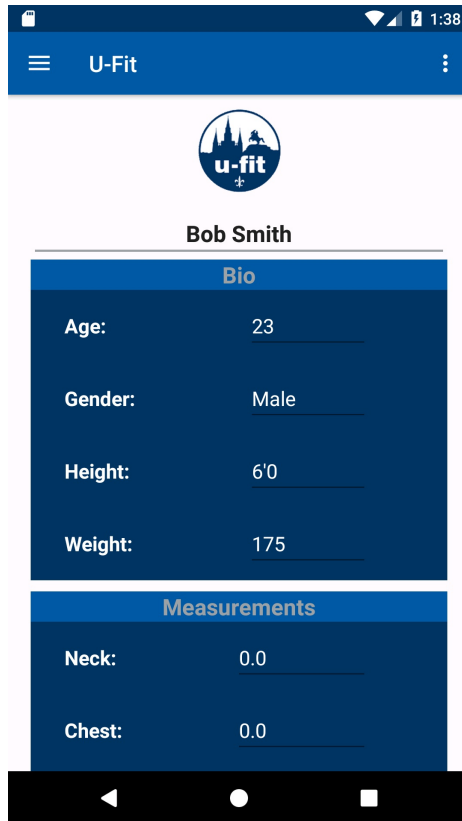# U-Fit

U-Fit is an Android fitness app which allows users to create custom workouts, perform them, and track their progress over time.

Profile Screen

The profile screen allows for the user to update information such as their weight and keep track of their body measurements. The user can save their information by pressing the submit button at the bottom of the page.


Creating a Workout

The Create Workout screen allows the user to create their own custom workouts. A workout is composed of at least one exercise with a defined weight, number of reps, and sets. Exercises can be added to the workout with the "Add Exercise" button and removed by pressing the "X" to the left of their name. Once you have at least one exercise added to the workout the workout can be given a name and created.
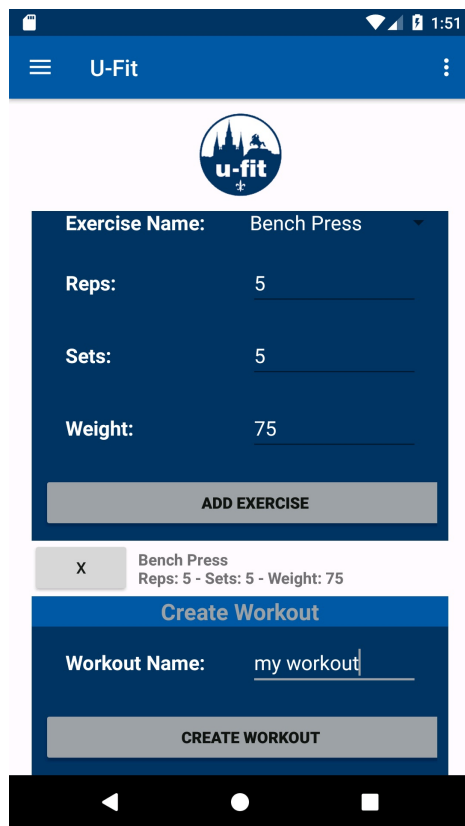
Viewing Workouts The My Workouts screen is where you can view all of your created workouts. Clicking on a workouts name will take you to a seperate screen with more details regarding the exercises that the workout is composed of. From this screen you can either delete or perform the workout.
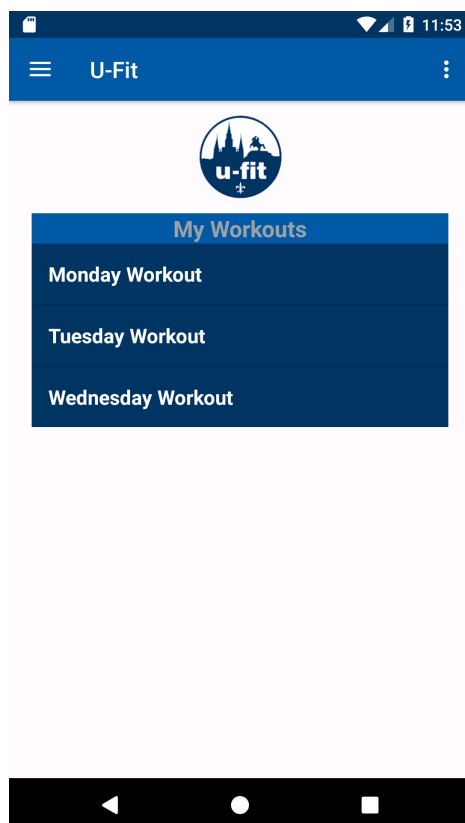
Performing a Workout The perform workout screen allows the user to keep track of their reps, sets, and time while performing a workout and features buttons for manual rests if the user wishes to keep track of their time spent resting during the workout. The Perform Workout screen displays the name of the workout along with information regarding the current exercise that the user is on. The blue counter button in the middle of the screen should be pressed after the completion of each set. Upon completion of an exercise within the workout the app will automatically present the user with the next exercise to perform. At any point the user can skip an exercise or cancel the workout completely.
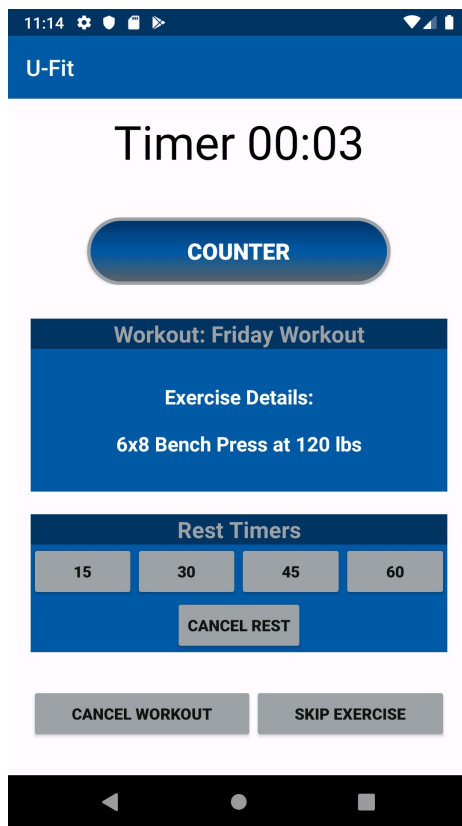
Viewing Stats

The View Stats screen allows the user to view information regarding a specific exercise that they have completed at least once. Multiple line graphs are presented to the user showing how their reps, sets, and weight for the given exercise have changed over time.