

Mini Challenge 2 - TrainCal: Improve your basic calisthenic movement

	AVFoundation	Core Data	MVC
☰ Technology	Privacy & Security	ReplayKit	Speech
	Swift	TestFlight	UIKit
☰ Design	Illustration		
☰ Platform	iOS		
☰ Project Brief	A native iOS App that solves how to perform the correct basic movement of calisthenic at home by create movement analysis app for college student by analyzing their movement and turn it into beginner calisthenics programs.		
⌚ App Icon			
✔ Challenge	Mini Challenge 2		
✔ App Category 1	Sports		

☰ App Category 2

Health & Fitness

👤 Members

↗ Related to C4
Student's
Challenge
Database (Project
Documentation 1)

☰ App Store Link

🔗 Test Flight Link

🔗 Link Github

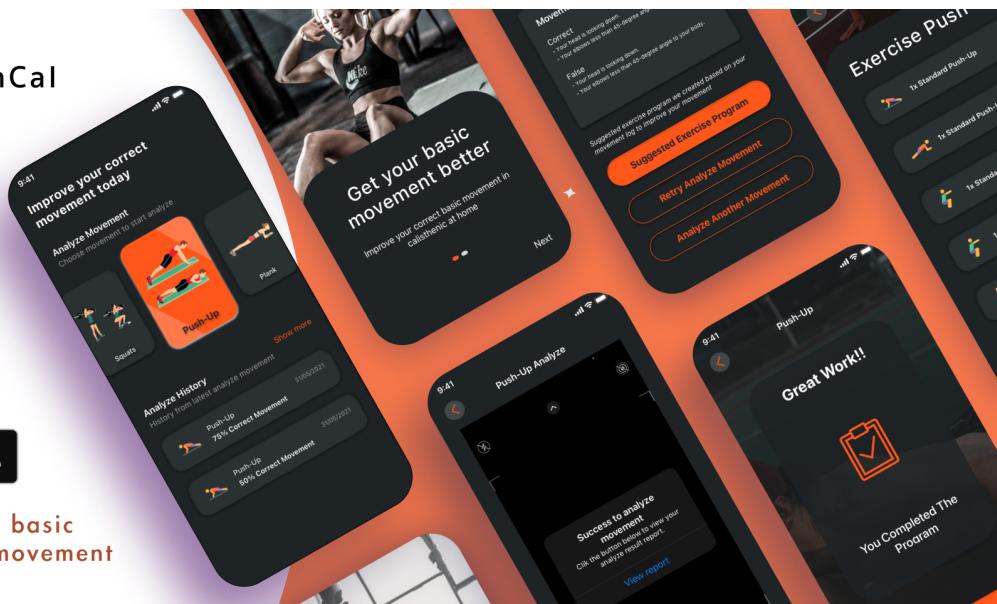
↗ Related to C4
Academy Team-
Role Experience
(Project
Documentation)



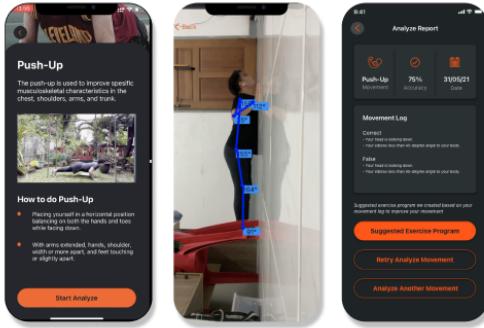
TrainCal



Improve your basic
Calisthenics movement



How the app works



Start Analyze Movement

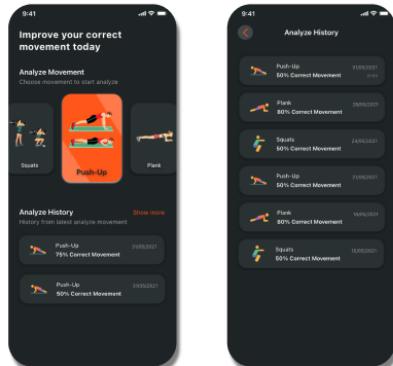
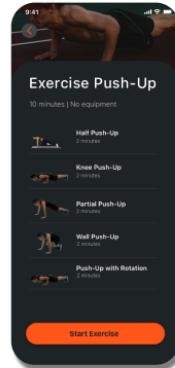
Analyze your movement with TrainCal

With start analyzing workout feature, user can get real-time feedback from the application about their movement whether they do it correctly or not.

Suggested Exercise Program

Exercise with TrainCal program to improve your movement

After analyze your movement, TrainCal helps you to improve your movement by providing suggested exercise program.



Analyze History

Save your analyze movement history to keep you on track with goals

Analyze history feature helps you to track your analyze movement history and get closer with your goals.



Design Journey

Moodboard



SF Pro Text —

AaBb

San Francisco is an American neo-grotesque typeface made by Apple Inc. UI font for macOS, iOS, iPadOS, and tvOS. SF Pro Text comes with 9 weights with their italics. Initially has 6 weights only when introduced.

