DEV-3
Team 7

Tasks Completed:
1. User can design custom workout templates
    a. The user can interact with the Template Builder to make their own workouts, with custom exercises, in addition to premade exercises. All of those templates are then saved and can be selected and used when starting a workout.

2. User can log and create workouts
    a. The user has the option to either track live or past workouts. They can populate a template they've created or use a blank template. Once that is populated, they can add exercises, add sets, change the number of reps and weight, and add notes to each exercise as well. After the workout is complete, they can also see a summary of their workout, showing what they did.

To run the current snapshot of AllMoves you will need:
1. [Flutter Installed] (https://docs.flutter.dev/get-started/install)
2. [Flutter app development set up on your specific platform] (https://docs.flutter.dev/get-started/install)
3. A Computer-native Flutter device to run the application (Windows or Mac)
    a. This is because saving custom Templates and Exercises relies on reading and writing from a JSON file (incredible program design, I know)
   b. (Though, the app and all of its features will still run on any platform listed using `flutter devices`)

Running the application
1. After cloning the repository, open the command line and navigate to the root directory of the repository
2. run 'flutter pub get'
3. run `flutter run -d {device}`
> Alternatively, if you have Flutter set up in VSCode or Android Studio, you *should* just be able to launch it as you normally would

Performing Each Task:

1. User can design custom workout templates

Below is the flow for task 1. Users can navigate to the templates tab and see their templates, and premade templates. Once they click the + button at the bottom right, they are then brought over to the Template Builder, where they can name their workout, add exercises (including custom ones), add sets, and save their template.Once the template is saved, they can see it listed in their templates list.
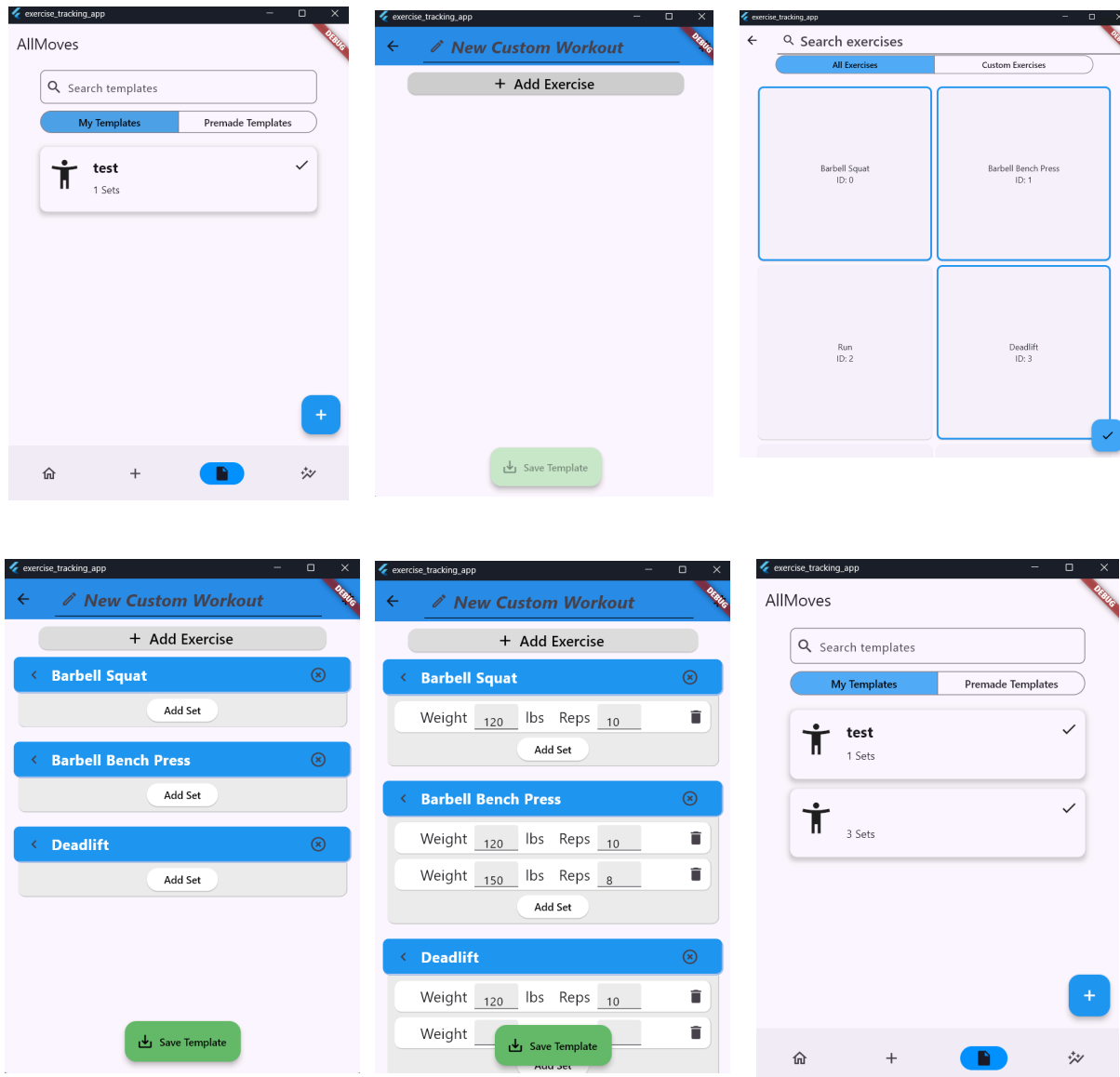
2. User can log and create workouts

