

# Screen Sketches

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**Team: ip\_102**

**Contributions: Each Team Member Contributed Equally**

Description of the app:

Our weightlifting tracking app allows users to track their stats, join teams, and allow coaches of those teams to monitor their progress. Our three types of users are athletes, gym rats, and coaches. Athletes and gym rats are very similar users, except athletes have joined a team and have their stats monitored by coaches, while gym rats monitor their own progress. The coach aims to monitor their athlete's performance over time and assign workouts to certain members based on what they need to work on. Coaches have full control over their teams, and athletes have much more limited control.

## **Athlete**

- **Functionalities**
- Join Team: Users can join a specific team. Must be on a team initially
- Enter Information: Users can enter information about their height, weight, calories eaten, fl oz of water drank, and workout information for a day for that specific user.
- View graphs: Users can view graphs with their workouts, calories, water intake, and BMI over time.
- Log in workouts
- Login: Users can log into their accounts.
- Logout: Users can log out of their account.

## **Coaches**

- **Functionalities**
- Create a team: Coaches can create a team and invite other athletes to join their team.
- View analytics for all athletes on their team.
- Login: Users can log into their accounts.
- Logout: Users can log out of their account.
- Join Team: Users can join a specific team.

- Assign Workouts: Coaches can assign specific workouts to Athletes
- Report Injury: Coaches can submit Injury reports to coach

## **Gym Rat**

- **Functionalities**
- Join Team: Users can join a specific team. They do not have to be on a team initially; they can join one later but lose access to self-assigned workouts.
- Enter Information: Users can enter information about their height, weight, calories eaten, fl oz of water drank, and workout information for a day for that specific user.
- View graphs: Users can view graphs with their workouts, calories, water intake, and BMI over time.
- Login: Users can log into their accounts.
- Logout: Users can log out of their account.
- Self-Assign Workouts: Coaches can assign specific workouts to themselves.

## **NFRs:**

- Usability: Easy to use app with conventional buttons and can be picked up by new users without issues.
- Reliability: There shouldn't be any cases where a bug could crash our app. It should work well every single time it is loaded.
- Efficiency: The app should load in a reasonable amount of time, and users should not grow frustrated with the application's response time.

## Database Tables:

ER Diagram:



Table1: Athletes

Fields:	User	Password	Statistics	Team
Type of Data	String	String	JSON	String

Table2: Coaches

Fields:	User	Password	Teams
Types of Data	String	String	JSON

Table3: Workouts

Fields:	List Of Workouts
Types Of Data:	JSON

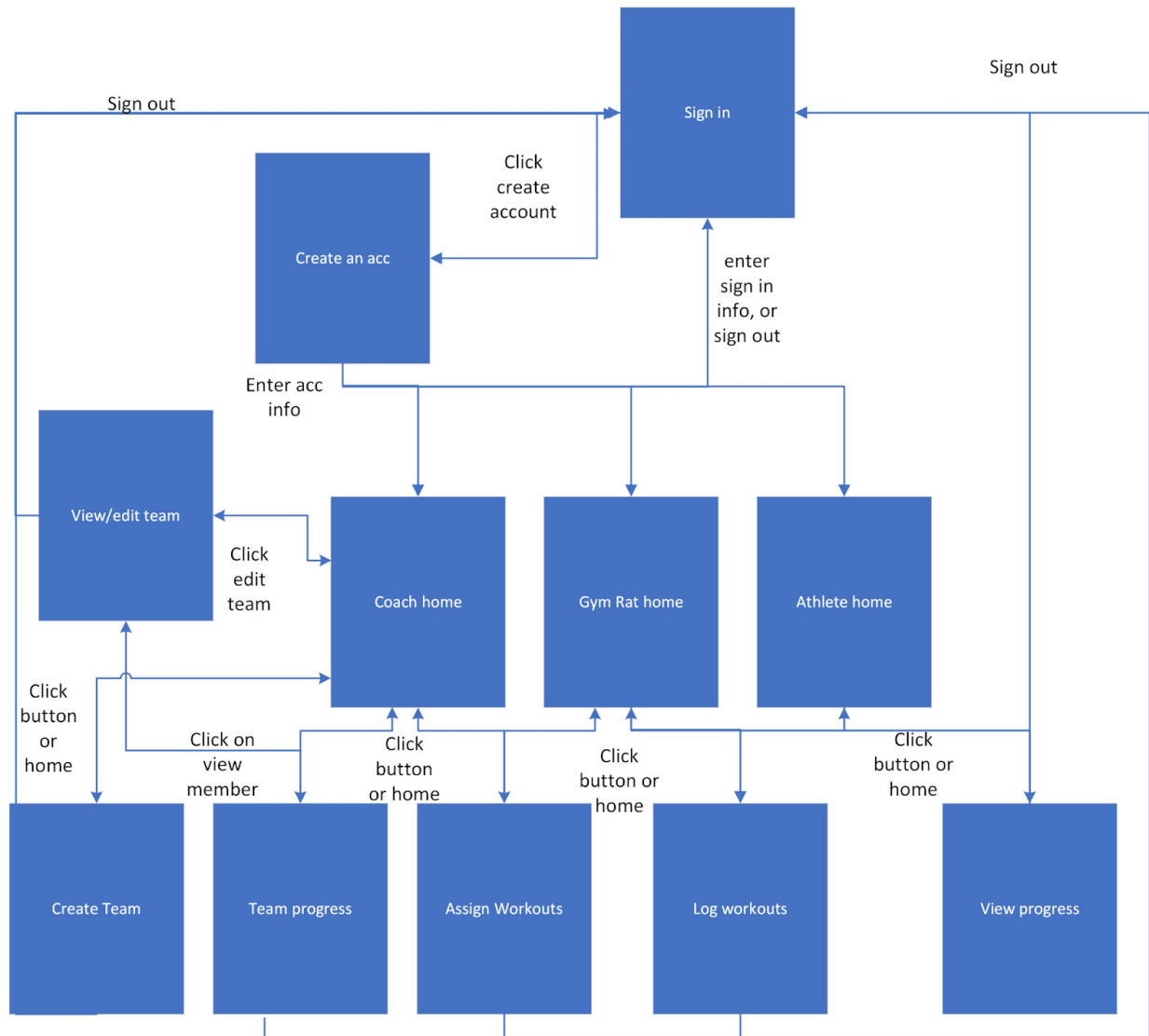
Table4: Teams

Fields:	Coach Invite Code	Athlete Invite Code	Name	List of Members
Types of Data:	String	String	String	JSON

