



GET SWOLE – App Walkthrough

Dartmouth College, COSC 65
Professor Andrew Campbell

**Designed by Cameron Price, Andrew Pillsbury
& Patricia Neckowicz**

There are four main components of GET SWOLE: workouts, scheduling, progress, and profile/friends. This section will describe the functionality of each component and how these pieces connect.

The workouts section is where the user can edit and do workouts. To create a new workout, the user can click the button at the top of the screen - the program will ask for a workout name. This will bring the user to the edit workout activity, which is also opened when an existing workout is clicked. From here, exercises can be added, edited, and deleted from the workout. Note that once an exercise is created in one workout, it is available to be added to any other workout through the “Add existing” button. Editing a workout will bring up a dialog where the user can save attributes (name, goals, sets). In particular, editing sets will bring up a further dialog to input these values. Once all exercises have been saved, the user has the option of starting the workout; this is meant to be done when the user is at the gym. Here, the user can click on an exercise in the list to enter ACTUAL values for the sets (the previously entered ones are meant as guidelines). Note that the user must edit exercise sets to consider it completed in the workout. Once the workout is finished, a workout instance will be created. This is not to be confused with a workout, as a workout instance is a timestamped version of a workout with a separate set of exercises that were actually completed during the workout. This instance will be saved in the database and appear on the calendar in the schedule section.

The schedule section of the app is what appears when the app is launched. It is where the user can view completed exercises and schedule new ones (or edit the scheduling of an existing workout). Clicking on a day in the calendar will update the list at the bottom of the screen to display all workouts and workout instances (completed workouts) for that day. Selecting a workout instance will bring up details about the instance - a timestamp and what sets were completed for each exercise. Selecting a workout will open a dialog giving the user the option to begin the workout or alter its scheduling (delete it for that day or reschedule its frequency). Clicking the

button for scheduling a new workout will allow the user to add a workout to that day - either repeating or not.

Once the user has completed a few instances of the same workout (say *workout1*), the progress for each exercise in the workout can be viewed in the progress section. In order for the app to have enough data to graph the progress of an exercise (say *exercise1*), at least two instances of the exercise are needed. This means that the user must complete *workout1* at least two times during which data was entered for *exercise1*. Assuming this is the case, the user can select *workout1* then *exercise1* and view the progress of *exercise1* by reps or by weight. For example, if viewing progress by weight, the graph will show time (dates) on the x-axis and the max weight lifted for *exercise1* (during *workout1*) on the y-axis. Toggling the view to the reps progress view will only change the y-axis to display the max number of reps instead of weight. Over the course of a few weeks or months, the user can use the progress view to get a good idea of his/her gains.

The last large component of GET SWOLE is the friends portion, which allows the user to connect with other athletes. In order for this to be possible, the user must first create a profile by navigating via the options button on the action bar. The user is required to at least enter their name, and they can choose which of their exercises to make visible to others by checking the box next to each exercise in the profile. Note that the save button must be pressed each time changes are made (this is where data gets saved in the app shared preferences and sent to the server). If the user navigates to the friends option, they will see a list of all users of GET SWOLE (at least those who have created profiles). Selecting one will open the profile of this "friend", where the user can view information and download any posted workouts. The user just has to click the workout of interest and confirm the download. If the user then navigates back to the workouts section of his app, he/she will see this downloaded workout and have the ability to customize it and do it like any other workout. If the user navigates to the schedule tab, he/she should also be able to see any places where the friend has this workout scheduled. This allows the user to coordinate lifting sessions with this friend. Contact information fields that can be used to send an intent to make a phone call or email are provided in user profiles to encourage communication between users as well.

In addition to these main features, the settings view of GET SWOLE (accessible via the options button on the action bar) gives the user the ability to clear certain databases and change the units that the app uses to display profile and workout information.