A blue circle with a person running

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Extrasize

Get more from every workout.

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CMPT 276

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# Project Overview

Our project is centred on developing an innovative running workout application that integrates seamlessly with APIs like Google Calendar and Strava to enhance the user experience in planning and tracking fitness activities. Utilizing a dynamic Kanban methodology to manage our workflow, we can address the challenges posed by our team's relative inexperience with large-scale projects by allowing for flexible task management and prioritization. The application is being built with a robust technology stack, leveraging the interactive capabilities of React for the front end, coupled with the foundational web technologies HTML and CSS for structure and style. This combination provides users with a responsive and intuitive interface to schedule workouts, track their progress over time, and analyze their performance with visually engaging maps and statistics. As we progress, our focus on effective communication within the team and a rigorous review process ensures that we maintain high standards of quality and functionality in each phase of the project, from initial planning to deployment and closure. This way, we can make sure our app is easy to use and works well from when we start building it until we're ready to share it with everyone.

# Kanban Methodology

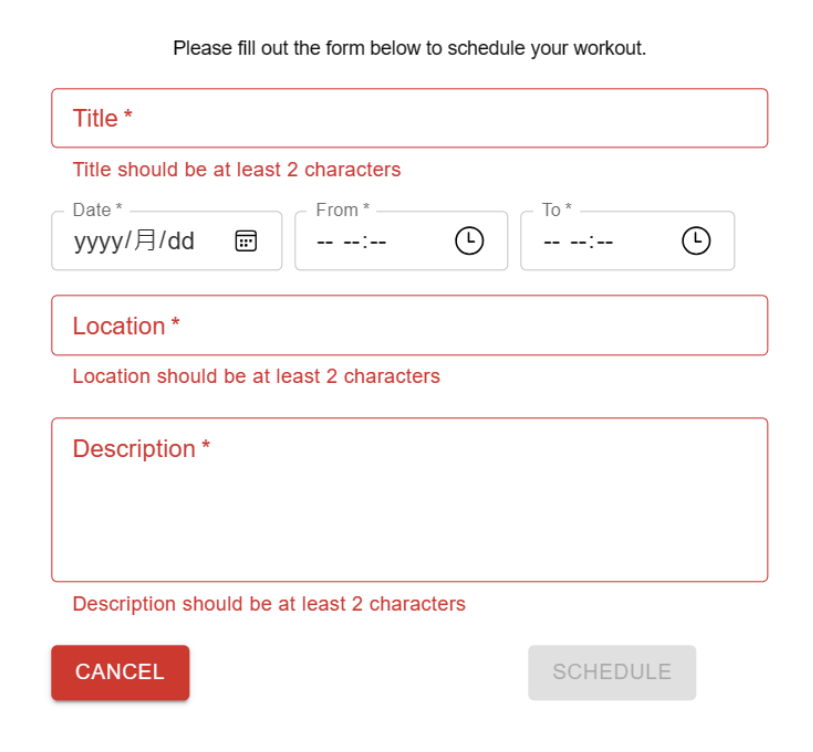
Our intention originally was to make use of the Kanban Agile methodology. This was because it was an easy way to visualize which tasks need to be done, and which tasks are in progress or already done. We saw potential and researched about it in the beginning stages of the project. The member in charge of carrying out these tasks was Melvin who dropped out of the course without notice. Because we did not know he dropped the course until the TA check-in, we carried out as best as we could through messages for the whole of Milestone 1. After the first check-in, once we realized Melvin was not going to be part of the group, our priority shifted to making up for the tasks that should have been done. Throughout the whole project, however, we did maintain good communication and used Discord as our makeshift kanban board. Although there was no visual representation of the board, tasks were laid out clearly along with their priorities.

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# High-Level Features

The goal of our application is to provide a way for athletes to plan and track their workouts. To achieve this, users can perform one of two actions. The first of these actions is to plan a workout. The second of these is to input a completed workout. Along with these features they need to be able to see the workouts that they planned and completed.

