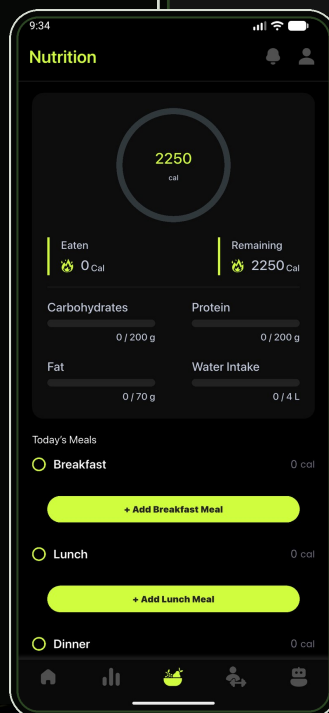
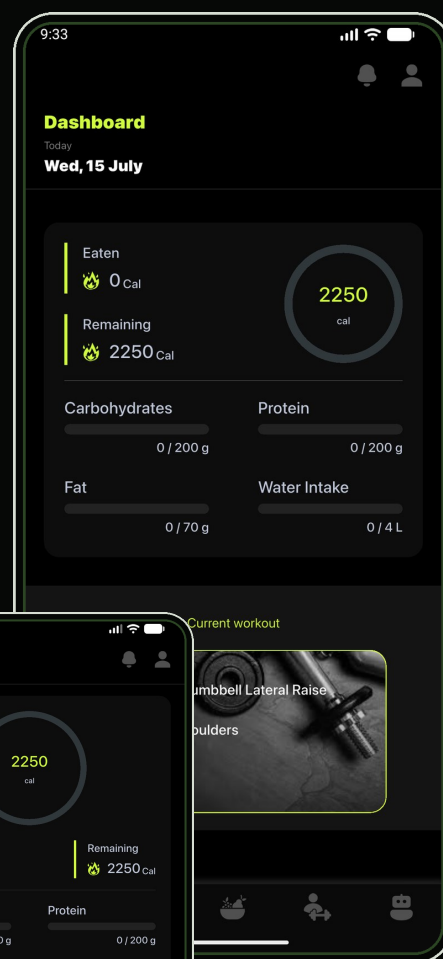


Client guide

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.



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

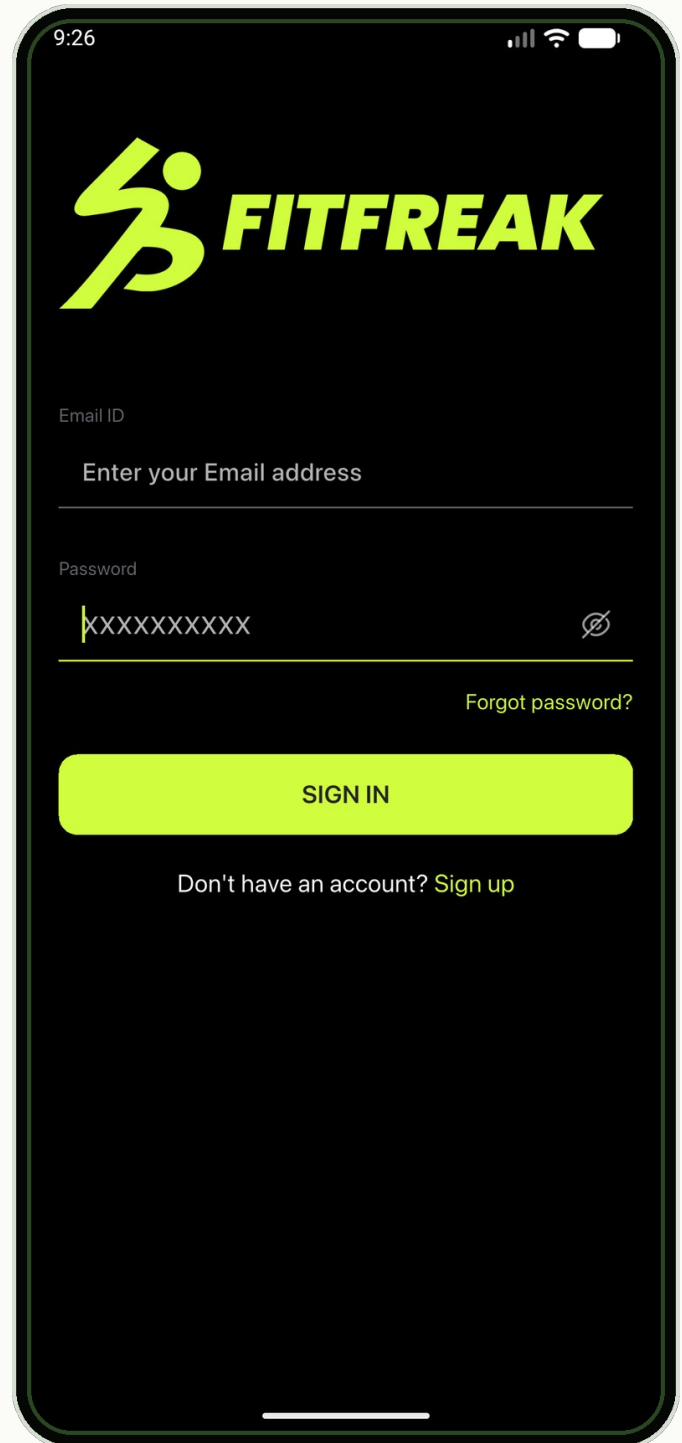
01. Open the app
02. Select the client role
03. Enter the account details
04. Verify your email
05. Enter the coach invitation code

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.



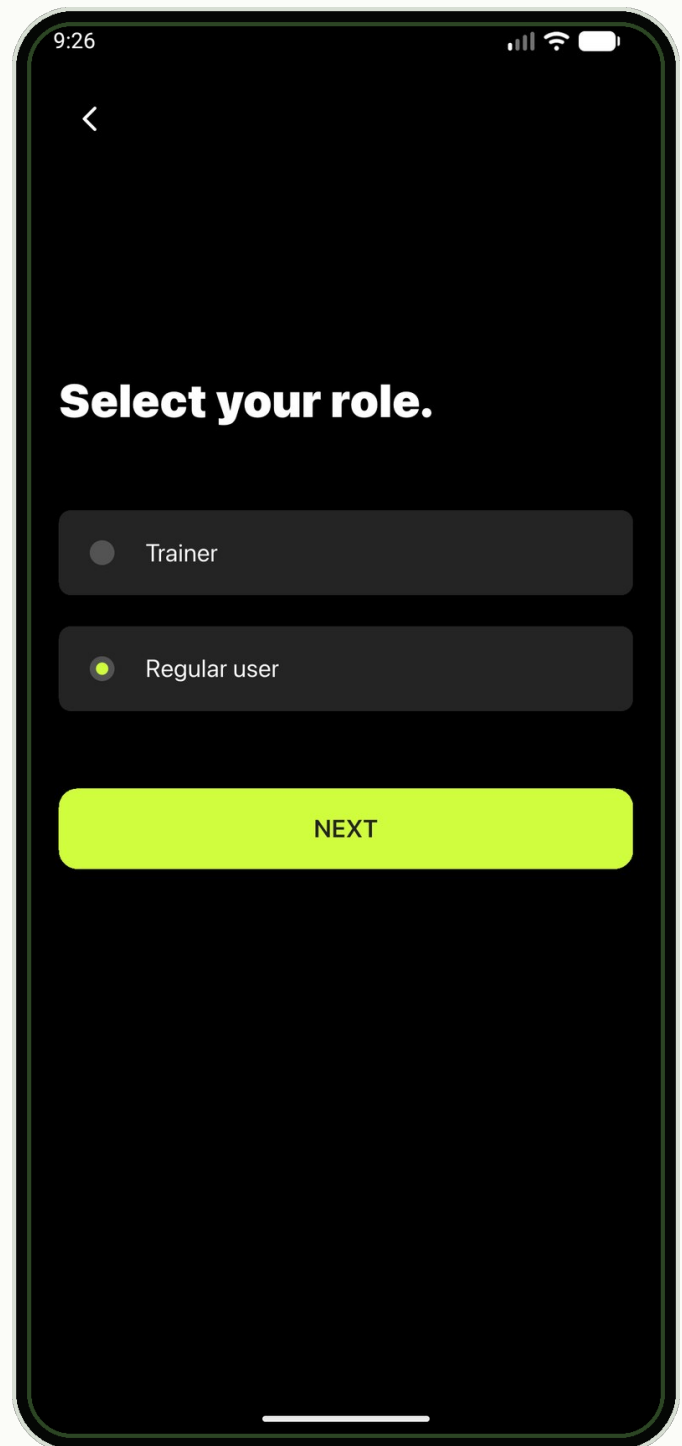
Sign-in screen and registration link.

02

Select the client role

What to do

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



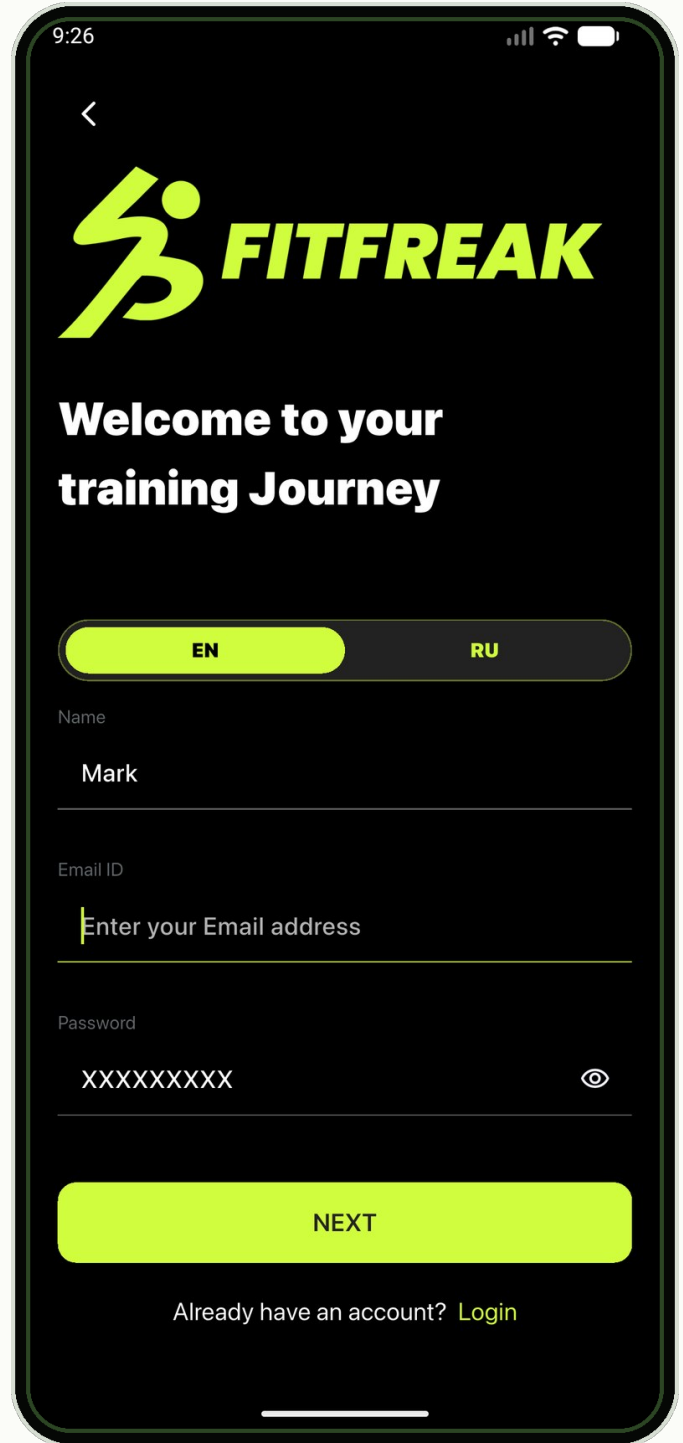
The client account uses the Regular user role.

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.



9:26

<

FITFREAK

Welcome to your training Journey

EN RU

Name

Mark

Email ID

Enter your Email address

Password

XXXXXXXXXX

👁

NEXT

Already have an account? [Login](#)

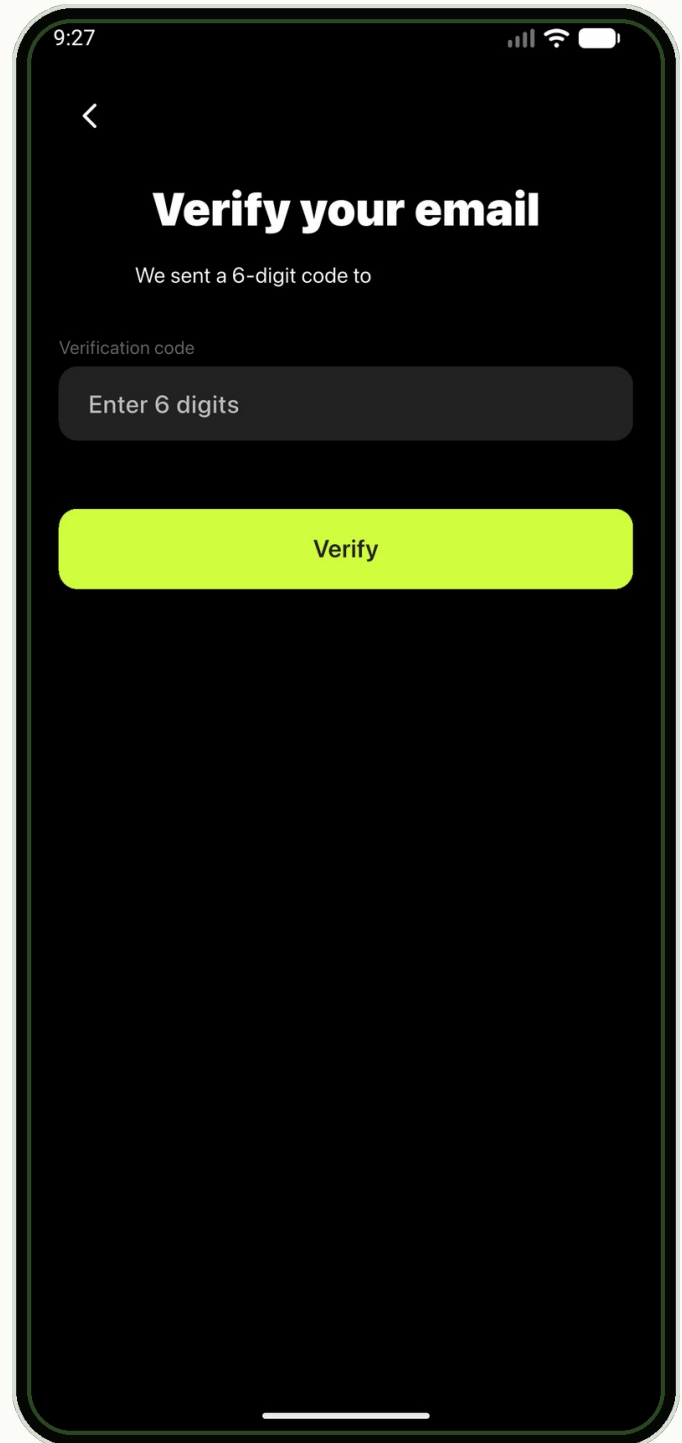
Client account registration.

