1. Follow the instructions here: <https://github.com/KropSdnir/WorkoutLogs/blob/master/WorkingFiles/WorkoutLogs%20Scope.docx>, then start the app with the below App Scope

# [App Scope]

**Common Across the App**

NavBar

1. All screens will have a NavBar with a Menu Button on the left. Except for “Home Screen” all other screens’ NavBar will have Menu, Home Button, [Title].
2. The right will be dynamic and specific to each screen.
3. Single tap Menu will have a Slide-out menu to show: Home, Workout, Exercises, Settings

**Calendar Database**

1. [SimpleCalendarView]: display one row date, if date = today, display “Today”, else show Full date: e.g. Friday, May 4, 2025
   1. Single-tap expand full calendar [FullCalendarView]in block layout with Card size only big enough to show 1 month (8 rows total) and ensure Smooth Vertical scrolling to view other months.

**Exercises Data (to be implemented**

**Workout Database (to be implemented)**

# Home Screen

1. Home Screen Navigation Bar (NavBar) at top.
   * 1. Left side: Menu icon
        1. Slide-out screen
     2. Middle: screen title
     3. Right side: Calendar icon
        1. Hide/show calendar card below NavBar
     4. Plus sign icon to the right:
        1. Options:
           1. Weight: go to Exercise Detail Screen
           2. Cardio: go to Cardio Detail Screen (CDS)
     5. Calendar Card: Show SimpleCalendarView
     6. 2 Tabs below [SimpleCalendarView]: “Statistics” and “History”
        1. Statistics (to be implemented)
        2. History: (to be implemented)

Add:

1. Long press calendar icon in navbar selects today's date.
2. FullCalendarView: add Today button on the left, same row as the up arrow. Tap this button will select today's date.
   1. Single-tap date selects the date and return to SimpleCalendarView
3. Reduce the padding of the SimpleCalendarView card to minimal vertical padding, 2 dp.
4. When FullCalendarView is expanded, show selected date and month vertically centered on the screen/card.

# Calendar Screen

1. Calendar Screen NavBar: menu, home icon, plus button
2. : Calendar Card
   1. Show collapsible Calendar Card
   2. Single tap calendar date to select date to display Workouts History card below.
3. Row 3: Workouts History Card (below Calendar Card)
   1. Display current date’s, or date selected from Calendar above, workout history.
   2. Double tap on exercise or workout takes to actual detail screen, either CDS or WDS, depending on exercise types.

# Workout Screen (WS)

1. NavScreen: Menu, Home Icon, Title, + icon
   1. + icon: opens Workout Exercises Screen
2. SimpleCalendarView
3. List of exercises added from Exercises Screen
   1. Single tap: open the exercise’s Exercise Tracking Screen
   2. Long press
      1. Allow multi-selection
      2. Add “Trash can” icon to NavBar enable delete
      3. Add “up down” arrow to the right of each exercise to enable dragging to re-order the list.

The correct code is: import androidx.compose.material.icons.automirrored.filled.*ArrowBack*

Workout Screen

1. Workout Screen should only display exercises that are added by the "Add to Workout" button from the WorkoutExercisesScreen

2. Modify the Calendar so that it functions exactly like the one on Home Screen (SimpleCalendarView and expandable FullCalendarView). The Workout and Home Screen, and all other screens share SimpleCalendarVew and FullCalendarView data.

WorkoutExercisesScreen

1. Sort by alphabetical order

*ExerciseNewScreen*

*1. update Category drop down in ExerciseNewScreen to only show categories in CategoriesScreen.*

# Workout Exercises Screen

Share database with Excercises Management Screen, and all other screens that will need exercises data.

Use the list number as row number for UI.

1. NavBar: Menu, Home, Title, +
   1. + to add new exercise, Exercise Detail Screen
2. “Search bar, “Selected” button
   1. Single-tap “Selected” button will show only items that are check marked.
3. “Category” bar, “Add to Workout” button
   1. “Category” has drop-down to select ExerciseCategory from ExerciseDetailScreen
   2. “Add to Workout” button adds check marked to Workout Screen
4. List Exercise items
5. Single press: toggle selection
6. Workout Screen is not showing exercises when “Add to Workout” button is tap.
7. New exercise screen needs to show only categories from CategoriesScreen
8. Workout Exercises Screen
   1. Add 3 vertical dots to the right for options: stats
   2. Stats opens ExerciseDetailScreen

# Exercise New Screen

1. Name
2. Category
3. Notes:
4. Category: share database with all screens using “Category” to filter exercises list

ExerciseNewScreen:

1. Move the “edit” icon to outside of the Category box, and move the down arrow drop-down box inside of the Category box.

