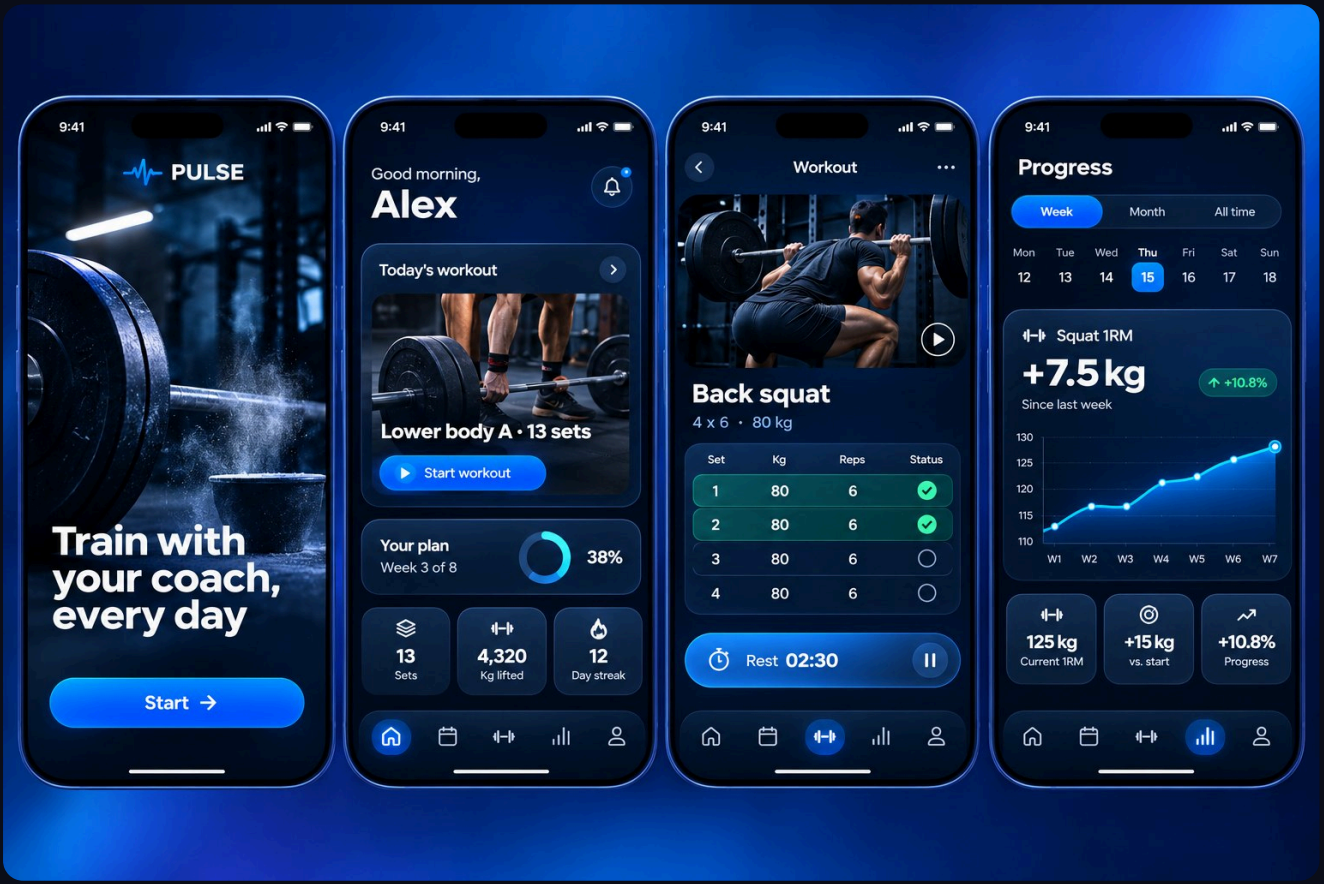
FREE GUIDE · SCREENS

Design your client app without a designer

The exact method and prompts I used to design PULSE (an app for personal trainers) and FUEL (an app for nutritionists): Pinterest references, one ChatGPT prompt, 4 screens.



Both apps are demos with example data.

The method in 4 steps

About 30 minutes for a first board. You need a ChatGPT plan that can create images and a free Pinterest account.

