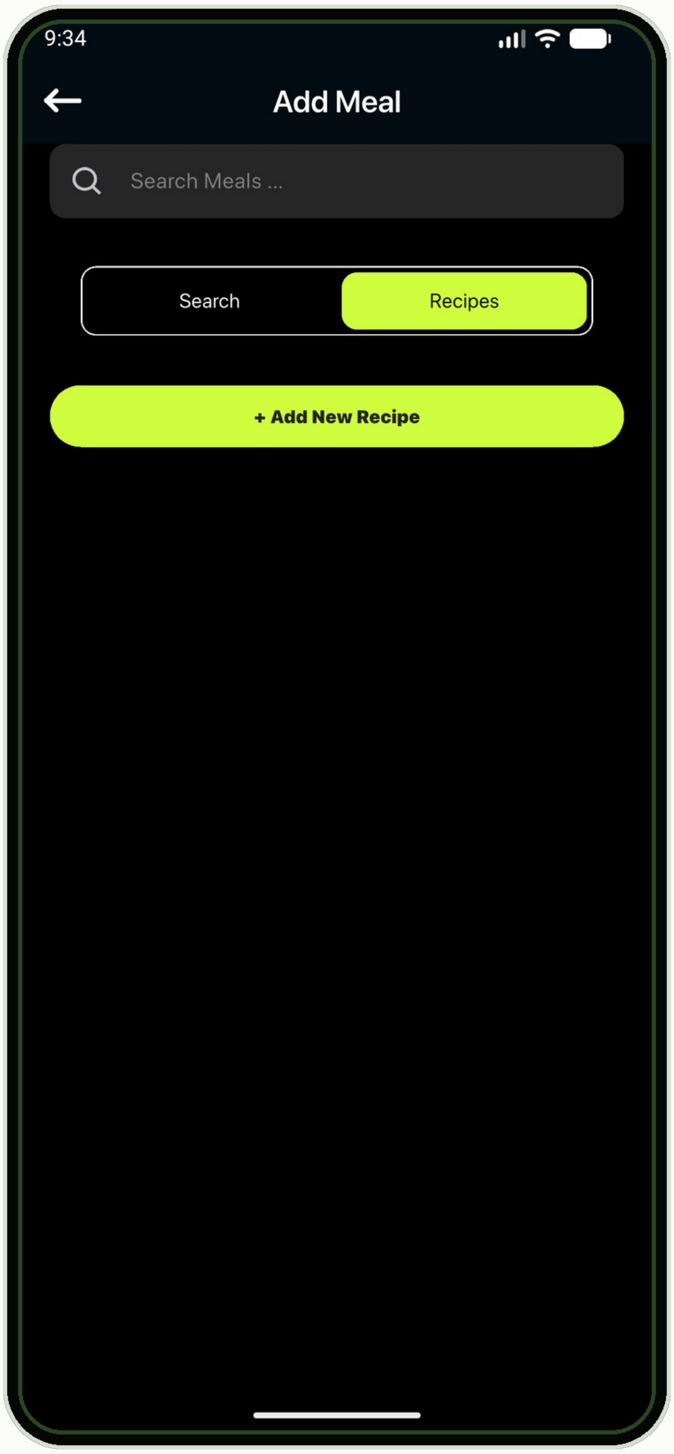



Serving-size and serving-count dialog.

# 29 Use your recipes

**What to do**

- On the Add Meal screen, open the Recipes tab.
- To create a recipe or custom food, tap Add New Recipe.

