

GymNotes

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All your workouts in
one place

Create and modify your own workout plans
and see how you progress every week.



Demo by Kristina Gutmann

The Challenge

I wanted to build something practical I could use daily

- ❑ Many workout applications on the market come with premade workout plans
- ❑ Users who want to create their own workout plans or have an individual plan created for them by a personal trainer need to store their workout info on paper/note app
- ❑ Features a user might need are not combined into one application



Design process

Tools used:

- ❑ MERN stack (MongoDB, ExpressJS, React, NodeJS)
- ❑ SASS and Foundation for styles
- ❑ Work sans for font



LOGO

My workouts

Upper Body Push

Legs: Hamstrings & Glutes

Cardio

Create a workout +

LOGO

Legs: Hamstrings & Glutes

	WEIGHT	SETS	REPS
Romanian Deadlift	25 KG	4	12
Goblet Sumo Squat	15 KG	4	10
Reverse Lunges	25 KG	4	12
Cossack Squats	15 KG	4	10
Spine Extension	25 KG	4	12
Hamstring Curl	15 KG	4	10
Abductor	25 KG	4	12
Squat Hold	1 MIN	4	10
Pushups	-	4	12

Finish workout

LOGO

Legs: Hamstrings & Glutes

	WEIGHT	SETS	REPS
Romanian Deadlift	25 KG	4	12
Goblet Sumo Squat	15 KG	4	10
Reverse Lunges	25 KG	4	12
Cossack Squats	15 KG	4	10
Spine Extension	25 KG	12	4
Hamstring Curl	15 KG	4	10
Abductor	25 KG	4	12

Finish workout

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My Workouts

Create workout

Dashboard

Log out

What went well

- ❑ Learned a lot of new things
 - ❑ Managing a software project from start to finish
 - ❑ New tools - SASS, Foundation
 - ❑ Working with dynamic views
- ❑ I felt highly motivated and inspired, this made overcoming obstacles much easier
- ❑ Discovered a passion for UX/UI design and development



What could have gone better

- ❑ Time management, prioritizing
- ❑ Catch myself getting distracted by visuals sooner - focus on functionality first
- ❑ Using a completely new platform a day before the demo was not the good idea



Upcoming features

- ❑ Small details like back, cancel buttons, editing workout sessions
- ❑ Data dashboard
- ❑ Measurements tracker
- ❑ Connection to fitness watch
- ❑ Workout history
- ❑ Design refinement
- ❑ Users feature
- ❑ Rest times



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Thank you for your attention!

