Weight Lifting Tracker

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Home page:

There is a list of workouts where you can see date title and time spend in workout

Click on a workout to go to the detail page of that workout

There is a button at the top where you can add a workout

Next to each workout a button to delete the workout

Detail page:

At the top you see the date of the workout , the title and the time spend in workout

There is a list with all lifts done in your workout

For each lift there are

- Amount of sets done

- Amount of weight used in set

- Amount of reps in set

Add workout:

Page with a form to add a date, time spend in gym and lifts

For each lift you add you can add sets

Each set has an amount of reps in that set and an weight used in that set

Model:

Datetime date

Int time in gym

String workout title

String lift

Int sets

Int reps

Int weight