Screen Sketches

3_mahdi_3

Andrew Boun
Eduardo Barboza-Campos
Ethan Cabelin
Kai Quach

CyTrack

Actors and Functionality

User (Trainer)
- **Description:**
  - The main user! Generally, you can access, add, delete, and edit personal, meal, and workout data.

SUB-Type Functionality:
- **ADMIN**
  - Functionality:
    - Additionally, From Previous Level >
      - NEEDED:
        -> Removing or Editing Member Data and Perms.
            + (Admin <-> Member) or (Member -> Guest)
      - IF TIME ALLOWS:
        -> Adding New Themes

MEMBER:
- Functionality:
  - Additionally, From Previous Level >
    -> Adding or Editing Member Data
    -> Access to Statistics Board
    -> Access to Social Board / Social Profile
    -> Access to Leader Board

GUEST:
- Functionality:
  - STORE DATA LOCALLY????
    -> Access to Meal Tracker
    -> Access to Workout Tracker

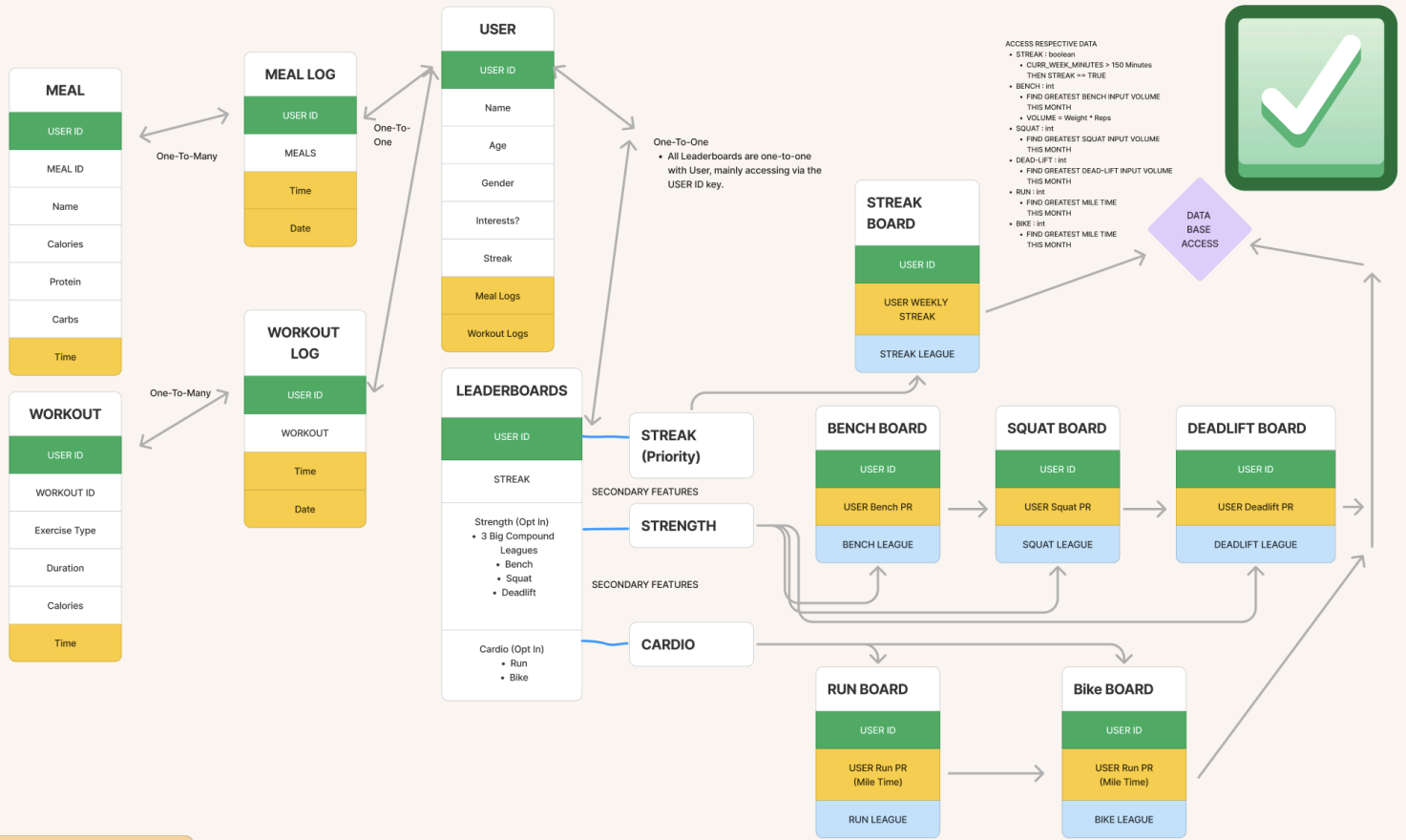**Non-Functional Requirements: (Order of Importance)**

