

# Lifting Log

## 20<sup>th</sup> September 2022

### OVERVIEW

Today many people heavily rely on their mobile devices to hold and store their most personal data. Whether it is their photos, credit cards, daily journal, etc. People are constantly using their phones to do the most basic tasks. However, there are still many people within the weight lifting community who opt out of using their phones to track their progress and would much rather just use pen and paper. The reasoning behind this lies behind the most common complaint found in this community. Workout applications are just bad. They add way too many unnecessary features, have clunky UI/UX designs, and are too time consuming for users when they are at the gym. Our objective here is to design a mobile iOS application that would allow our users to login, track their current workout session, view their previous sessions, and add any additional comments or notes. Our application will separate us from our competition because we are focusing only on the weight lifting community.

### GOALS

1. To allow our users to sign up and create an account within our application which will allow them to easily track and record their weight lifting sessions.
2. Have a back end database engine, like Google's FireBase, which will securely store all our user's information.
3. Allow cross platform compatibility with other Apple Devices such as MacBooks, iPads, and potentially the Apple Watch.

### SPECIFICATIONS

When creating our mobile application, we will obtain a better understanding of mobile app development, our customer needs, and how to prioritize application features. We will be using Swift, Xcode, and Google Firebase as our main tech stack. As for our methodology we will be using waterfall as it fits better with our schedules and gives us the room in our project timeline to learn the tech stacks mentioned above.

Factors that we must take into account while building our application include:

- How to communicate with our customers to better understand their needs. This allows us to prioritize features within our application.
- Properly designing a UI / UX to allow our users to quickly and easily navigate through our application.
- What are the best common practices when using a database to log and store user data.
- What other platforms would our users like to see our application on? (MacOS, iPadOS, WatchOS)