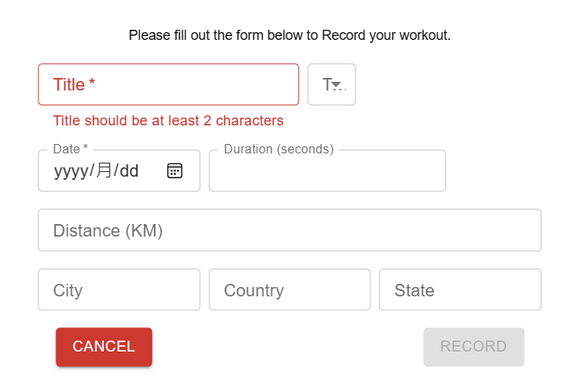
# Google Calendar Features

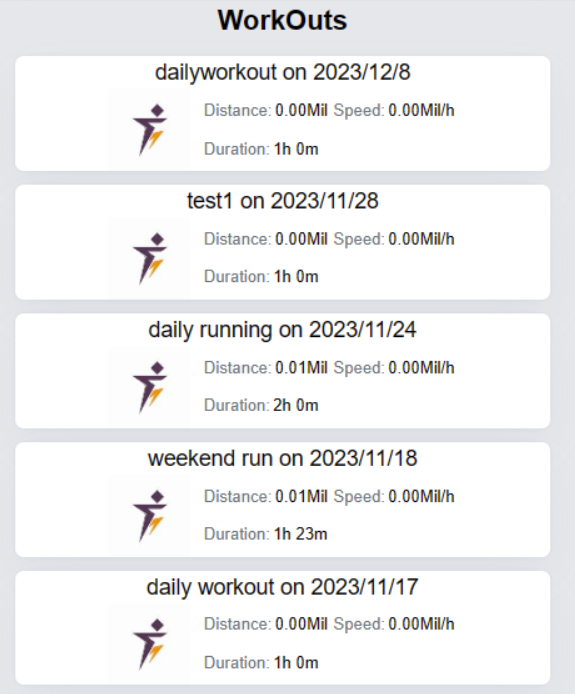
The Google Calendar API allows access for our application to view and change the users’ calendars. Using the API, we can create events that store the name, date, time, location and description. Once an event is created it can be seen in any location that calendar is viewed in. 

Another feature that the Google Calendar API provides is the ability to display calendars. In our application, we can use the Google Calendar API to display this calendar allowing the users to see the upcoming workouts. This allows the users to plan and see future workouts.



Strava Features

Connecting our application to the Strava API allows for users to upload their workouts to Strava. Users input the title, date, duration, distance, and location of the workout. The workout gets uploaded to their Strava account. Anyone who follows them on Strava can see their workout.



The Strava API allows for the recall of past

events. Using this feature, we provide our

users with a list of their past completed

workouts. This allows users to compare there

current results to their past to check for

improvement.

# Code Testing

# CICD Infrastructure

# High-Level Data Flow Diagram

Data Flow Diagram Level 0

A diagram of a company

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[Link to larger image](https://www.figma.com/file/FkUgTRag6I912bowKIK9jA/DFD-level-0?type=design&node-id=0-1&mode=design&t=TShjKA5u3ArW48uR-0)

Our application (Center) is the link between the users Google Calendar and Strava. A client will be able to interact with both apps through a single interface saving them time, and providing an easier way to schedule runs into their Google Calendar app.

# Lessons Learned

Scope of project:

From this project we learned that we must really plan and set in stone exactly what are project will do before we start working on any other steps of the planning stage.

# Challenges

# Work Division

Brian – Planning, organization, Formatting Reports, Presentation Slides, Scheduling Meetings

Report: Project Over View, Kanban Methodology, Lessons Learned, Challenges

Presen

Ian – Programing, CICD, Testing

Chris – Report: High-Level Features, Google Calendar Features, Strava Features, Code Testing,

CICD Infrastructure

Presentation Slides: