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03/07/17
COEN 268 - Group 08

Milestone 3 - fitApp Prototype

Completed Tasks

This is the list of tasks that we completed with this prototype:

1. Home page allows navigation to all other pages
2. The Calendar page displays a calendar. When the user clicks on a date on the calendar, it will display that day's planned workout.
3. From the Calendar page, the user can edit a given day's workout. This includes adding or removing items from a workout
4. The Start page shows today's workout to the user. If no workout is planned, they are shown a general message instead
5. All of the user's workout data is being written to a SQLite database. The database works on Android and iOS (untested on Windows)
6. Display graphs using the user's previous workout data to track how they are performing
7. Created a timer so that user's can time their workout sessions

Tasks To Do

This is a list of tasks that we would like to complete before the final submission:

1. Allow users to edit the number of repetitions under each workout. Right now, they can either create a new workout item, or delete an existing one. It would be nice to allow greater granularity
2. Fix the Calendar being squashed when a given day's workout is extremely long. If the workout has too many items, the display squishes the calendar to the point where it is difficult to select dates on the calendar.
3. Improve error reporting when creating a new workout. There is no feedback when a user inputs invalid text. The form cannot be submitted, but the user doesn't know why.
4. Improve goal and analytics display

Labor Division

We divided the work by the pages that needed to be completed:

Giovanni	**Maxen**
Home page	Analytics page
Calendar page	Display/Edit Goals page
Display/Edit Workout page	Timer page

Giovanni also created the initial models and the SQLite database. Maxen did all of the work related to the graphing and analysis of the data in the database.

Demo Instructions

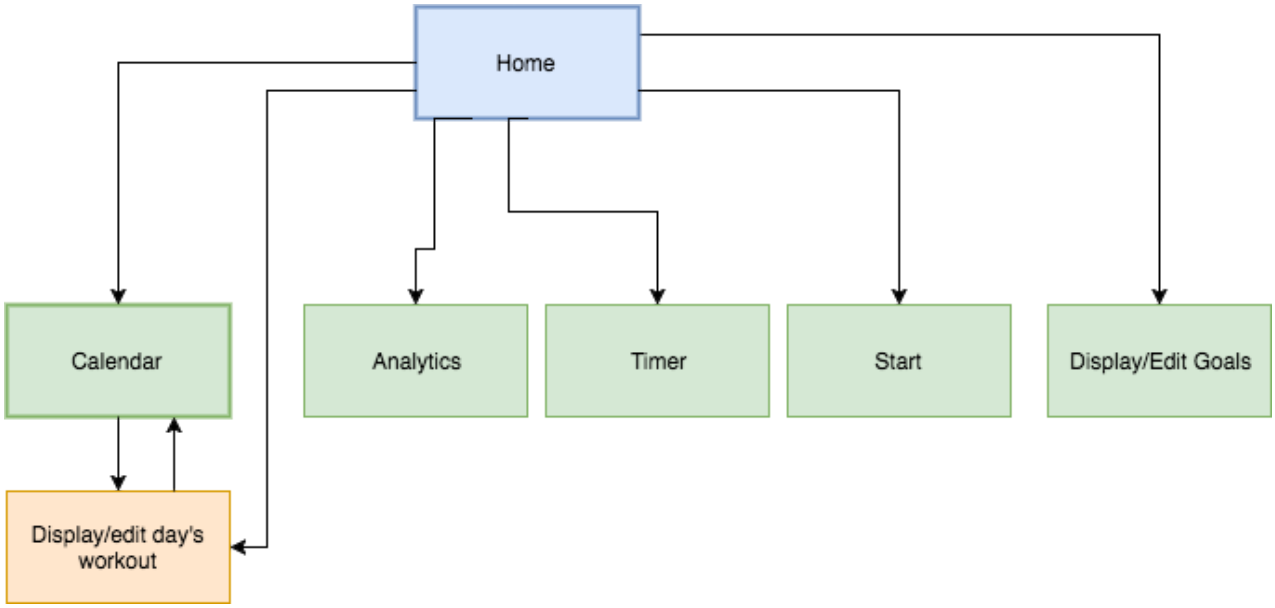
The app is functional at this point. Before running, make sure that all packages are installed. We used third party resources for the calendar display, SQLite database connections and the analytics graphing. The app was tested on both Android (versions 4.4 and 6.1) and iOS. A normal workflow on the app would look something like this:

1. Launch app (it runs on both Android and iOS)
2. From the homepage click **"Calendar"**
    a. This will bring you to the calendar. Click on the day that you want to schedule your workout for
3. Then click **"Edit Workout"** (located underneath the calendar)
4. This will take you to a form to enter your workout information
    a. Workouts are composed of individual workout items
    b. Each item has a name, a unit (such as minutes, weights, etc.) and a set of values
    c. Each value is a different repetition of the workout item
    d. For example, "Bench Press", "Weight", "45, 20" represents doing two repetitions of bench press at 45 pounds and 20 pounds. Or "Treadmill", "Minutes", "30" means running on the treadmill for 30 minutes
    e. After you enter all that info, click "Add workout." You can add more items to this workout if you want
    f. You can remove an item by clicking the "X" next to the workout item's name
5. Go back to the calendar. You can now see the workout for that day displayed underneath the calendar. If you click on a different day, you won't see anything because you haven't scheduled anything for that day
    a. As a test, our app will schedule a workout on 3/02/2017 when it launches. So you can always click on that to see what the display looks like without having to add your own
6. Go back to the homepage. Now click on **"Analytics."** Here you will see a list of all workout items that you have added. Click on one of them.
    a. This will bring you to a graph that displays your trend for that workout item. For example, if you have done "Treadmill" multiple times, you will see the different unit values for the different workouts over time

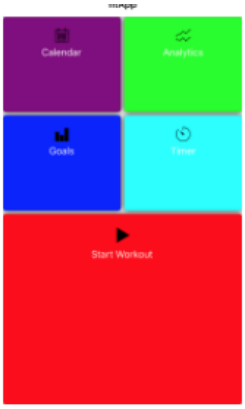
7. Go back to the homepage. Click on **“Start Workout”**
    a. This will display today’s workout. If no workout is scheduled, you will see a message telling you to plan your workout for the day.
8. Go back to the homepage. Click on **“Timer”**.
    a. Here you can start, stop and reset a timer that you can use to monitor the duration of your workouts. If you plan on running for 30 minutes, you can set the timer and use it to determine when you’ve hit the 30 minute mark

Updated Screen Map and Screenshots

This is our updated screen map. Almost everything remained the same, except we added a page for when the user starts their workout. That page will display the current workout that they scheduled for today. If no workout is scheduled, then a message will display telling the user that they need to schedule their workout for that day. We also moved the goal display and editing page to be directly linked from the home page, rather than through the analytics page.

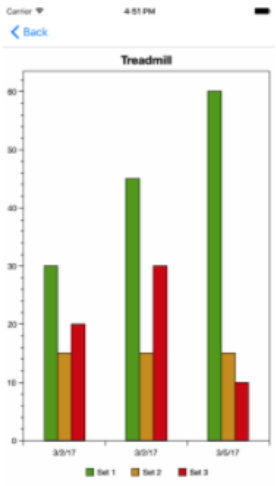


Here are some still screenshots of what the app looks like:



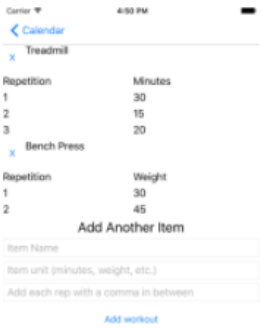
Home

Display/Edit Goal



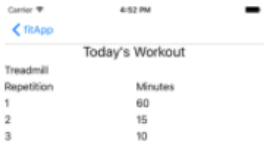
View Analytics

Calendar



Edit Workout

Timer



Start Workout

Video Link

Here is the link to the video describing how to use our application:
https://www.youtube.com/watch?v=_E97B7kj9T8&feature=youtu.be