

**DEV-3**  
**Team 7**

**[Github Link](#)**

**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`)

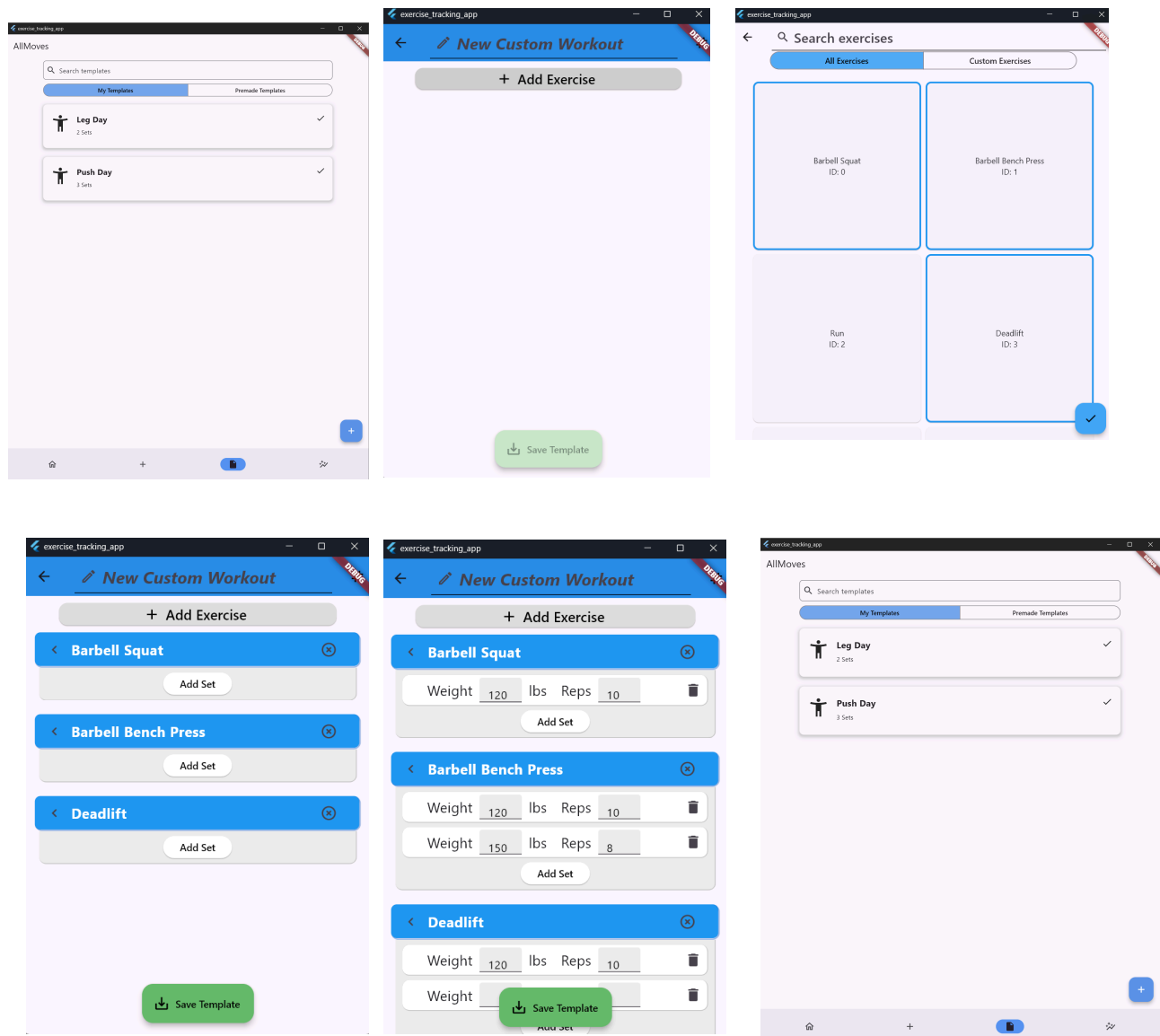
**Running the application**

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:

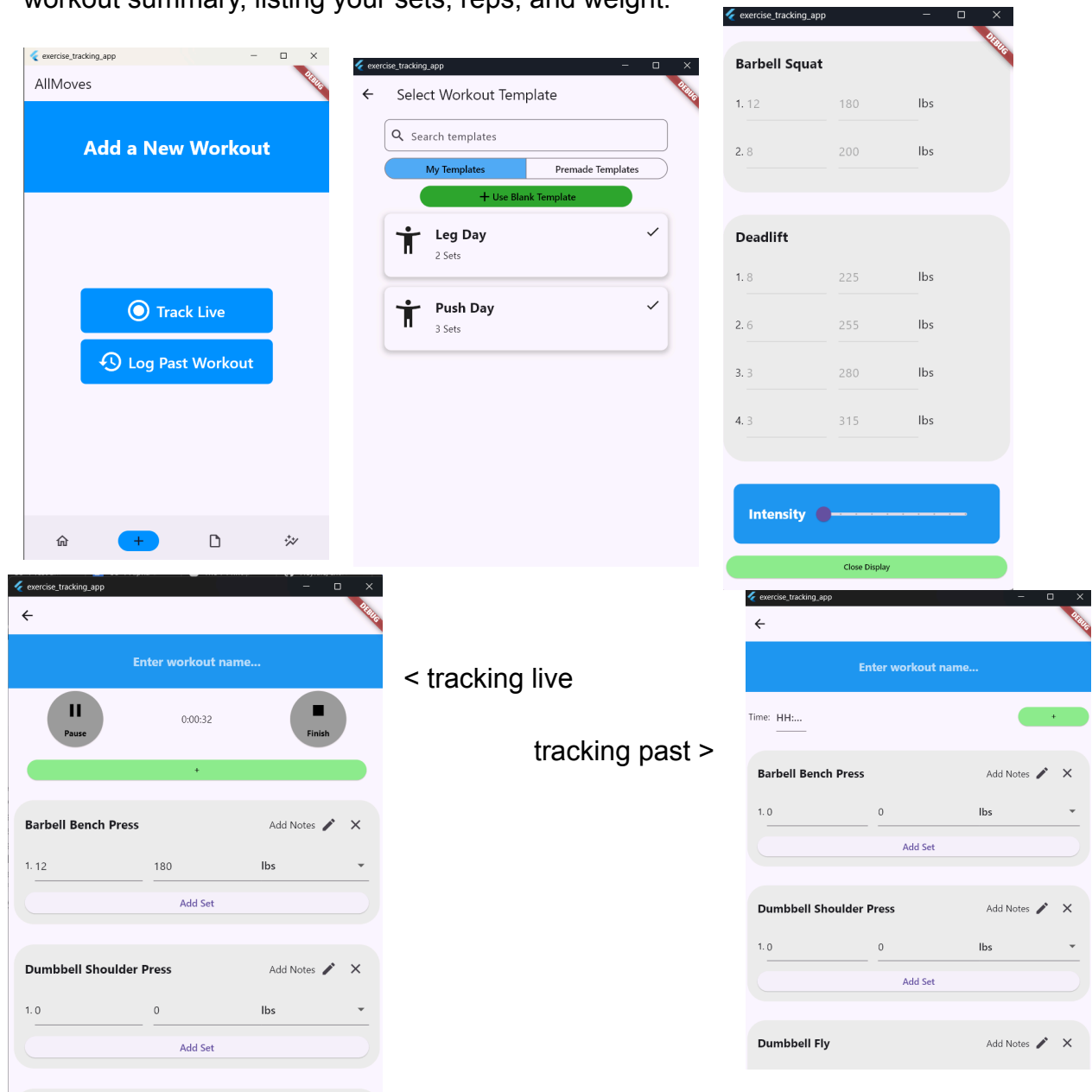
### 1. User can design custom workout templates

