



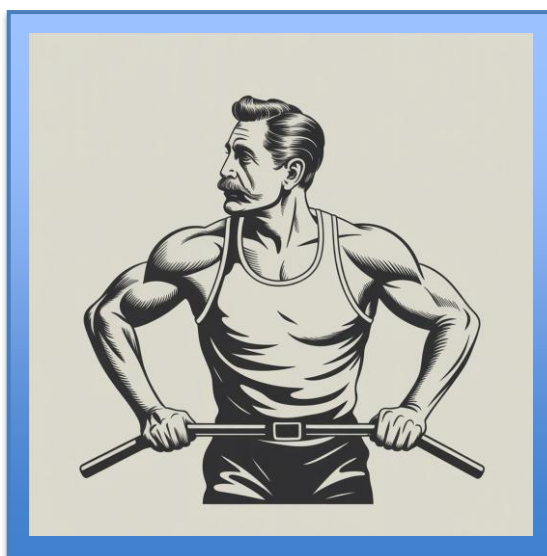
NOVA SCHOOL OF
SCIENCE & TECHNOLOGY

Interação Pessoa-Máquina

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Workout Progress Tracker

Stage 1: Project Proposal



Authors:

75346 Matej Palider
75267 Kacper Kuźnik
75160 Dawid Bogacz
75231 Mikołaj Nowacki

Lab class N° P2

Group N° 12

Professor:
Teresa Romão

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Problem description

Keeping track of one's workout and progress has a huge influence on one's gains. Today's apps focus mostly on pre-made workouts with a predefined number of reps, without keeping a record of each set. Usually, people must do it themselves, either in memory or on paper. That creates a lot of additional distraction during a workout which might scare people away. An app that would track progress through each set and rep, and make it visible during a workout, can greatly improve a workout experience and help progress faster.

Target users

People who work out: lift weights, do calisthenics, do yoga, stretch etc.

Project goal

The goal is to create an app that is easy and intuitive for everyone. It allows a user to create a detailed workout plan with exercises, sets, repetitions and rest time from scratch. It keeps track of every repetition (either number of reps or a hold time), set of reps, weight used, and duration of rest time in-between sets/reps, and heart rate, and makes the history visible during the session.

Example apps:

Heria App is a well-known app in the Calisthenics community. It offers a wide range of programs and exercises suitable for beginner and intermediate users. Unfortunately, the app does not show the progress of the workout and the history of previous exercises. It also does not allow the user to modify an exercise which further limits the progress.