1 Collect 5 references on Pinterest

- Search for your niche plus "app UI": *nutrition coach app ui design*, *fitness app dark ui*, *yoga app ui*.
- Save 5 images you like for **mood**: colours, card shapes, type, the kind of photos.
- Pick for feeling, not for layout. You are not going to copy them.

2 Write down who the app is for

- Who gives the app (you, the coach) and who uses it (your client).
- The 4 moments your client opens it: welcome, today, the main action, progress.
- Real-looking example data: a first name, numbers that make sense for your niche.

3 One prompt for the board

Attach 1 to 3 references and paste the board prompt from the next page. Ask for 4 screens side by side: seeing them together keeps the style consistent.

4 One prompt per screen

Attach the board and ask for each screen alone, full size. These are the images you'll use in posts, in your sales page, or to build the real app.

> **The rule that matters:** references are mood only. Always write "Do NOT copy their brand, logo, layout or text". Your app has your name and your content.

The board prompt

Fill in the brackets. Keep the rest as it is.

```
Design a premium mobile [NICHE] coaching app UI, shown as 4 iPhone screens side by side on a [BACKGROUND] background (presentation board, 1536x1024). Take the attached images only as mood reference ([COLOURS, CARD STYLE, PHOTO STYLE]). Do NOT copy their brand, logo, layout or text. App name: "[NAME]". It is the app a [COACH TYPE] gives to [his/her/their] clients.
Screens: 1) Welcome screen with a full-bleed [PHOTO] photo, big headline "[HEADLINE]", [COLOUR] "Start" button. 2) Today: "Good morning, [CLIENT NAME]", [WHAT THE CLIENT DOES TODAY], [ONE RING OR NUMBER] and three stat chips. 3) [MAIN ACTION SCREEN WITH ITS REAL CONTENT]. 4) Progress: [CHART AND BIG NUMBER], [CHECK-IN WITH THE COACH], bottom tab bar.
Crisp, legible UI text, high detail, Dribbble-quality, consistent icon style.
```

The screen prompt

```
Using the attached [NAME] app design board as the exact style guide, render ONLY the [SCREEN NAME] screen as a single full-size vertical iPhone screen, flat, edge to edge, no device frame, no background, portrait 1024x1536. Keep the same layout, colors, typography and content as on the board, perfectly crisp and legible UI text.
```

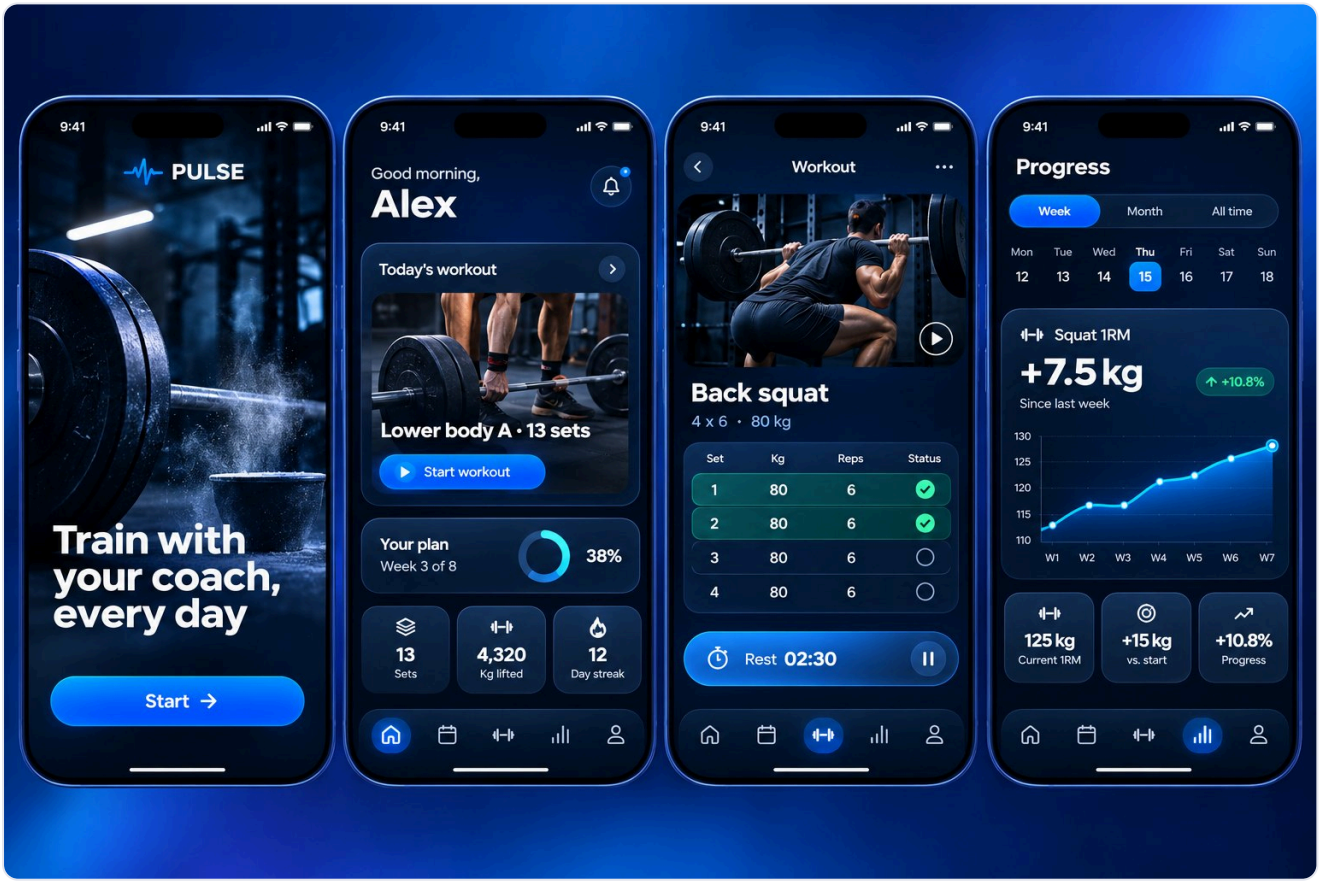
The photo prompt (for the welcome screen)

```
Create one photorealistic vertical photo for a [NICHE] app welcome screen: [SCENE], [LIGHT], lots of empty space at the top for a headline. No text, no logos, no recognizable faces. High resolution.
```

Example 1 · PULSE, for personal trainers

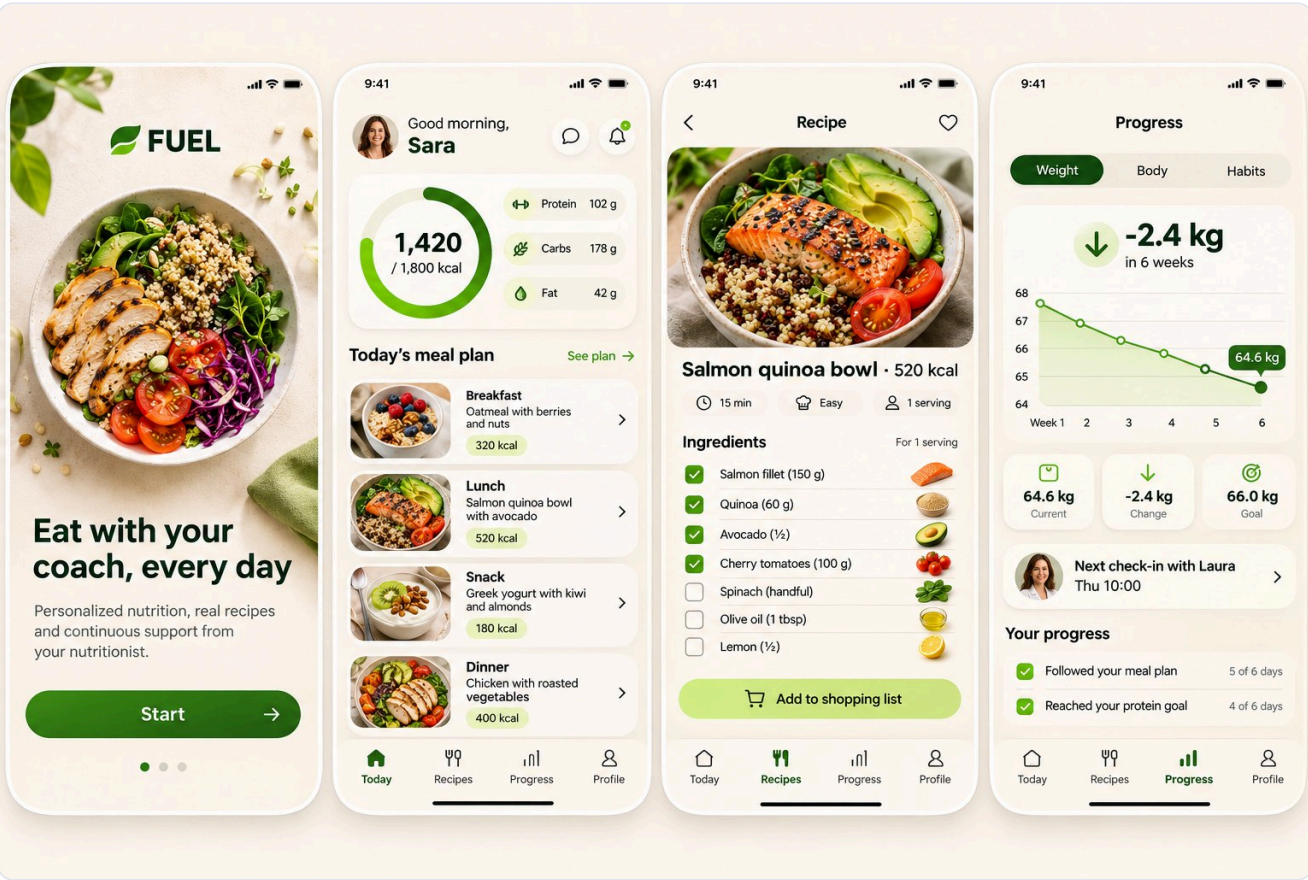
```
Design a premium mobile fitness coaching app UI, shown as 4 iPhone screens side by side on a deep blue gradient background (presentation board, 1536x1024). Take the attached image only as mood reference (deep electric blue, glassy cards, bold white type, real gym photography). Do NOT copy its brand, logo, layout or text.
App name: "PULSE". It is the app a personal trainer gives to his clients.
Screens: 1) Welcome screen with full-bleed dramatic gym photo (barbell, chalk, low light, no recognizable face), big headline "Train with your coach, every day", blue "Start" button. 2) Home: "Good morning, Alex", today's workout card with photo "Lower body A · 13 sets", progress ring, three stat chips (sets, kg lifted, streak). 3) Workout: exercise "Back squat 4 x 6 · 80 kg" with set rows (kg, reps, check marks, two sets done in green-blue), rest timer pill. 4) Progress: weekly calendar strip, big number "+7.5 kg" squat 1RM, smooth line chart, bottom tab bar.
Crisp, legible UI text, high detail, Dribbble-quality, consistent icon style.
```