1. **Highly Scalable, with support for many users**
2. **Sensitive personal data is not accessible to normal users.**
3. **User exportable and Importable Data**
4. **Simple, quick, easy to use Interface to access main features quickly**
5. **Consistent styling**
6. **Quick loading time for data and graphs**
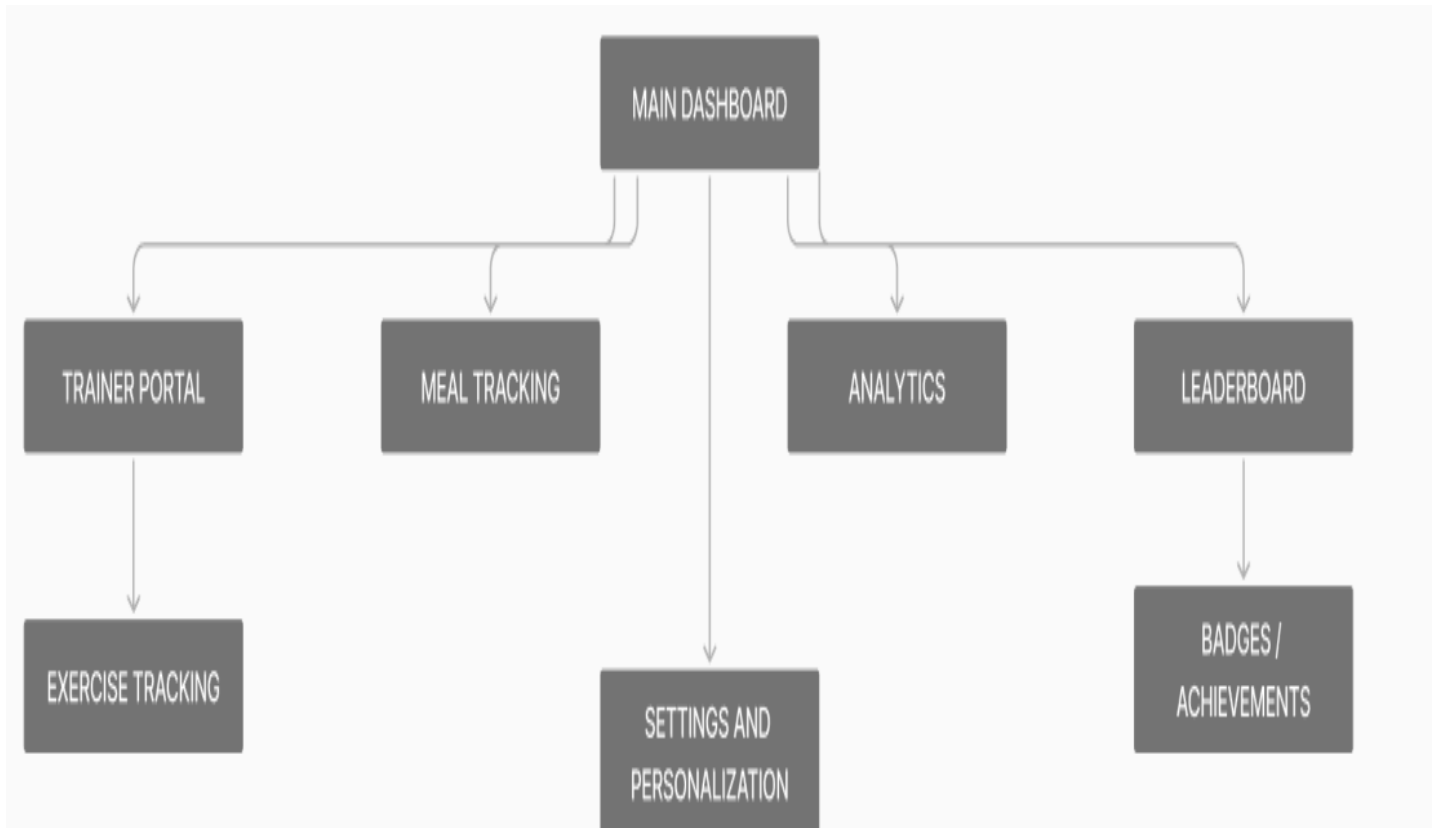
Table and Fields

Step 4: LIST TABLEs AND FIELDS   Exercise
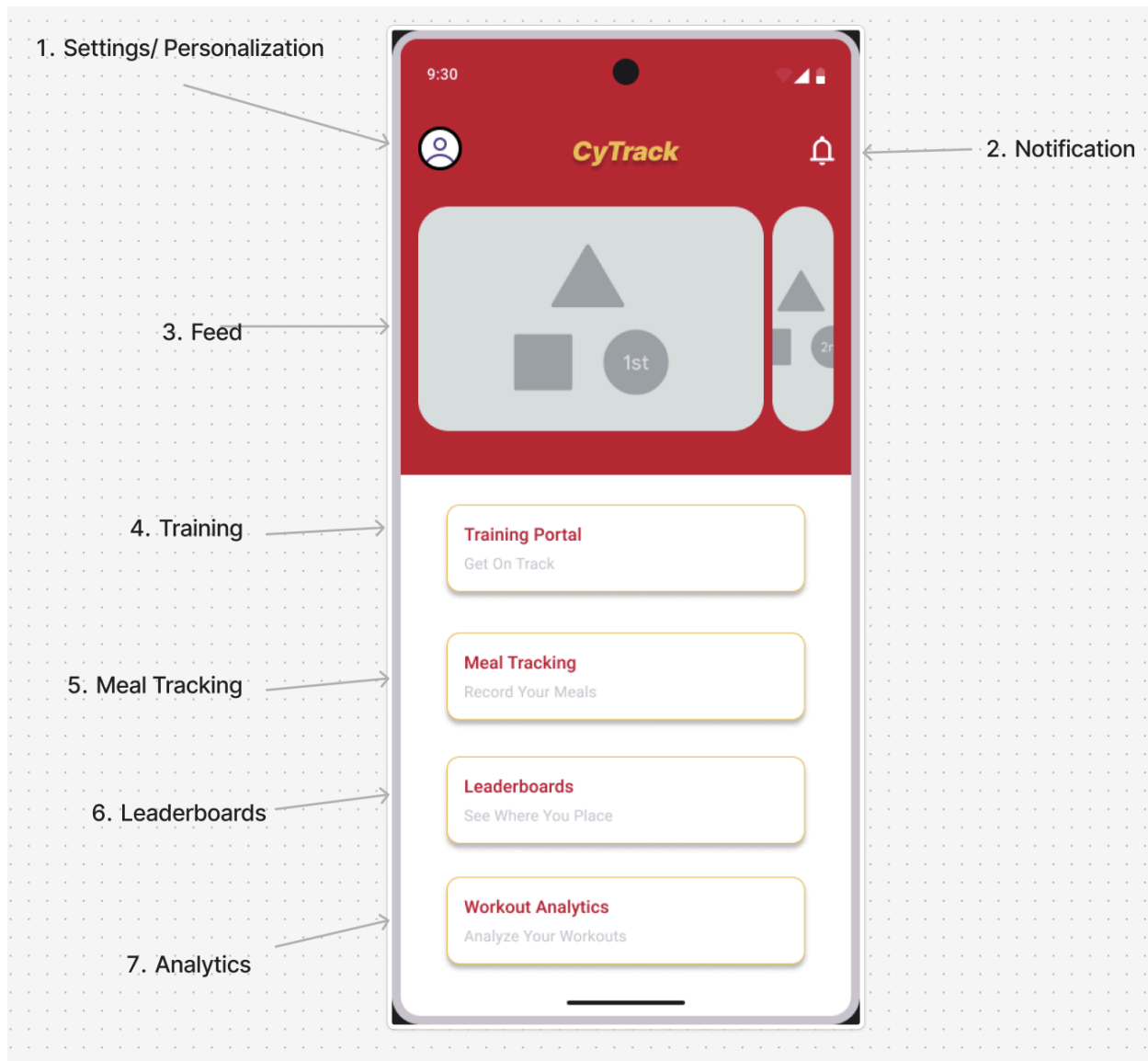
Display User Specified Data to Other Users