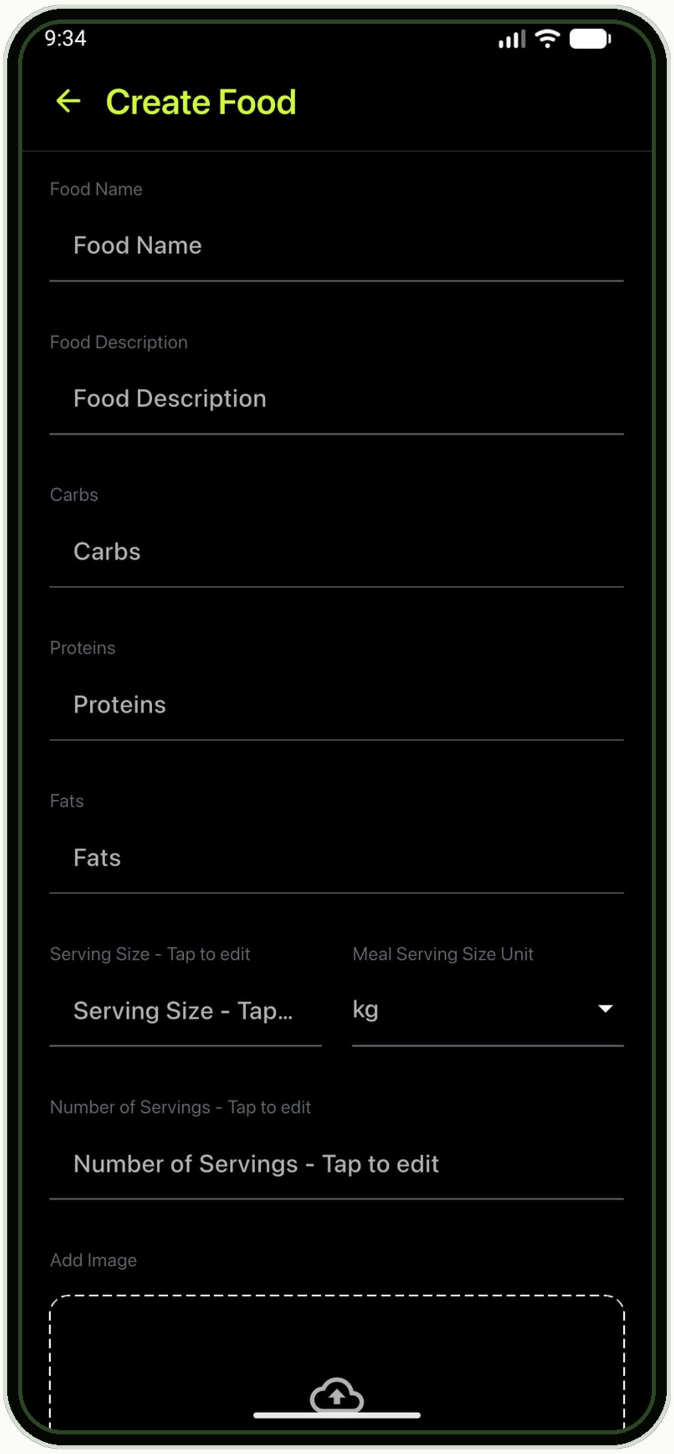



User recipe tab.

# 30 Enter recipe details

**What to do**

- Enter the food name and description.
- Add carbohydrates, protein, and fat.
- Set serving size, unit, and number of servings.

