*Project plan* ; **visualised workout progress tracking and optimization**

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I stated some details about background to roughly show how this software can be solution of real-world problem. I can go through them with more detail on my actual dissertation. Project idea shows how the app will look like. In the aspects of software development, I’ll be able to give detail about why those features are implemented respect to the actual problem we had, and how it solved problem. I can state other feasible solutions to solve same problem and how does the app idea have a differentiated advantage compared to other solutions, and what analysis was used to derive the advantage if needed. The plan you are looking at now is a rough plan I quickly wrote down, and I can support my dissertation more based on what I learned while coming up with the idea for this app and what facts should be added to the paper and what aspects should be included while working on a personal project. You can support your thesis with facts learned through own research.

I can do the agile software development. I can get user feedbacks from many other users on development progress. I’m also open to other development styles(if there is any recommendation).

*Background*

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When people go to the gym, there are several key factors to monitor your progress to optimize your exercise. Here are some important things to keep track of when making workout plan (and why you need to consider it):

1. how often (rest & recovery)

2. what exercises (which muscle you are training)

3. how many sets & reps (adaptation & muscle growth)

4. how much weights for each session (progress monitoring & goal achievement)

Planning and recording your workouts can provide motivation. When you see how far you've come, you're more likely to stay committed to your fitness routine. Moreover, not only because these will help you keep motivated, it is closely related to your safety as you should gradually make progress considering recovery to avoid injuries.

People plan and record these with their own way(either analogously or digitally) or using apps. Problems can occur by planning and recording themselves:

1. difficult to see your progress at a glance

2. too many factors to consider (so many people don’t do accurate calculation)

3. as you are training many other muscles with many other strategies, planning and recording can be even more complicated

To solve these problems, some people use apps, but although some provide what muscles you can train with certain exercise visually, but cannot plan work out visually.

*Project idea*

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An app that tracks users' workout progress and visually displays the muscles they have recently trained. It calculates when users should target specific muscle groups for optimal growth and provides visual representations of muscle development over time.

An advanced iteration can have these features :

1. could offer recommendations for future workouts and personalised training suggestions

2. could see a table generated with information you entered showing workout records you entered

3. not just optimising muscle growth, could choose purpose of training and provide personalised optimised training plan

4. could see daily/weekly/monthly calendar format on plan

5. could set muscle growth goal and track progress

… and other many other features can be implemented reflecting user feedbacks!

