

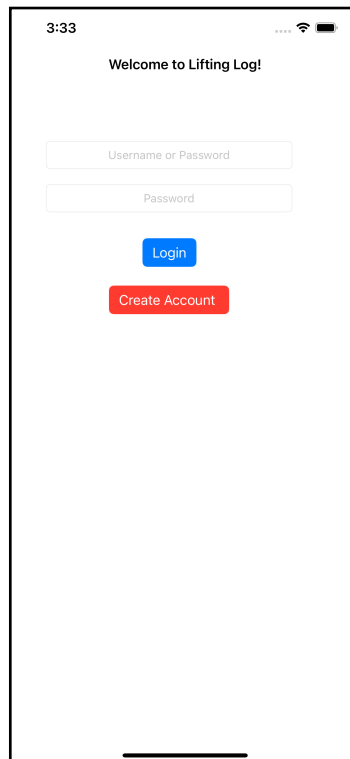
Lifting Log User Manual

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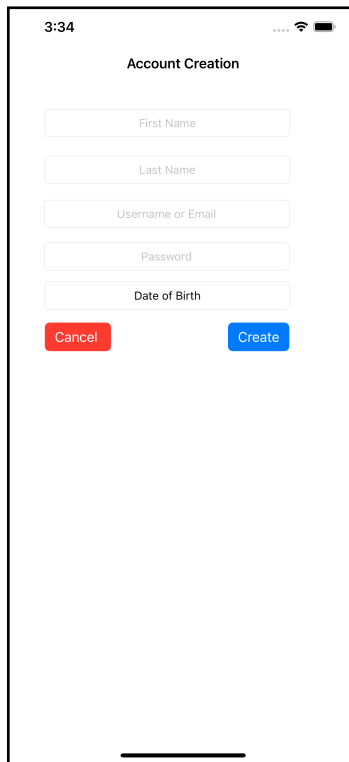
Signing In

Signing in

A mobile application login screen mockup. At the top, the status bar shows the time 3:33, signal strength, Wi-Fi, and battery icons. Below the status bar, the text "Welcome to Lifting Log!" is centered. There are two input fields: the first is labeled "Username or Password" and the second is labeled "Password". Below the input fields, there is a blue "Login" button and a red "Create Account" button. The screen is otherwise white with a thin black border.

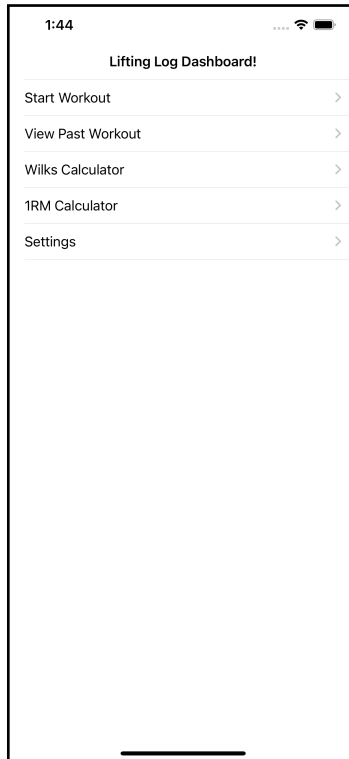
When the application first launches the user is presented with a log in screen. Currently an email and password are the only way to log in with more options coming soon. If the users enters any incorrect information a pop error will display informing the user of the issue. If the user doesn't already have an account, click "Create Account" to be taken to the create account screen.

Creating an account

A mobile app screen titled "Account Creation". At the top, the status bar shows the time "3:34", signal strength, Wi-Fi, and battery icons. The screen contains five text input fields stacked vertically, each with a light gray placeholder text: "First Name", "Last Name", "Username or Email", "Password", and "Date of Birth". Below the inputs are two buttons: a red "Cancel" button on the left and a blue "Create" button on the right. The screen has a white background and a thin black border. A home indicator bar is visible at the very bottom.

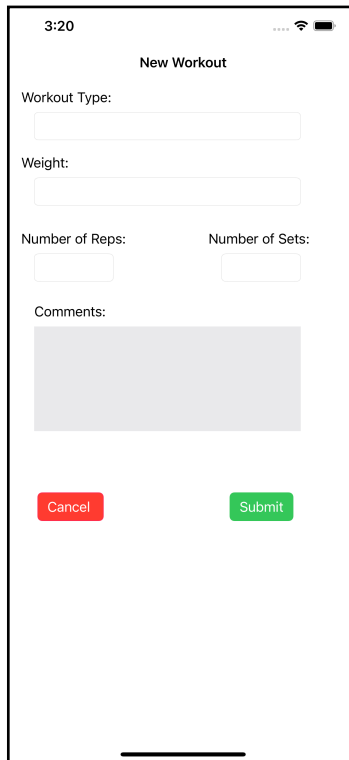
If the user doesn't have an active account and account can be created at the "Account Creation" screen. A user needs to provide his first name, last name, email address, password and date of birth. A password must be at least six characters long and the email must not already exist as an account. If 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



3:20

New Workout

Workout Type:

Weight:

Number of Reps: Number of Sets:

Comments:

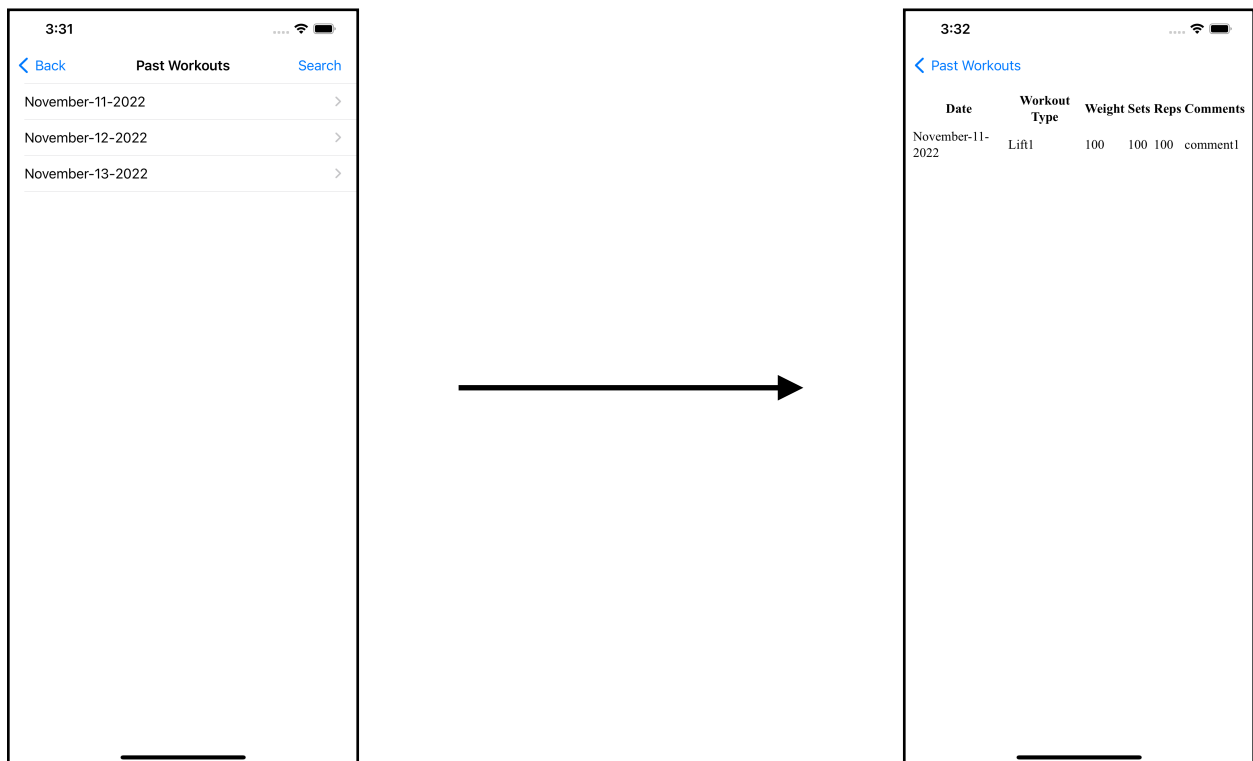
Cancel Submit

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 filled 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

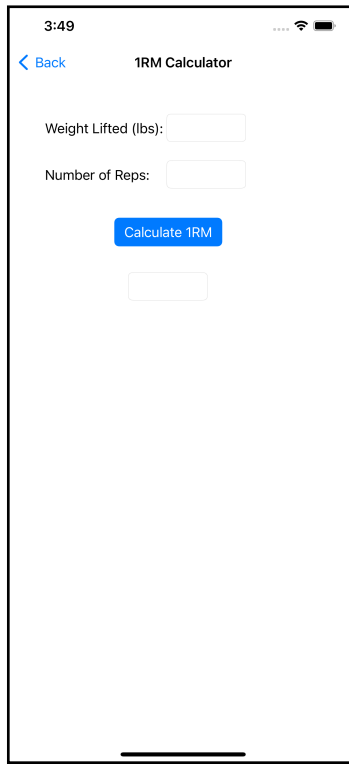


The “View Past Workouts” screen will display all of the users past workouts arranged by date. The date is automatically saved when the user submits the workout and cannot be changed. Clicking on a date will take the user to a table view that will display the workouts from that day with their weight, 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.

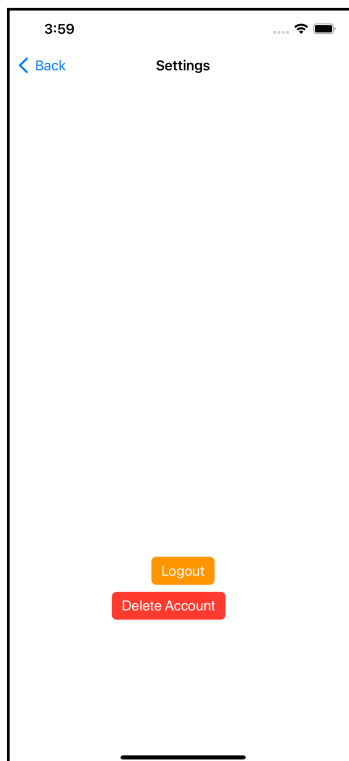
One Rep Max (1RM) Calculator



The screenshot shows a mobile application interface for a "1RM Calculator". At the top, the status bar displays the time "3:49" and battery level. Below the status bar, there is a navigation bar with a blue "< Back" button on the left and the title "1RM Calculator" in the center. The main content area contains two input fields: "Weight Lifted (lbs):" and "Number of Reps:", each followed by a white text input box. Below these fields is a blue button labeled "Calculate 1RM". At the bottom of the input area, there is a single white text input box, likely for displaying the calculated result. The bottom of the screen shows a black home indicator bar.

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 user back to the sign in screen and “Delete Account” will delete the user's 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.**