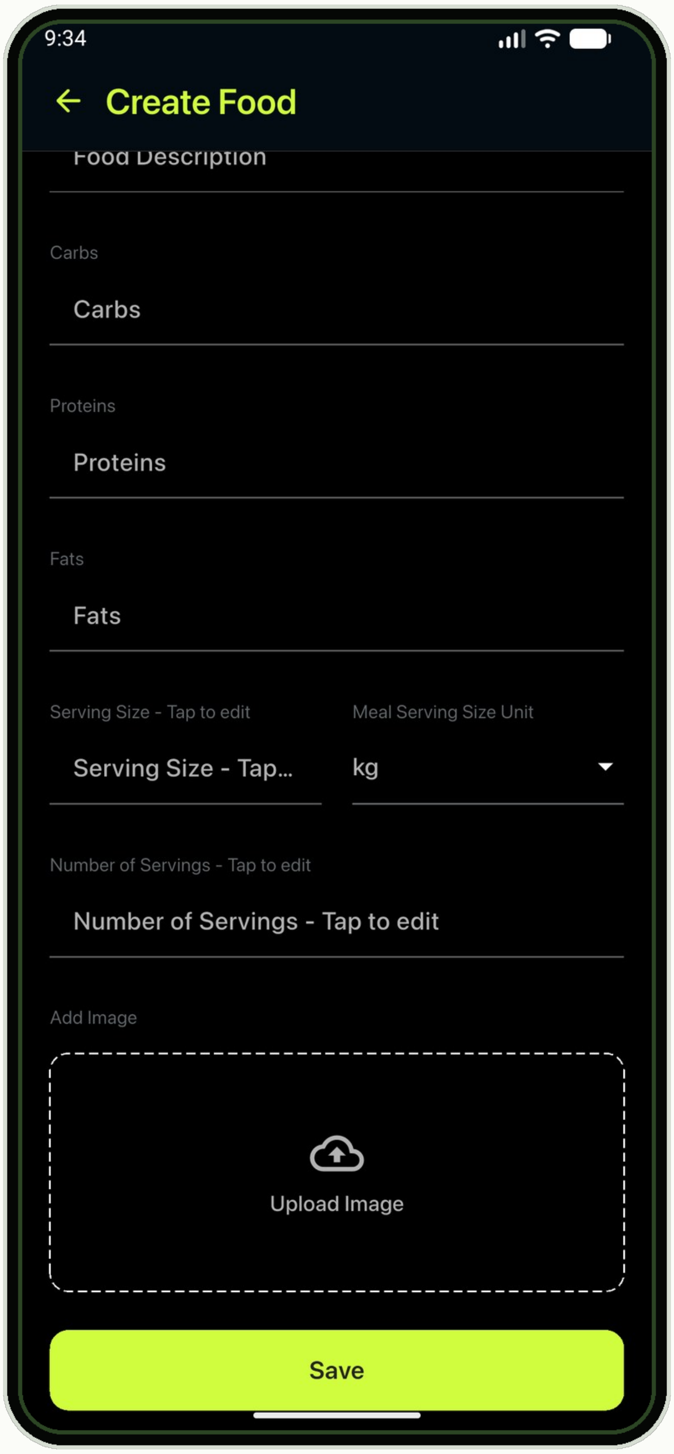



Recipe details and nutrition fields.

# 31 Add an image and save

**What to do**

- Upload an image if you want one attached to the food.
- Review all values one more time.
- Tap Save.




Lower part of the recipe form.

06

SECTION

# Coach information

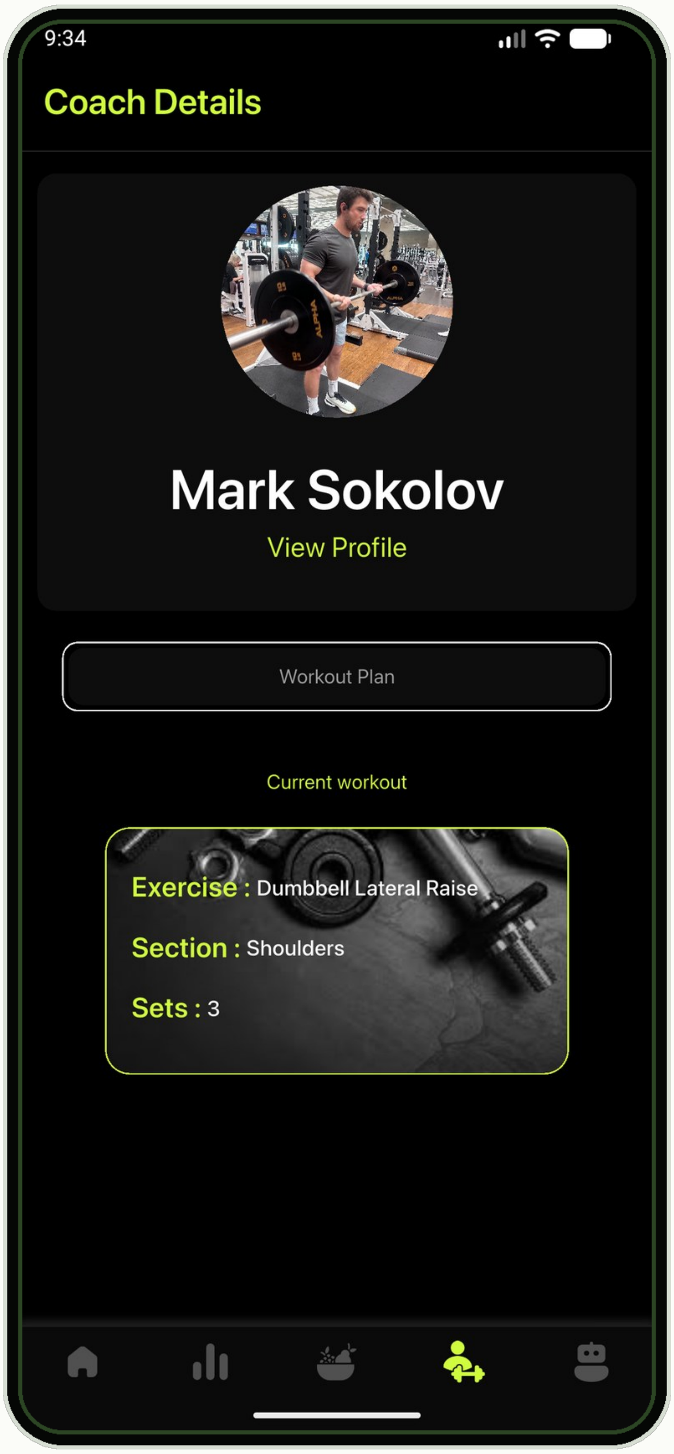
The client app lets you open information about your connected coach and assigned plan.

