

Lovable Starter Toolkit

Your simple guide to building your first AI-powered web app, with Vibe Coding.

AI is changing how we create. With platforms like **Lovable**, anyone can build real, working web applications using natural language prompts instead of code. If you've ever thought, *"I wish I had an app for this,"* this toolkit will help you build it.

Whether it's a fitness tracker, journaling tool, habit app, learning companion, or creativity dashboard, this guide gives you everything you need to get started.

What used to require a development team can now be built through a single structured prompt and vibe coding. **Vibe coding** is a modern software development approach that uses AI (like large language models) to generate code from simple, natural language instructions.

1. What is Lovable?

Lovable is an AI-powered app builder that turns plain-English instructions into:

- a full UI
- a database
- backend functionality
- real-time edits
- deployable web apps

If you can describe it, AI can build it.

Use my link to sign up: <https://lovable.dev/invite/Y5RBWWY>

2. What You Can Build With Lovable

Lovable is ideal for simple apps that are:

✓ Personal

Fitness planners, creative trackers, wellbeing dashboards, learning tools.

✓ Structured

Data you want to store, update, view, and analyse.

(Exercises, habits, notes, scores, sessions.)

✓ Interactive

Timers, reminders, forms, logs, dashboards, or daily routines.

✓ Evolving

You can keep improving your app with new prompts.

3. The Three Things AI Needs From You

Before you begin, clarify these:

1. Who is the user you are building the app for?

- What interests them?
Who will use it? Your app's target audience
- What need or challenge will it address? What problem does it solve?
- What kind of personality or "voice" would they trust?

2. What problem are you trying to solve?

- Is it a lack of structure?
- A need to track something?
- A desire to personalise?

3. What data do you want to store?

- Exercises?
- Habits?
- Goals?
- Notes?
- Assessments?
- Tasks?
- Metrics?

4. What actions do you want the user to take?

- Check off a task?
- Record a session?
- Add notes?
- Browse a library?
- Follow a sequence?

5. Prepare Your Prompt — The Lovable Prompt Formula

Here is the structure I recommend before building any app:

A. App goal

Start with the purpose.

B. Key features

List exactly what the app must do.

C. Data models

Define what the app needs to store.

D. Pages

Describe the screens and how they should behave.

E. Behaviours

Timers, logs, editing, filtering, analytics, etc.

F. Design notes

Colours, spacing, icons, UI style.

G. Security requirements

H. Seed data

Initial content to load into the app.

Once you have these, Lovable can generate a complete version on the first try.

5. The “Copy, Paste, Build” Workflow

Creating an app in Lovable takes minutes:

Step 1: Go to Lovable.ai , Signup or Login

Step 2: Click “Create New App” → “Blank App”

Step 3: Paste your full prompt

You can create your own or can use the fitness app prompt included earlier in this post :

<https://www.aiwithshehara.com/post/a-simple-ai-powered-approach-to-building-a-personalised-fitness-app>

Step 4: Press “Generate App”

Step 5: Wait 30–90 seconds

Your app will appear instantly with UI, backend, database, planner, dashboard, everything.

Step 6: Refine

Type things like:

- “Change the layout spacing”
- “Add a new exercise”
- “Replace the icons”
- “Add a warm-up page”

Or use the suggestions Lovable suggests. Lovable refactors the code with each request.

6. The Most Useful Lovable Commands

You can simply *tell* the app what to do:

Modify the UI

“Make the Today page easier to read with larger headers.”

Add new features

“Add a cooldown stretch timer after the workout.”

Update data

“Add 10 new exercises to the library.”

Improve styling

“Use a clean, modern colour palette and rounded cards.”

Fix behaviour

“Ensure the timer continues running if the screen is switched.”

Debug

“Fix the error when saving session notes.”

This is programming — without programming.

7. Common Mistakes (and How to Avoid Them)

✓ Mistake 1: Too vague

Fix: Be specific about screens, actions, and data.

✓ Mistake 2: No data model

Fix: List your tables first; everything else follows.

✓ **Mistake 3: Adding features before testing**

Fix: Generate → test → refine.

✓ **Mistake 4: Overbuilding**

Fix: Start with what you need today.

AI makes it easy to add more tomorrow.

8. App Ideas You Can Use Immediately

You can build any of these apps with a single prompt:

Wellbeing Apps

- Fitness tracker
- Stretch timer
- Sleep journal
- Habit & mood tracker

Creativity Apps

- Daily idea generator
- Story prompts tracker
- Multi-project creativity dashboard

Work & Productivity Apps

- Personal CRM
- Content calendar
- Learning tracker
- Weekly review system

Kids & Teens

- Study tracker
- Sports training log
- Creativity quests

Enjoy creating your own apps