Result:



Example 2 · FUEL, for nutritionists

```
Design a premium mobile nutrition coaching app UI, shown as 4 iPhone screens side by side on a soft cream background (presentation board, 1536x1024). Take the attached images only as mood reference (fresh lime green and deep forest green on warm cream, rounded cards, real food photography). Do NOT copy their brand, logo, layout or text. App name: "FUEL". It is the app a nutritionist gives to her clients.
Screens: 1) Welcome screen with a full-bleed overhead photo of a colourful healthy bowl, big headline "Eat with your coach, every day", green "Start" button. 2) Today: "Good morning, Sara", today's meal plan from her nutritionist (Breakfast, Lunch, Snack, Dinner) as cards with food photos and kcal, a ring with "1,420 / 1,800 kcal" and three macro chips (protein, carbs, fat). 3) Recipe: "Salmon quinoa bowl · 520 kcal" with photo, ingredients checklist, "Add to shopping list" pill. 4) Progress: weight line chart "-2.4 kg in 6 weeks", weekly check-in card "Next check-in with Laura · Thu 10:00", bottom tab bar.
Crisp, legible UI text, high detail, Dribbble-quality, consistent icon style. No buttons that look fake; real app layout.
```



What to check before you use the screens

- **Text:** read every word. Image models still misspell sometimes. If one screen has a typo, ask again for that screen only.
- **Numbers:** do they make sense for your niche? 1,420 of 1,800 kcal does; 3,900 kcal for a snack doesn't.
- **Faces and brands:** no recognizable people, no real logos, nothing from the references.
- **Same style on every screen:** if one drifts, attach the board again and say "exact style guide".
- **Label it:** when you show it before it's built, say it's a design or a demo with example data.

From screens to a real app

The screens are the brief. To make them clickable I give them to Claude Code with the board and ask for one HTML file per app, mobile size, with the same screens, real taps and the example data. Then it's a demo you can record and show to a client. Making it real (logins, your clients' data, payments) is a second step.

