Product Requirements Document
Product Name: SetLog

Introduction

First time gym goers often can get lost in the maze of conflicting advice from online voices, and have no way to easily track their progress. The truth is there are many different ways to go about starting to workout, and too many complicated apps that put subscriptions and download numbers before the user's progress. SetLog is a simple way to learn the basics of working out, while also providing the most simple way to track sets, reps, warmups, and personal records. Users will also be able to export their workout data so more advanced users can keep their records with them, or users can send the exported data to a coach or trainer for analysis. In the future users should be able to connect their wearable smart devices to help log workouts and track heart rate.

Users need a fast and simple way to log their workouts, track personal records, and get recommendations on next steps. Without an easy way to track progress, no progress will be made. Set Log can help by improving the user's consistency of working out, giving the user transparent progress indicators. SetLog will also be able to support exporting user data for backups and external analysis from trainers.

Objectives & Success Metrics

Objectives
- Reduce log time to under 60 seconds per workout.
- Enable retention: ≥50% of users log ≥3 workouts within 14 days.
- Provide data portability: 100% of users can export history to CSV.

Success Metrics
- Completion: the amount of times the user is able to log a workout
- Ease of use: Users should be able to log a workout in less than 60 seconds
- Retention: Users log some sort of workout once a week or more
- User progress: 50% of users see meaningful progress and continuously set personal records

Scope

In-scope
- Set and rep tracker - user can select workout and add sets/ reps and any warmup or dropsets
- Personal record tracker per workout - keep track of heaviest lift and alert user when a new record is broken

- Stamina tracker - track length and type of stamina workout along with record time
- Data Export - user can export data into dataset (excel) and share with others
- Project documentation - describing assumptions and iteration notes

Out-of-scope
- Link to proper form guides for each workout
- Fully customizable tracker - simple drop down menus/ dials/ etc…
- Diet tracking - set goals and keep track of calories and protein intake
- Sleep tracking - set sleep goals and keep track
- AI recommendation for progressing
- Wearable smart device integration - can help with tracking heart rate and logging workouts without phone

User Stories

- As a user, I want to quickly log sets and reps
- As a user, I want to see my personal best to check progress
- As a user, I want to export my logs so I can back them up or let a trainer analyze
- As a user, I want common exercises preloaded so I can save time between workouts

Functional Requirements

The product must be able to add, edit or delete workouts, view past workouts in history view, and export logs. The product should have personal records auto-updated per exercise, shortcuts to repeat past sessions to help with consistency. The product could have basic charts for volume or PR trends, AI assisted recommendations, and fully customizable UI.

Non-Functional Requirements

- Performance: Log a workout in under 60 seconds
- Responsiveness: Mobile-friendly UI for gym use
- Data: Store data locally (browser storage/SQLite)
- Security: If authentication is added, enforce hashed passwords and HTTPS

Dependencies & Risks

Dependencies
- Front-end: React or plain responsive web UI.
- Back-end: Django API
- Data: SQLite

Risks & Mitigation

Risk	Impact	Likelihood	Mitigation
Low Retention	High	High	Keep interactions fast and keep customizable
Data loss	High	Medium	Use local storage and simple export backup
Feature Creep	Medium	High	Focus on core functionality and use public roadmap for updates

Acceptance Criteria

- Workout Logging: A user can log a workout with a customizable amount of sets, reps, warmup sets, dropsets, and time and speed for cardio
- History View: Past workouts are displayed in a list with date, exercise, sets/reps/weights
- Personal Records: PRs are updated automatically when a new max weight is logged
- Export: A user can export the full workout log to external sources and shared freely with trainers
- Performance: Users should be able to log a workout in under 60 seconds