WerkIt#
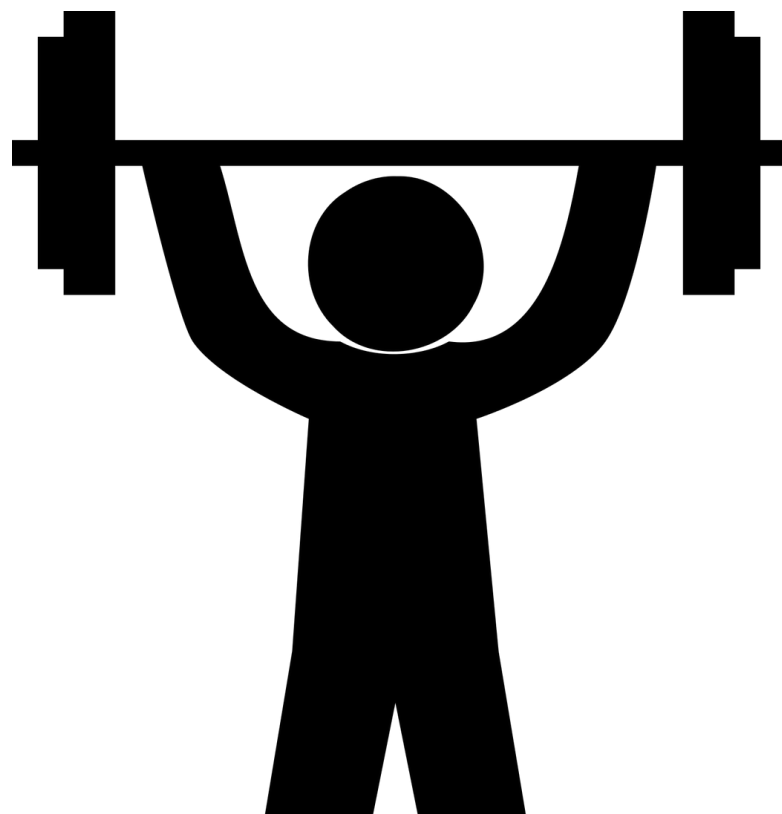
Joe Medina and Vicky Lym

What is WerkIt#?

- Health Wellness app made for experienced lifters who just need a simple app to make a plan for the workout.

- It provides four features: Creating a workout, creating a fitness profile, providing a timer, and providing a log for the workout.