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.



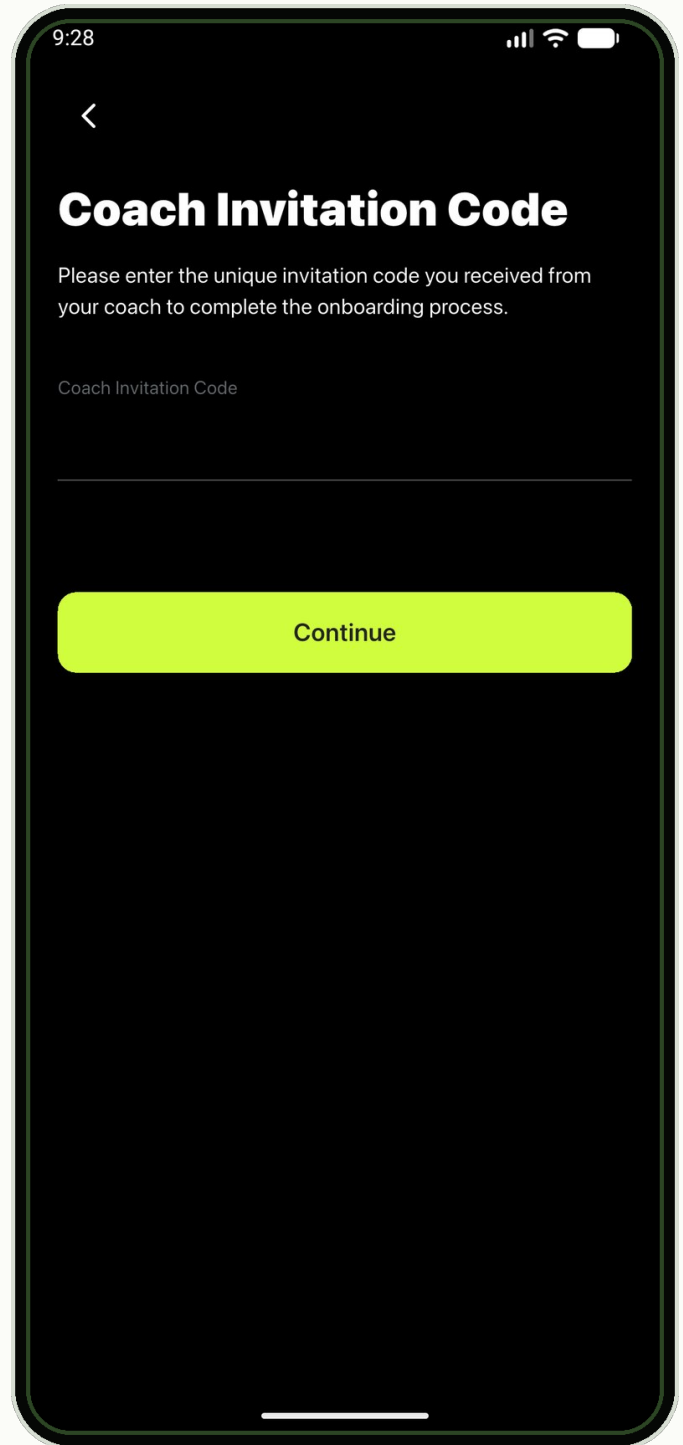
Email verification code entry.

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.



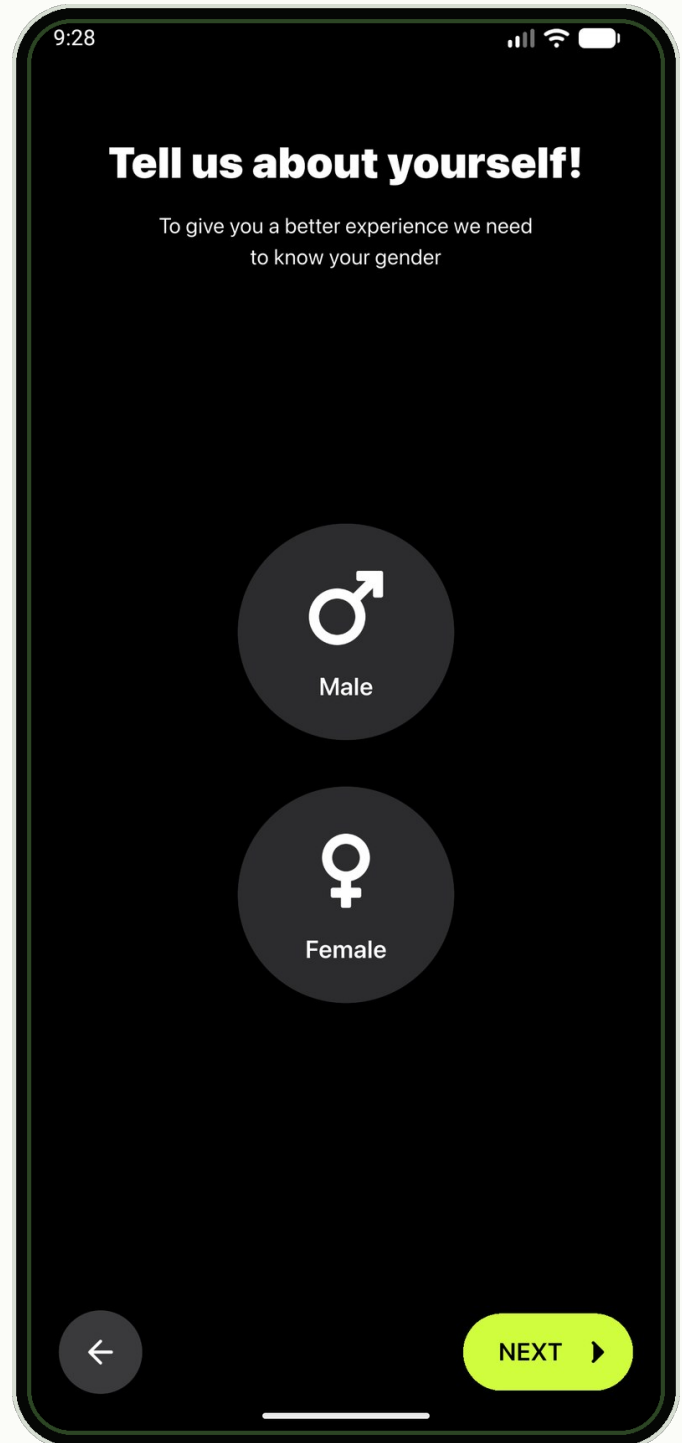
Connecting to a coach with an invitation code.

06

Select your gender

What to do

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



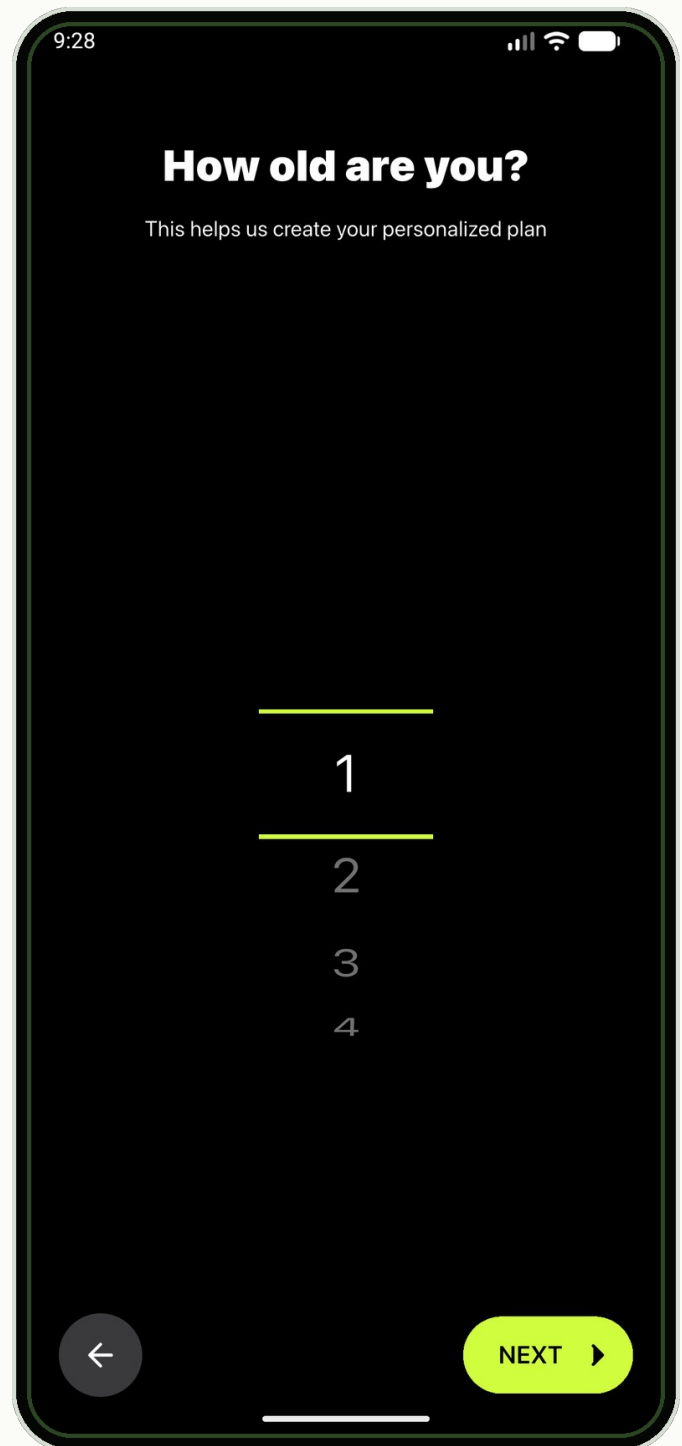
Gender selection for the client profile.

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.

A mobile app screen with a dark background. At the top, the status bar shows the time 9:28, signal strength, Wi-Fi, and battery. The main heading is "How old are you?" in white, followed by the subtitle "This helps us create your personalized plan". In the center, there is a vertical list of numbers 1, 2, 3, and 4. The number 1 is highlighted with two horizontal green lines above and below it. At the bottom, there is a grey circular button with a white left arrow and a yellow rounded rectangular button with the text "NEXT" and a white right arrow.

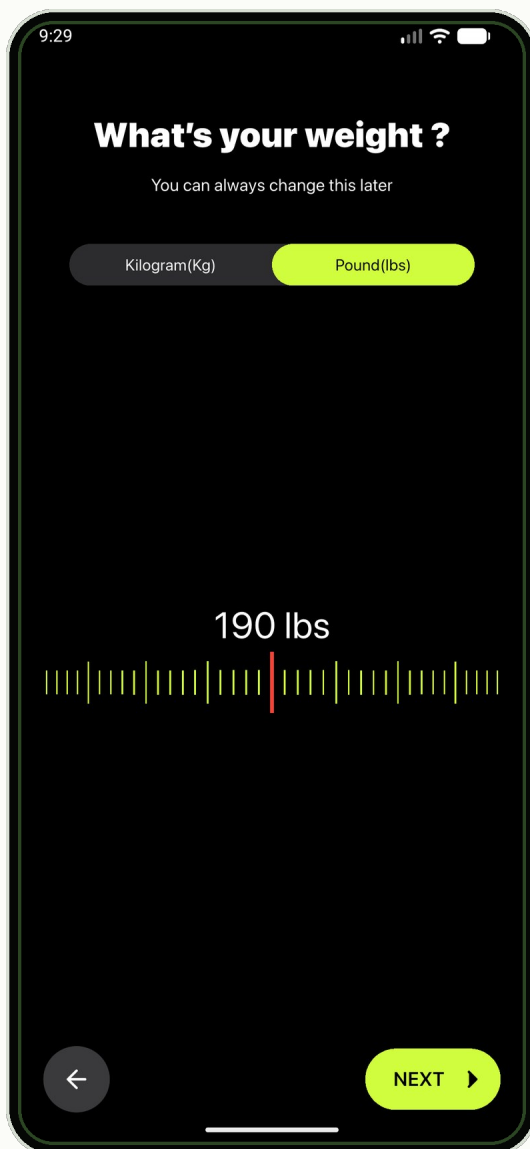
Age selection.

