Phase-1 Project Pitch Outline

* **The basic story of your application**
  + A basic web app designed to make it easier to workout by removing a barrier – if you’re not sure what exercises to perform, select a muscle group and an exercise will be presented to you
    - Additional info – picture (ideally a gif) of the exercise, and a rep/set range
    - Exercises will be geared towards beginners
    - Muscle groups –
      * Shoulders
      * Arms
        + Biceps
        + Triceps
      * Chest
      * Back
      * Core (abdominals)
      * Legs
* **The core features of your MVP**
  + List of exercises vertically along left side of page, when clicked, the details of the given exercise are enlarged, along with the picture/gif, a short description (maybe), and a set/rep range.
  + On mouseover, exercises in the list will be highlighted (exact details tbd.)
  + Small form/input next to each exercise (when enlarged to show details) where users can input what day they performed the exercise, to keep track of workouts.
* **The API data you'll be using and how you'll use it**
  + Self made api containing exercises, pictures, description, rep ranges. Will be used to fetch exercises when they are clicked on.
* **Challenges you expect to face**
  + Implementation of html to make the website function in my desired way.
  + Making my html/css/js/json data work cohesively together
  + CSS styling.
* **How you are meeting the requirements of the project**
  + There will be 6+ objects in my db.json file, each having 3-5 attributes
  + This will all occur on a single page
  + The event listeners I plan on using:
    - .onmouseover 🡪 while hovering over the muscle group choices, they will highlight / possibly enlarge slightly (need to look into this)
    - .onclick 🡪 click on your desired muscle group to receive details about an exercise to perform
    - .onsubmit 🡺 users will have the ability to submit the last date in which they performed the selected exercise, allowing them to have some form of exercise tracking
  + The exercise objects within the db.json file will be iterated over using forEach.

Stretch 🡺 randomly select exercises per group

Stretch goals / future updated features if I continue this

* Random motivational message / quote upon page load
* Points for consistency / streaks
* another suggestion: you could input how many pushups and situps you can do on day 1 so that it recommends worksouts according to your skill level
  + something that tracks pushups day one, week one, week two, etc.
* suggested workout routine
  + picks 3 muscle groups
  + alternates
* Possibly offer a modification for each exercise if they click for "more info" Or offer stretches?

Timeline:

10/3 evening – create / finalize API

10/4 AM – basic functionality – fetch from DM, click them to show more deets

10/4 PM – research how to do other features