MEAL
- USER ID
- MEAL ID
- Name
- Calories
- Protein
- Carbs
- Time

One-To-Many

MEAL LOG
- USER ID
- MEALS
- Time
- Date

One-To-One

WORKOUT LOG
- USER ID
- WORKOUT
- Time
- Date

WORKOUT
- USER ID
- WORKOUT ID
- Exercise Type
- Duration
- Calories
- Time

One-To-Many

USER
- USER ID
- Name
- Age
- Gender
- Interests?
- Streak
- Meal Logs
- Workout Logs

One-To-One
- All Leaderboards are one-to-one with User, mainly accessing via the USER ID key.

LEADERBOARDS
- USER ID
- STREAK
- Strength (Opt In)
  - 3 Big Compound Leagues
    - Bench
    - Squat
    - Deadlift
- Cardio (Opt In)
  - Run
  - Bike

STREAK (Priority)

SECONDARY FEATURES

STRENGTH

SECONDARY FEATURES

CARDIO

STREAK BOARD
- USER ID
- USER WEEKLY STREAK
- STREAK LEAGUE

BENCH BOARD
- USER ID
- USER Bench PR
- BENCH LEAGUE

SQUAT BOARD
- USER ID
- USER Squat PR
- SQUAT LEAGUE

DEADLIFT BOARD
- USER ID
- USER Deadlift PR
- DEADLIFT LEAGUE

RUN BOARD
- USER ID
- USER Run PR (Mile Time)
- RUN LEAGUE

Bike BOARD
- USER ID
- USER Run PR (Mile Time)
- BIKE LEAGUE

ACCESS RESPECTIVE DATA
- STREAK : boolean
  - CURR_WEEK_MINUTES > 150 Minutes THEN STREAK == TRUE
- BENCH : int
  - FIND GREATEST BENCH INPUT VOLUME THIS MONTH
  - VOLUME = Weight * Reps
- SQUAT : int
  - FIND GREATEST SQUAT INPUT VOLUME THIS MONTH
- DEAD-LIFT : int
  - FIND GREATEST DEAD-LIFT INPUT VOLUME THIS MONTH
- RUN : int
  - FIND GREATEST MILE TIME THIS MONTH
- BIKE : int
  - FIND GREATEST MILE TIME THIS MONTH

