**Meeting Agenda**

Training Tracker (TT) : Effective Workout Progress Monitoring

through Visual Analytics

Empowering Motivation with a Visual Fitness Performance Tracker

date | 16 – 04 – 2024 (10 : 00)

**discussion topics**

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\* Dissertation structure

Introduction

* Growth in Physical Activity and Fitness Awareness
* Importance of gym progress recording
* Benefits of using mobile application for working out tracking

1. Research on factors which can enable users to maintain their passion on physical goal.
2. Design the app minimising factors which can interrupt people from staying consistent and maximise benefits which apps can provide to users
3. Implement the app enhancing user experience
4. Use the app to record gym workout considering efficiency and user experience, and show the proposed improvements are worthwhile. (not sure if I will be able to collect enough data for this part, will I be able to compare my app with other existing apps or state reviews from myself)

: point towards things related to ur project

: what particular thing you want to talk about when you state it

– what particular thing have you done for user experience, what things have you done

\* Ethics approval

- I thought the ethics approval form had been rejected, but there were some errors that needed to be corrected. I corrected them but not sure if I will be able to get the approval on time

\* Uploading my app on google play store

- waiting for google play store’s account authorisation

\* poster day

- missed the deadline, but will I still have a chance to talk to my second marker? Also, how can I know who my second marker is?

- if I will have a chance to talk to my second marker, I want to talk about my project with them. What will be important things to be discussed with the second marker? Which parts should I get feedback on?

: dan page

: email him

: argue why my app is good for fitness tracking

: data base / design / present/ data structure / what to save

: aim were … I want the app to be useful for non-technical users

: usefulness & user interface…

: user friendly

: technical part is for implementing the features

**weekly updates**

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\* implementing the third version of the app

(it basically is same as the second version but now all the features work, second version wasn’t released on my GitHub as it had some critical errors, but I am writing down the readme and release note for this version)

: story behind it

: aim was… ethics approval was 필수… 시간 안에 받지 못했음

- now logs are being saved more stably

- better adding log activity layout

- better adding log activity design

- intuitive user interface

- one rep max calculation algorithm

- generic muscle recovery algorithm

- personal best record algorithm

- improved card design

- muscle colour being changed when users enter logs

- tags and filter features work

- auto generated spread sheet

- analysis filtering with tags

- graph to show how the working out process have been changed

- transparent add exercise button

- user can place the button to somewhere they want to put

- privacy policy with terms and conditions

- user can send feedback via email

- made an email account for app

- implemented factory classes for scalability

- fixed some errors

\* application release

- I am planning to upload my app to few more other stores or online platforms if I can find any

- I am going to release the app on my GitHub with a public repository

**priority tasks**

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\* write dissertation

(if I have a time, I will work on few more features, but I am planning to mainly focus on dissertation from now on)