Main Page

Provides a simple four button layout to access all the functions.
Has persistence, once a profile is created, it will greet you by your name.
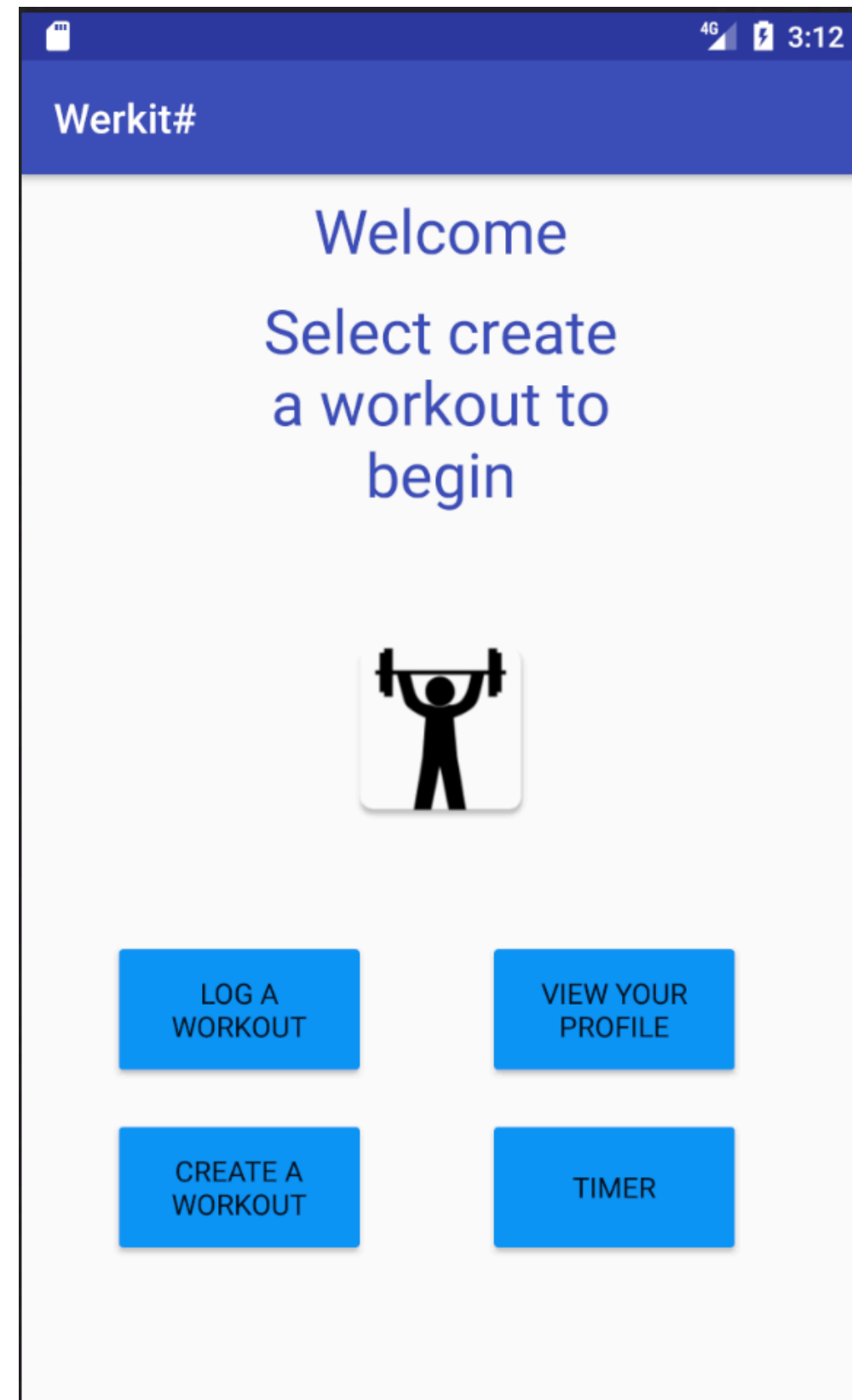
Create a Workout 💪

Provides the functionality of creating a workout. Enter name, exercise name, desired sets and reps. Uses ListView to display. Wanted to store in SQLite but currently uses SharedPreferences.

Werkit#

To begin: Enter a workout name, enter an exercise, and select your desired reps and sets. Once finished, press save.

Enter workout name: Leg Day

Enter exercise name: Squats

Enter sets: 5   Enter reps: 10

ADD EXERCISE

Leg Day

Exercise	Sets	Reps
Squats	5	10
Squats	5	10
Squats	5	10

SAVE   **CLEAR**   **GO HOME!**

Profile 🤳

Allows user to create own fitness profile for inspiration. Uses intent to call camera when the android logo is selected for a profile picture. Saves all information in SharedPreferences.

Timer ⌚

App provides a timer if user needs to time an exercises. Does not yet support lap functionality though was planned.

Select a workout 🤙

Provides a ListView of workouts you created in Create a workout. Currently using default values.

Highlight a workout and then select brings you to exercise list.

The workout 🏋️

Provides you list of exercises from selected workout, again in ListView. Also tells you when you started the workout based on current system time, and when you end the workout based on when you hit "End Workout"

Werkit#

Workout started at: May 11, 2017 3:13:58 PM

Squats	3	10
Leg press	5	10
Leg Extensions	4	10
Leg Curl	4	10
Wall squat	10	15

Finished work out: May 11, 2017 3:14:01 PM

END WORKOUT   **GO HOME!**

Limitations

- Wanted to use SQLite, due to unfamiliarity/time restrictions, used SharedPreferences instead. Would like to tie to a server. 😭

- Timer does not currently run in background, must be in foreground to continue counting. ⏰

- Deserializing Preferences back into HashMap. 😨

- Unable to get proximity sensor to work as desired. ☹️

Questions?