DATA BASE ACCESS

Step 5: Screen Flow

Screen Flow Diagram

1. Settings/ Personalization

2. Notification

3. Feed

4. Training

Training Portal
Get On Track

5. Meal Tracking

Meal Tracking
Record Your Meals

6. Leaderboards

Leaderboards
See Where You Place
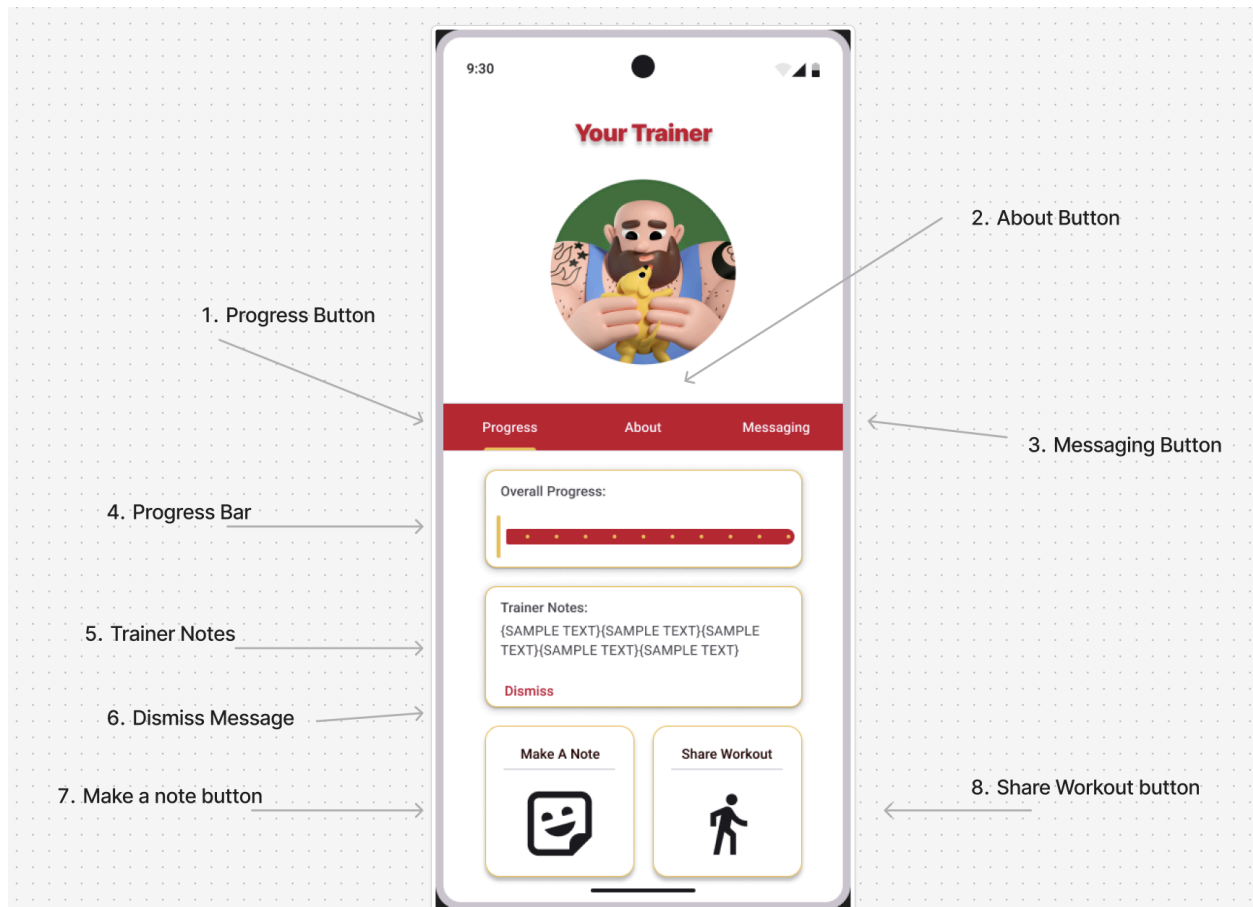
Workout Analytics
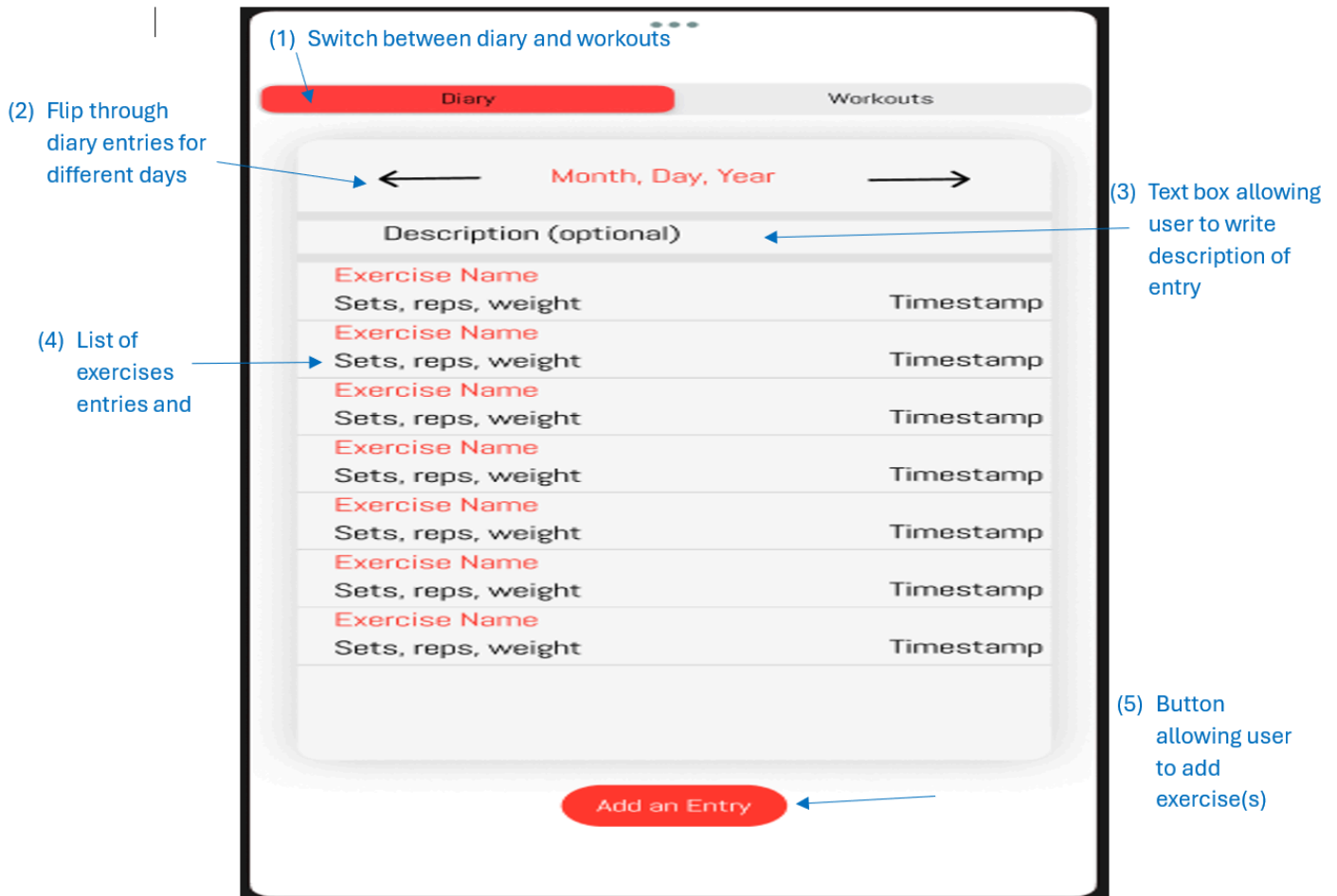Analyze Your Workouts

7. Analytics

9:30 CyTrack 1st 2r

This is the main dashboard. It's a home screen that shows a feed(3) of current news and things relevant to your workouts. You can access your personalization and settings at the top left with button (1). On the right of that, you can access your notification (3), such as messages or other notifications. In the bottom half, there are 4 buttons that will take you to the other main pages. Button (4) takes you to the training tab. Button (5) takes you the the meal tracking. Button (6) takes you to the leaderboard's social features. Button (7) takes you to your workout analytics.