2. Category does not display the categories in Categories Screen

# Exercise Detail Screen

1. NavBar: overlow Menu with 3 vertical dots on the right: Edit, Delete
   1. For Delete, add a confirmation pop-up, and require long press of 5 seconds.
   2. Exercise History Screen
      1. Display all history of the exercise separated by date.
      2. Add drop-down filter at the top to show: 30 days, 90 days, 120 days, ALL
         1. All includes the all occurrence of the exercise.
2. ExerciseStatsScreen: Display: "Total this month:" (calculate the number of times the exercise is in the calendar for the current month)

# Exercise Tracking Screen (WES)

1. NavBar: Menu, Home, Title, Timer Display field, Clock
   1. Clock icon opens popup Stopwatch screen
   2. Timer Display: number, default value “0”
2. 3 tabs: TRACK | HISTORY | STATS
   1. TRACK tab
      1. WEIGHT [measurement unit][number field] [EMPTY SPACE 4 DP] [“REPS”][number field] + sign
         1. Default values : 0
         2. Plus sign will add information to the ExerciseTrackingCard Below
         3. Set measurement as variable that will be controlled in settings for the whole app. Default value: KGS
         4. // BW = bodyweight
         5. // Bodyweight = preset variable, if empty, ask user.
      2. **Exercise Tracking Card**
      3. Long-press enable dragging to re-order each Rep Detail Card. Auto re-number when re-ordered.
         1. **Rep Detail Card**:
         2. Consist 4 rows, the first 2 rows have 3 columns. Colum 1 & 3 are 2 rows in height.
            1. (Column 1) “Go” icon: Single tap “Go” icon starts internal timer, height of 2 rows
            2. (Column 2, Row 1) Numerical Order | Weight | Rep | RPE

(Column 2, Row 2) RPE Sliding scale from 1 – 10, 1 increment

* + - * 1. (Colum 3) Completion Box: check mark for marking exercise completion. When Completion Box is checked, log times to “Rep Times”. Height of two rows.

Completion Box (CB): Single tap: check

Long tap (4 seconds): uncheck (long press to prevent accident)

* + - * 1. Rep Times: ET: | RT: | D: | CT: (Example: ET: 10 s | RT: 2 s | D: s m | CT: 2024-04-30 16:30:22)

Exercise Time (ET): elapsed time recorded from internal timer from “Go” button.

Rest Time (RT): time difference in seconds between the CT and previous’s rep CT. If first set, leave blank.

Duration (D): Exercise Time + Rest Time

Completion Time (CT): current time and date, in YYYY-MM-DD HH:mm:ss

* + 1. “Notes” with input box, auto-expand to cover all text, wrap text to screen width.
  1. HISTORY Tab
     1. History of all workout session for the specific exercise.
        1. Show all exercise info from Rep Detail Card,
        2. List each workout history by collapsiple SimpleCalendarView
  2. STATS Tab // to be implemented

# Cardio Detail Screen (CDS)

1. Row 1: Title: “Cardio”
2. Row 2
   1. Left: “Exercise”
   2. Right: menu box to select exercise and ability to edit, delete, and create new exercises
3. Row 3: Clock: Display hours, minutes, and seconds
4. Row 4: Start button to start Clock | End button to stop Clock | Pause button to pause Clock
5. Row 6: Logs Card
   1. When End button is tapped, record times in YYYY-MM-DD HH:mm:ss: S: | E: | D:
   2. Start: actual time when “Start” button was tapped.
   3. End: actual time when “End” button was tapped.
   4. Duration: total elapsed time from Clock
   5. Distance:
   6. HR:
6. Row 6: “Notes” with input box, auto-expand to cover all text, wrap text to screen width.
7. Row 7: Google map card with route that was tracked by GPS/Location from Start to End.
8. Auto-save data in case app crash.
   1. If App crash, ability to resume location tracking and Clock

# Menu

1. Home
2. Calendar
3. Workout
4. Exercises Management
5. Settings (always at bottom)
6. Settings

Measurement: pounds/kgs

Theme option

# 5. Google Drive implementation

Sync across devices.