## In this section

# 32 Open the Coach section

## What to do

- Tap the coach icon in the bottom menu.
- The screen shows your coach photo, name, and current workout.

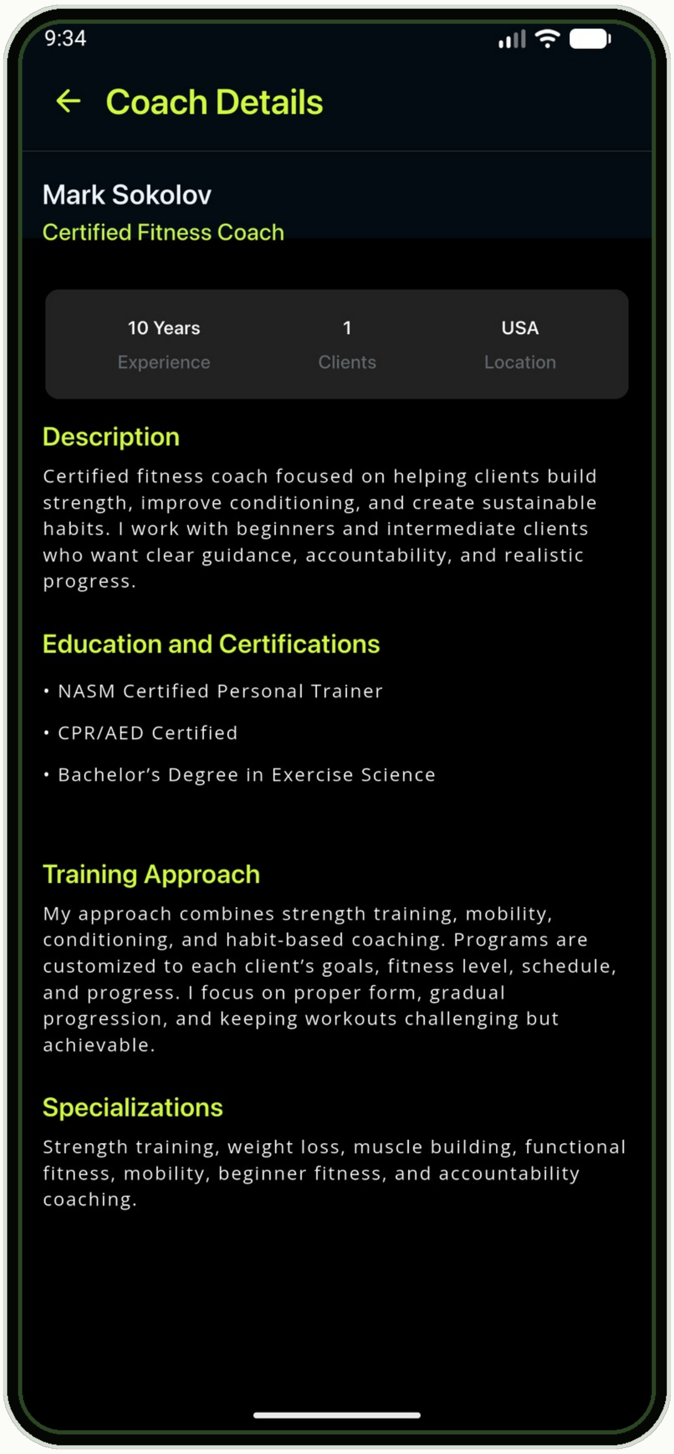



Connected coach overview.