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

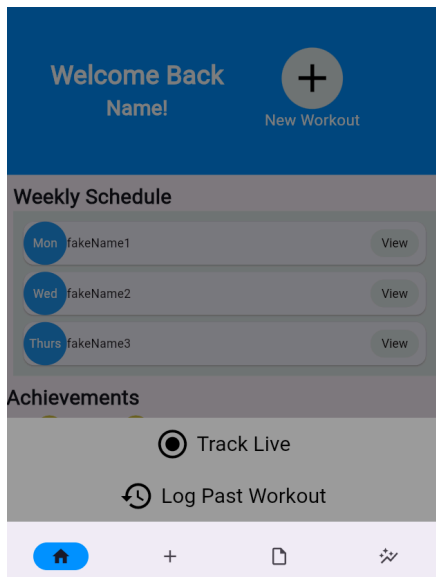
Below is the flow for task 2. When you click +, you are brought to a page to either track your workout live or track a past workout you've done. After deciding, you are brought to the templates, and can choose what template you want for the workout. Once you select a template, depending on what you chose, 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 workouts 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.



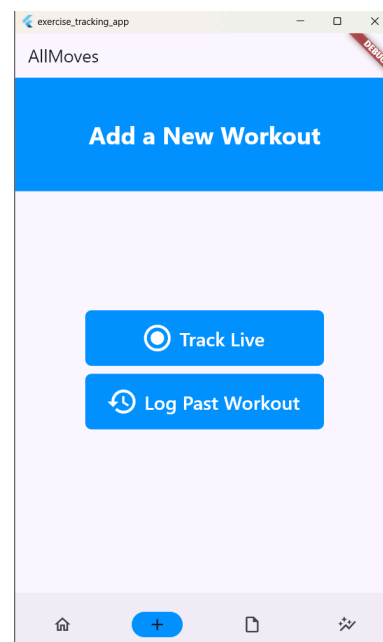
## Changes from Wireframes:

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:

9/22 Morning Lift Tags

**Squats**

1. Reps: 12 Weight: 225 LBS

2. Reps: 8 Weight: 255 LBS

**Leg Press**

1. Reps: Weight: LBS

2. Reps: Weight: LBS

**Leg Curl**

1. Reps: Weight: LBS

2. Reps: Weight: LBS

Intensity: + Add Intensity

Close Display

New:

exercise\_tracking\_app

9/22 Morning Lift

**Barbell Squat**

1. 4 125 lbs

**Deadlift**

1. 12 210 lbs

Intensity

Close Display

## 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

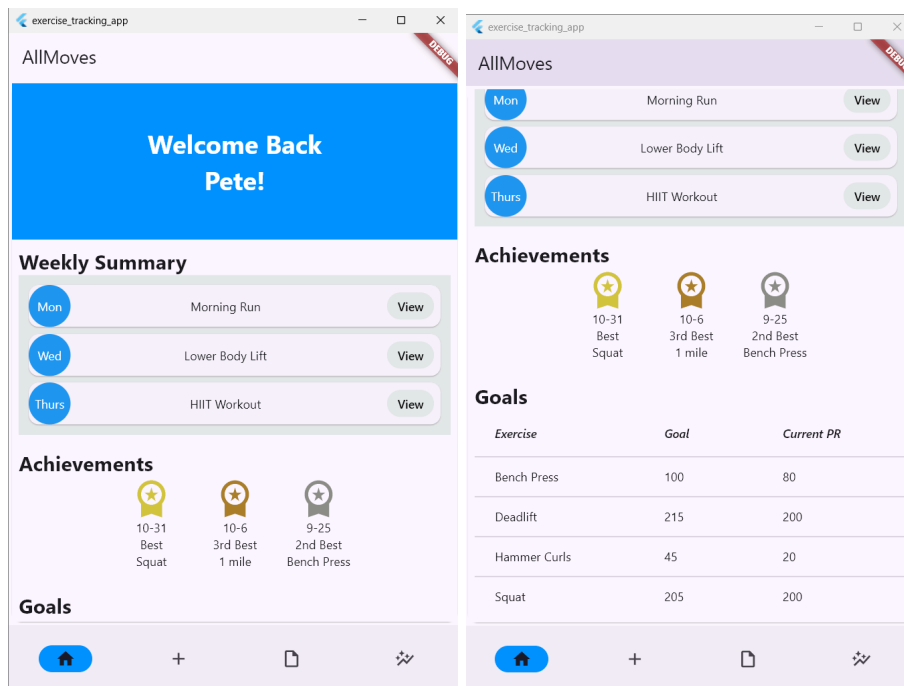
- selecting the "Tags" button on a workout, allowing you to select different tags (and potentially create custom tags) has yet to be implemented
- Adding functionality for users to be able to re-order exercises
- we also need to tweak designs to better support logging different types of exercises and 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