08

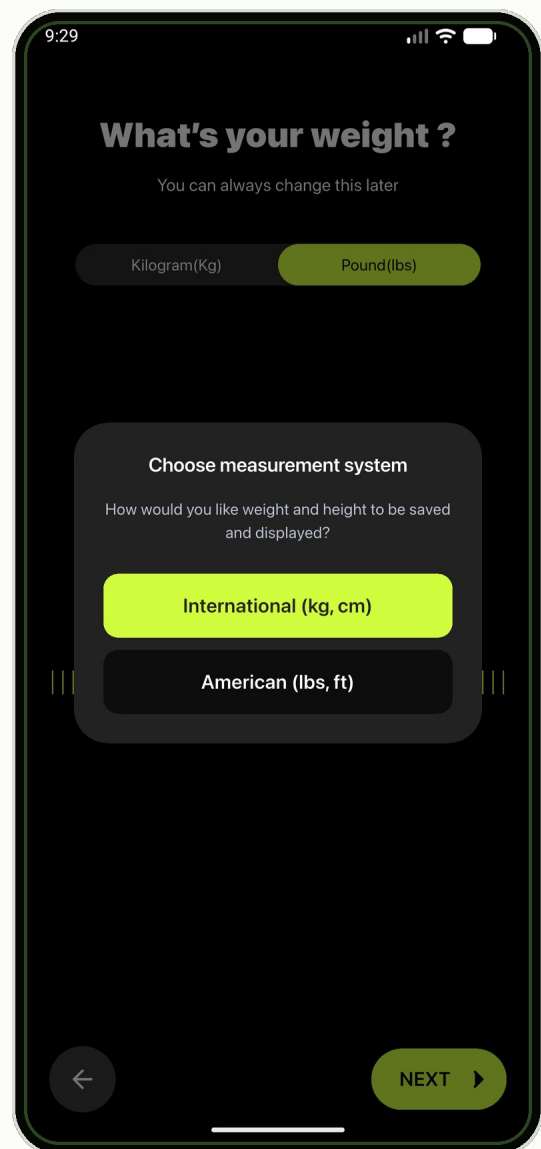
Enter your weight and unit system

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

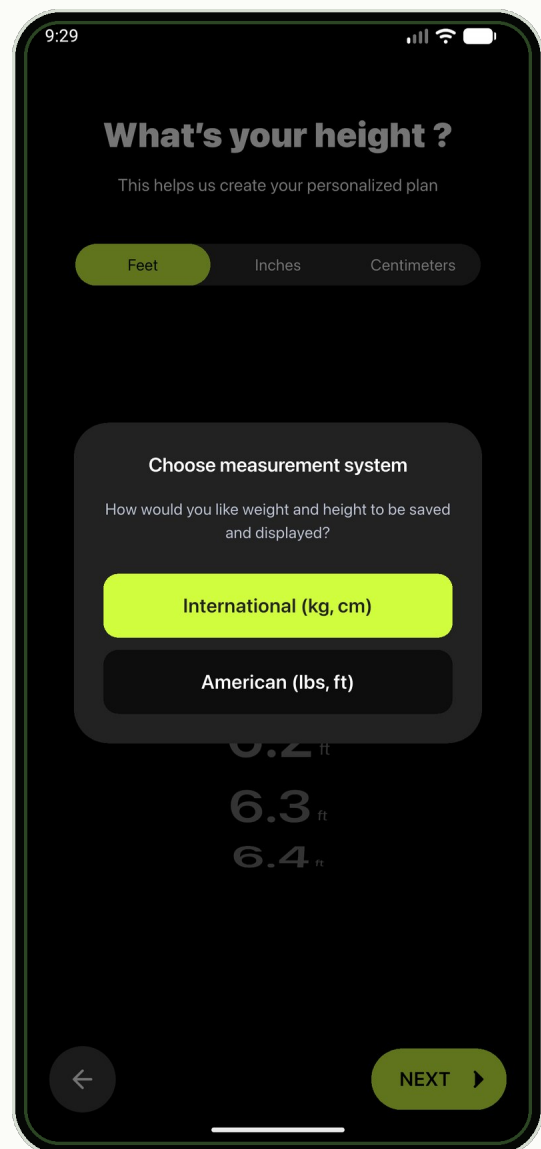
Enter your height and unit system

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.

The screenshot shows a mobile app interface with a dark background. At the top, the status bar shows the time 9:29 and signal icons. The main heading is 'Your regular physical activity level?' in white bold text. Below it, a subtitle reads 'This helps us create your personalized plan'. There are three radio button options, each in a dark gray box with white text:

- ☐ Spend most of my time sitting (office employee / home, minimal life.)
- ☐ Spend most of the day on my feet (work on your feet, for example: a teacher, a sales assistant in a store, a waiter, a courier, a sales representative, etc.)
- ☐ Spend most of the day engaged in physical activity (hard physical labor, for example: miner, loader, builder, etc.)

At the bottom, there is a back arrow button on the left and a yellow 'NEXT' button with a right arrow on the right.

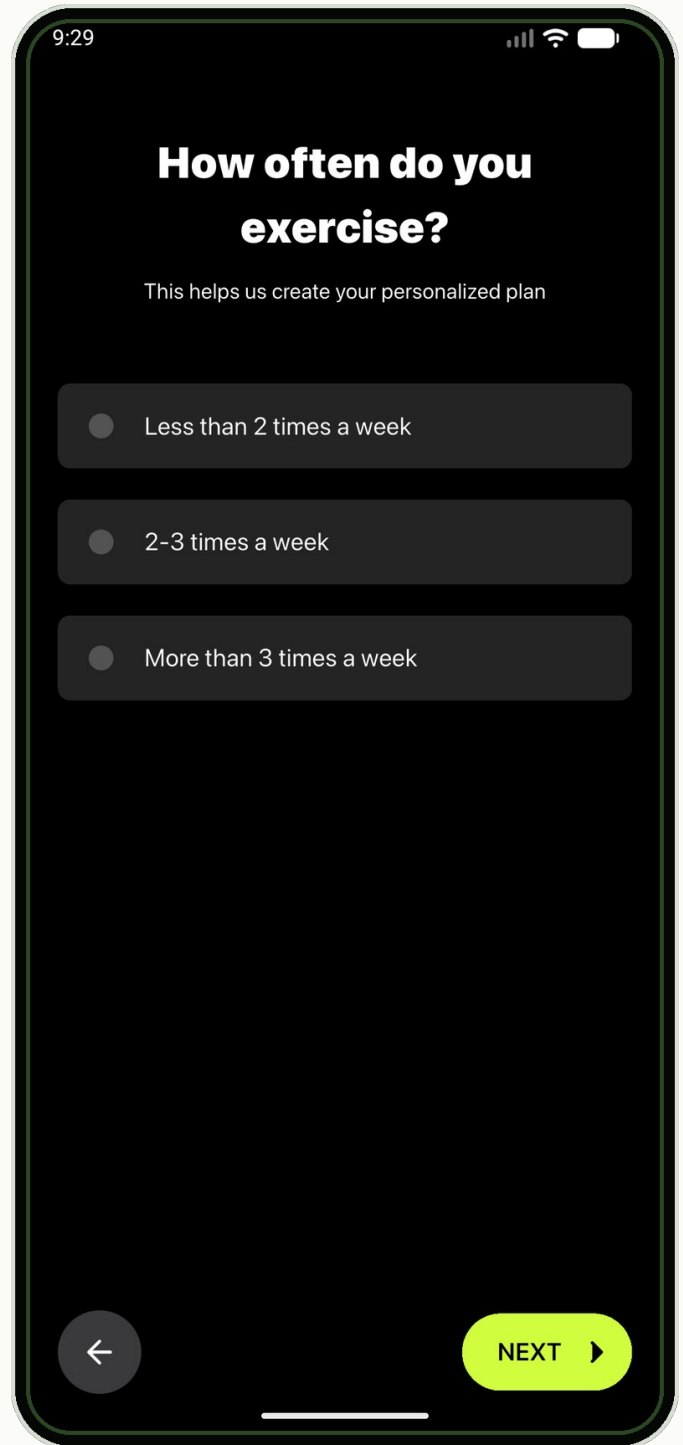
Regular daily activity selection.

11

Select your exercise frequency

What to do

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



9:29

How often do you exercise?

This helps us create your personalized plan

☐ Less than 2 times a week

☐ 2-3 times a week

☐ More than 3 times a week

← NEXT →

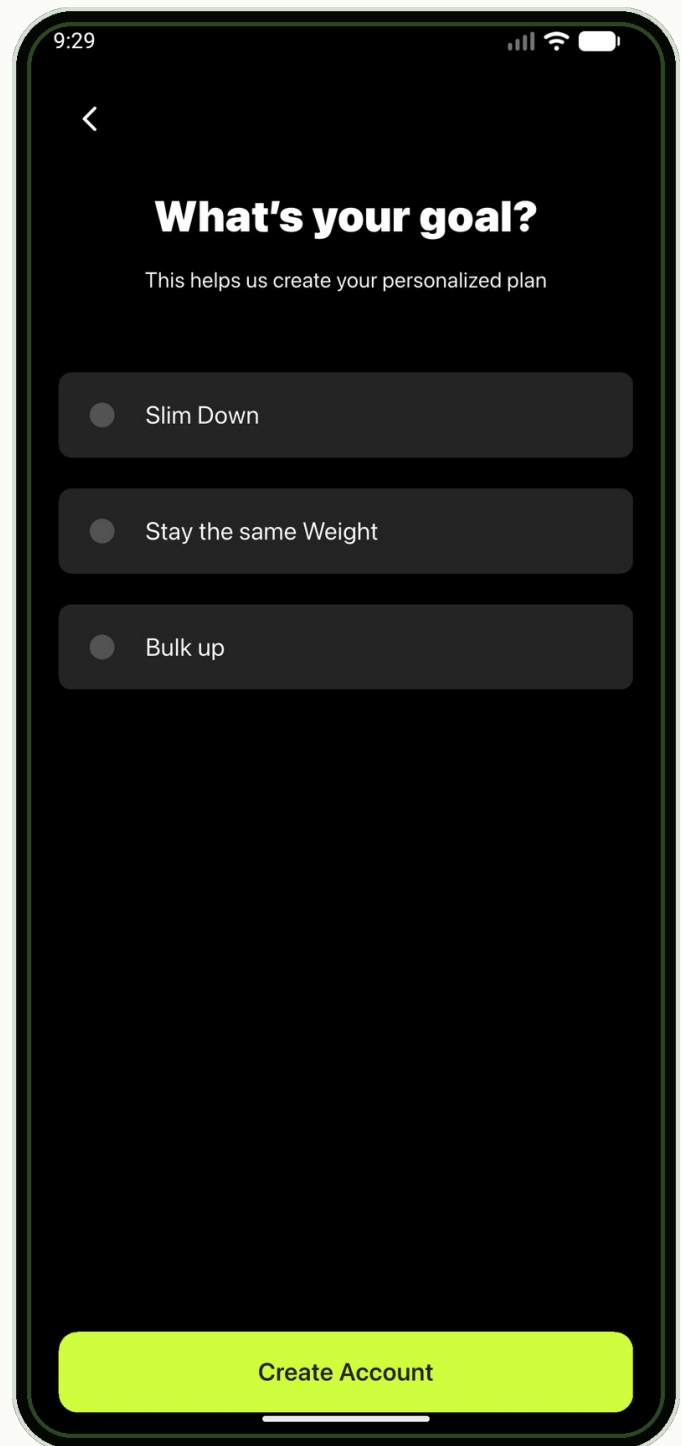
Exercise frequency selection.

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

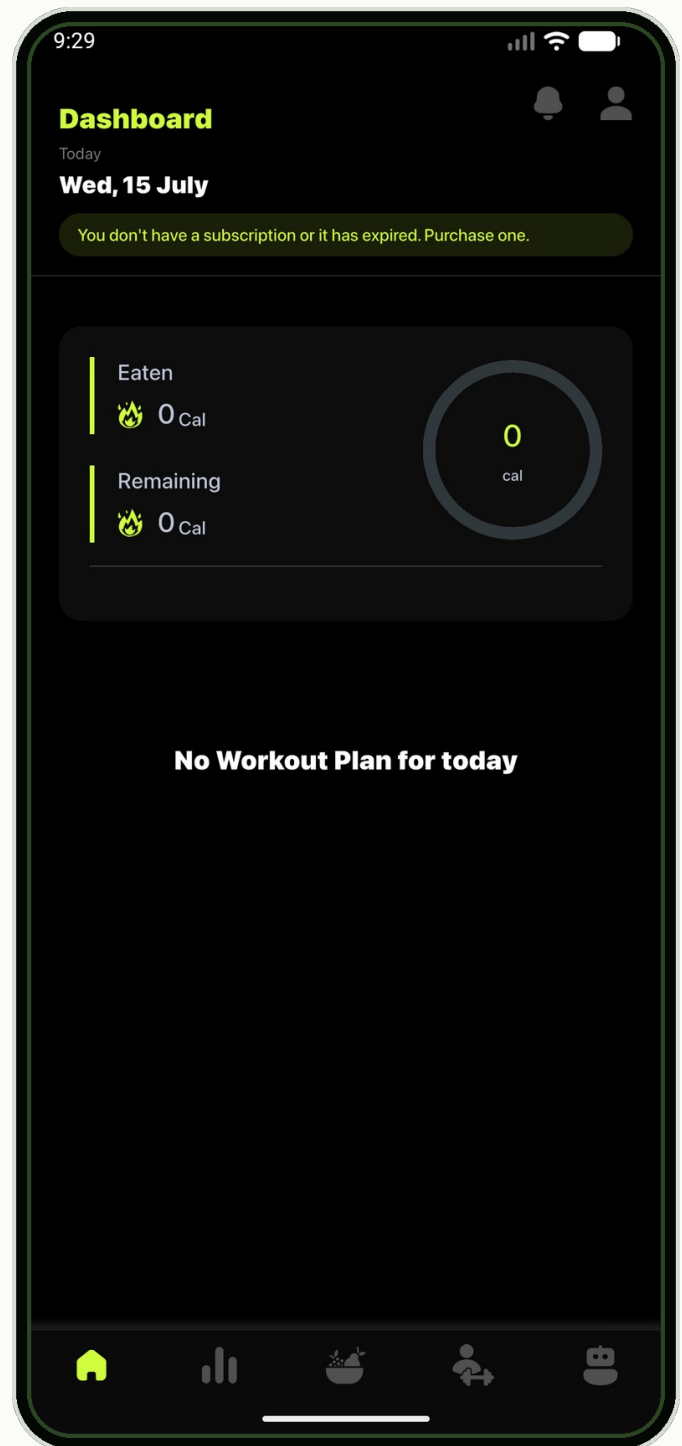
- 13. Open subscription setup
- 14. Choose Stripe
- 15. Review the subscription details
- 16. Complete payment in Stripe
- 17. Confirm that access is active

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.