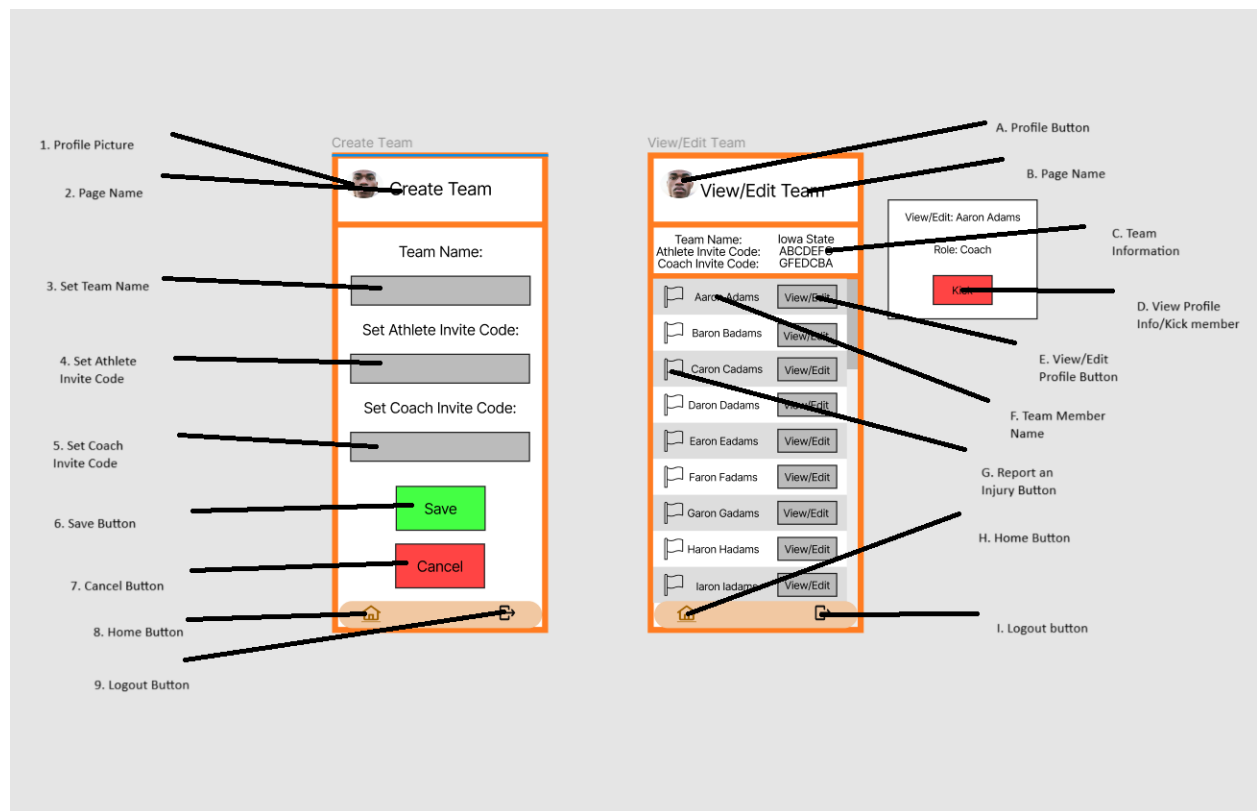
Table5: Gym Rats

Fields:	User	Password	Statistics
Types of Data:	String	String	JSON

### Screen Flow:



## UI Mockups of Pages:




### Max Rohrer

Left Mockup: This is the Create Team (2) page. On this page, Coaches who are logged in (1) and creating a new team can set their team name (3), set their invite code for coaches (5) and athletes (4) that they want to join their team and save (6) or cancel (7) their changes. The purpose of teams is to allow coaches to monitor their athletes and see their progress. Coaches can invite other coaches using an invite code that they set (like a password to join as a coach) or invite athletes using the same concept. Also, from this page, Coaches can return to the home page (8) or sign out (9). Both of these options will have a similar effect to the cancel button and will not save their changes. Also, all fields must be filled out before save can be clicked.

Right Mockup: This is the View/Edit Team (B) page. On this page, logged-in coaches (A) can see all of the members of their team (F), their team info (C), report an injury for an athlete (G), and view details about a certain member of their team (E). Upon clicking on View/Edit, a coach will be able to see the role of that member's role and a kick button (D) if they no longer want that person on their team. On the bottom of the page, coaches can return to their home page (H) or log out (I). This page aims to give coaches a full view of their team members and access to kicking members off of the team or reporting injuries to certain athletes.

## Eric Hedgren

- (1) This is the Gym Rat Home page
- (2) Profile picture of who is logged in
- (3) Redirect user to the assign workouts page where the user can create their workout plan
- (4) Redirects user to Log Workouts page where the user can log the weight and number of reps for an exercise that is assigned in the Assign Workouts page
- (5) Redirects user to View Progress page where the user can see data analysis of their progress
- (6) Users have the option to join a team by providing the Team Name and the Team Code. By joining a team it will change their role from Gym Rat to Athlete/Coach
- (7) User can insert their Height which can be used for data analysis
- (8) User can insert their Weight which can be used for data analysis for tracking weight over time
- (9) User can track how many calories they have eaten
- (10) User can track how much water they have consumed
- (11) This brings the user back to the home page (which is this page)
- (12) Logs the user out (directs them to the Sign in Page)

 **Gym Rat Home** (1)

Assign Workouts (3)