# 33 View the coach profile

**What to do**

- Tap View Profile.
- Review experience, location, description, education, certifications, training approach, and specialization.




Detailed coach profile.

07

SECTION

# Client profile and settings

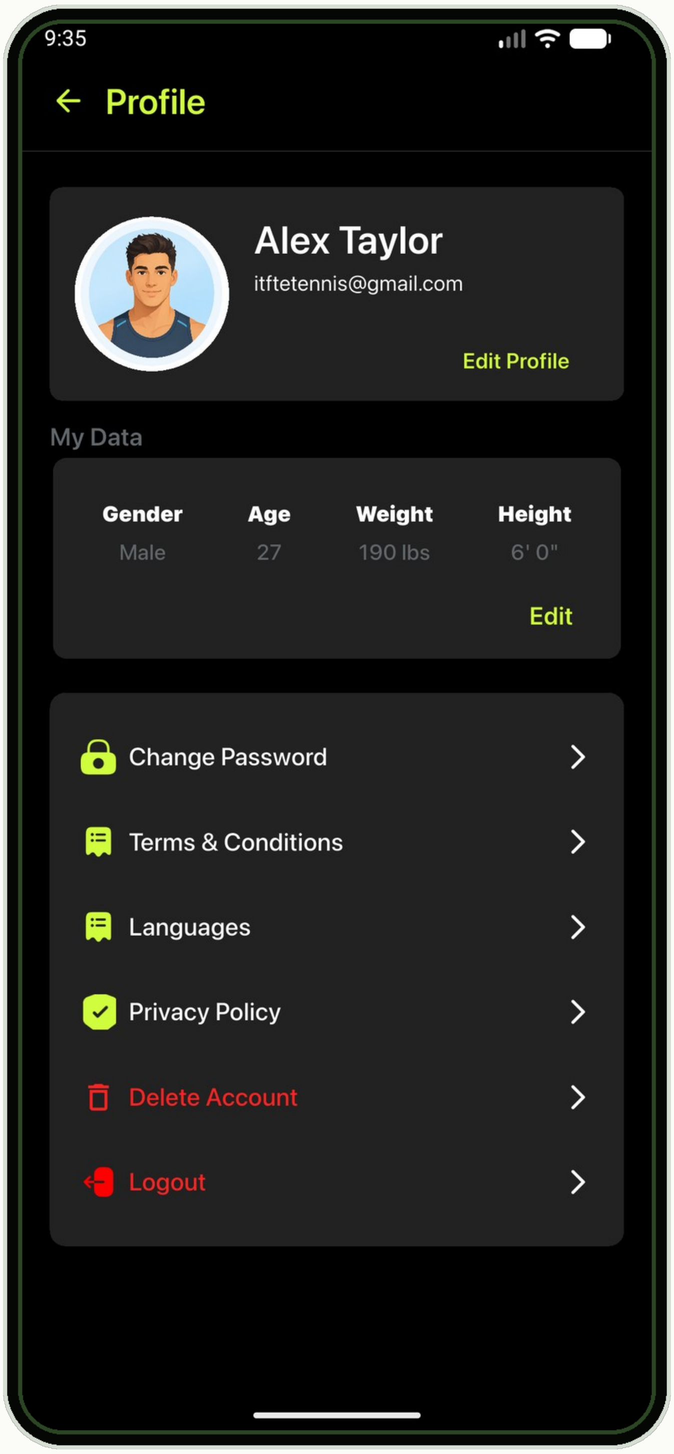
The Profile section stores personal data and account settings.