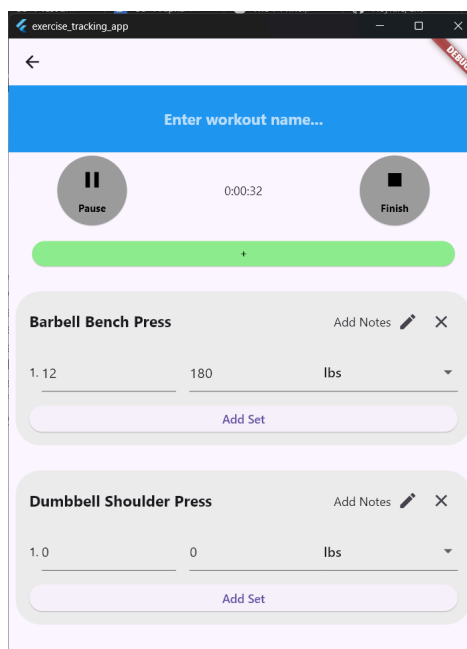
## Developer Story:

### Home Screen



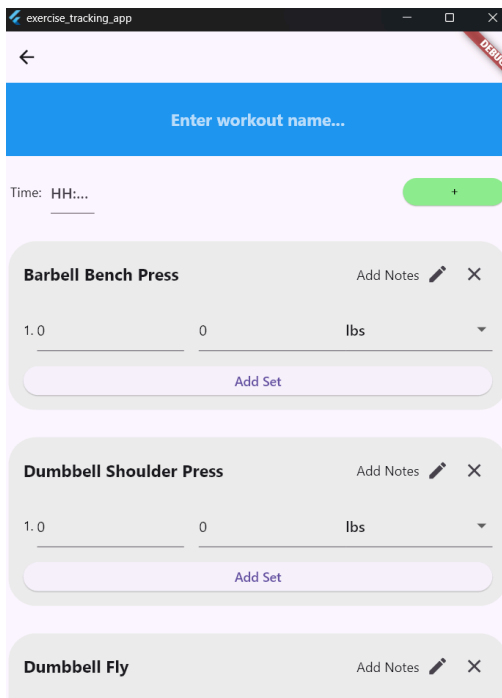
For our home view, we decided to have a focus on highlighting the user's progress and goals as soon as they opened the app. The header with the "Welcome Back" text has slightly changed from our original wireframe, as we used to have a button to start a new workout. This was altered (and explained previously in our writeup) to better adhere to universal design principles and support our feedback from our consultants. This section will likely shrink in our next iteration, as it takes up a decent amount of space in this version of our app. Next, we put a weekly summary, so the user can immediately note their progress and what they have accomplished this week. This will be a list of the week's previous workouts that the user can click on to view in more detail (this feature is not implemented yet due to time constraints, but will be implemented in the beta). Below this, we have a list of achievements that the user has made. This is a scrollable horizontal list that shows all the achievements from past exercises. This provides a way for the user to focus on their progress and see how they have been improving overtime. This will show if a user has reached their highest amount of weight for an exercise/fast time, etc. This is a good way to celebrate the user and their continued use of the app and their progress in working out. Below this, we have a goals table. This provides the user an easy way to look to the future and what they are looking to achieve in future workouts. The "Goal" column is numbers that are set by the user, and the "Current PR" column shows the user's current personal record. This allows an easy place for the user to compare their current progress to their individually set goals, which should motivate and propel the user to continue on their workout journey.

### Workout View:



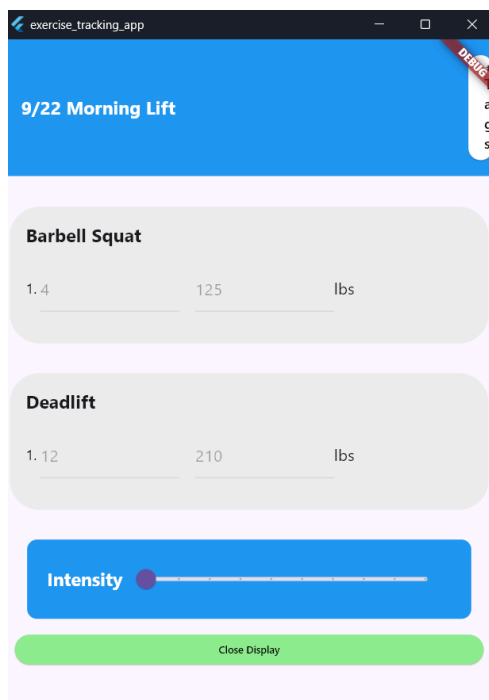
For the logging live workout view, at the top there is white space for the app name, which we have not added yet. Below that, you can enter your workout name. To clarify, your template name and workout name are different because you can use a template for multiple workouts. Underneath that, you have the ability to pause and finish your workout. The time displayed in the middle is the live time and starts when you get to this page. We used big buttons for this to ensure it's easy for users to pause or finish their workout. However, we have yet to implement the safeguards if someone accidentally clicks finish. We want to add an "are you sure?" prompt to make sure users have the ability to go back. Below the

pause and finish, there is a green + button that allows them to add exercises. It is towards the top because of its importance. Underneath the green button are all the different exercises and their sets below it. We plan to further improve it by making the display here consistent to the display in building templates. It should be done by the Alpha prototype, but we ran into time constraints. The ability to add notes came from the consultant feedback, but also from our own experiences. Sometimes certain sets feel strange or there are certain things that we want to have noted down per exercise. The notes are a pop-up because we didn't want it to take up the whole screen when the exercise is the main focus. The notes do get saved, so when you reopen the box, the notes you entered previously will be there. Because of the time crunch, we have yet to implement deleting a set, but that will also be added. You can add sets to your exercises and delete exercises as well. We also want to add the ability to drag and reorder the exercises, and that is something we will have for the Alpha prototype. It makes it simpler and more intuitive for users to do that.



Similarly to the logging live view, we have the logging past workouts view. Its structure is the same as live for the header and the workout name. However, below it, because it is not live, we don't have the pause or finish buttons. Instead, there is a field to input your time. The reason it's small, for the time being, is because I didn't want to put emphasis on it in terms of the key tasks. There is also the green + button in the corner. We wanted that to also be more subtle, and not be the full row. We do plan to make that bigger and fill up the white space though. Underneath that, like the live workout page, is the same set up. At the very bottom is a Save Workout button. The reason it is at the bottom is so that users can review their workout, and go all the way down before clicking it. With the live workout, users may just want to be done or pause it so they can click it, it's more easily accessible being right at the top of the screen. Having the pause and finish buttons together also keeps it consistent.

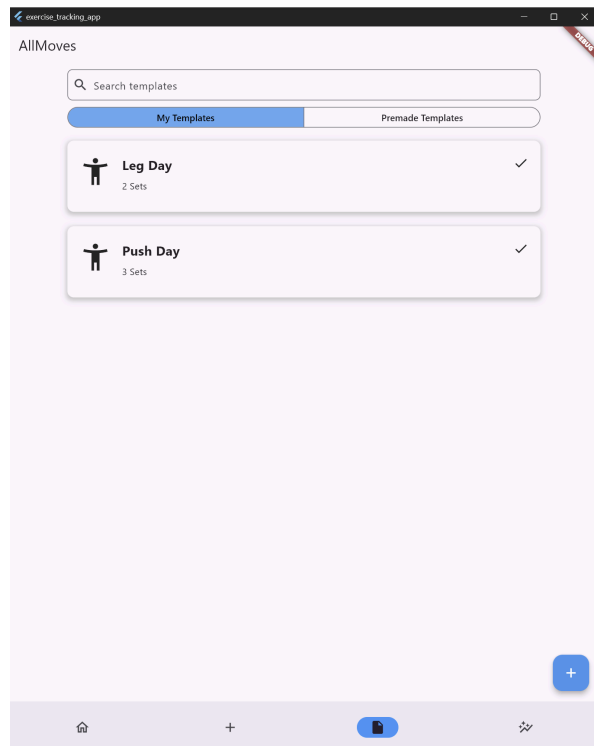




In terms of the workout summary page, we have the header which has the workout name, but also tags. Tags are just associated words/information users want to add with their workout. It has not been fully implemented yet, but with more time we plan to have a bigger button on the right there. It will expand to show the different tags associated with the workout. The reason it will expand is because tags aren't important with the key tasks, and we don't want that cluttering the screen. Then, displayed below are the workouts and the sets, similar to the live and past workout pages to keep it consistent. Additionally, users can adjust the slider to save the intensity of the workout (how much effort they put in). We added that because some workouts are extremely hard and tracking helps to see progress over time for those who are routinely doing the same workout. Lastly, you can close the display and it routes you to the stats screen where you'll see

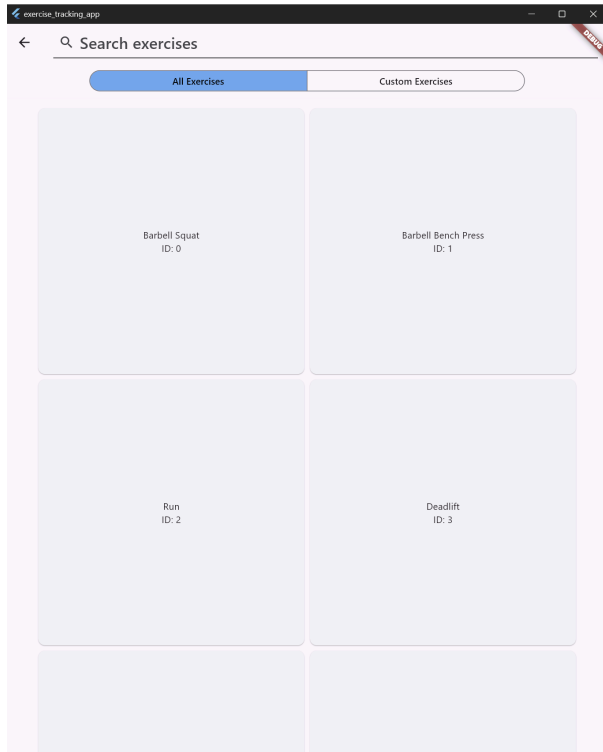
your overall stats. The reason we route to the stat screen is because it logically makes sense to progress from specific stats to overall stats.

## Templates & Exercises



When designing the template view, we wanted to provide users with their own templates first, as customization defines our app. However, we don't want to alienate new users or those unfamiliar with building templates, so providing our own templates is important.

As well, templates can be thought of as workout routines. We wanted to support current exercise trends, which split workout routines into specific "days" (i.e., leg day, push day, Long distance free, etc.). This is the core as to why templates exist and why our app is organized around them.



When adding exercises to a template, the add exercise screen shows the user all exercise types first, with a search bar to filter exercises. The goal of the app is to give users the freedom to add any exercise they would like to their template, so it was important to give them all options. In the future, we will be adding ways to filter the exercises down without needing to search. As well, images for each exercise are also planned to be more descriptive.

We also chose not to start on the "Custom Exercises" tab, as custom exercises are already added to "All Exercises." This makes a distinction between all exercises and custom, but also shows the user that the app is here to support them, regardless of what exercise they want to do.