Log Workouts (4)

View Progress (5)



Team Name: (6)  
Team Code:

Height (7)

Weight (8)

Calories Eaten (9)

Hydration (10)

 (11)  (12)

- (1) This is the Log Workout page
- (2) Name of the workout day. In this example it is leg day, but it could change to whatever muscle group is being focus that day (i.e. chest, back, arms)
- (3) This is where the user will log how much weight for the number of reps they did for each exercise which is assigned in the Assign Workout page
- (4) Directs the user to their home page
- (5) Logs the user out (directs them to the Sign in page)

Log Workout (1)

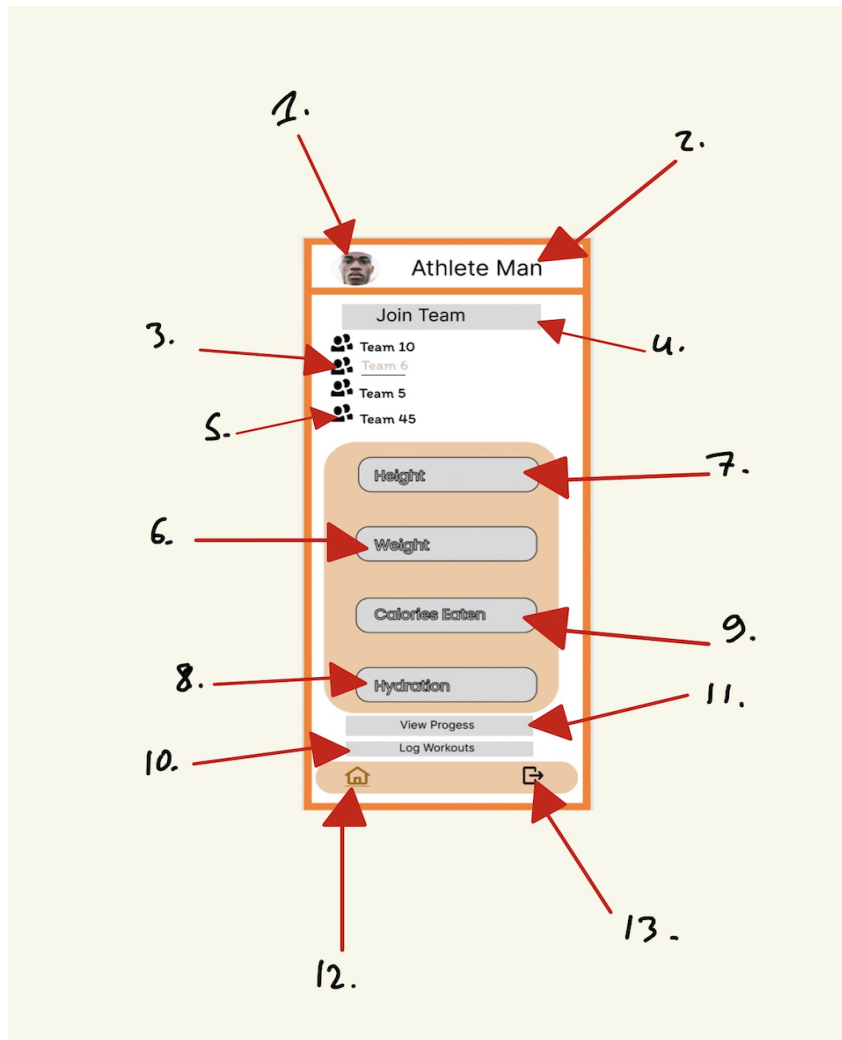
Legs (2)

Exercise	Weight	Reps (3)
Squat	315	18
Leg Press	900	30
Leg Extension	220	30

 (4)

 (5)



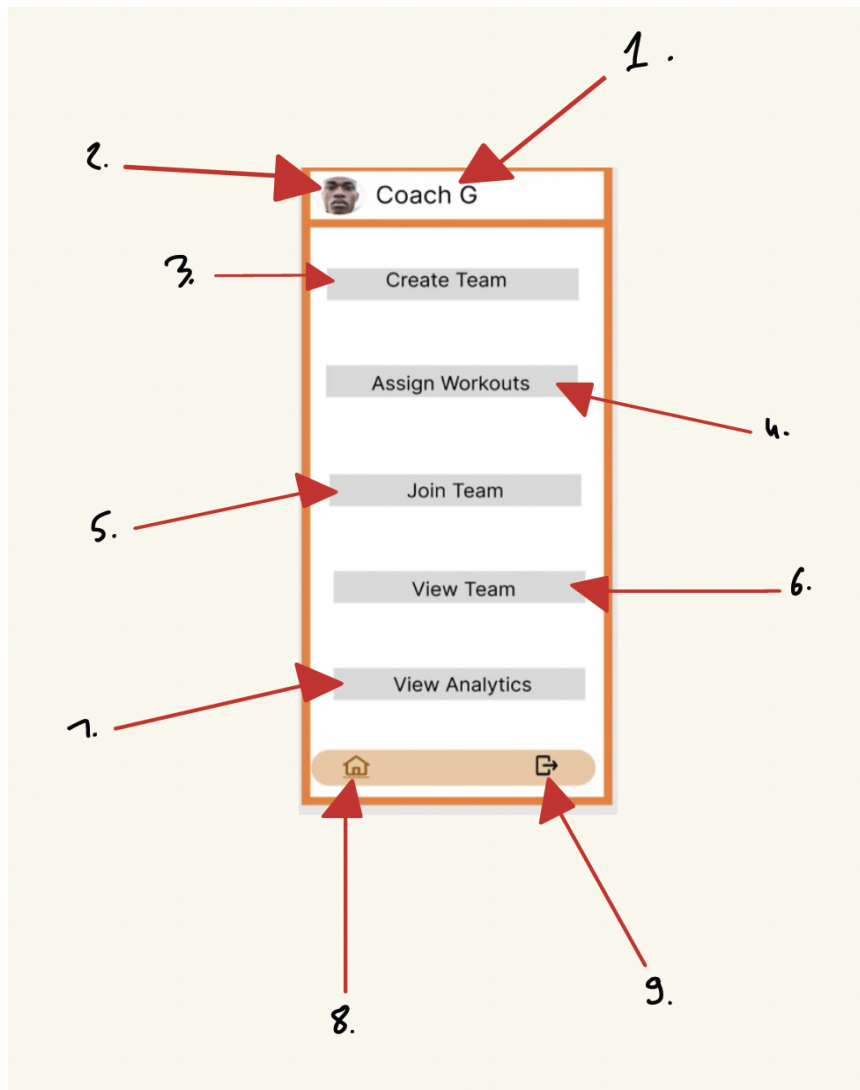


### Franck Biyoghe Bi Ndoutoume

The picture above is the **Athlete Page**.

1. This is the athlete's display photo. If they opt not to upload a photo, an avatar or a similar icon will appear.
2. This displays the athlete's name.
3. On the athlete's page, you can find their current team. The current team is highlighted in a distinct color to indicate their active team.
4. This button allows you to join a team.
5. Here are other teams available for joining.
6. Users can input their weight information here.
7. Here, users can provide their height details.
8. This section allows users to input hydration data.
9. Users can enter the calories they've consumed here.