**In this section**

# 34 Open Profile

## What to do

- Tap the rightmost icon in the bottom menu.
- Check your name, email, gender, age, weight, and height.

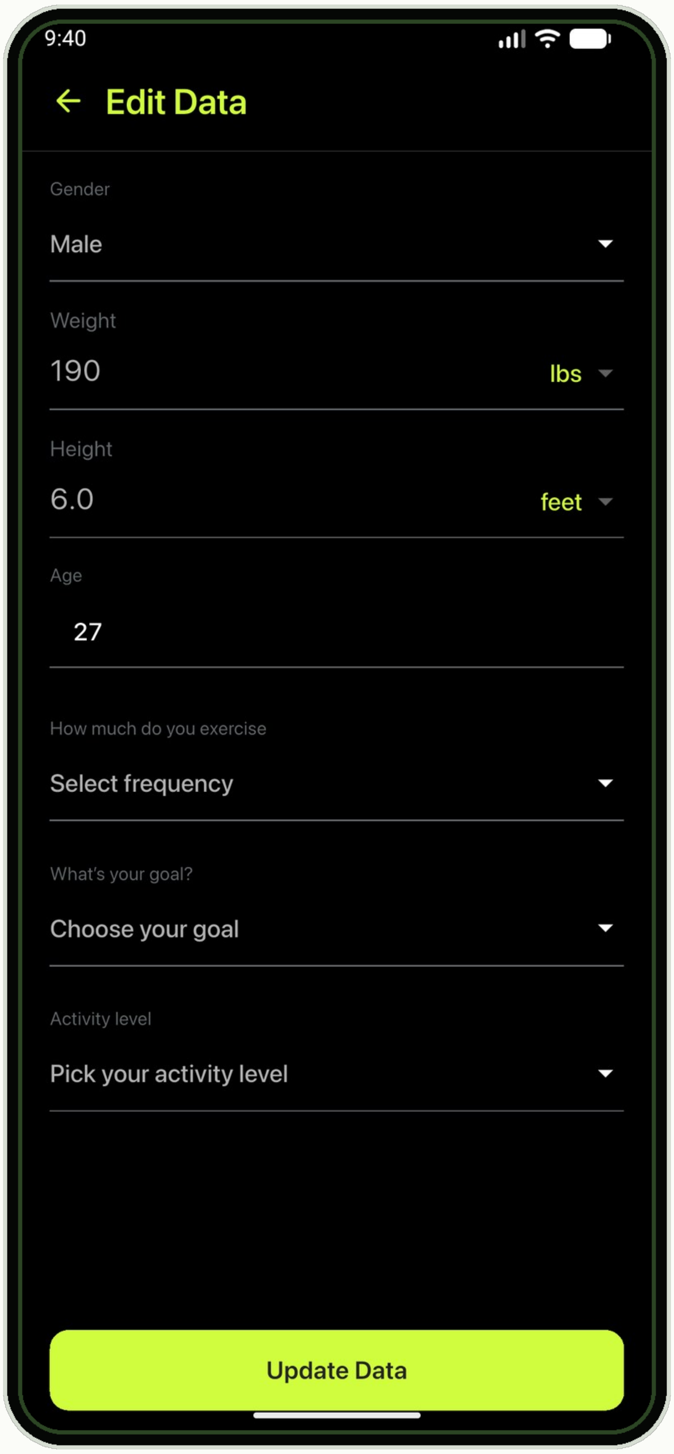



Client profile and account settings.

# 35 Edit data or settings

**What to do**

- Tap Edit Profile when you need to change name, photo, or email.
- Tap Edit in My Data to update personal parameters.
- Use Change Password, Terms & Conditions, Languages, and Privacy Policy when needed.
- Tap Logout to end the current session.
- Delete Account is permanent account removal; use it only when you are sure you want to stop using the account.




Editing client data.

# Final check

- The account is created with the Regular user role.
- The coach invitation code is entered without extra spaces.
- The subscription is activated through Stripe, and access is visible on the dashboard.
- The assigned workout opens, and exercise details and videos are available.
- Progress photos and daily metrics are added on the correct date.
- Meals, water, foods, and recipes are logged in the correct nutrition sections.
- Client profile data and account settings are reviewed.