

# Requirement and Analysis Document for TrainingTracker

## 1. Introduction

The purpose of this application is to motivate people to exercise more through premade workouts complete with instructions on how the individual exercises are performed. To make users keep exercising, constant achievements which rewards regularity will be added accompanied by challenges where the user can set personal records for popular and well known exercises. The application will also save statistics of the user's progress.

## 2. Requirements

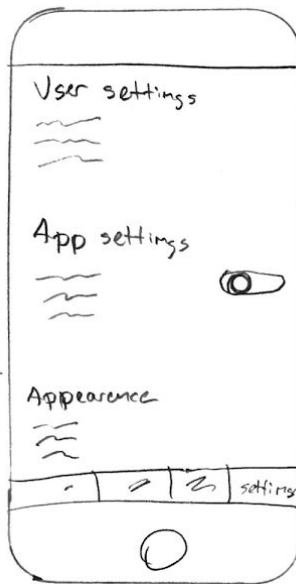
### 2.1 User stories

- As an exerciser I want the interface to be divided into different sections, to more easily be able to focus on the chosen task.
- As an exerciser I want to see a list of exercises so that I can decide what exercises to do.
- As an exerciser I want to see instructions for different exercises so that I know what to do.
- As an exerciser I want to be able to create my own exercises, edit them, and add them to the list of exercises so that I can customise my own workouts
- As an exerciser I want to see a list of premade and custom-made workouts so that I can decide what type of workout I would like to do.
- As an exerciser I want to be able to create my own custom workouts so that the training suits me
- As an exerciser I want to see daily/weekly/monthly statistics so that I can plan my training
- As an exerciser I want to compare my results for specific exercises so that I can see how it has changed
- As an exerciser I want to be able to see a history of completed workouts to get a better overview of my previous training

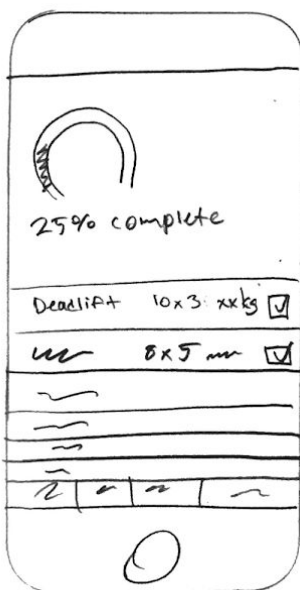
-As a user I want to be able to start a workout and mark it as done when completed, so that I can feel like I accomplished my goals

## 2.2 User Interface

GUI-Sketches V1:

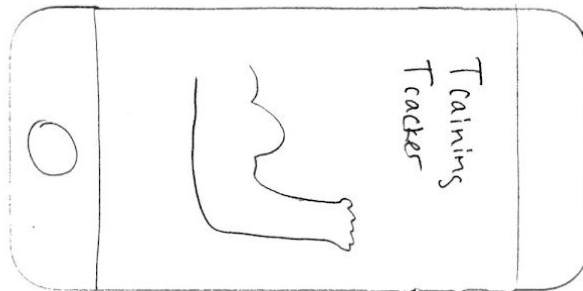


Settings view

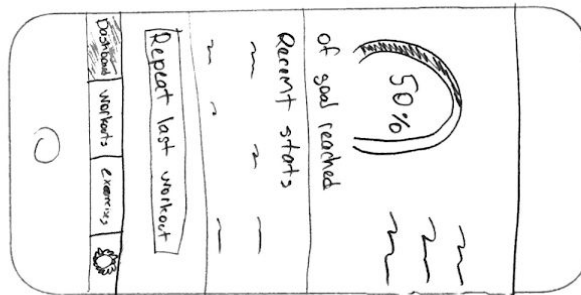


Active workout view

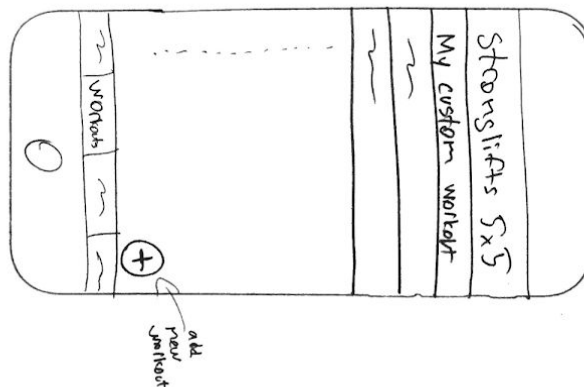
Splash screen



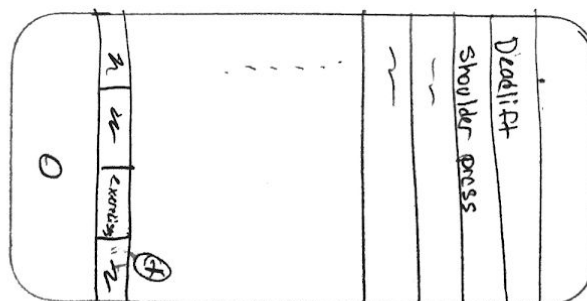
Starting view  
(Dashboard)



