

- Working UI- This is the front end part of our project, we want to have this completed along with the backend before the prototype is due that way we have time to connect the two into a working application. We are planning on doing this in javascript with possible plans of using 3rd party software that can transform javascript into code for IOS/Android usage.
 - Login Screen - A screen separate from the rest of the information that allows a user to input their username and password. We are looking into the security of it including things such as using salts and has functions that way we can ensure a secure application and that user information is private.
 - User Info Screen - Week 1 - We want to have a page dedicated to the information that the user inputs about themselves. This was they can see the statistics about themselves and update them as needed. Below are listed statistics we believe we would have available to view for users on this page. The user would input this when first creating an account, except BMI which we will calculate for them.
 - Username
 - Password
 - Gender
 - Weight
 - Height
 - BMI (Auto Calculate)
 - Workout Types Screen - Week 2 - This will be the page that contains the various types of workouts that the user can log in order to keep track of their workouts throughout time. It will lead into the specific lifts/exercises dropdown so that users can find the type of workout they did to log it as well as find their previously logged information on specifics exercises to see their progress/change.
 - Cardio
 - Weightlifting
 - Sports
 - Specific Lifts/Exercises Dropdown - Week 3- Once we have the base shell working we will be adding specific exercises that can be logged as a branch off from the three categories above(likely in the form of a dropdown menu). We will fill this up with many specific exercises such as barbell curls, deadlifts, treadmill running, swimming, etc. So that users can log the exact exercises that they have performed. Additionally, when a specific exercise is selected it can pull up a chart showing the time/amount

of reps the user has performed for that exercise in the past so they can compare how they are doing now to what they did.

- Chart showing past progress
- Calendar View - Week 3/4 Once we have figured out all of the specific exercises and charts for them we are planning on implementing a calendar view which will provide a brief overview of all of the exercise activities they have performed during this month. The idea for this is that users will be able to see which exercises they have most recently performed and be able to mix it up and make sure they don't repeat lifts for similar muscle groups too quickly or they might be able to notice that they haven't done enough cardio this month. It would provide them this info at a quick glance at a calendar styled page.
 - Show previous exercises day to day
- Backend - We are planning on storing all of the user info(height, password, etc. listed above) as well as all of the info on specific exercises that they have recorded. We will be doing this using a SQL database that will associate all of the stored info with the users unique id for the system. It will be set up where the user interface will be able to request information for this to pull up the pages such as the user info page, and the charts/calendar showing the user their previous workouts. As well as be updated whenever a user records the workout that they just performed.
 - User Data
 - Exercise Data
 - Server to Store Data