

Project: Design Documentation

I. Project Abstract

Fitness Tracker:

User

1. User inputs name, gender, weight, and age

Strength/Conditioning

1) User selects what area to workout.

a. Upper

b. Core

c. Lower

d. Cardio

2) User selects a level of workout.

a. Upper - level 1 - 15 pushups, 15 pullups

b. Upper - level 2 - 30 push ups, 30 pull ups

c. Upper - level 3 - 45 pushups, 45 pull ups

d. Upper - level 4 - 60 push ups, 60 pull ups

e. Upper - level 5 - 75 push ups, 75 pullups

f. Core - level 1 - 15 sit ups, 15 second plank

g. Core - level 2 - 30 sit ups, 30 second plank

h. Core - level 3 - 45 sit ups, 45 second plank

i. Core - level 4 - 60 sit ups, 60 second plank

j. Core - level 5 - 75 sit ups, 75 second plank

k. Lower - level 1 - 15 squats, 15 lunges

l. Lower - level 2 - 30 squats, 30 lunges

m. Lower - level 5 - 45 squats, 45 lunges

n. Lower - level 5 - 60 squats, 60 lunges

o. Lower - level 5 - 75 squats, 75 lunges

p. Cardio - level 1 - 1 Mile Steady Jog

q. Cardio - level 2 - 2 Mile Steady Jog

r. Cardio - level 3 - 3 Mile Steady Jog

s. Cardio - level 4 - 4 Mile Steady Jog

t. Cardio - level 5 - 5 Mile Steady Jog

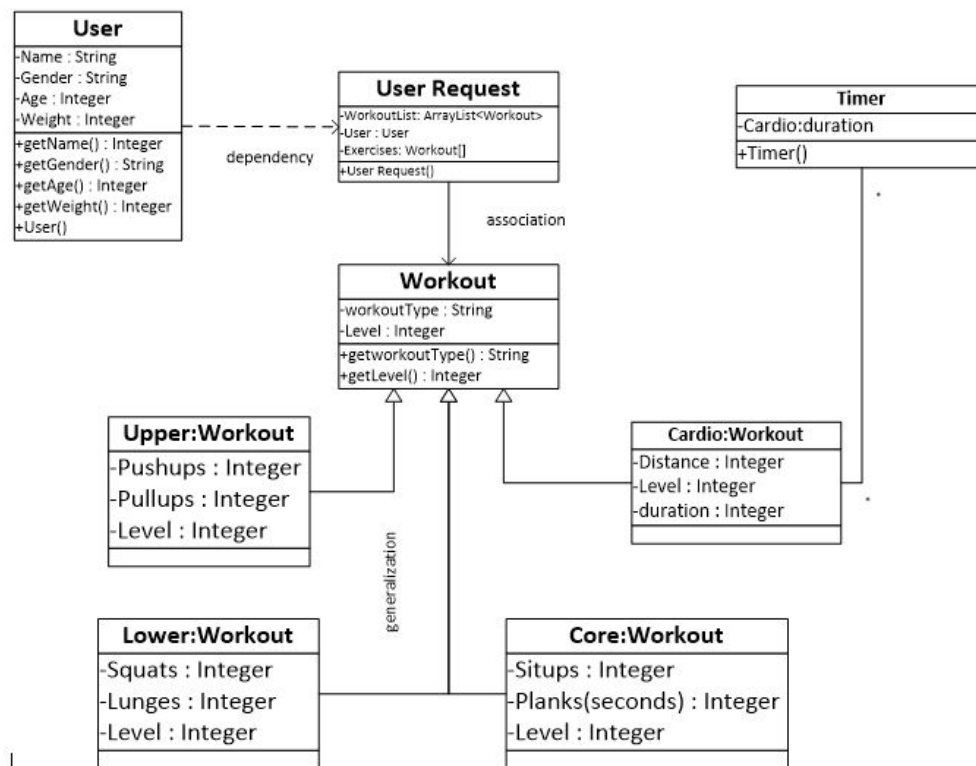
3) Keep track of which workouts have been completed.

3). Keeps track of total duration (focused in Cardio area)

II. Team Members

- Nicole Moody

- Matt Wempe
 - Caliyah Kappel
 - Cyrus Champagne
- III. Technologies Used
- Java Programming via IntelliJ IDEA
 - Github
- IV. General Overview of Division of Labor
- Nicole Moody: Graphic Design, Layout Design
 - Caliyah Kappel: User Interface, Programming
 - Matt Wempe: Programming
 - Cyrus Champagne: UML Class Diagram
- V. UML Class Diagrams for Each Class



VI. Class Description and Responsibilities

- Public Class User Input ()
 - This class is the user's basic Identification Information.
 - Name, Gender, Age and Weight.
- Public Class User Request ()
 - This class is the user's request for the workout they'd like to choose.
 - Upper (Level 1-5), Lower (Level 1-5), Core (Level 1-5), Cardio (Level 1-5)
 - Note: The User does have the option to choose 1 workout from each targeted area
- Public Class Timer ()
 - Keeps track of the duration of ONLY Cardio workouts.
- GUI for the User Interface
 - Provides all code for the design of the app.
 - This includes but is not limited to:
 - Icons
 - Menu
 - Buttons
 - Controls or widgets

User Interface

Input data:

*Name


*Gender


*Weight (lbs)


*Age


CHOOSE YOUR WORKOUT:


Upper / Lower / Core / Cardio



user settings


App settings


stats


About us


CONTACT us


Reset

CSCI 325