1. Progress Button
2. About Button
3. Messaging Button
4. Progress Bar
5. Trainer Notes
6. Dismiss Message
7. Make a note button
8. Share Workout button

This is the training dashboard; it shows you your personal trainer their feedback (5), and gives you options to share and interact with them. Button (1) is the main page that shows your progress. Button (2) will give you information about your trainer and their specialties and ratings. Button (3) takes you to a messaging section to communicate directly with your trainer. The progress bar (4) shows you your overall progress and rating from your trainer. The trainer note (5) shows your trainer's personal note on how you're doing, with a dismiss button (6) to remove the note afterwards. Button (7) allows you to make a note about your workouts or meals or anything else related to your trainer. Button (8) allows you to share a workout from the app so your trainer knows about it to give you accurate feedback and assessment.

(1) Switch between diary and workouts

(2) Flip through diary entries for different days

(3) Text box allowing user to write description of entry

(4) List of exercises entries and

(5) Button allowing user to add exercise(s)

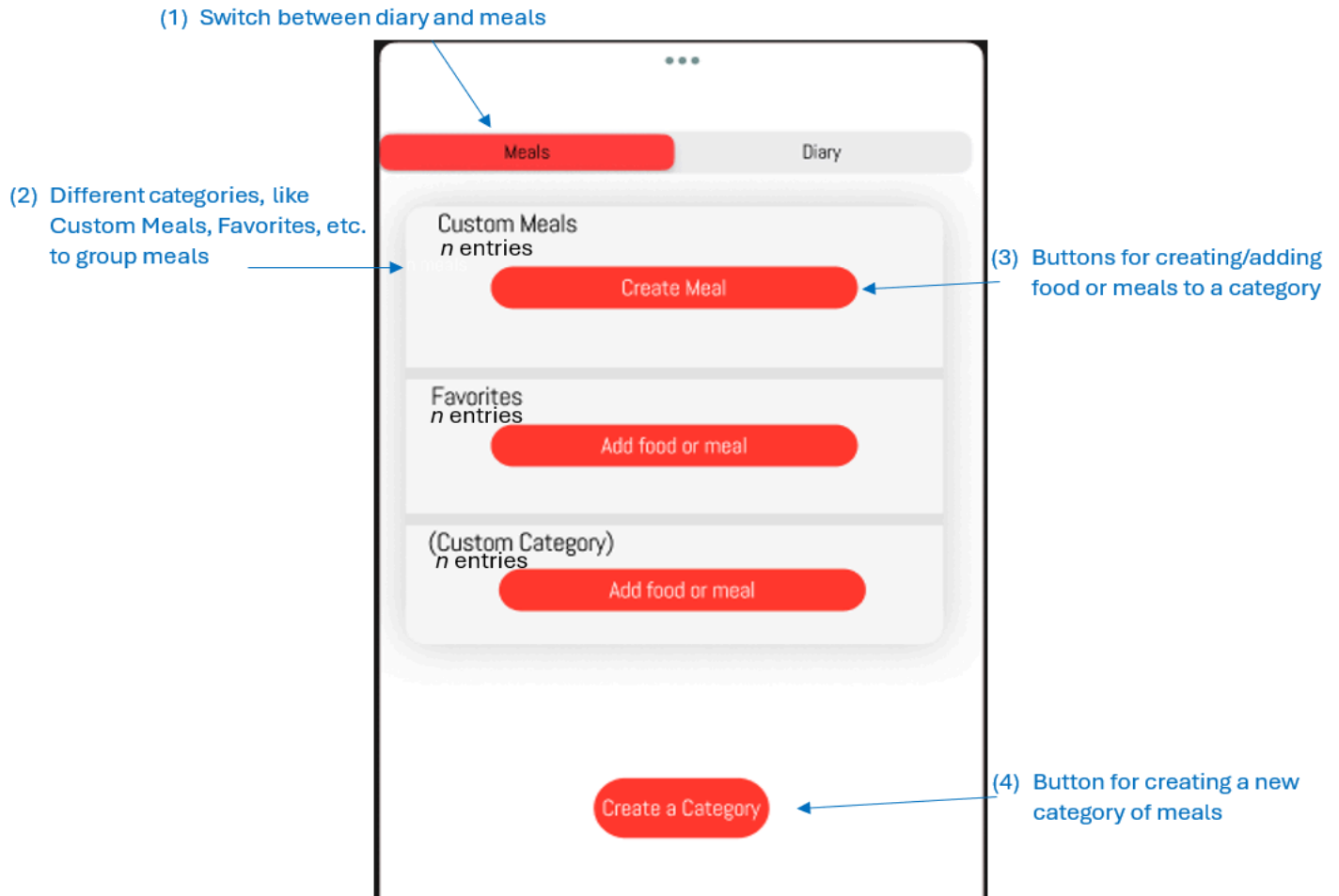*"Workouts" by Eduardo Barboza-Campos*

The Workouts screen allows users to view and log their workouts, as well as create custom workouts. This screen consists of 2 main views that the user can toggle between (1).

The Diary view allows users to add entries (4) to log their exercises. With the "Add an Entry" button (5), users will be given the option to add individual exercises one by one, or add a workout, which automatically populates the page with the exercises within the chosen workout. Additionally, users can add a more detailed description in a text box (3) below the current date. Finally, users can flip through previous date entries up to the current date using the left and right arrows (2).

The Workouts view (*see "Meals" on the next page for a reference*) will have a similar layout to the diary view. Here, users will be able to add exercises to their own custom workouts. The user can then use these created workouts to log in their diaries for easy data entry.
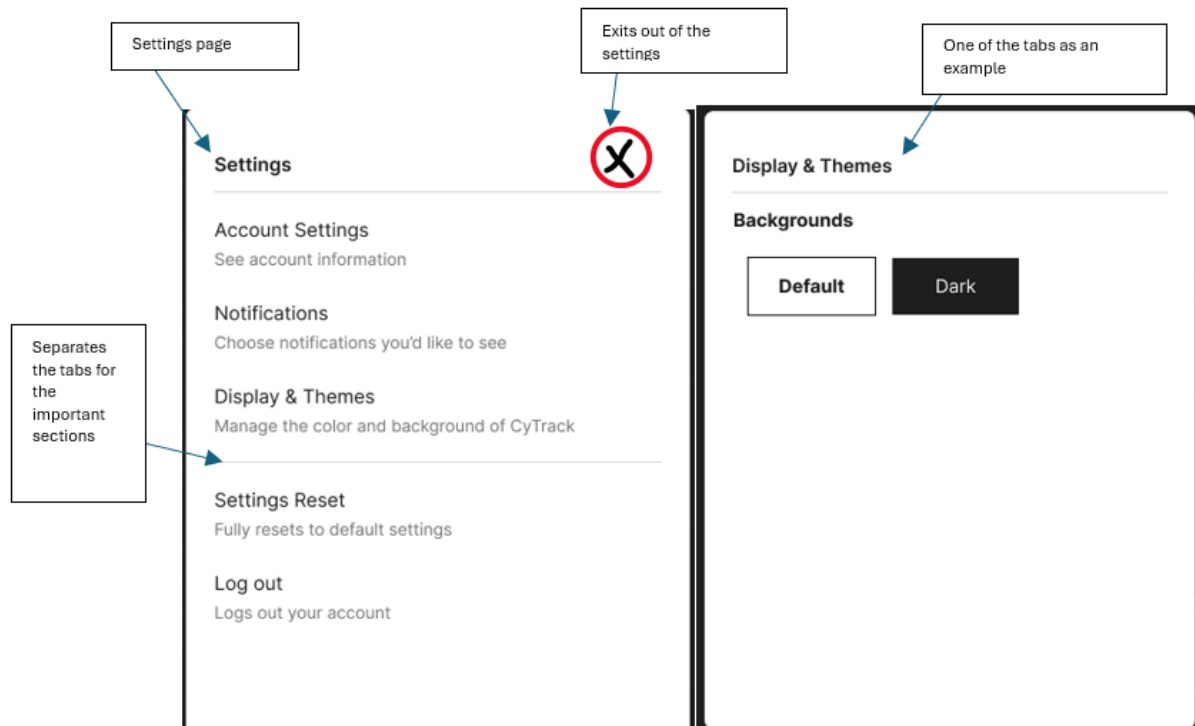
"Meals" by Eduardo Barboza-Campos

The Meals screen allows users to view and log their food and meals for the day, as well as create custom meals and meal categories. Similar to "Workouts" page, the "screen consists of 2 main views that the user can toggle between (1).

The Meals view shows the viewer different categories (2) of meals and food. Users can use the "Create a category" button (4) to create a new meal category to organize their food/meals.They can then add individual food or meals (3) to these categories for easy organization, inputting info like calories, nutrients, and servings.

The Diary view (*see "Workouts" on the previous page for a reference)*, similar to the diary view of "Workouts", will show a daily log of the user's food, along with nutritional info like calories and protein. There will also be a general calorie and protein summary above the list of entries and below the date to give the users a glance of their daily nutrition.

