**Project Information**

This is a new application for the fitness industry called *blank*. This app is meant to provide a free/cheap alternative to the fitness apps out there currently. All current apps only offer one or a few features such as workout logging, diet logging, weight calculations, etc. But none offer a complete package of all these for free. Our goal is to provide a free application for users as we are aware that a healthy lifestyle is expensive enough and you do not need to be paying for an app to keep track of everything as well.

**Objectives/Goals**

The goal for this project is to provide a list of features all combined into one app for ease of use for users.

**Constraints**

* Internet. We expect users will have internet connection but cannot depend on this so no feature can require an internet connection for use completely, but it can require internet connection for additional functions to a feature.
* Memory. While mobile devices have grown in the amount of storage they offer, it is still a limited resource, and we must make sure to be as efficient as possible and store as much of the information on remote servers when possible.
* Screen sizes. The application will only run in a portrait orientation.
* Security. All important private information must be kept confidential and safe from any types of breaches.

**Scope**

* Workout Logging
  + Rest Timer
    - The user must be able to preset duration of time and reuse timer easily.
  + New Exercise Creation
    - In the case our exercise database does not have a user’s exercise, the user can create their own exercise to be logged.
  + Super Set Logging
    - The ability to group together exercises into a superset for ease of tracking for users.
  + Save Routines
    - The user should be able to save routines for future use. A user should not have to recreate the routine every log.
  + Display growth/strength gain on exercises
    - The user will be able to see a chart/graph of how much weight they moved every time they did an exercise, allowing them to quantize/visualize their progress.
* Weight/Plate Calculator
  + Different starting bar types/weights
    - The user will have the ability to switch the starting weight of the bar/machine for easy calculations.
  + Plates for lbs
    - The user will have the ability to add 45, 35, 25, 10, 5 and 2.5 LB plates for calculations.
  + Plates for kgs
    - The user will have the ability to add 20, 15, 10, 5, 2.5 and 1.25 KG plates for calculations.
  + KG to LB/LB to KG conversions
    - The use will be able to convert a KG or LB plate calculation to the other unit of measurement regardless of the plate types used.
* Diet Logging
  + New Food Creation
    - In the event the user needs to log a food item we do not have in our data base, the user should be able to create a new item and add its macro details for future logging.
  + Recipe Creation and saving for repeat logging
    - The user should be able to combine multiple food items to create a recipe for easy logging. The user should not have to manually log each food item each time.
  + Meal creation and saving for repeat logging
    - The user should be able to save multiple recipes together for easy logging of meals with multiple different recipes being consumed.
  + Calorie Goal Setting
    - The user should be able to set a daily calorie intake goal/limit to help the user track their food intake.
  + Macro Goal Setting
    - The user should be able to set a daily macro intake goal/limit for carbs, fats, and protein.
  + Weight Tracking
    - The user should be able to log their weight and view a graph of their weight change over time.
  + Weight Loss/Gain goal tracking
    - The user should be able to set a weight goal and date. The application should in turn give them an estimate of how their weight must change each week to achieve that goal. The app should also give them progress updates of how much progress they have made towards their goal from the starting point in terms of a percentage.
  + Water intake tracking
    - The user should be able to log their water intake. As well as set a daily water intake goal.

**Product** **Features**

* Workout Logging
  + The user will be able to keep track of all the exercise and workouts they have done and be able to go back and see their progress overtime.
* Weight Calculator
  + The user will be able to calculate how much weight they are using by simply selecting the plates they used. Will remove the hassle of having to manually type out the numbers for the weights.
* Diet Logging
  + The user will be able to track how much food and water they are intaking each day. This feature will also allow them to track the progress of their weight journey.

**Release** **Criteria**

To be ready for an initial release, at least one of the product features needs to be implemented and have minimal bugs. Other features can be rolled out in updates at later dates.

**Success** **Metrics**

Success for this project is simply a working application that can be downloaded via the app store on iPhone or the google play store on android.