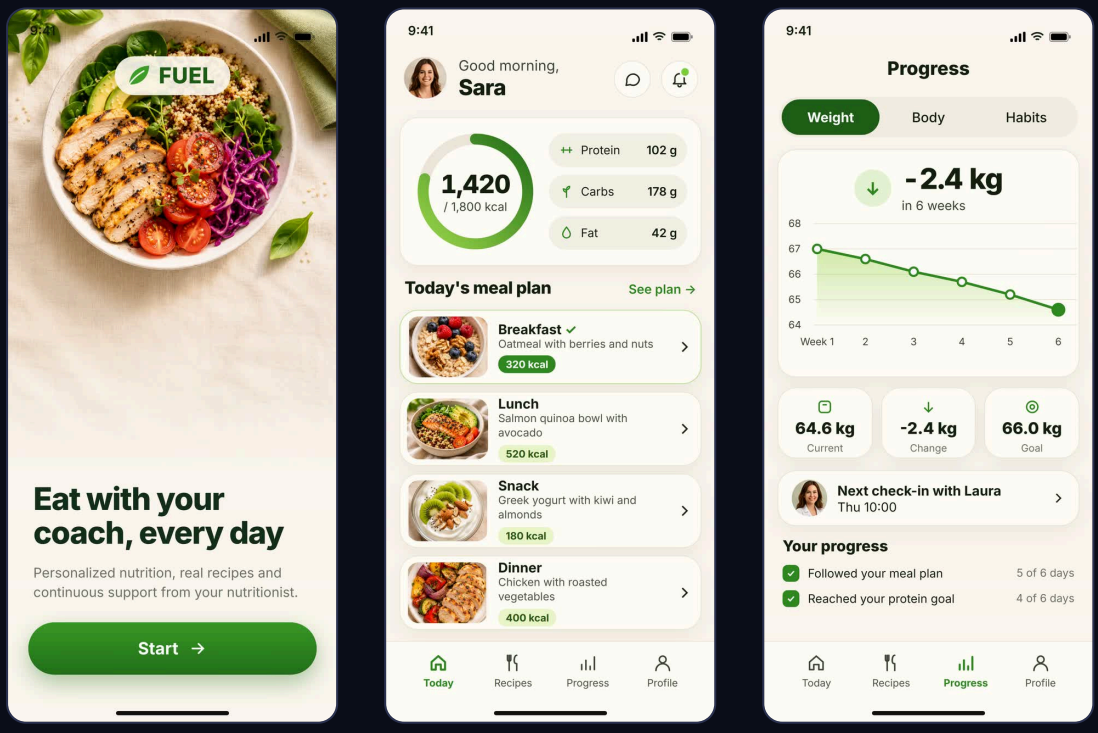
FREE KIT · APP

Turn your screens into a client app

The prompts I give Claude Code to build a clickable app for a coach's clients, how to check it, how to put it on a phone, and what to add before real clients use it. FUEL, the nutrition app from the video, is the example.



FUEL is a demo app with example data.

What a client app needs

Four screens are enough for a first version. Your client opens the app for one of these four reasons.

Screen	Personal trainer	Nutritionist	Any other coach
Welcome	Your brand, one Start button	Your brand, one Start button	Your brand, one Start button
Today	Today's workout and sets	Today's meals, kcal and macros	Today's task, habit or session
Main action	Log kg and reps, rest timer	Recipe, ingredients, shopping list	The exercise, worksheet or audio
Progress	Lifts week by week, check-in	Weight, measurements, habits, check-in	Streak, scores, next session with you

Before you start, have ready

- **The screens.** An image of each of the 4 screens. If you don't have them yet, the free SCREENS guide shows how I designed them with ChatGPT.
- **Example data that makes sense.** A client first name, a coach name and numbers that are realistic for your niche.
- **Claude Code** on your computer, in an empty folder for the app.

> **Demo first, real second.** A demo is one file with example data: you can record it, show it on a sales call and test the idea with a client. Logins, your clients' real data and payments are a second step (page 7). Don't mix the two.

1 The build prompt

Open Claude Code in the empty folder, drop the 4 screen images in it and paste this. Fill in the brackets.

```
Build a clickable mobile demo of a client app for a [COACH TYPE].
App name: "[NAME]". The coach is [COACH NAME], the client is [CLIENT NAME].

The design is in the images in this folder: [screen-1.png ... screen-4.png].
Follow them as the exact style guide: same layout, colours, type, cards and icons.

Screens:
1. Welcome: [HEADLINE], one "Start" button that opens Today.
2. Today: [WHAT THE CLIENT DOES TODAY, WITH THE NUMBERS FROM THE IMAGE].
3. [MAIN ACTION]: opens when the client taps an item on Today.
   [WHAT CAN BE TICKED, LOGGED OR ADDED].
4. Progress: [CHART AND BIG NUMBER], next check-in with [COACH NAME].
Bottom tab bar on every screen except Welcome.

Rules:
- One single index.html with the CSS and JS inside. No frameworks, no build step.
- Mobile first: it must look right at 390 px wide.
- Every button and tab works. Ticks, logs and lists change on screen.
- Use only the example data above. Add a small "Demo app · example data" label.
- No real logos, no real people's names or photos.
When it's done, open it at 390x844, take a screenshot of each screen and
compare it with my images. Fix what's different before you tell me it's ready.
```

Why one file: you can open it by double click, send it, host it anywhere and record it. It is a demo, so simple wins.

The same prompt, filled in for FUEL

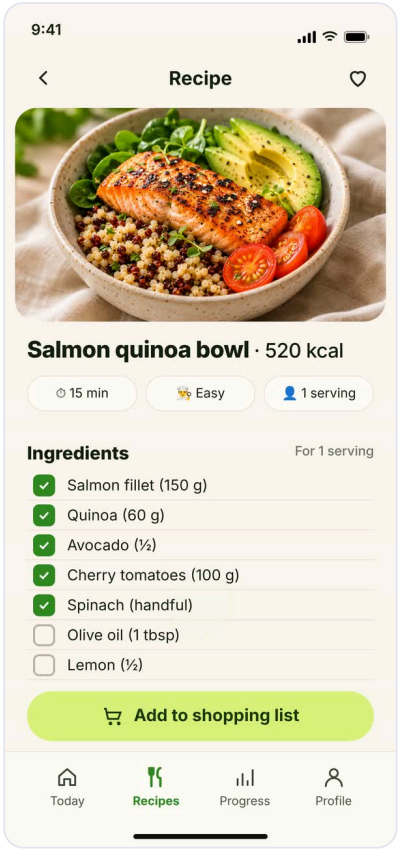
An example of how the brackets look for a nutritionist app. Swap in your niche, your names and your numbers.

```
Build a clickable mobile demo of a client app for a
nutritionist.
App name: "FUEL". The coach is Laura, the client is
Sara.

The design is in the images in this folder:
welcome.png, today.png, recipe.png, progress.png.
Follow them as the exact style guide: same layout,
colours, type, cards and icons.

Screens:
1. Welcome: "Eat with your coach, every day", one
"Start" button that opens Today.
2. Today: "Good morning, Sara", a ring with 1,420 /
1,800 kcal, protein, carbs and fat chips, and today's
4 meals with kcal.
3. Recipe: opens when Sara taps a meal. Ingredients
she can tick, and "Add to shopping list" for the ones
she doesn't have.
4. Progress: Weight, Body and Habits tabs with a 6-
week chart, next check-in with Laura, Thu 10:00.
Bottom tab bar on every screen except Welcome.

Rules: (same as page 3)
```



The details that make it feel real: numbers that add up (the meals add up to the kcal on the ring), a first name in the greeting, and one action that changes something on screen, like the shopping list.

2 Check it like a client would

Don't trust "it's ready". Open it on your phone size and tap everything. Then use these prompts.

The check pass

```
Go through the app as [CLIENT NAME] would: Welcome, Start, Today,
tap [ITEM], do the main action, go to Progress. At each step take a
screenshot at 390x844. List everything that is broken, cut off,
overlapping, misspelt or different from my images. Then fix the list.
```

Add one feature at a time

```
Add [FEATURE] to the [SCREEN] screen. Same style as the rest.
It must work with the example data and survive a page reload
(save it in the browser). Show me a screenshot when it's done.
```

Ideas that clients actually use:

- Trainer: rest timer, personal best badge, weekly check-in form (sleep, energy, soreness).
- Nutritionist: shopping list from the recipe, water tracker, swap a meal.
- Any coach: daily habit ticks, a note for the coach, the date of the next session.

The 5 things I check myself

- Every tap does something. No dead buttons.
- The numbers add up: a ring that says 1,420 / 1,800 kcal is less than full.
- Text fits on a small phone, nothing hidden behind the tab bar.
- The "example data" label is visible.
- It reloads without errors.

3 Put it on a phone

A demo on your laptop is good for a video. On your client's phone it becomes real.

Give it an app icon

```
Make this installable on a phone home screen: add a web app manifest
with the name "[NAME]", the theme colour of the design, display
standalone, and a 512x512 and a 192x192 icon with [ICON IDEA].
Add the apple-touch-icon too. Don't change anything else.
```

Put it online

The app is one static file plus its images, so any static host works. My free CLOUDFLARE guide shows how to put it on Cloudflare Pages with Claude Code. Ask Claude Code to deploy it and give you the link.

Add it to the home screen

- **iPhone:** open the link in Safari, tap Share, then Add to Home Screen.
- **Android:** open the link in Chrome, open the menu, then Add to Home screen (or Install app).

> **How long it takes:** I timed a trainer demo app (Reppa) on 8 November: 6 min 7 s from the written brief to a working app, built by Claude Code. That was the build only, not the design or the video. Yours will vary with how clear your screens and brief are.

Web app manifest: developer.mozilla.org/en-US/docs/Web/Progressive_web_apps/Manifest

4 Before real clients use it

The demo has no logins and keeps data only in the browser. Before a paying client puts their own data in it, it needs these.

What	Why
Logins	Each client sees only their own plan and progress. You see all of them.
A database	Data lives on a server, not in one phone's browser, so it survives a new phone.
Your coach side	A screen where you write the plan, read check-ins and reply.
Backups	Automatic, and tested once by restoring them.
Health data care	Weight, measurements and what someone eats are health data. In the EU that is a special category under GDPR Article 9: ask for explicit consent and keep it private.
Payments	If the app is part of what you sell, connect your payment tool so access follows the subscription.

The prompt to plan that step

```
This is a demo of my client app. I want to turn it into the real app
for [NUMBER] clients. Propose the simplest setup for: logins, a database,
a coach screen, backups and payments with [PAYMENT TOOL]. Tell me what
it costs per month, what you can build and what I need to set up myself.
Don't build anything yet.
```

GDPR Article 9: gdpr-info.eu/art-9-gdpr