Settings & Personalization: Kai Quach

Settings page

Exits out of the settings

One of the tabs as an example

Settings

Account Settings
See account information

Notifications
Choose notifications you'd like to see

Display & Themes
Manage the color and background of CyTrack

Separates the tabs for the important sections

Settings Reset
Fully resets to default settings

Log out
Logs out your account

Display & Themes

Backgrounds

Default   Dark

Settings & Personalization by Kai Quach

User settings screen allows users to edit personal information with an edit button, modify app preferences, and customize appearance through various theme options. Users can toggle between light and dark modes or choose from 3-4 preset themes in a dropdown menu. The screen includes notification settings, an app reset option, and a log-out button.
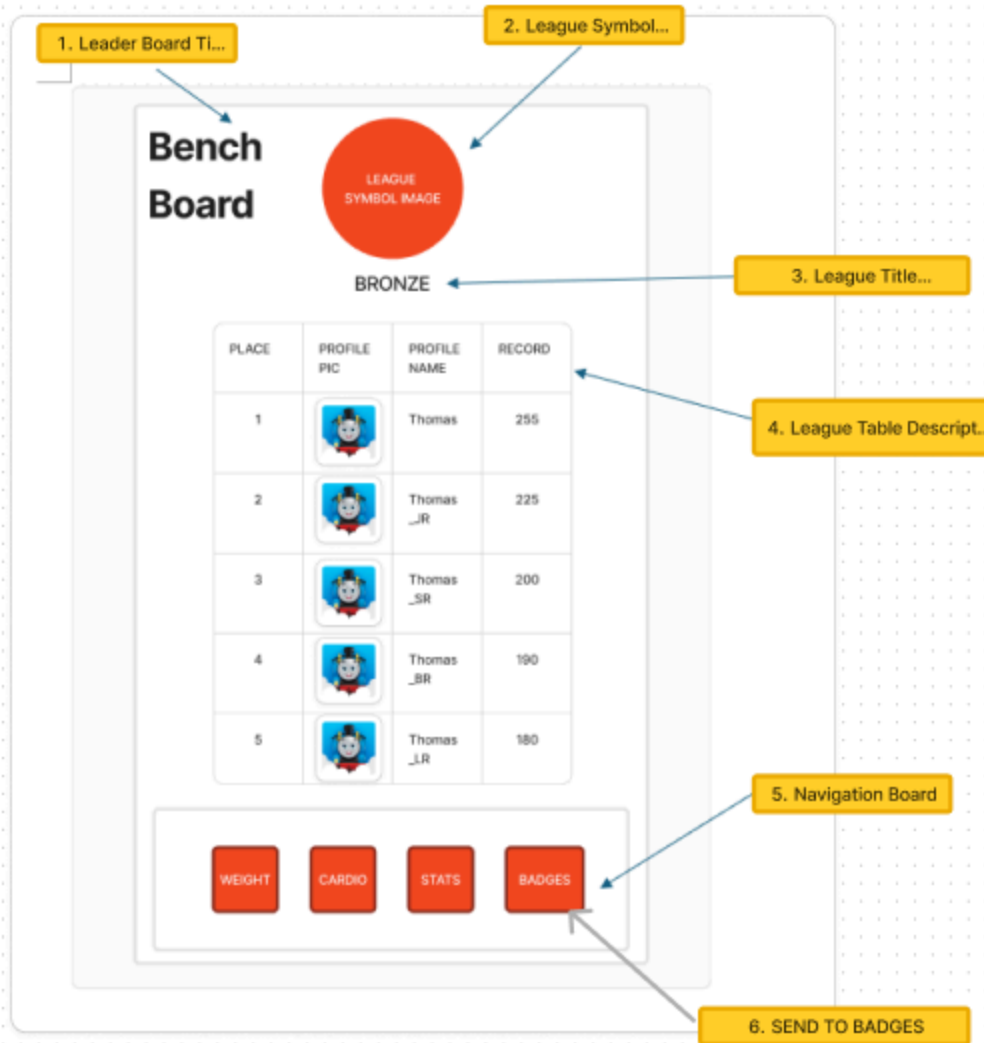
Analytics: Kai Quach

