

Project OVERLOAD

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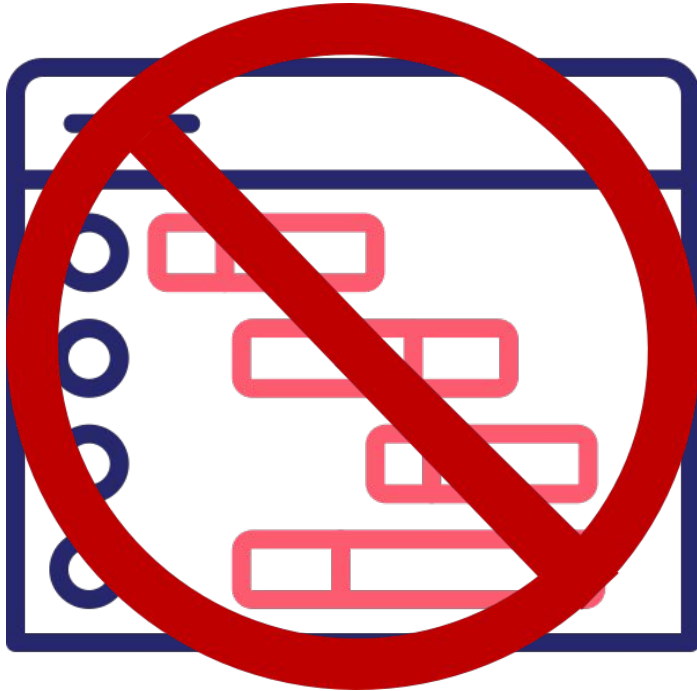
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Project High-Level Description

Project OVERLOAD is a strength training fitness tracking terminal 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 search for specific logs by date. This will allow you to see whether or not you are progressively overloading in your strength training.

Did you hit your project time goals?



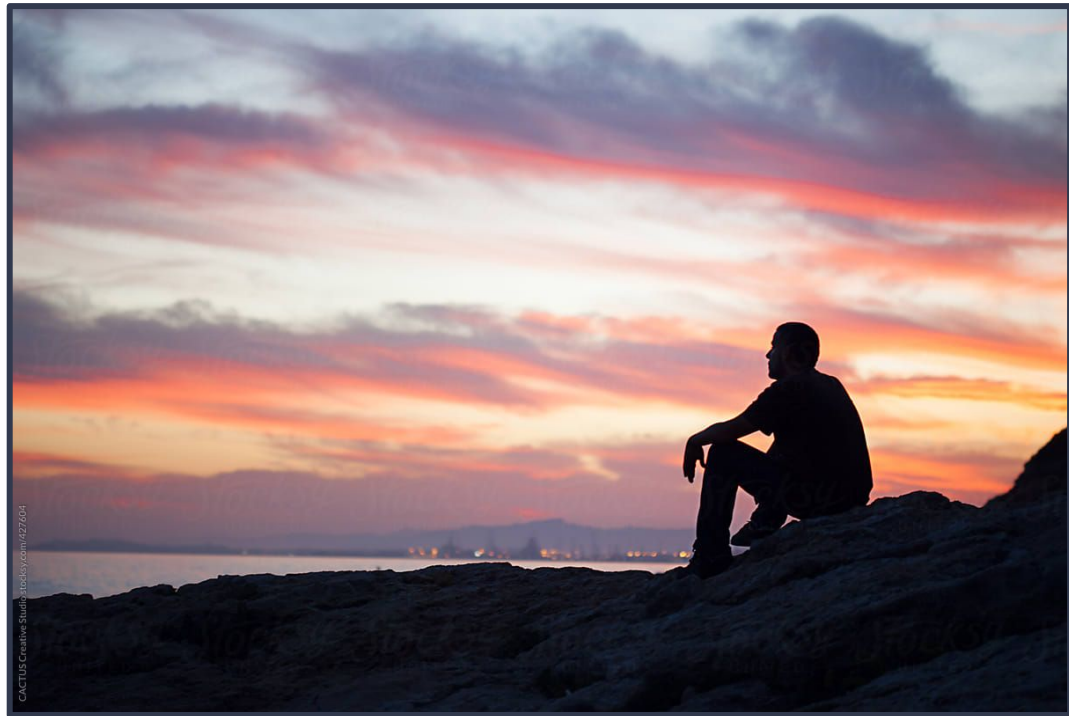
NO!

Sort of.

We ended up being overzealous with our time planning on our Gantt chart.

Unfortunately, we delayed most of our time goals pretty significantly and had to cut off the last chunk of the project plan due to time constraints.

What has changed?



A LOT!

Our project morphed from a concept into a reality.

During the midterm our project had not yet been started other than the repo and the class names. Now we have a functioning piece of code that may be smaller than the concept but serves its purpose.

How to Install our Program

1. Clone the github repository
(<https://github.com/Bryan112802/GVSU-CIS350-TEAMOVERLOAD>)
2. Import code into intellij from: src/PROJECT OVERLOAD/src/
 - a. Import the .java files. loghistory.txt is optional (program will create file if it does not exist)
3. Run the code and follow the prompts in the terminal
 - a. Here is a demonstration:

