**Simple Workout Log**

**Description**

The purpose of this project is to create an application that can allow users to create workouts for each day of the week. This app will be a simple way to keep track of your weekly lifting schedule. The users will have full customization on what lifts they want to have added for each day and customize the number of sets and reps for each exercise.

**Here's a list of tasks that the software will be able to complete**

* Have preset lifting schedules based on your fitness goals
* Can create custom lifting schedules where the user can add their own specific exercises
* Each exercise will include a description of how it is done, include a list of muscles being used in that certain exercise, and an example picture of that exercise  
  being performed
* It will have an interface for the user to enter their custom exercises and weekly schedule
* The user will be able to interact with the database by being able to enter custom information, and by being able to look at data already stored in the database

I believe this project would suit this class very well. It will involve some OOP concepts and GUI components. This would be great experience.  
I believe the concepts that will be used to create this are basic enough for students to learn, but also will be a great experience.

**Motivation**

My motivation for creating this project is to create something simple, but also effective, that I can use daily. Having a workout log would be very beneficial for people who are looking to begin their fitness journey and don’t know where to start. It would also be great for people who are looking for a way to store their exercises somewhere where they can look back at it during their workout.

**Project Details**

I plan on creating this project using Java with Eclipse as my IDE. This language and IDE are what I have used in classes prior to this one. I think Java is a great language to use for this project. Framework integration like Junit and TestNG and other plugins can be done easily. Also, many concepts I learned in previous classes can be implemented in this project. Using concepts like polymorphism and multi-level inheritance will be used to help create this project. Arrays will be used to put workouts together each day.

**Research Methods**

I’ll use prior knowledge, notes, and projects from classes like Object-Oriented Programming and Data Structures and Algorithms to help with concepts and implementation for this project. I’ll also do some research using the web if needed.

**Scope**

As a student, I think completing this project would take some work, but is possible. Successfully developing a program like this would be a big  
accomplishment for any student. Experience with creating a simple GUI would be very useful and hopefully enjoyable.