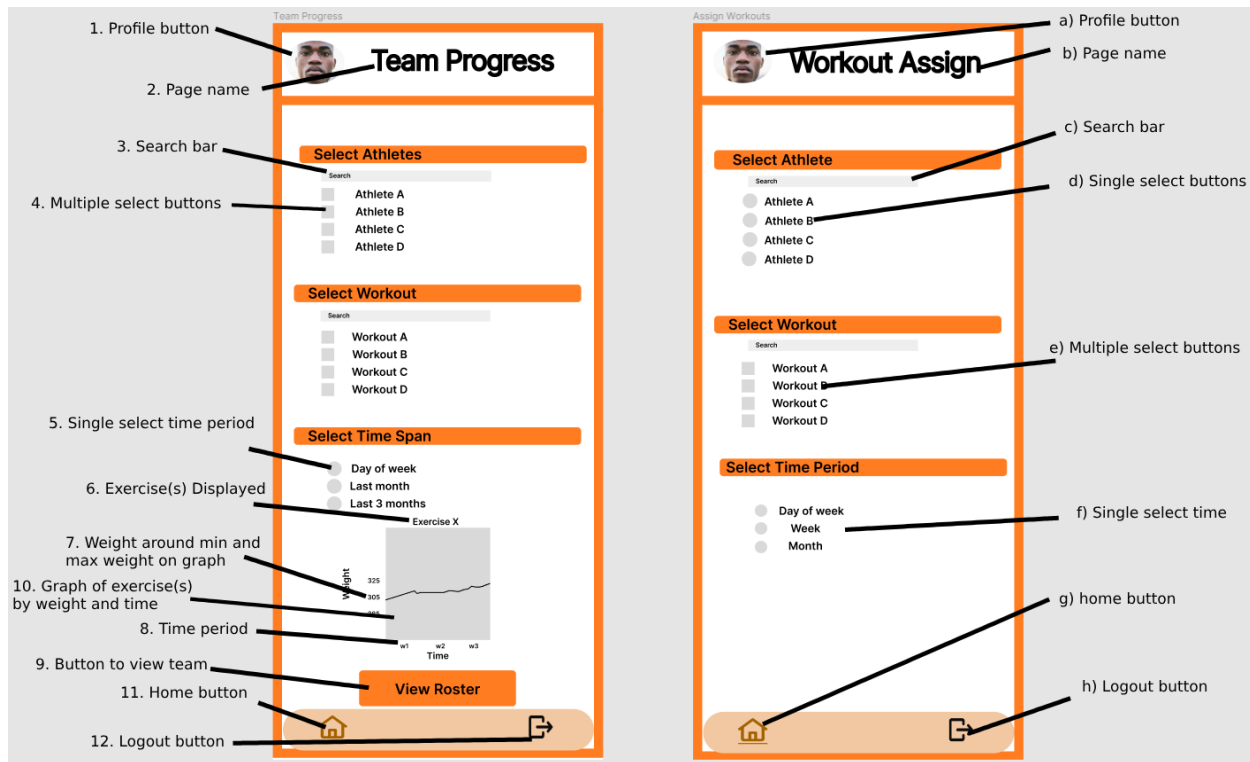
10. This button will take user to a page where they have the option to log their workout sessions here.
11. This section displays the user's progress or chart.
12. This is the main page; its unique color signifies that you're currently on it.
13. This is the sign-out button; pressing it will log you out of your account.



The picture above is the **Coach Page**.

1. This displays the coach's name.
2. This is the athlete's display photo. If they opt not to upload a photo, an avatar or a similar icon will appear.

3. Clicking this button directs you to the "Create Team" page where you can form a team.
4. Coaches have the authority to assign particular exercises to Athletes.
5. By pressing this button, you can join various teams in the capacity of a coach.
6. This button lets you see your team's member list and report injuries.
7. Using this button, a user can analyze data for every athlete in their team.
8. This is the main page; its unique color signifies that you're currently on it.
9. This is the sign-out button; pressing it will log you out of your account.



## Gavin Fisher

Left side is the team progress page.

1. Profile image/ button that will bring you to profile
2. Name of page
3. Search bar which will change results shown below it to search for athletes
4. Can select multiple boxes or just one
5. Select one period for the graph
6. Exercise(s) selected from above
7. Weight above and below weight from exercise selected
8. Time period from selection above

9. Button to view the team roster
10. Graph which is made from the exercises selected focused on the time period selected
11. Home button
12. Log out button

Right side is the workout assign page

- a) Profile picture/button that will bring you to profile
- b) Name of page
- c) Search bar will filter items below
- d) Single select buttons for athletes
- e) Multiple buttons can be selected for exercises
- f) Single button for time period
- g) Home button
- h) Log out button