

Description

[Intended User](#)

[Features](#)

[User Interface Mocks](#)

[Screen 1](#)

[Screen 2](#)

[Key Considerations](#)

[How will your app handle data persistence?](#)

[Describe any corner cases in the UX.](#)

[Describe any libraries you'll be using and share your reasoning for including them.](#)

[Describe how you will implement Google Play Services.](#)

[Next Steps: Required Tasks](#)

[Task 1: Project Setup](#)

[Task 2: Implement UI for Each Activity and Fragment](#)

[Task 3: Your Next Task](#)

[Task 4: Your Next Task](#)

[Task 5: Your Next Task](#)

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WorkoutLogs

Description

Maintain Daily Workout Logs . Select From Exercises already built in grouped by muscles and add your own exercises and use the fitness data over all the devices using the google fit api

Intended User

Intended User is the person who wants to keep track of his workout and his progress like how much weights he/she has been lifting

Features

- Add an exercise to the workout log and record sets of weight and reps
- Add your own exercises

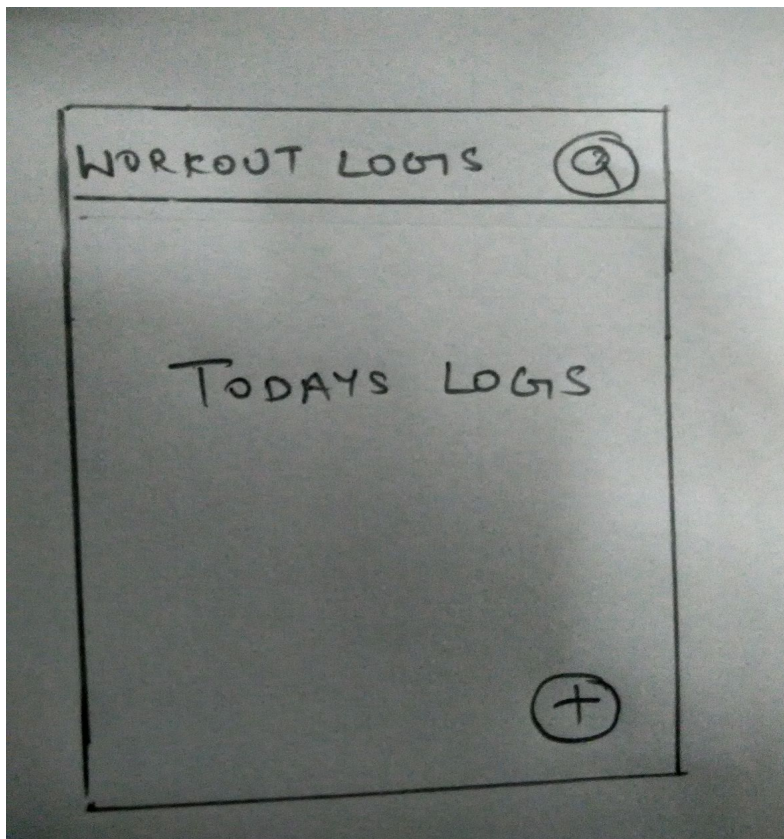
- Access Fitness Data on any google device
- Fetch Workout History

User Interface Mocks

These can be created by hand (take a photo of your drawings and insert them in this flow), or using a program like Photoshop or Balsamiq.

