

Statement of Work

Hawk Team: Personal workout monitoring Database 11/24/20

I will create a database to keep track of personal workout history for a fitness focused individual.

The database will enable a personal training client to enter and store history regarding the specific workouts, including type of exercise (cardiovascular / resistance/ weight training) exercise name, sets, reps or duration, weight setting, and the units of measurement for each exercise type. Workout sessions can be tracked over time, helping the client to identify the dates they worked out and what exercises were performed during each workout. The information stored in this database could be used for aggregating monthly workout statistics to allow an individual to track their personal fitness over time with the ability to spot trends in cardiovascular activity and weightlifting strength.

Timeline

- 11/24/20 Acceptance of terms and initiation of project
- 11/26/20 Nothing, because Thanksgiving
- 12/10/20 Group Project Presentation
- 12/10/20 Group Project Source

Acceptance of Scope of Work

Signature: Igor
Name: Igor Turcan

Signature: Benjamin
Name: Benjamin Bohnen

Signature: Saeid Nahali
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