



FITZONE

Fitzone is a comprehensive fitness app template designed for building workout tracking, fitness planning, and personal training applications. The template enables users to explore exercise routines for different muscle groups, create customized workout schedules, track fitness progress, and receive reminders to maintain consistency in their training goals. It also includes fitness blogs and educational content to support user engagement and knowledge development. Built with a modern user interface, optimized performance, and a scalable architecture, Fitzone delivers a smooth and responsive user experience. Its well-structured codebase allows easy customization and seamless integration, making it an excellent foundation for developing fitness, wellness, workout management, and personal coaching platforms.

List of Screens

1. Splash Screen
2. Sign In Screen
3. Forgot Password Screen
4. Sign Up Screen
5. Verification Screen
6. Social Login Screen
7. Home Screen
8. Workouts Screen
9. Workout Details Screen
10. Start Workout Screen
11. Rest Screen
12. Menu Screen
13. My Profile Screen
14. Alarm Screen
15. Set Alarm Screen
16. Privacy Policy Screen
17. Blogs Screen
18. Read Blogs Screen





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