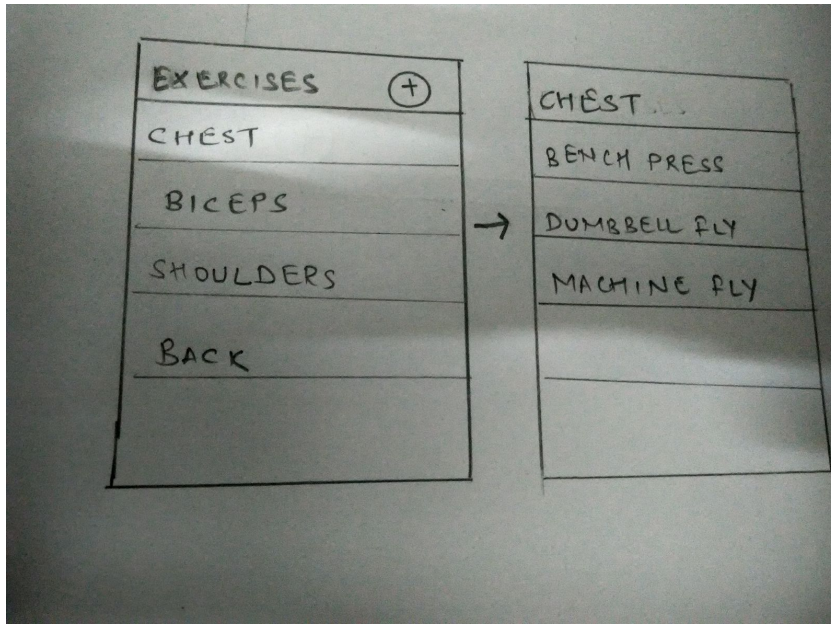
Screen 1

Start workout and view todays logs with search button to search logs for previous days



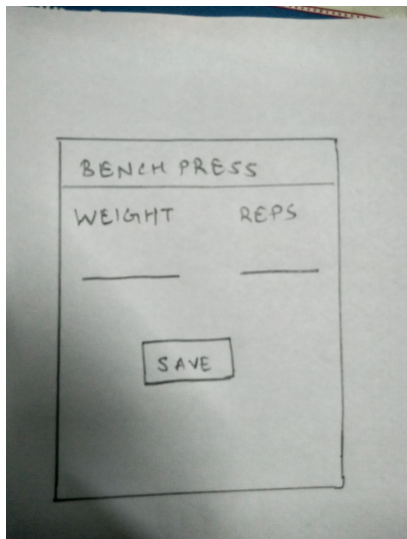
Screen 2

On Clicking Plus exercise show screen to choose exercises with exercise list as a fragment with replaces muscles list fragment on selecting a muscle and option to add exercise (plus button)



Screen 3

Choose weight and reps for the selected exercise



Screen 4

Add Exercise

A hand-drawn wireframe for a screen titled "NEW EXERCISE". The title is at the top. Below it is a label "NAME" followed by a horizontal line representing a text input field. Below that is a label "CATEGORY" followed by a rectangular box containing the word "CHEST" and a small downward-pointing triangle, indicating a dropdown menu. At the bottom right of the form is a rectangular button labeled "ADD".

Screen 5

Get Logs for a date

A hand-drawn wireframe for a screen titled "LOGS FOR SELECTED DATE". The title is at the top. To the right of the title is a small circle containing the letter "Q", with an arrow pointing from it to the word "CALENDAR". Below the title is a large rectangular area for content. To the right of this area, there is a small L-shaped icon with an arrow pointing left towards the content area.

Key Considerations

How will your app handle data persistence?

Maintaining a datastore for exercises mapped by muscles and giving option to user to add their own exercises

Describe any corner cases in the UX.

Handle cases when there are no logs to show for a selection

Describe any libraries you'll be using and share your reasoning for including them.

Butterknife for binding android views

Describe how you will implement Google Play Services.

Using google fit services to store fitness data. Will be looking to use android wear to provide functions like starting , ending sessions using smart watch

Next Steps: Required Tasks

This is the section where you can take the main features of your app (declared above) and decompose them into tangible technical tasks that you can complete incrementally until you have a finished app.

Task 1:

- Build UI For Main Activity to Start workout
- Build UI for Activity that allows users to select a exercise
- Configure a data store for the muscles to exercise mapping

Task 2:

- Build UI for activity that allows users to select weight and reps
- Use Google fit to store the exercise log for the selected exercise and weights and reps using google fit history api

- Build UI to allow user to add own custom exercise

Task 3:

- Build service to fetch workout logs for a particular date using google history api
- Build UI to allow user to fetch logs for a date

Task 4:

- Integrate with android wear to interact with app to start and end sessions.