

RAD

Introduction

During a workout it is common to keep track of progress in different ways in order to improve. It is necessary to plan workouts, what to do and when to do it. It is also desirable to keep track of progress and set up goals.

This application is a workout app where it is possible to do these things. It is similar to a calendar where it is possible to create workout sessions and have a nice overview over upcoming workouts. Every workout shows a set of exercises and it is also possible to see statistics from finished workout. In addition, it is possible to set up goals and see the progress towards these goals.

Definitions, acronyms and abbreviations.

- Session.
A session is a period devoted to a specific activity. In this document a session is seen as a training session, where a period of time is devoted to training.
- Exercise.
A session is built up of exercises, and an exercise consists of intervals or sessions and repetitions depending on if it's a strength or cardio exercise.
- Routine.
A routine is a premade set of exercises, created to make it simpler for the user to create a session when they have similar recurring workouts week after week.

Requirements

User Stories

Below are all of the user stories that were thought of in the planning phase. [In the end] Each user story is marked whether it is implemented or not.

- As a user I would like to organise my workout in order to make it easier for me to perform.
 - As a user I would like to see my workouts the coming week to get a nice overview.
 - As a user I would like to see a monthly view of my workouts to be able to plan a month ahead.
 - As a user I would like to be able to create workouts to have a nice structure.
 - As a user I would like to save my created workout sessions to be able to reuse it later.

- As a user I would like to repeat a workout in my schedule if I wish to do the same workout over and over again.
- As a user I would like to add new exercises to customize my workout.
- As a user I would like to delete or change my workout sessions if I change my mind.
- As a user I would like to mark exercises as done to remember what I did.
- As a user I would like my exercises to be color coded according to type so I can have a nicer overview.
- As a user I would like to see detailed information about the workout session when I select it, to know the details of my workout.
- As a user I would like to see statistics from my performed workouts to see if I improve.
 - As a user I would like to see my total workout time and other overall statistics in order to feel good about myself.
 - As a user I would like to see my total workout time during the last month/week in order to feel good about myself.
 - As a user I would like to set up goals so I can feel good when I reach them.
- As a user I would like to have access to different tools to enhance my workout.
 - As a user I would like to have a timer in order to take time on my exercises.
 - As a user I would like to receive notifications before my workout to be reminded.
 - As a user I would like to save images or descriptions to remember how I performed my workout.
- As a user I would like to keep track of my diet to complement my workout.
- As a user I would like to customize the UI to feel more comfortable with the app.
- As a user I would like to share my statistics with others in order to feel motivated and supported with my workout.

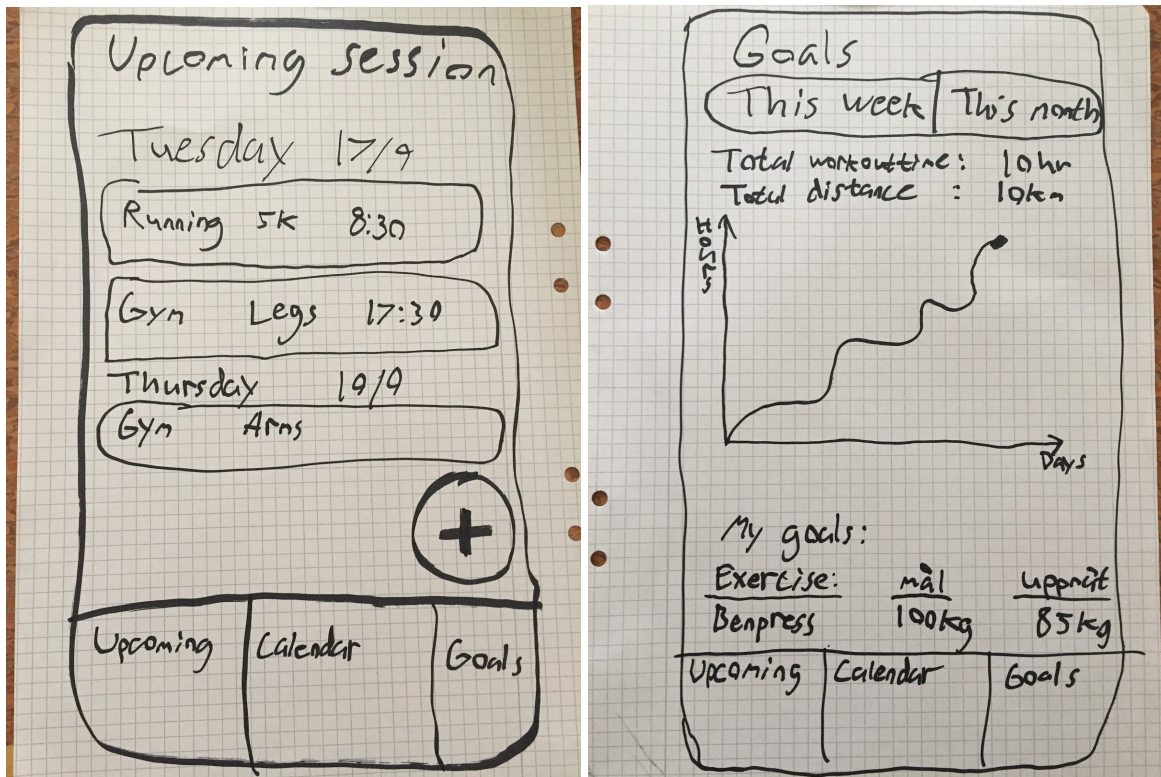
Definition of Done

The Definition of Done is described below. It has been discussed in the group and agreed upon.

- The code has been tested and works.
- At least 1 group member has tested it and read through the code using pullrequest on github.
- All group members agree the UI and implementation is as envisioned.
- Not necessarily implemented into the app if it relies on other user stories to work properly.
- It has been pushed to git and all group members can access it.
- It has been tested on different types of phones or emulators to make sure it works on different screen sizes and hardware.
- The code is commented.

- Test with different date/language/time settings if worked with something relevant to that
- Code follows the code structures and conventions agreed upon in the group

GUI



Some early concept design for the app.

Domain model (show the application using a UML)

Info om kategorier:

<https://chalmers.instructure.com/courses/7585/files/folder/templates?preview=136410>

