Project OVERLOAD

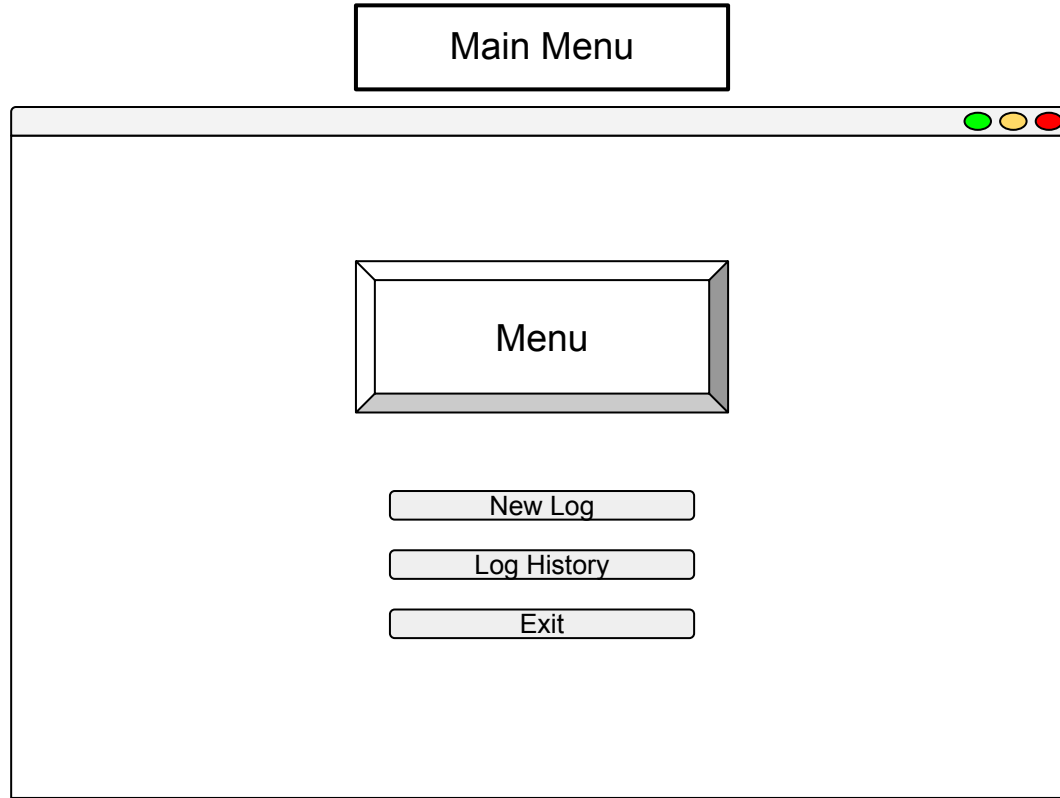Bryan Soriano and Juan Hernandez

Project High–Level Description

Project OVERLOAD is a strength training fitness tracking app where you can log your exercises and see how you progress. The point is to help you progressive overload, which is when you "gradually increase the weight, frequency, or number of repetitions in your strength training routine", which is effective in building strength and muscle.

Project OVERLOAD will help you achieve this by allowing you to input the exercise you are doing, enter the number of sets, then the number of repetitions and weight for each of those sets. Once all is inputted, you can confirm your log and it will save it for you. Furthermore, you will be able to view history of your exercise logs and be able to compare dates. This will allow you to see whether or not you are progressive overloading in your strength training.

TASK	ASSIGNED TO	PROGRESS	START	END
Prep Phase				
GUI Drawing	Juan	100%	10/14/22	10/19/22
Gantt Chart (Presentation)	Bryan	100%	10/14/22	10/19/22
Plan Skeleton Code	Juan and Bryan	0%	10/15/22	10/22/22
Link Code to GitHub	Bryan	0%	10/20/22	10/22/22
Terminal				
Skeleton Code	Juan and Bryan	0%	10/16/22	10/20/22
User-Input Logs	Juan and Bryan	0%	10/20/22	10/27/22
History Function	Juan and Bryan	0%	10/27/22	11/3/22
Comparison Function	Juan and Bryan	0%	11/3/22	11/13/22
Complete Terminal	Juan and Bryan	0%	11/13/22	11/20/22
GUI				
Panel Functionality	Juan and Bryan	0%	11/20/22	12/4/22
Button Functionality	Juan and Bryan	0%	11/20/22	12/4/22
GUI Design	Juan and Bryan	0%	12/4/22	12/11/22
Complete GUI	Juan and Bryan	0%	12/5/22	12/12/22
Testing				
Terminal Testing	Juan	0%	11/13/22	11/20/22
GUI Testing	Bryan	0%	12/5/22	12/12/22

Display Week: 1

Gantt Chart

Main Menu

Menu

New Log

Log History

Exit

New Log

New Log

Exercise: |

Sets: | **Date:** | | |

Cancel   Next

Our Vision: New Log

Exercise

Exercise Log

Set n

Reps: |

Weight: |

Cancel

Next Set

Previous Set

Confirm