Lifting Log User Manual

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Signing In

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     When the application first launches the user is presented with a log in screen.

Currently an email and password are the only way to log in with more options coming

soon. If the users enters any incorrect information a pop error will display informing the

user of the issue. If the user doesn't already have an account, click "Create Account"

to be taken to the create account screen.

Creating an account

If the user doesn't have an active account and account can be created at the "Account Creation" screen. A user needs to provide his first name, last name, email address, password and date of birth. A password must be at least six characters long and the email must not already exist as an account. If the password doesn't meet the minimum length requirements or the email isn't properly formatted the user will be presented with an error letting them know what needs to be fixed.

Main Dashboard
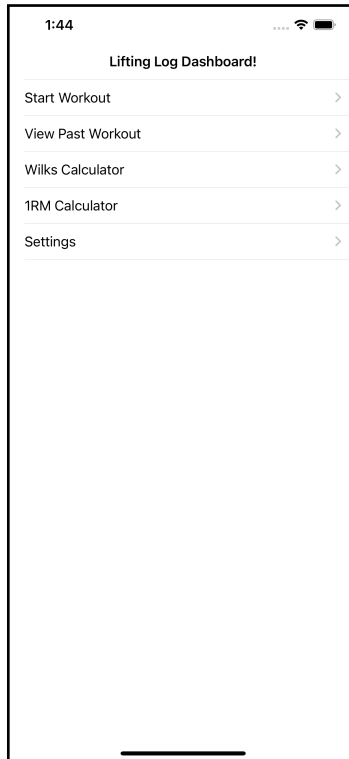
The main dashboard displays all of the options for the app. "Start workout" will take you to the display that will allow the user to enter their workouts. "View Past Workouts" will display a list of dates of pervious workouts. The application also offers two different calculators to help lifters find their wilks number and a one rep max estimator, those can be found under the "Wilks Calculator" and "1RM Calculator" options. Lastly there is a menu for the application settings.

Start Workout


The start workout menu allows the user to log his current workout. In the

"Workout Type" field the user can enter the workout he did (bench press, squat,

deadlift etc.), there is no max or min character limit on the field. The next field "Weight"

is the weight the user lifted in pounds, this field only accepts integers. "Number of

Reps" is how many reps the user did and "Number of Sets" is how many sets of the

workout the user performed. Lastly there is a comment field for the use to write a

comment about the workout. All fields on this screen are required except the comment

field. If you try to submit the form when it isn't complete the app will throw an error

informing a user that all fields need to be filed out. When the user is done filling out the fields they will press "Submit" and the information will be stored to the database. When the use is done entering workouts they will press "Cancel" and be taken back to the main dashboard.
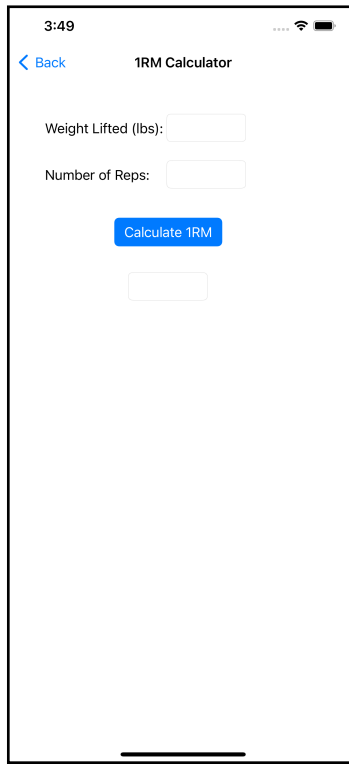
View Past Workouts
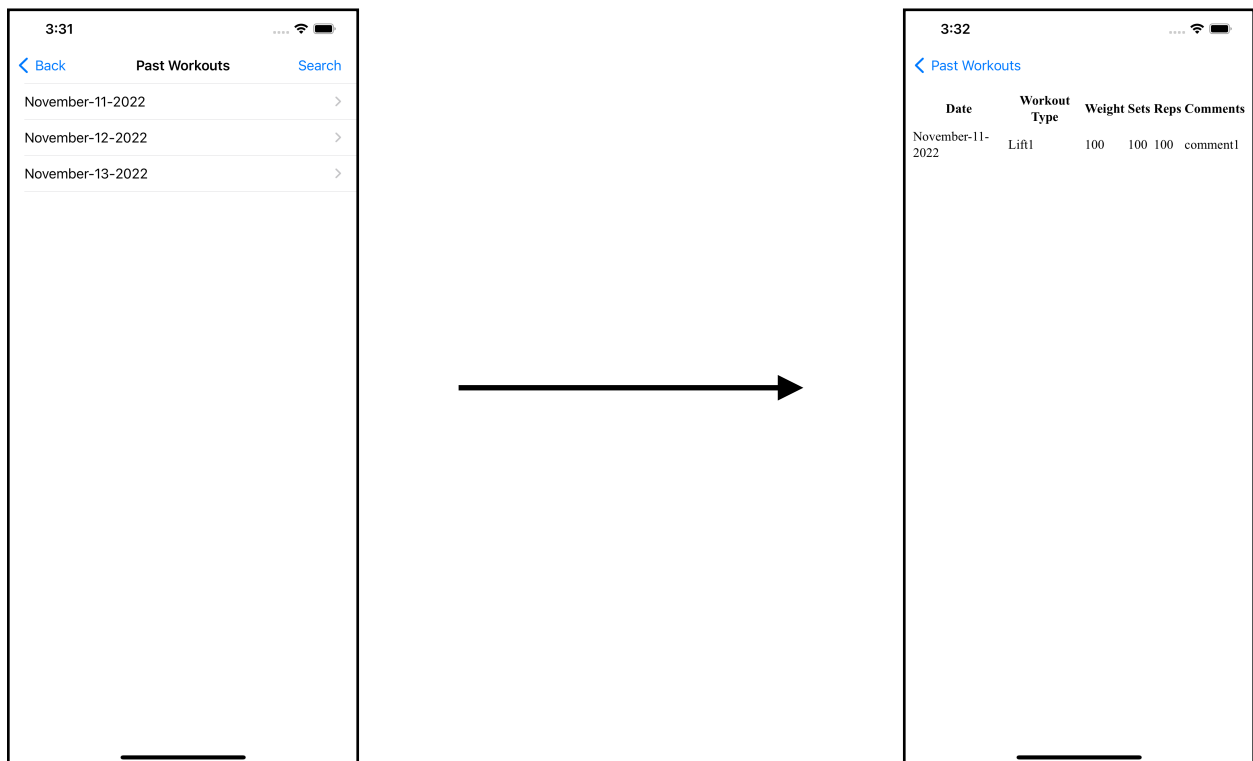
The "View Past Workouts" screen will display all of the users past workouts arranged by date. The date is automatically saved when the user submits the workout and cannot be changed. Clicking on a date will take the user to a table view that will display the workouts from that day with their weight, reps, sets and any comments. The user can go between screens by clicking the back button in the top left corner.

Wilks Calculator

      The wilks calculator allows an user to quickly and easily calculate their wilks coefficient. There is a toggle button at the top to switch between Male and Female then fields to enter the users bodyweight, max bench press, max squat and max deadlift, all values need be in pounds. Once all values have been filled out the user clicks "Calculate Wilks" and the wilks number will be calculated and displayed in the box below. The user can go back to the welcome screen by click the back button in the top left.

One Rep Max (1RM) Calculator

The One Rep Max or 1RM calculator allows a user to estimate what their one rep max might be based off of a previous lifts. The user enters the heaviest weight they have lifted and the number of reps they lifted it for then click the blue "Calculate 1RM" and the estimate max will be displayed before. This value is just an estimate of what the user could potentially lift. The user can go back to the welcome screen by click the back button in the top left.

Settings
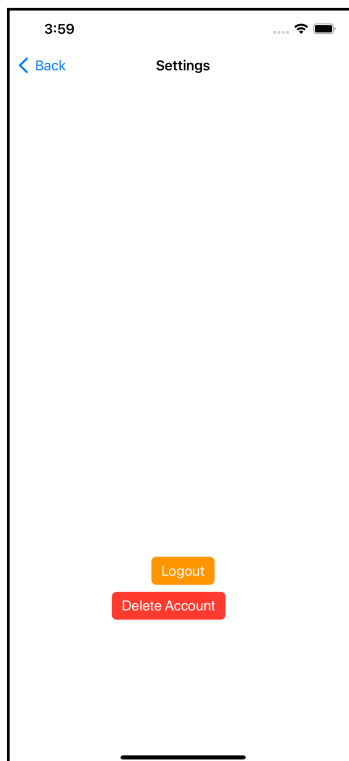
Currently the settings menu only has two options either "Logout" or "Delete Account". "Logout" will take the use back to the sign in screen and "Delete Account" will delete the users account and all associated information. Clicking delete will display a prompt asking the user if they are sure if they want to delete their account and will be provided two options "Cancel" and "Ok". Clicking "Cancel" will dismiss the display but clicking "Ok" will delete the account. Deleting your account is a permanent action and CANNOT be undone.