Workout view



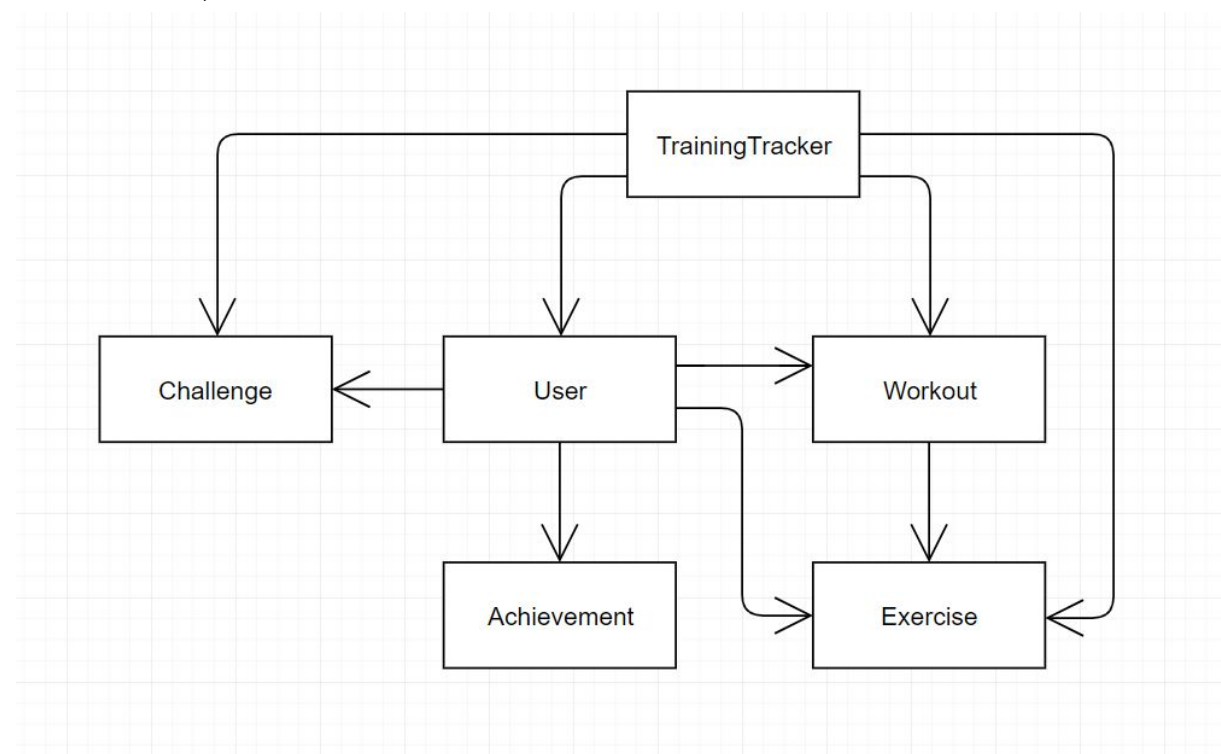
Exercise view



The above are early sketches of the user interface. The main method of navigation through the interface was decided early, and can be seen in the sketches, a module tabs type of navigation. The user can navigate the app by selecting one of the main areas of the app ( in this case “Dashboard”, ”Workouts”, “Exercises” and “Settings”. From within each tab the user can navigate further. The Dashboard shows statistics and also acts as a start page. The Workout tab displays the list of all workouts, allows the user to create new workouts via the “+ button” in the downright corner, and leads to a more detailed view of a workout when one is selected from the list. The Exercise tab displays the list of all exercises, allows the user to create new exercises via the “+ button” in the downright corner, and leads to a more detailed view of an exercise when one is selected from the list. The Settings tab will let the user change the app settings.

### 3. Domain Model

Domain Model, current version



#### 3.1 Class responsibilities

The main class of the domain model is TrainingTracker. TrainingTracker holds pre-made Workouts and Exercises of the app, the user-information, and the available challenges. The User holds custom-made Workouts and exercises, as well as the personal challenges and achievements.