

GET SWOLE



By Cam, Patty, and Andrew

Your very own workout assistant

- GET SWOLE is meant to replace using a paper and pencil at the gym.
- It lets you be creative with your workouts.
- It keeps you accountable every day.
- It shows you how well you are doing.
- It connects you with other athletes.

Features to look out for...

- Workout customization.
- Workout scheduling with notification on the day scheduled.
- Goal setting in reps or weights with progress view.
- And of course, social networking:
 - Download workouts and schedules from friends. These get loaded into your calendar so you can coordinate lifting sessions!

Our design

UI TOP LEVEL DESIGN

WORKOUTS

LISTVIEW FRAGMENT

WORKOUTS	+
UPPER BODY	
LOWER BODY	
LIFT 1	
LIFT 2	

SWIPE

LIST VIEW

NEW

NEW/EDIT WORKOUT ACTIVITY

LOWER BODY
CALF RAISERS
SQUAT
LUNGES
ADD EXERCISE
START!

BROWSDOWN

NEW EXERCISE

DIALOG

DO WORKOUT ACTIVITY

LOWER BODY
SQUAT
LUNGES
FINISH

ENTER RESULT

DIALOG

SCHEDULE

FRAGMENT

SCHEDULE
TODAY'S LIFTS
LIFT 1
LIFT 2

CLICK

DIALOG

• CHANGE DATE
• EDIT

DATE PICKER

FREQUENCY

EXERCISE:
WEIGHT:
REPS:
GOAL:
NOTES:
REST:

PROGRESS

LISTVIEW FRAGMENT

WORKOUTS
UPPER BODY
LOWER BODY
LIFT 1
LIFT 2

LISTVIEW

LIFT 1 EXERCISES
BENCHPRESS
DBLS
ROWS

VIEW PROGRESS

LIFT 1 BENCHPRESS
GOAL
ACTUAL
VIEW BY:
WEIGHT
REPS

MENU TAB

- PROFILE ACTIVITY
- FRIENDS ACTIVITY
- SETTINGS ACTIVITY

NAME	TOWN	SPORT
GENDER		
WEIGHT		
HEIGHT		
BIO		

FRIENDS

SEARCH	10
ANDREW	
CAM	
PILLS	
PATRY	
...	

OPEN FRIEND PROFILE

SETTINGS ACTIVITY

UNIT PREFERENCE
• KGS
• LBS
PRIVACY
...

Lessons learned

- Start early! You never know how long it'll take to debug something.
- Think about the user interface – we want it to be easy to use.
- Plan the structure (database, classes, etc.) before coding.