3. Backs out of the analytics page

1. Displays Statistics of images

2. Click to view more
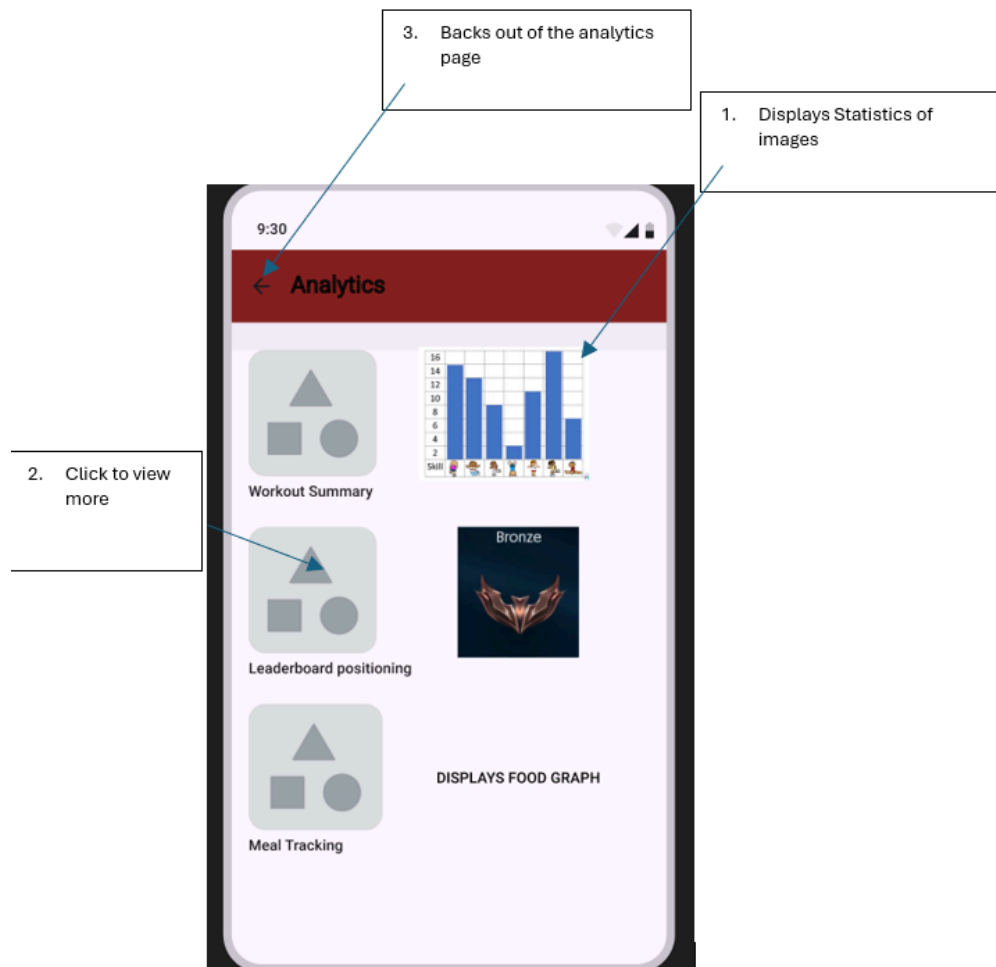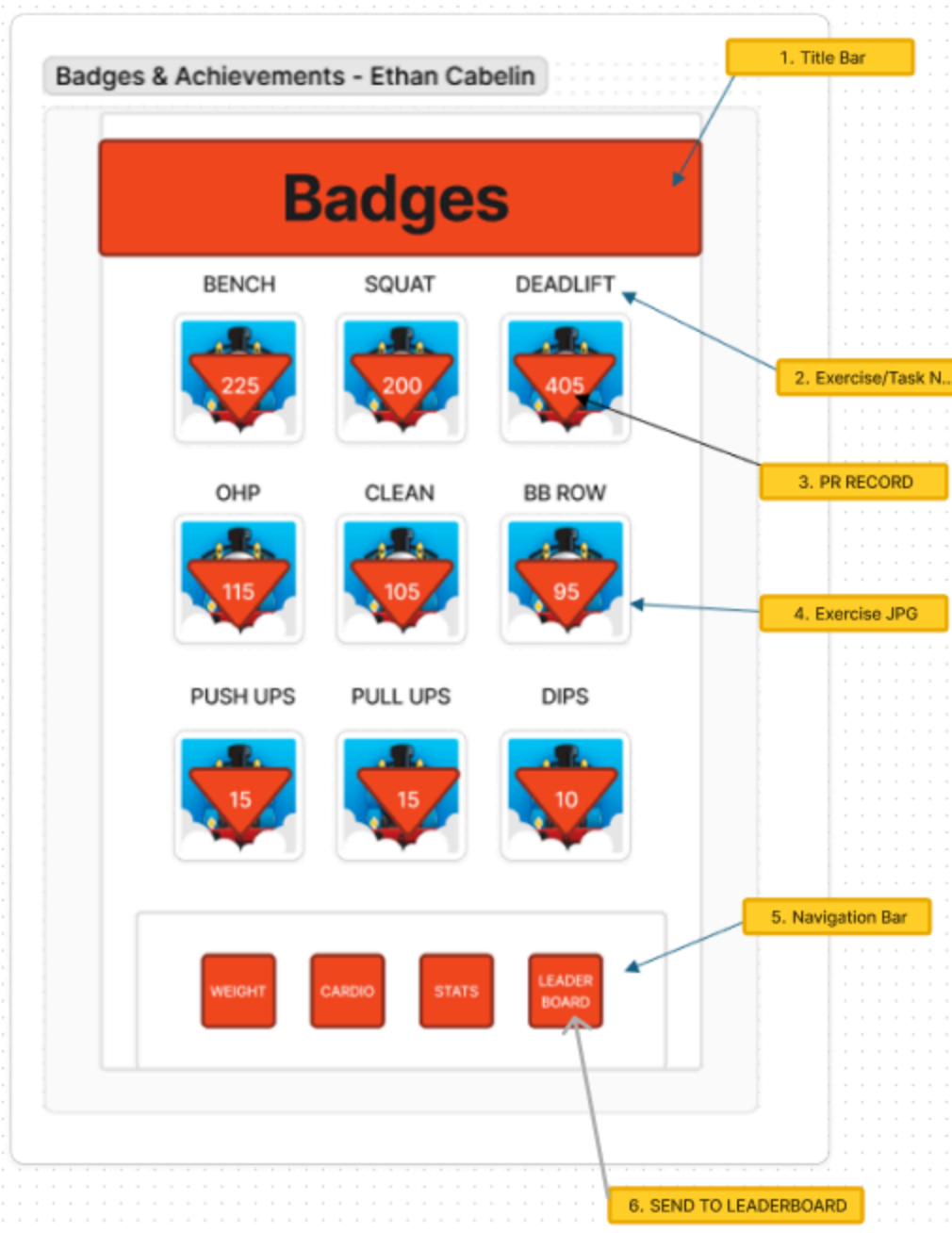
Analytics by Kai Quach

(1) The Workout Summary screen features a bar graph displaying daily or weekly progress for workouts. The Meal Tracking Overview provides visuals showing nutritional breakdowns like calories, protein, and carbs. A Streak Tracker displays the user's current workout streak. A Leaderboard Positioning widget shows the user's rank, with an option to view a full leaderboard within a friend group, supporting a potential friend group implementation. (2) Click to view more will open up the application for more informationr regarding each tab. (3) Backs out of the application.

LEADERBOARD - ETHAN CABELIN

1. Leader Board Ti...
2. League Symbol...

Bench Board

LEAGUE SYMBOL IMAGE

BRONZE

3. League Title...

PLACE	PROFILE PIC	PROFILE NAME	RECORD
1		Thomas	255
2		Thomas _JR	225
3		Thomas _SR	200
4		Thomas _BR	190
5		Thomas _LR	180

4. League Table Descript...

5. Navigation Board

WEIGHT | CARDIO | STATS | BADGES

6. SEND TO BADGES

BENCH BOARD

- The bench board displays the leaderboard name (1), the corresponding league symbol (2) and title (3), and all players/users in the current league (4). These users are automatically ordered the highest-lowest. The records are generated by the user's highest volume during any workout (Bench Press) this month.
- Leagues are changed and processed every month. The highest 10 being moved into the next league.
- The Navigation board (5) allows users to move to the other screens (6) from the Leaderboard Screen.

Badges & Achievements - Ethan Cabelin

1. Title Bar

Badges

BENCH   SQUAT   DEADLIFT

225   200   405

2. Exercise/Task N...

3. PR RECORD

OHP   CLEAN   BB ROW

115   105   95

4. Exercise JPG

PUSH UPS   PULL UPS   DIPS

15   15   10

5. Navigation Bar

WEIGHT   CARDIO   STATS   LEADER BOARD

6. SEND TO LEADERBOARD

BADGE BOARD

- The Badge Board consists of a title bar (1), exercise/badge name (2), a PR Record with the badge (3), and badge jpg (4).
- These badges can be shown in their profile and seen by their friends!
- The Navigation board (5) allows users to move to the other screens from the badge board screen (6).