Below is the flow for task 2. When you click +, you are brought to a page to either track your workout live or track a past workout you've done. After deciding, you are brought to the templates, and can choose what template you want for the workout. Once you select a template, depending on what you chose, you are either brought to a tracking live screen or a tracking past screen. For tracking live, you can see the time and can pause your workout. For tracking a past workout you just type the time you took in. Regardless, for both live and the past logging, you have the ability to edit your workout and write notes about each of your exercises. Something that still needs to be improved there is that the text box to edit your workouts is a little finicky and is not the most user-friendly. After your workout, you click either the Finish button in live workout tracking or the Save Workout button at the bottom of past workout logging, and you are brought to the screen that is shown at the top right below. That screen shows you your workout summary, listing your sets, reps, and weight.
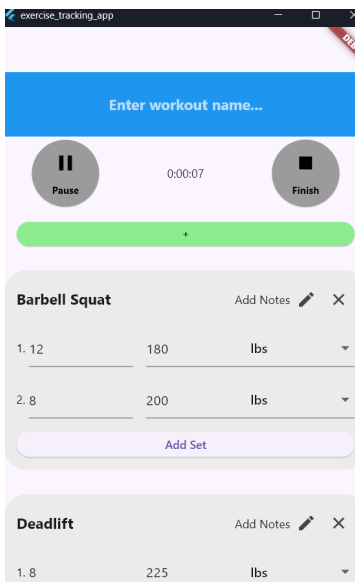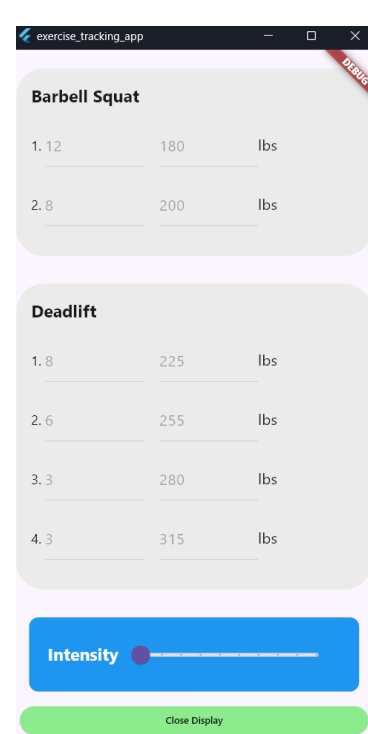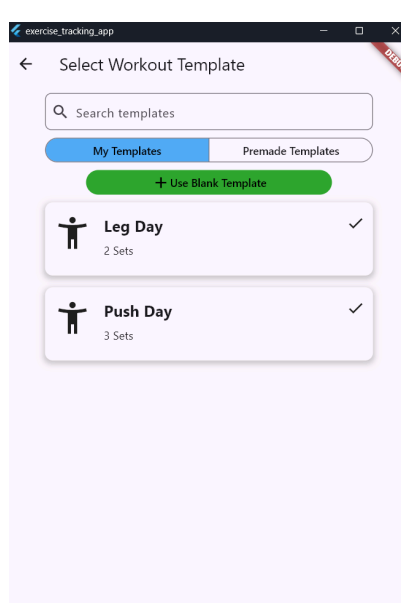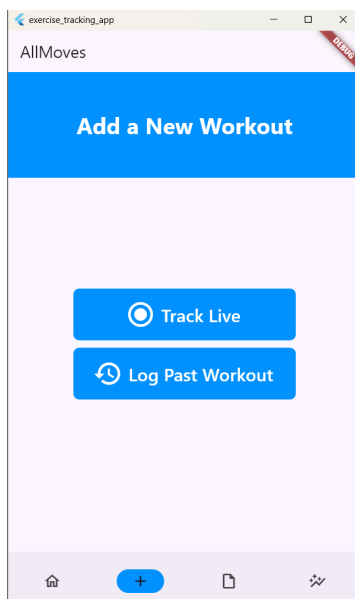

< tracking live

tracking past >
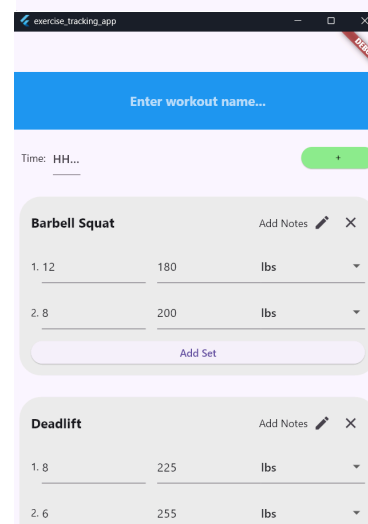
Changes from Wireframes:

From our original wireframe designs, we have decided to change the flow for creating a new workout. In the original wireframe, we planned to have a sort of overlay that gave the user an option for tracking a live or previous workout. The original planned design and the current design are shown below. We decided on this change after receiving feedback from our consultants on Tuesday. They found it confusing that the plus button in the navigation bar did not lead to a new page, but led to this sort of pop up option. It did not feel like a very intuitive design to them, and they expected to see a new screen to start their workout when using the navigation bar, as all other options on the navigation bar lead to a new screen. We decided this would be the most effective and intuitive way for users to navigate through the app, and would better adhere to universal design guidelines when it came to intuitive use. So we have changed these options in the original popup to be on their own screen that the user can find using the navigation bar as expected.
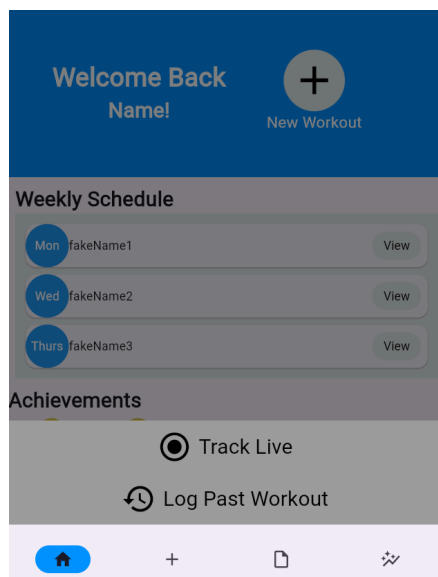
Old: New:
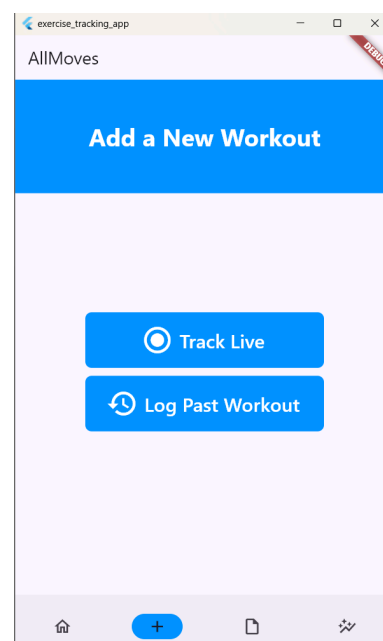
Another small, but significant change that was made was to the intensity. Originally, we had the intensity as a plus icon where you would hit it to increase the intensity level from 0 to 10. After meeting with our consultants, one feedback we received was to make it a slider, and after further thought, it made the most sense to do so. Not only is it more intuitive for users, especially on mobile devices, it also reduces the amount of work users need to put in. It saves them having to hit a plus button multiple times.

Old: New:

Improvements for Beta Prototype:

Templates
- There is no implementation to allow users to give each template an image or icon yet
- Templates made by the user currently cannot be edited again, but this functionality should be done with the Beta

Exercises

- support for images associated with each exercise is intended to come with the Beta, but depending on need we may pivot to a more convenient design

Workouts and Workout Logging
- design-wise, we plan on making each exercise in the template closer to how they're displayed in template builder, which will be implemented in Beta
- selecting the "Tags" button on a workout, allowing you to select different tags (and potentially create custom tags) has yet to be implemented
- Adding functionality for users to be able to re-order exercises
- we also need to tweak designs to better support logging different types of exercises and different units, as we have mostly been testing with weight lifting
- once viewing stats has been further implemented, connect workouts to those stats can be finalized for both stats & workout summary
- Text box to edit workouts can be finicky
- Code-wise consolidating model overlaps (Exercise)

Viewing Stats
- stats has not yet been implemented in any capacity, as being able to log and complete workouts has been our highest priority
- by the Beta, we plan to have the stats page fully finished, allowing individual workouts to be viewed, goals to be set, etc.
  - at the very least, the UI of this page will be done