

# Honours Project Report

## Fitness Logger with Micro-services

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### **Abstract**

This project is a tool to let people be able to log and track workouts overtime easily from their phone in a flexible yet complete way. The initial purpose was to make a phone application which can be used across different disciplines of sport and with different workout types. This was done by breaking up the data in different manageable units so that the use can create their own workflow for logging workouts.

### **1 Introduction**

### **2 Background**

### **3 Specification**

### **4 Design**

### **5 Implementation and Testing**

### **6 Evaluation**

#### **6.1 Usability**

#### **6.2 Other Criteria**

### **7 Description of the Final Product**

### **8 Conclusion**

### **Acknowledgements**

### **References**

### **Appendices**