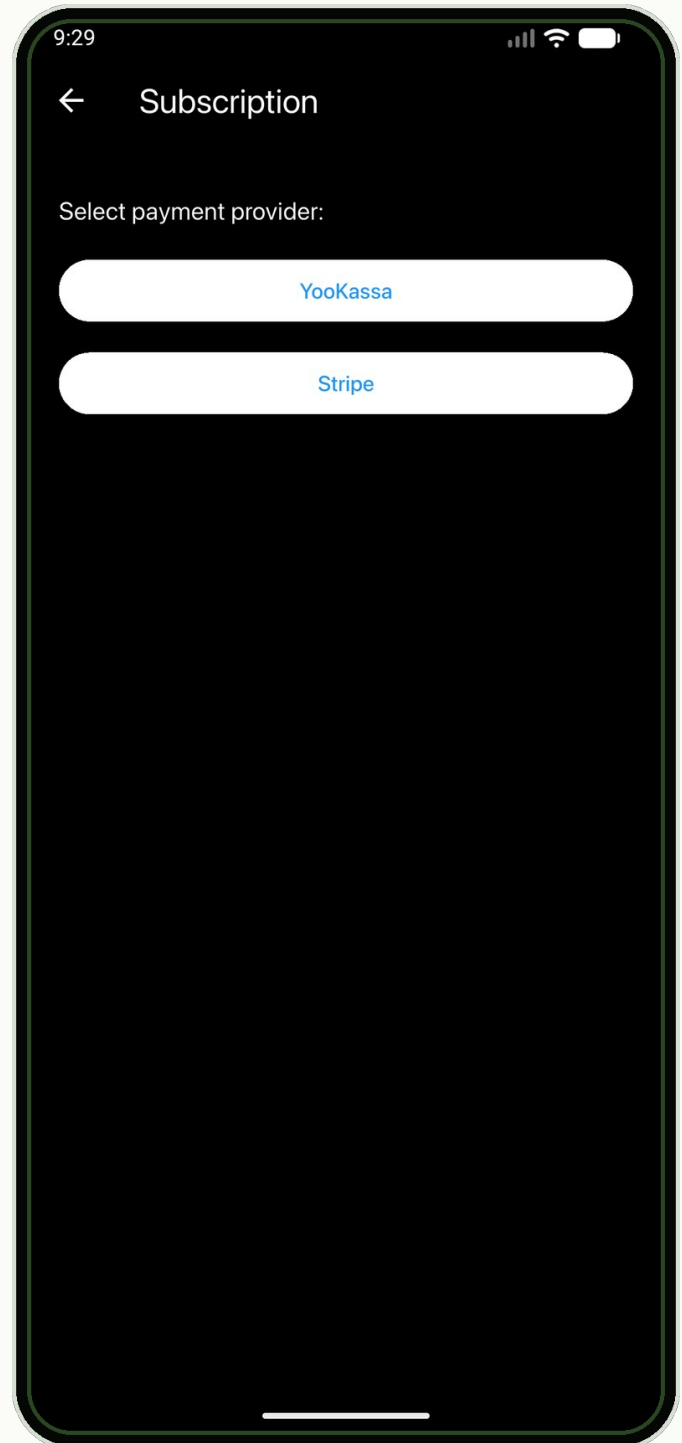
Dashboard before subscription activation.

14

Choose Stripe

What to do

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



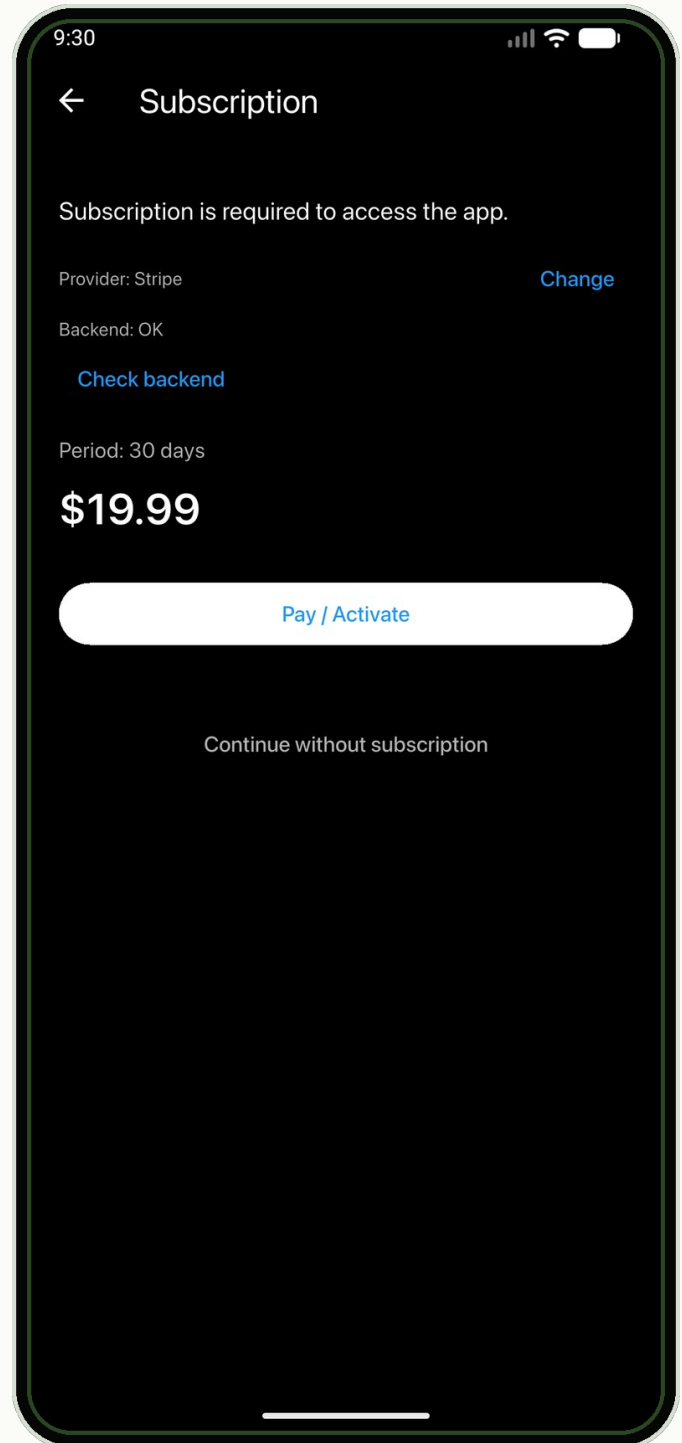
Payment-provider selection with Stripe.

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.

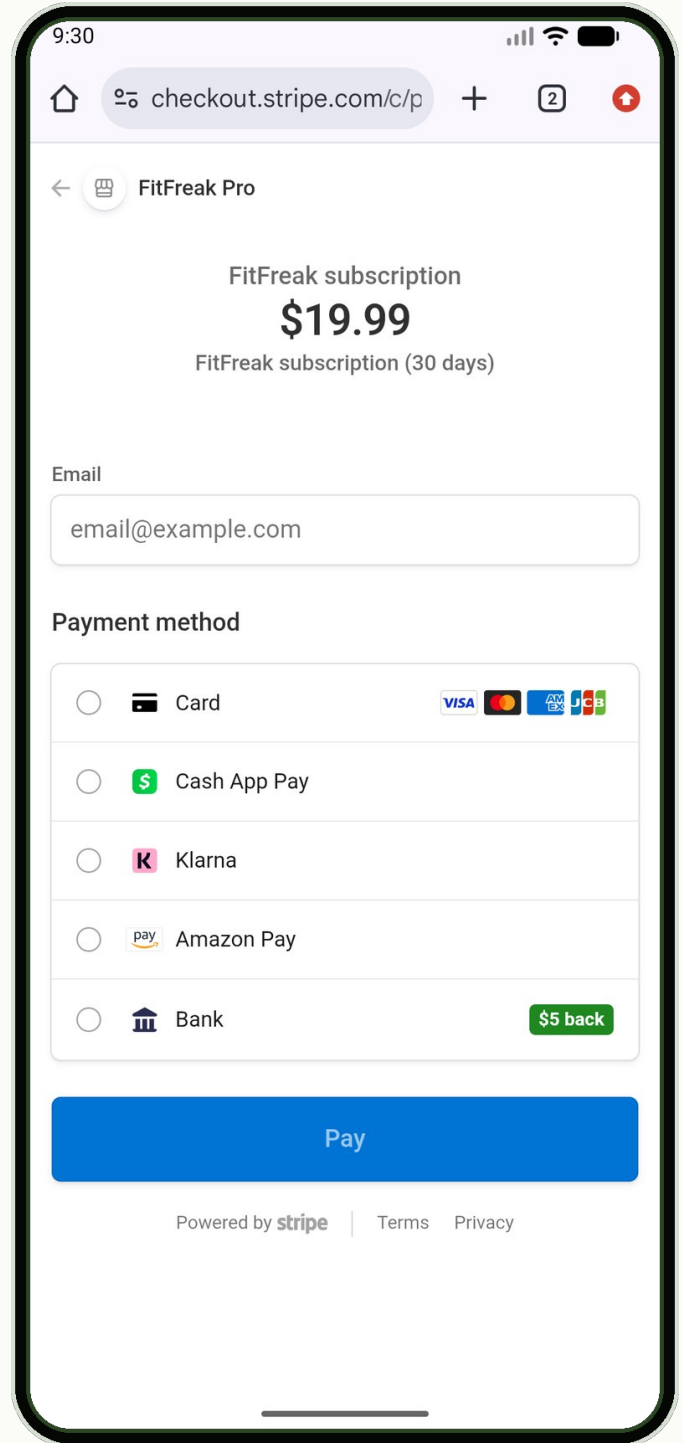


Subscription details and activation button.

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.



9:30

checkout.stripe.com/c/p

FitFreak Pro

FitFreak subscription
\$19.99
FitFreak subscription (30 days)

Email

email@example.com

Payment method

☐ Card 

☐  Cash App Pay

☐  Klarna

☐  Amazon Pay

☐  Bank 

Pay

Powered by **stripe** | [Terms](#) [Privacy](#)

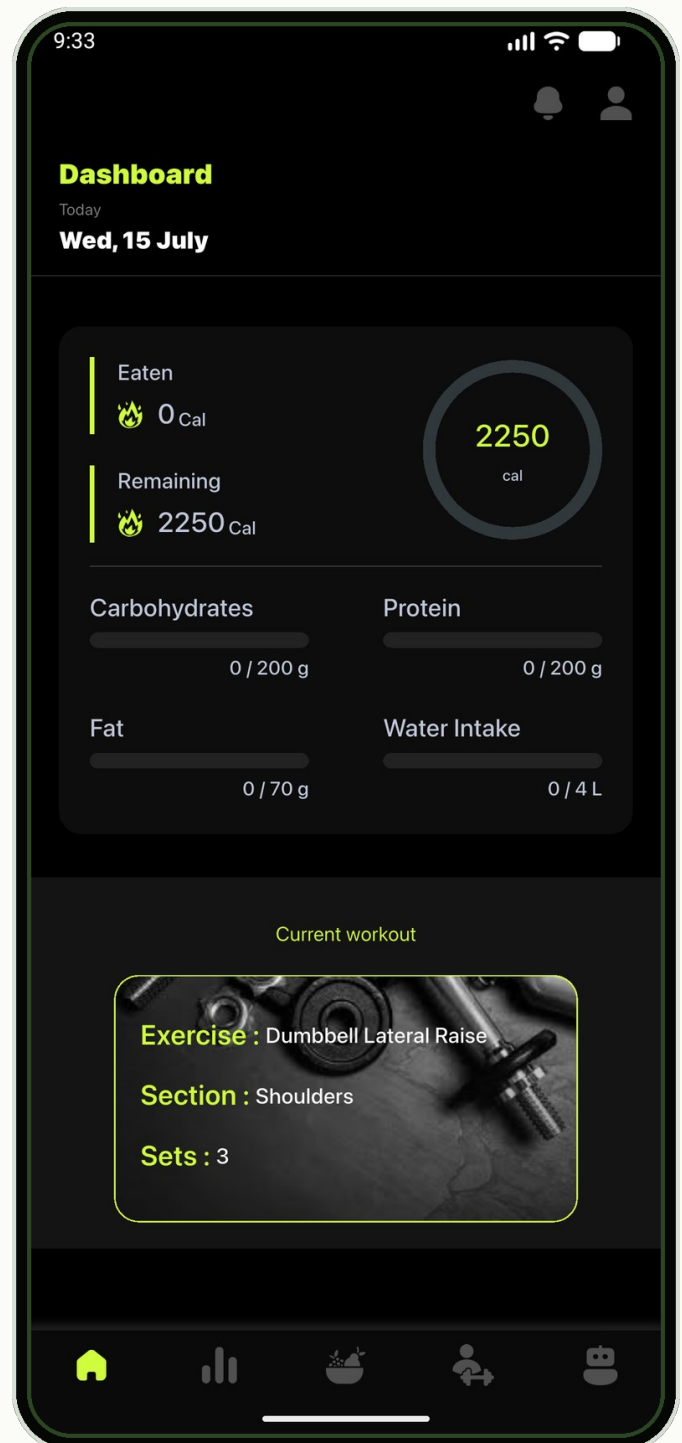
Secure Stripe checkout form.

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

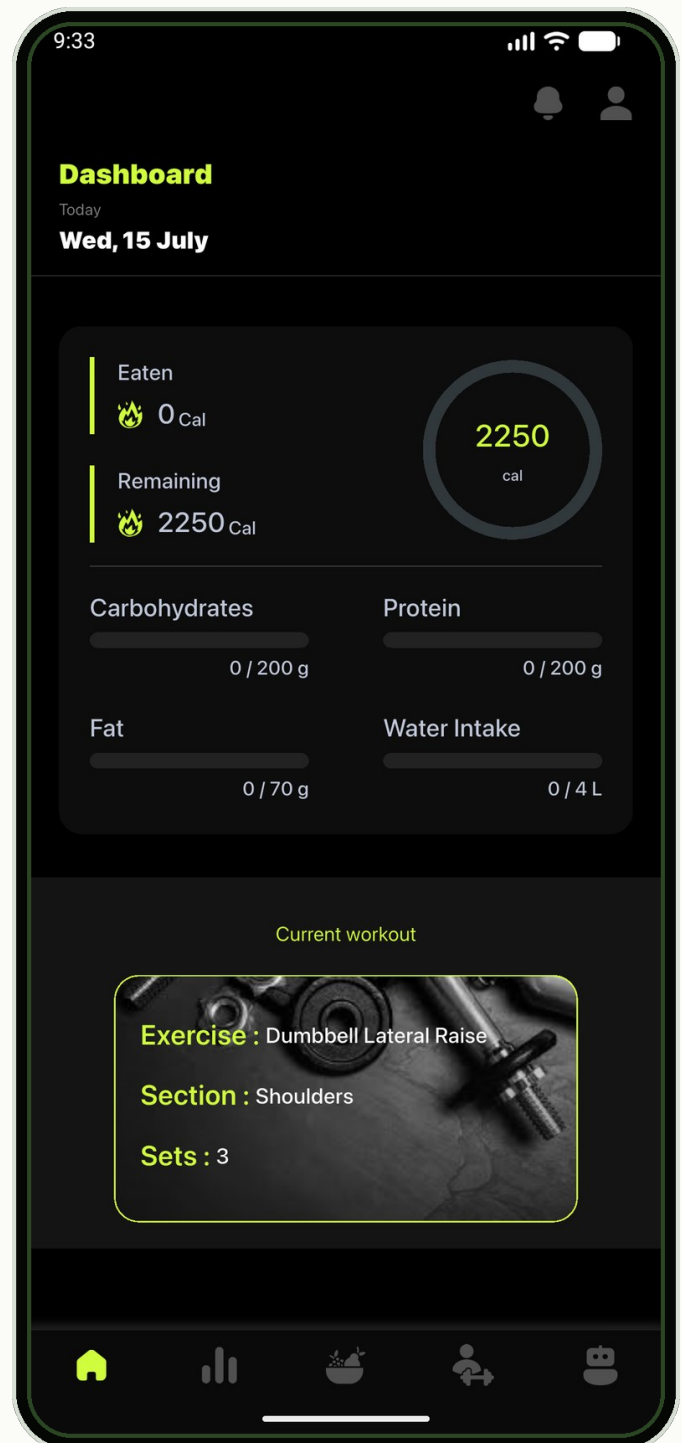
- 18. Open an exercise
- 19. Review the exercise details
- 20. Watch the exercise video

18

Open an exercise

What to do

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



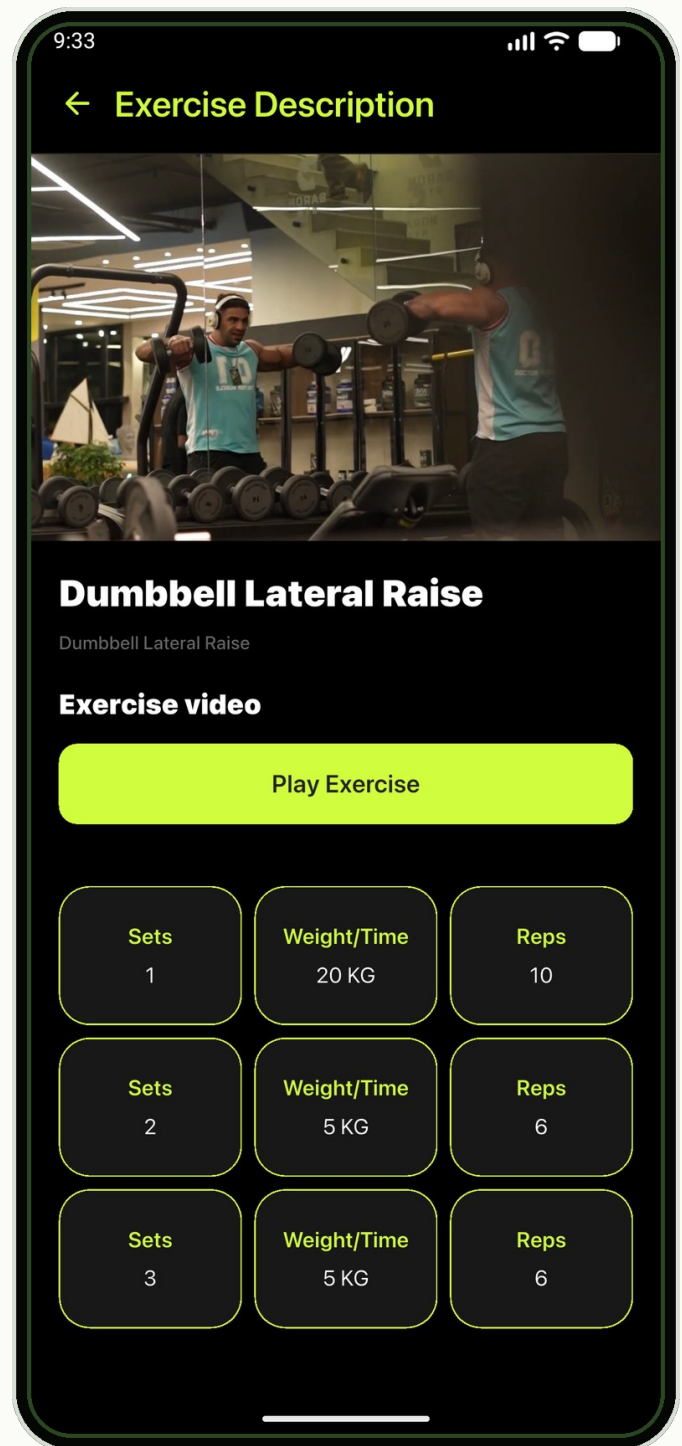
Dashboard after access activation and program assignment.

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.



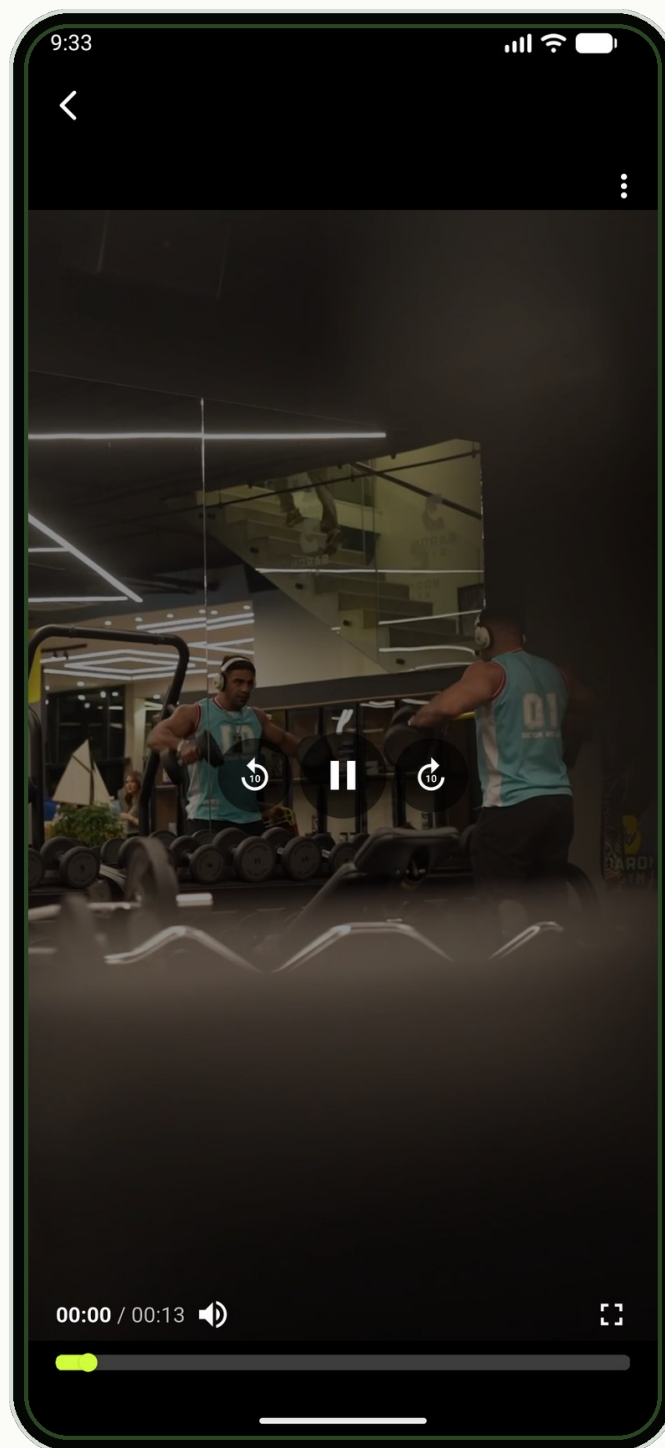
Exercise description and assigned parameters.

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

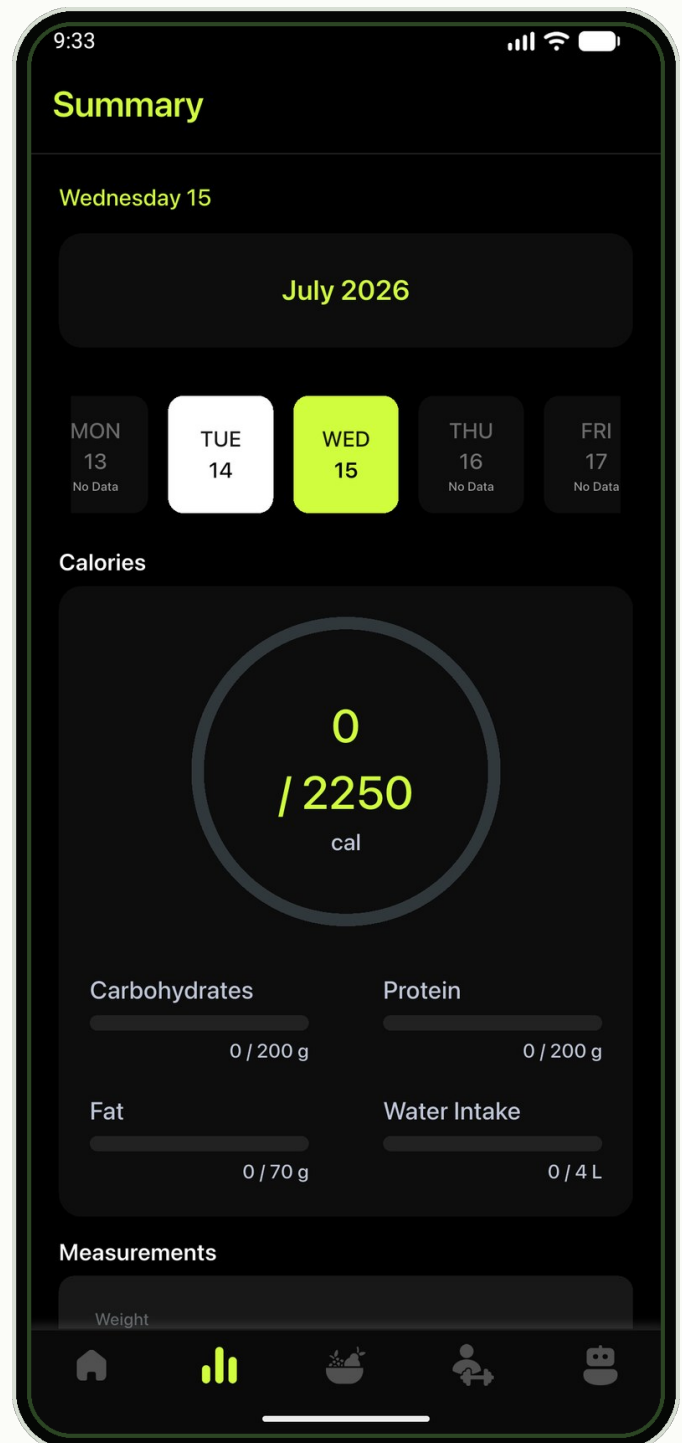
- 21. Open the Summary section
- 22. Review daily metrics
- 23. Add progress photos

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.



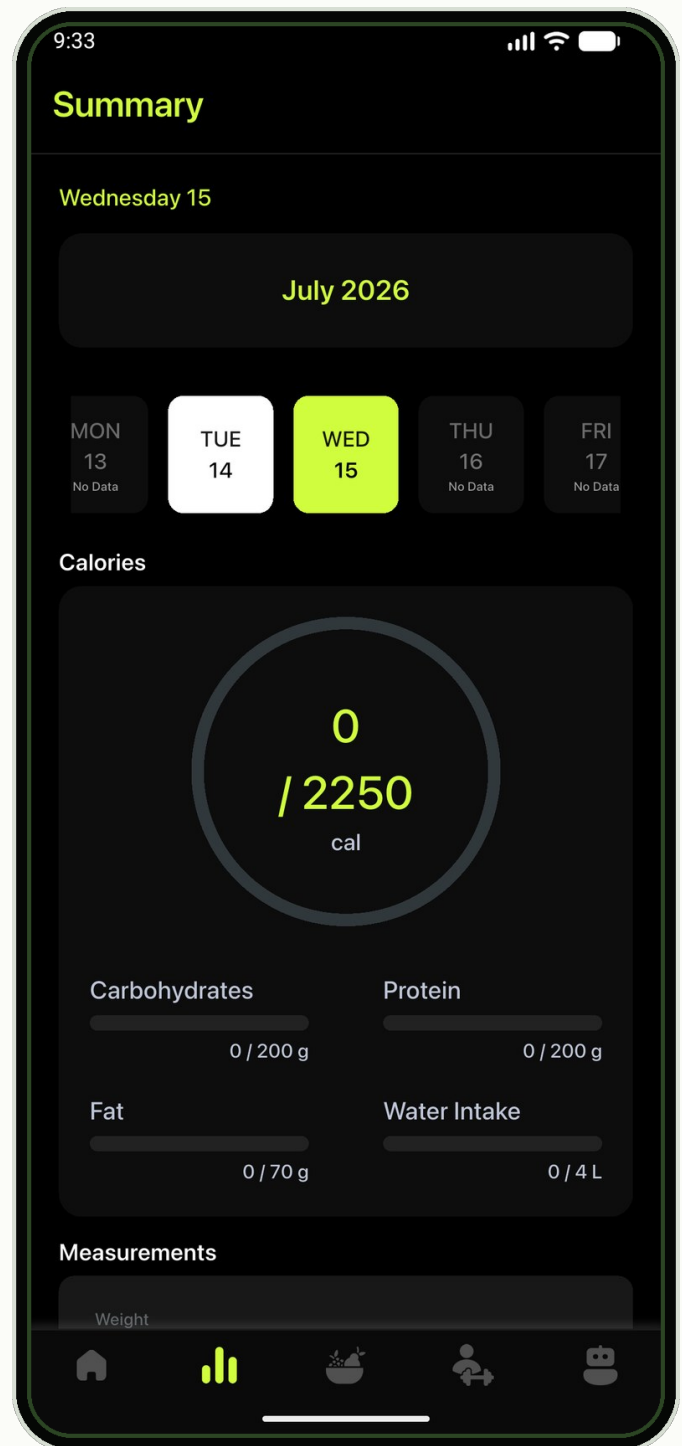
Summary for the selected day.

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.



The screenshot shows a mobile app interface titled "Add Data". At the top, there's a back arrow and the title "Add Data". Below this, the section "Photos" is highlighted. Under "Photos", there's a subtitle "Photos from head to legs(from 4 different sides)". The main area contains four labeled sections: "Front side", "Back side", "Left side", and "Right side". Each section has a dashed rectangular box with a camera icon and the text "Add Photo" inside. At the bottom of the screen, there is a large red "Save" button.

Four-angle progress photo upload.

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

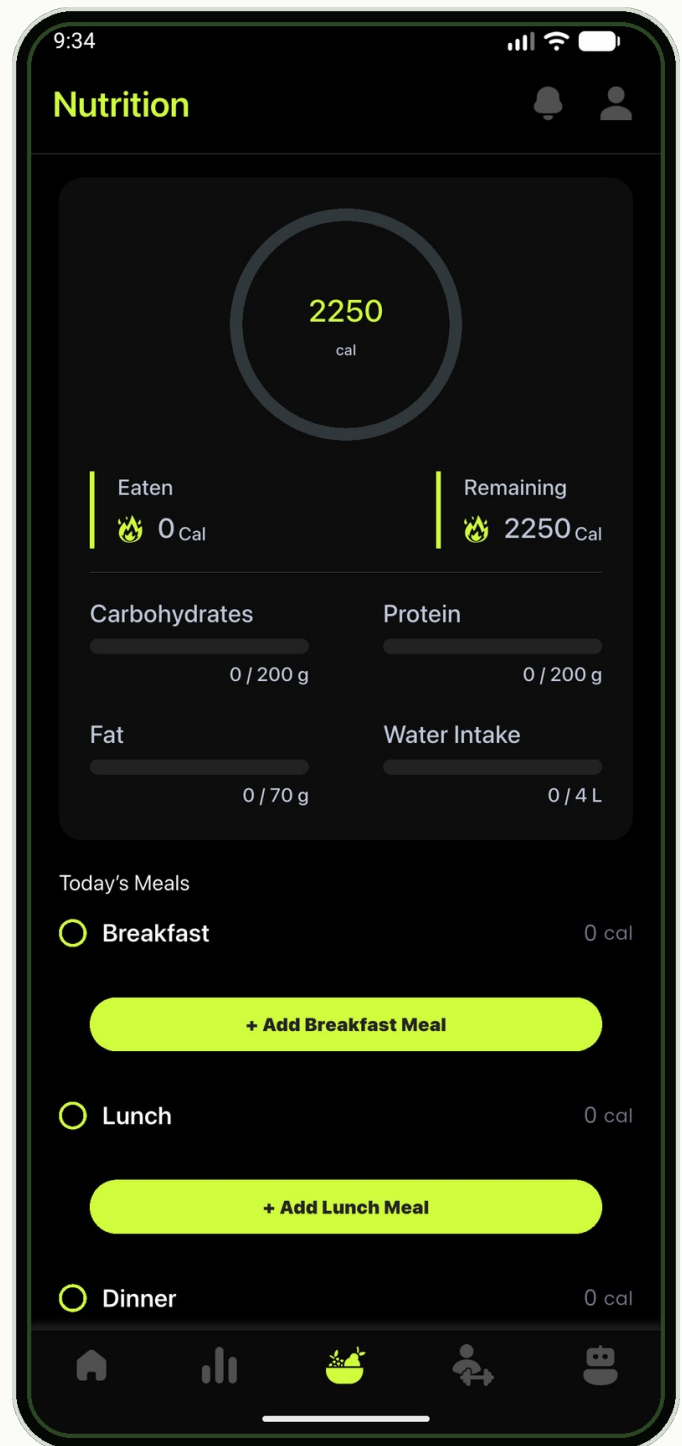
- 24. Open Nutrition
- 25. Choose a meal
- 26. Search for a food
- 27. Adjust the food quantity
- 28. Edit serving size

24

Open Nutrition

What to do

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



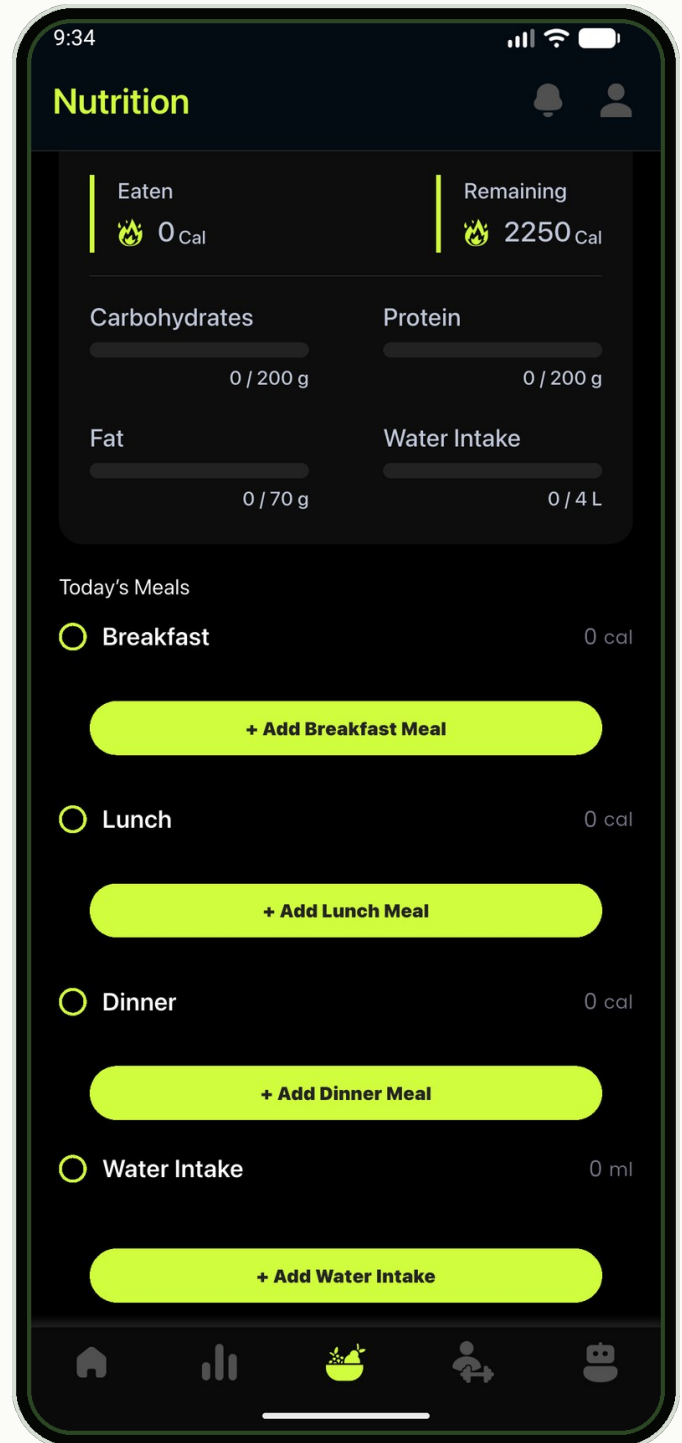
Daily nutrition target overview.

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.

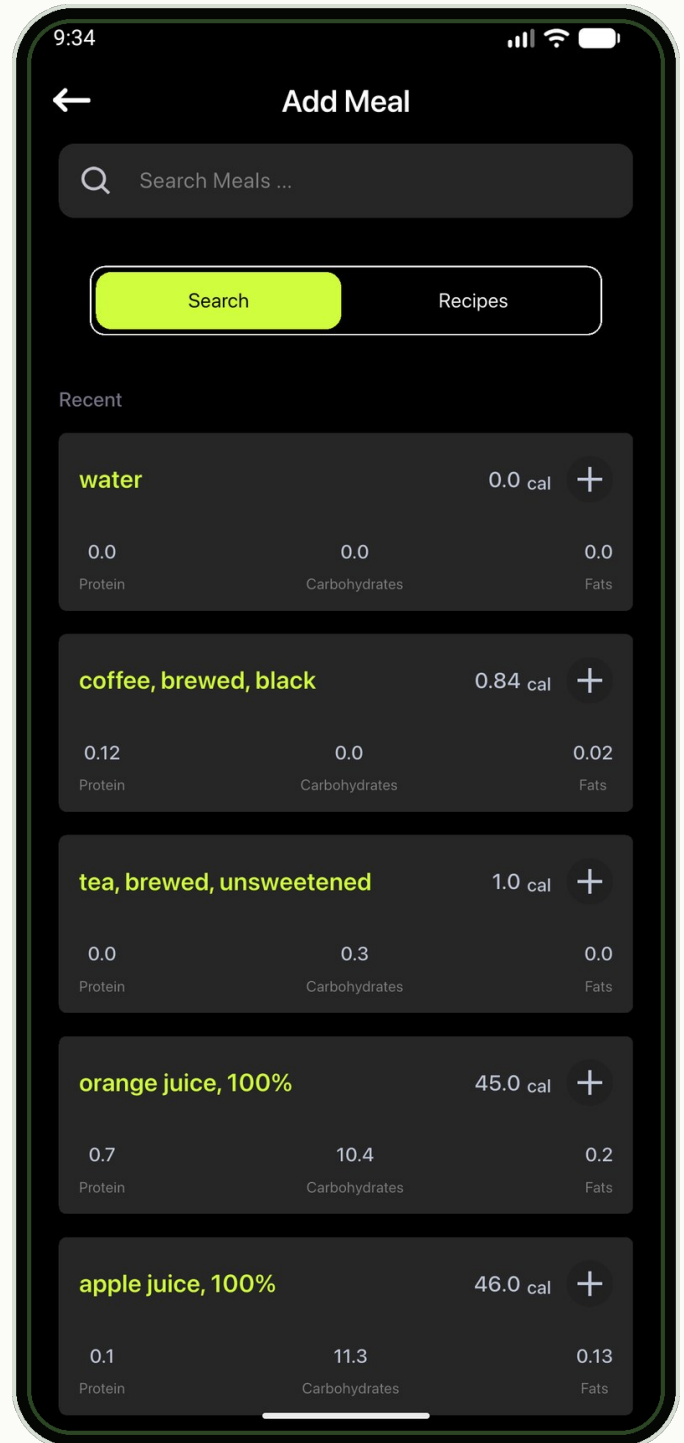


Meal and water intake buttons.

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.



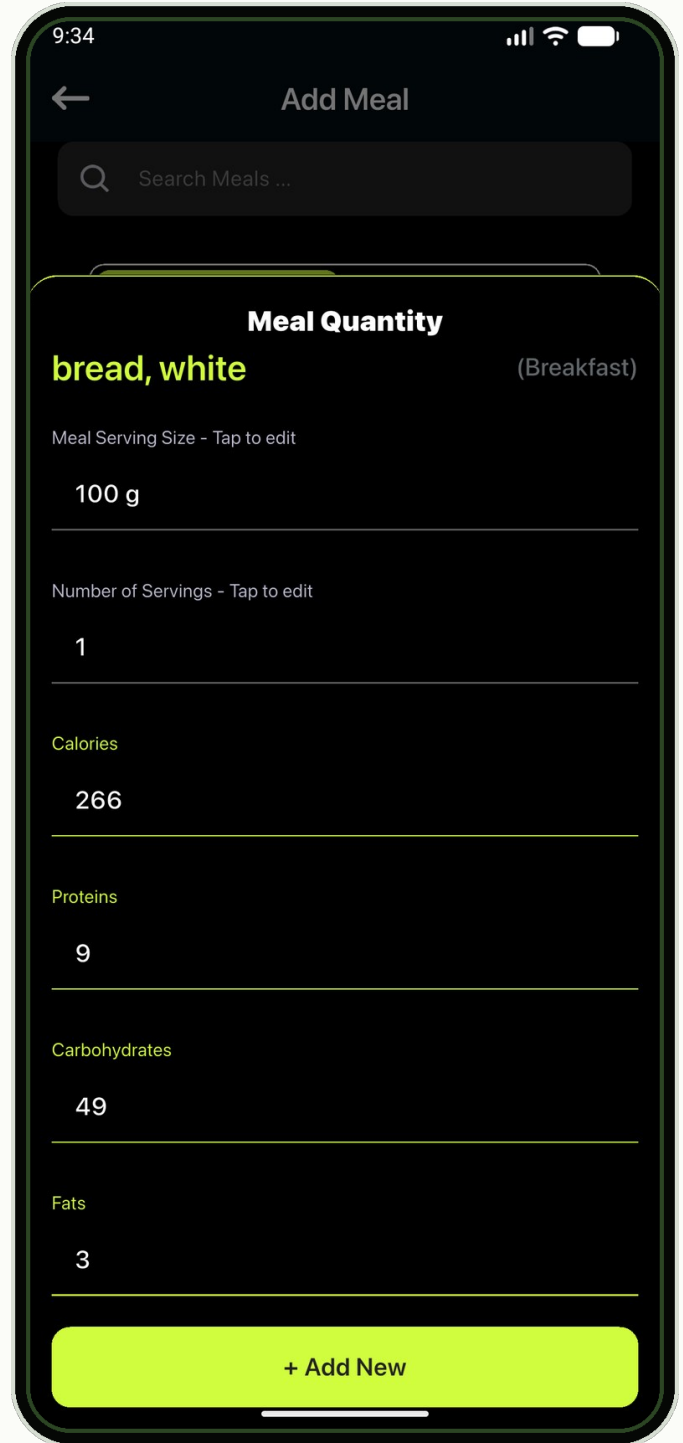
Food search in the nutrition database.

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.



9:34

← Add Meal

Search Meals ...

Meal Quantity

bread, white (Breakfast)

Meal Serving Size - Tap to edit

100 g

Number of Servings - Tap to edit

1

Calories

266

Proteins

9

Carbohydrates

49

Fats

3

+ Add New

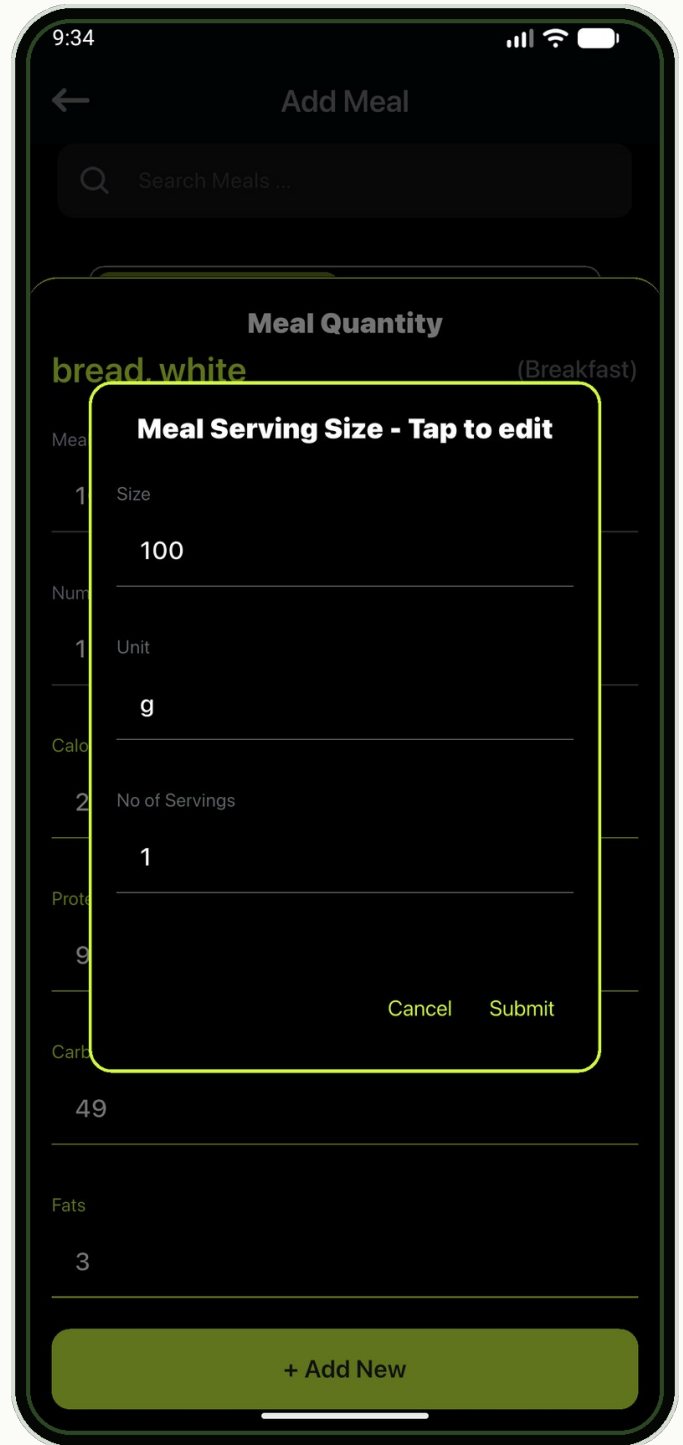
Selected food quantity setup.

28

Edit serving size

What to do

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



The screenshot shows the 'Add Meal' screen with a search bar at the top. Below the search bar, a meal entry for 'bread, white' is visible, categorized as '(Breakfast)'. A dialog box titled 'Meal Serving Size - Tap to edit' is overlaid on the meal entry. The dialog box contains three input fields: 'Size' with the value '100', 'Unit' with the value 'g', and 'No of Servings' with the value '1'. At the bottom of the dialog box, there are 'Cancel' and 'Submit' buttons. The background meal entry shows partial values for 'Meal' (bread, white), 'Num' (1), 'Calo' (2), 'Prote' (9), 'Carb' (49), and 'Fats' (3). A '+ Add New' button is located at the bottom of the screen.

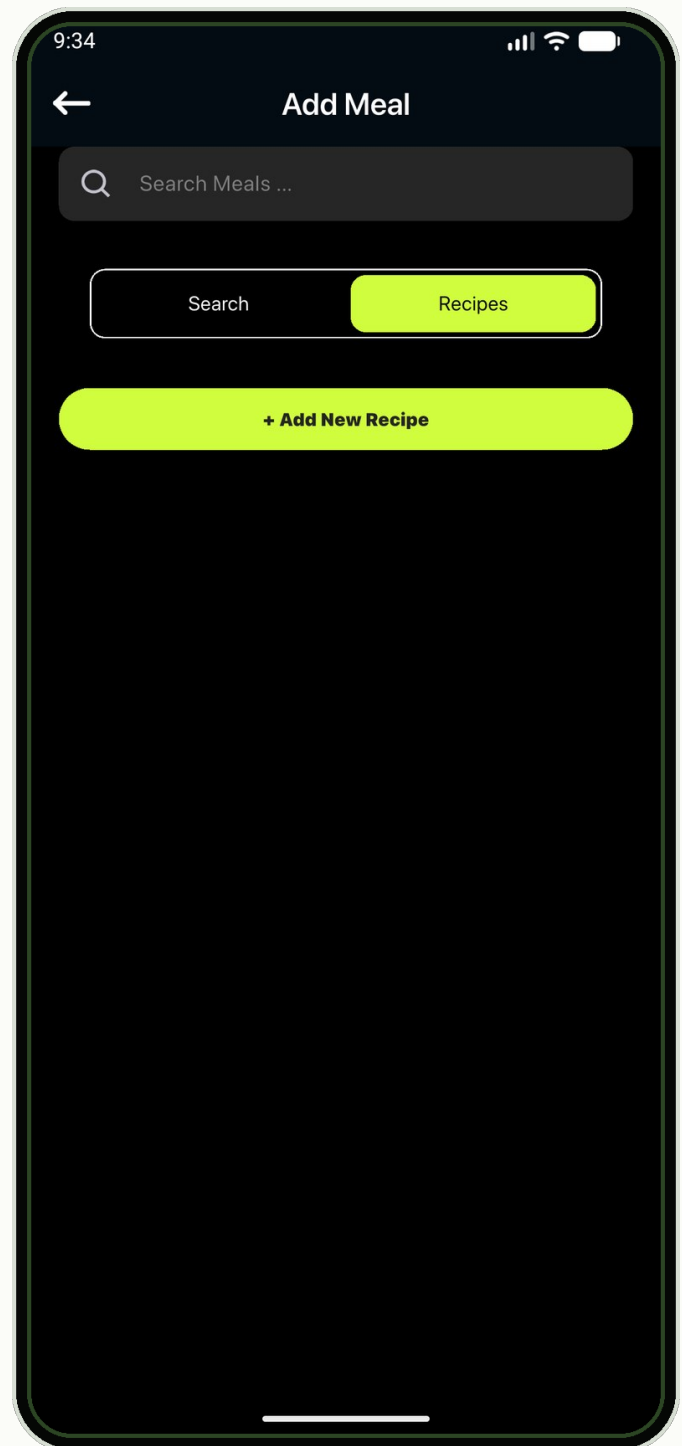
Serving-size and serving-count dialog.

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.



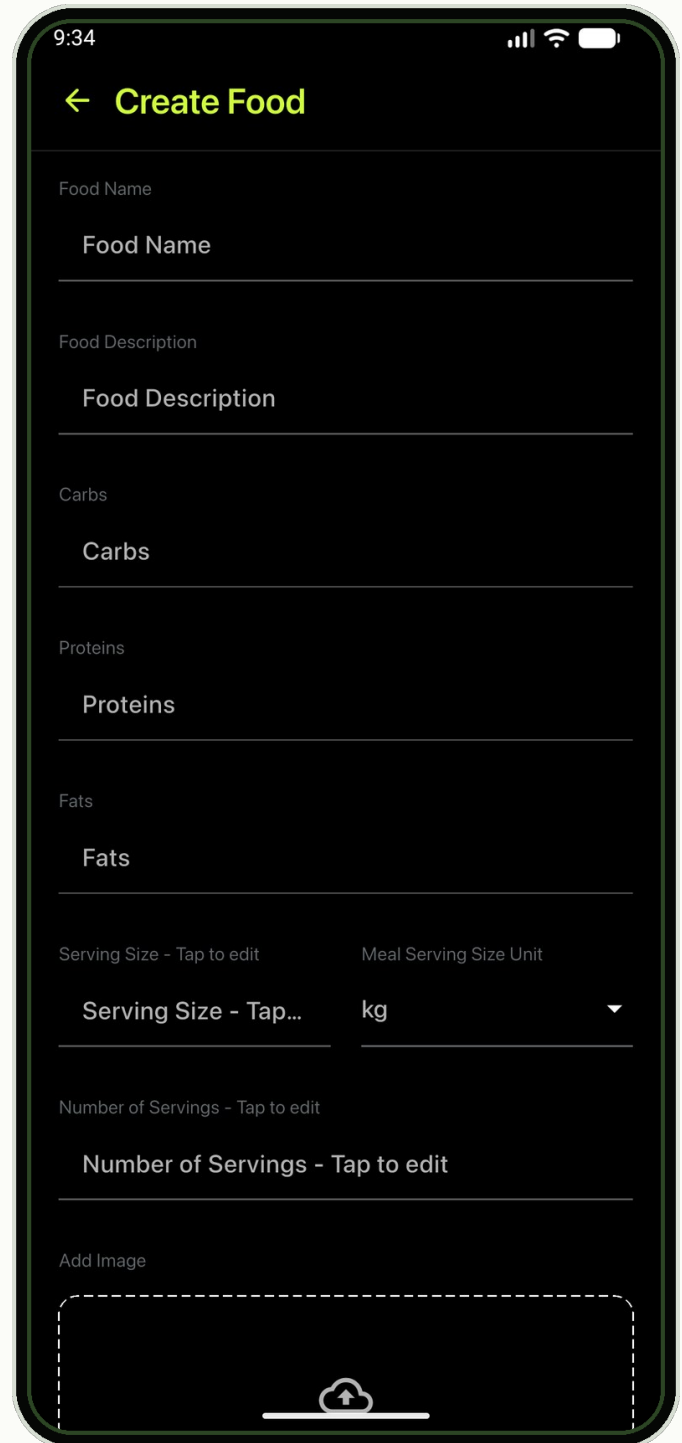
User recipe tab.

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.



9:34

← **Create Food**

Food Name

Food Name

Food Description

Food Description

Carbs

Carbs

Proteins

Proteins

Fats

Fats

Serving Size - Tap to edit

Serving Size - Tap...

Meal Serving Size Unit

kg

Number of Servings - Tap to edit

Number of Servings - Tap to edit

Add Image

Cloud upload icon

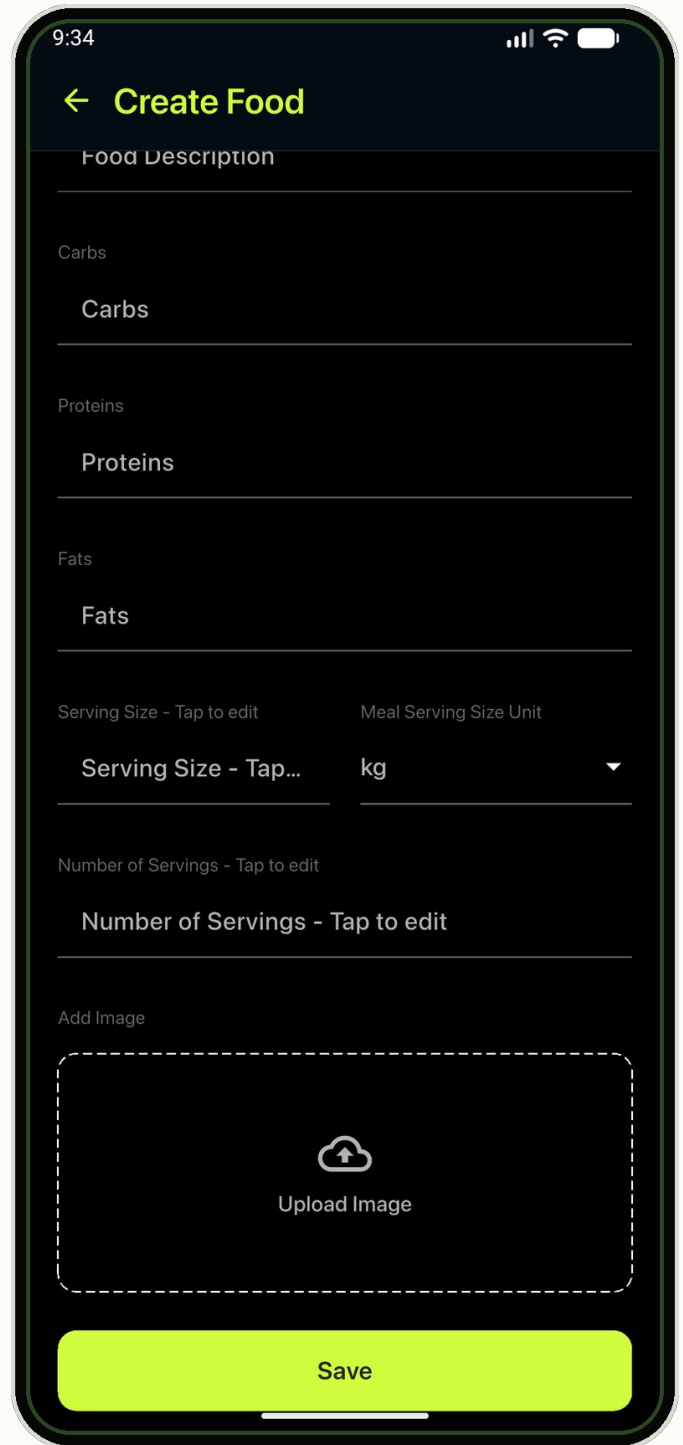
Recipe details and nutrition fields.

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.



The screenshot shows the 'Create Food' screen on a mobile device. The status bar at the top displays the time 9:34, signal strength, Wi-Fi, and battery. The screen has a dark theme. At the top, there is a back arrow and the title 'Create Food'. Below this is a section for 'Food Description' with a text input field. Following are three sections for 'Carbs', 'Proteins', and 'Fats', each with a text input field. Below these are two rows of inputs: 'Serving Size - Tap to edit' and 'Meal Serving Size Unit' (a dropdown menu currently showing 'kg'). Below that is 'Number of Servings - Tap to edit'. At the bottom of the form is an 'Add Image' section with a dashed rectangular box containing an upload icon (a cloud with an upward arrow) and the text 'Upload Image'. At the very bottom is a large, bright green 'Save' button.

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

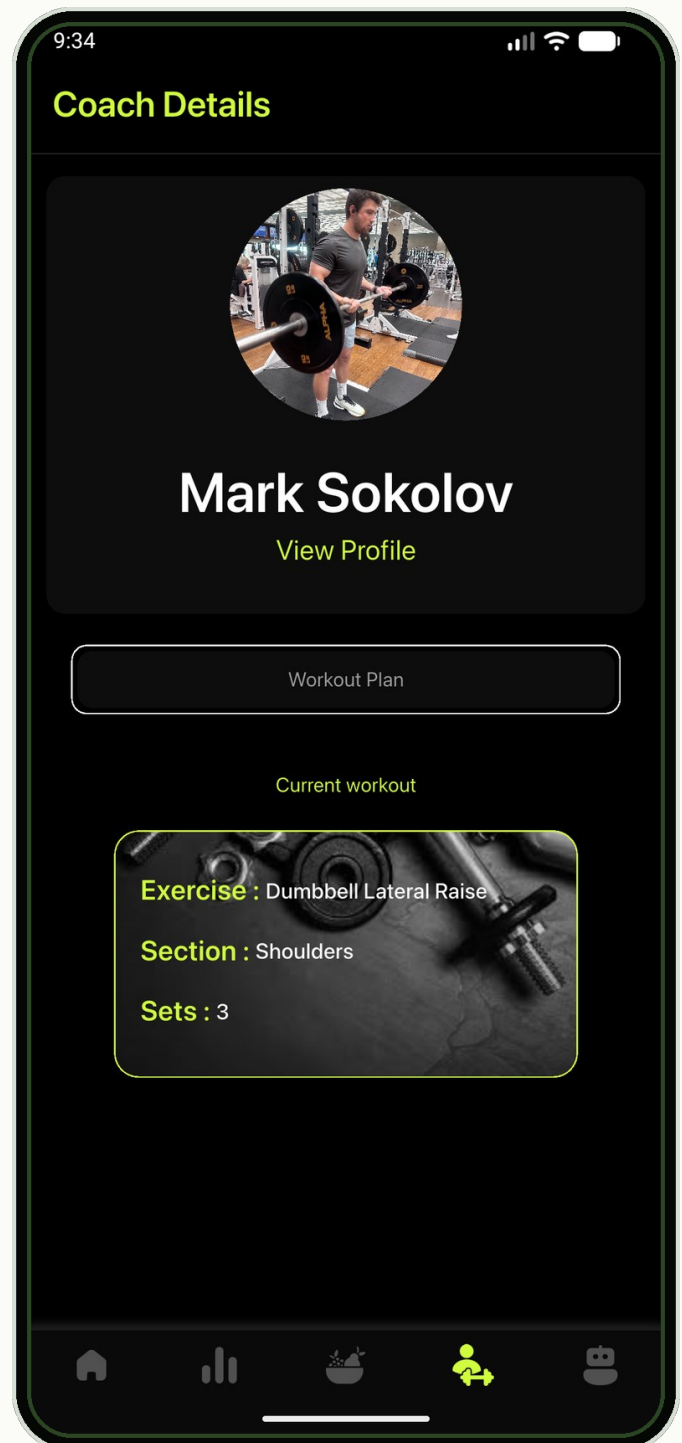
- 32. Open the Coach section
- 33. View the coach profile

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.



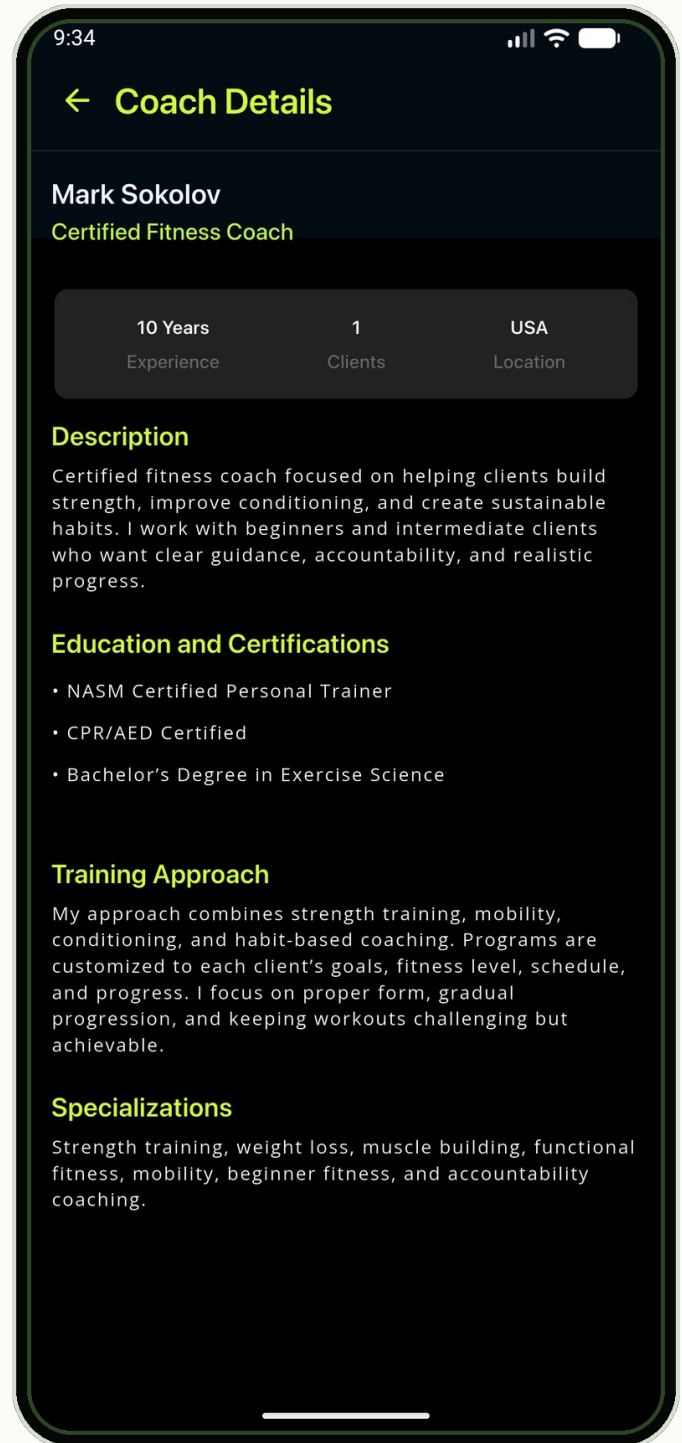
Connected coach overview.

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

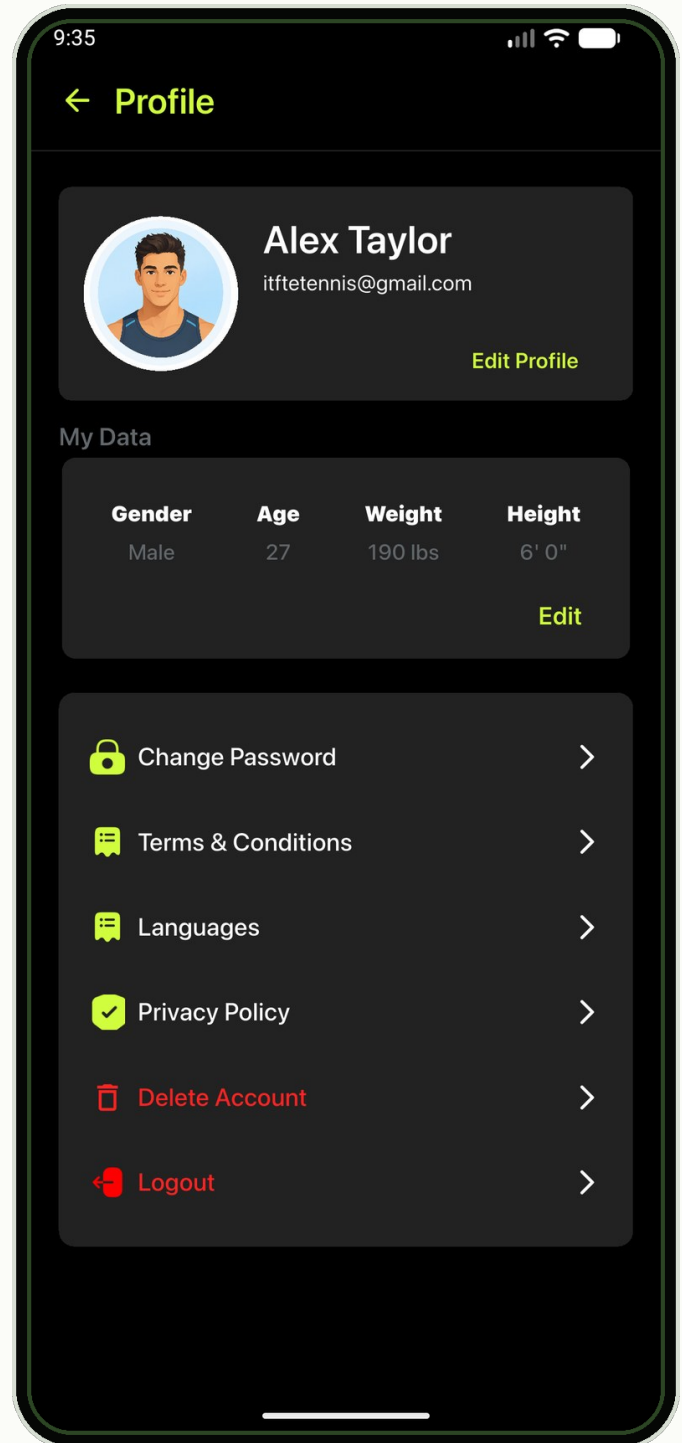
35. Edit data or settings

34

Open Profile

What to do

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

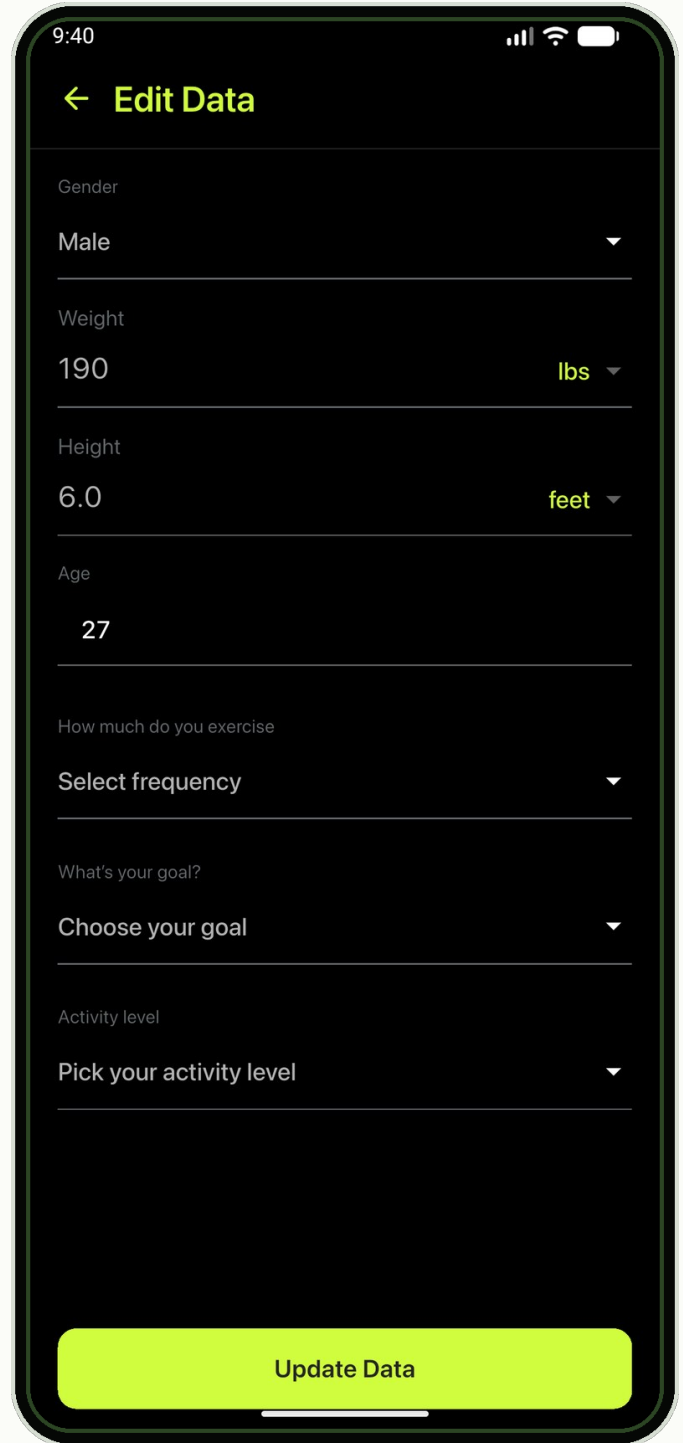


Client profile and account settings.

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.



9:40

← Edit Data

Gender

Male

Weight

190 lbs

Height

6.0 feet

Age

27

How much do you exercise

Select frequency

What's your goal?

Choose your goal

Activity level

Pick your activity level

Update Data

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.