Grant Phase 1

Purpose:

Workout statistics
Encouragement
Share workouts

Context Diagram:

```
          ┌─────────────────┐
          │                 │
          │      User       │
          │                 │
          └─────────────────┘
              │         ▲
              │         │
     upload/download    │
        materials       │
              │  display information
              ▼         │
          ┌─────────────────┐
          │                 │
          │     Website     │
          │                 │
          └─────────────────┘
```
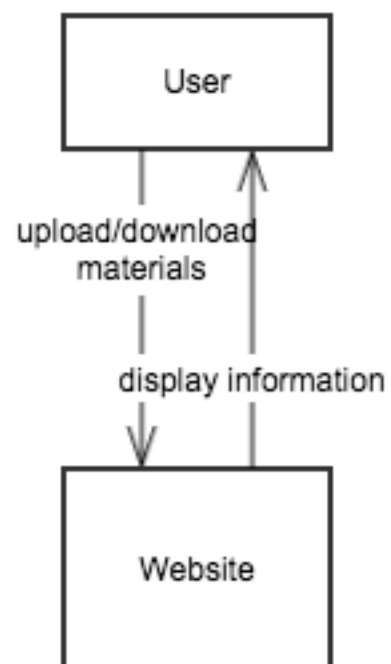
Concepts:

Workout
Goals
Statistics

Data Model: