Project Pitch: SetLog MVA

Problem

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.

StakeHolders

- First time gym goers who need a bit of direction
- Users who need a simple workout tracking tool
- Trainers who can use the exported data to give recommendations to users.

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

Success Metrics

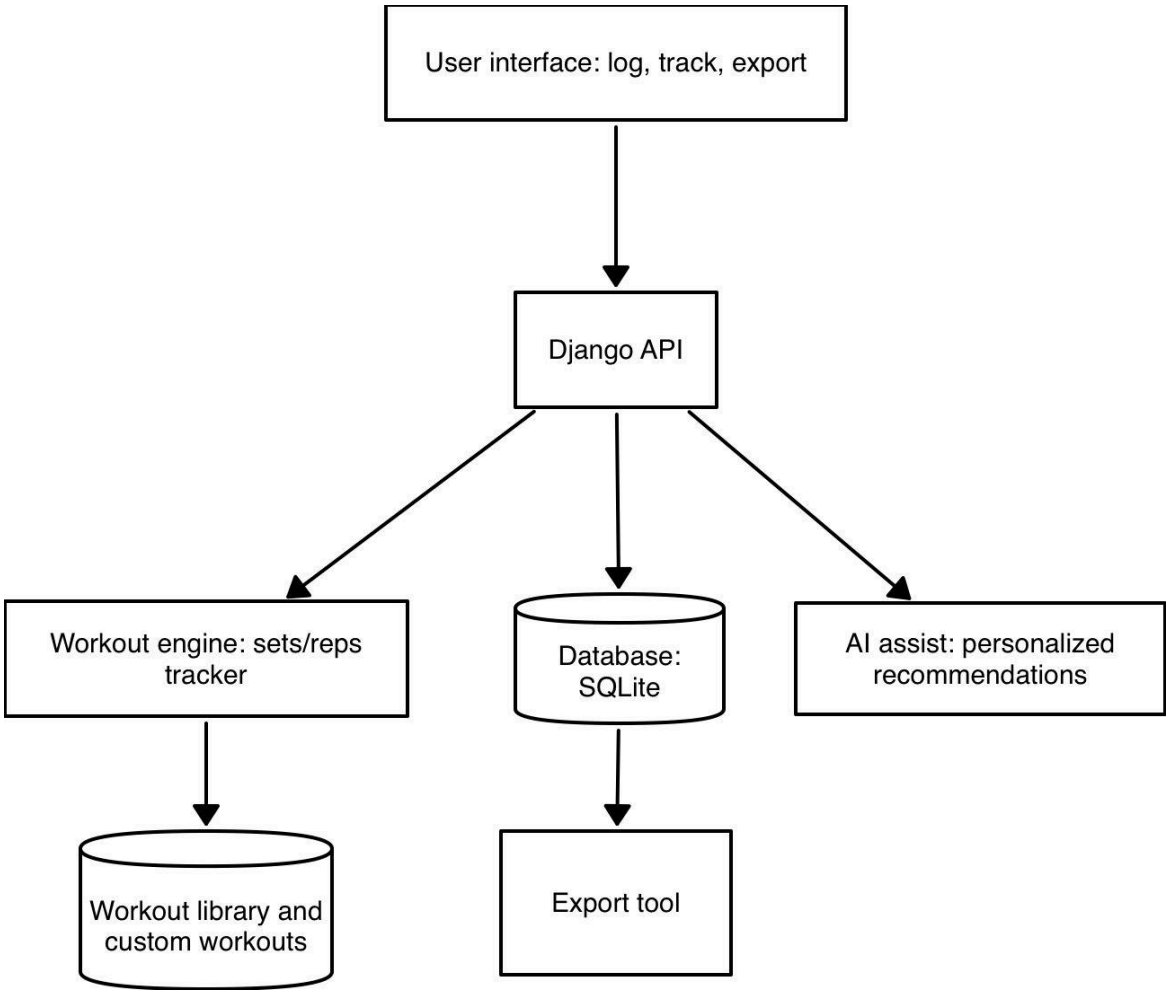
- Completion: the amount of times the user is able to log a workout
- Ease of use: Users should be able to log a workout in less than 60 seconds
- Retention: Users log some sort of workout once a week or more
- User progress: 50% of users see meaningful progress and continuously set personal records

Minimal Viable Artifact (MVA)

The MVA comprises three deliverables

1. A working workout logger with editable sets and reps, with users being able to include dropsets or warmups as needed along with stamina tracking
2. A personal best tracker that user can aim to break each workout
3. An export tool that allows users to share progress or save in a long term storage solution.

System Sketch



Evidence Base

Kwon, J. Y., Lee, J. S., & Park, T. S. (2022). Analysis of Strategies to Increase User Retention of Fitness Mobile Apps during and after the COVID-19 Pandemic. *International journal of environmental research and public health*, *19*(17), 10814. https://doi.org/10.3390/ijerph191710814

Sousa Basto, P., & Ferreira, P. (2025). Mobile applications, physical activity, and health promotion. *BMC Health Services Research, 25*, Article 359. https://doi.org/10.1186/s12913-025-12489-z

Momma, H., Matsushita, Y., Koyama, T., & Iso, H. (2022). Muscle-strengthening activities and risk of all-cause, cardiovascular disease, and cancer mortality: A systematic review and meta-analysis of cohort studies. *British Journal of Sports Medicine, 56*(13), 755–763. Retrieved from https://bjsm.bmj.com/content/56/13/755

Risk Register

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