SF Pro Display —

AaBb

San Francisco is an American neo-grotesque typeface made by Apple Inc. UI font for macOS, iOS, iPadOS, and tvOS. SF Pro Display comes with 9 weights with their italics.



#1E2325



#FF561A



#00425F



#7A93B5



#D7DDE5

Lo-Fi Prototype

Hi-Fi Prototype

[https://marvelapp.com/prototype/
5baa9b3](https://marvelapp.com/prototype/5baa9b3)

https://www.figma.com/embed?embed_host=notion&url=https%3A%2F%2Fwww.figma.com%2Epromo%2FVjVX7QY6xXWK4J1YrEf273%2FAthens-Mini-Challenge-2%3Fpage-id%3D0%253A1%26node-id%3D2%253A1%26scaling%3Dcontain



Development Process

For development process, we use Vision, AV Foundation and ReplayKit to successfully create analyze movement feature in our application. We also use Github to help us for collaboration in the development process. If you are curious and want to know more about technology in our application, please check out our article on the link below [!\[\]\(bd1a142de767a21e5362c595f844a4ff_img.jpg\)](#)



Project Management Plan

We create Kanban as our project management board, then we embed our backlog there. Every day we do a daily stand-up meeting to check our team progress, solve a problem, and set up our backlog for the next day. Behind our good teamwork to finish this project, we think communication is one of the important things. So, we also maintain our team communication and always give our teammates the updated information.

KANBAN BOARD

The image shows a Notion Kanban board with five columns:

- LO-FI Prototype**:
 - In progress: 0
 - Completed: 7
 - History Page (Meichel Rendio)
 - Movement Tutorial (Nathaniel Andrian)
 - Error Message (Shofi Raflesia)
 - Generate Report (vincent medianto)
 - Menu After Generate Report (Meichel Rendio)
 - Detail Exercise Program (rostadi akbar)
 - Start - End Program (Maurice Tin)
 - Add a group
- DEVELOPMENT BACKLOG 1.0**:
 - In progress: 0
 - Completed: 10
 - Movement Tutorial Revisi + ada note ! (Nathaniel Andrian)
 - Onboarding Page (Shofi Raflesia)
 - Completed Program (Nathaniel Andrian)
 - Exercise Program (rostadi akbar)
 - Start End Program (Maurice Tin)
 - Analyze History (Nathaniel Andrian)
 - Analyze Screen (Meichel Rendio)
 - Home Page (Maurice Tin)
 - Analyze Report (vincent medianto)
 - Rest page (vincent medianto)
 - Add a group
- DEVELOPMENT BACKLOG 2.0**:
 - In progress: 0
 - Completed: 11
 - Design alert before start analyze (Shofi Raflesia)
 - Create Carousel Home Page (Maurice Tin)
 - Config right side analyze movement (Meichel Rendio)
 - Selenium history page (Nathaniel Andrian)
 - Create toggle for degree (Meichel Rendio)
 - Generate Push Up Program (rostadi akbar)
 - Generate Squats Program (Shofi Raflesia)
 - Ganti button di rest (vincent medianto)
 - Develop Onboarding Page (Shofi Raflesia)
 - Bikin start end page (Maurice Tin)
 - Berencana auto layout (vincent medianto)
 - Add a view
 - Search
 - New
 - Add a group
- DEVELOPMENT BACKLOG 3.0**:
 - In progress: 0
 - Completed: 14
 - SpeechSynthesizer (Meichel Rendio)
 - Detect jumlah orang di frame (Meichel Rendio)
 - Remove Skeleton ketika orang tidak di frame (Meichel Rendio)
 - add video section to report page (Nathaniel Andrian)
 - Screen recorder (Meichel Rendio)
 - auto layout onboarding (Nathaniel Andrian)
 - Condata buat history (Nathaniel Andrian)
 - Selain onboarding page (Shofi Raflesia)
 - Search for assets di exercise program (Shofi Raflesia)
 - Gabungin start dan rest (Maurice Tin)
 - Collection buat di home (Maurice Tin)
 - Add a view
 - Search
 - New
 - Add a group
- DEVELOPMENT BACKLOG 4.0**:
 - In progress: 0
 - Completed: 13
 - Revisi app Icon (Shofi Raflesia)
 - Coba bikin image sequence (Maurice Tin)
 - Search how to remove background for video (Shofi Raflesia)
 - Bikin page analyze report di history (Nathaniel Andrian)
 - Bikin image sequence buat push up/plank/squat tutorial (rostadi akbar)
 - Keynote (Nathaniel Andrian, Shofi Raflesia)
 - Auto layout analyze report (vincent medianto)
 - Indicator green/red (Meichel Rendio)
 - Summary Generator (Meichel Rendio)
 - Auto layout analyze report (vincent medianto)
 - Berencana shadow di analyze report (vincent medianto)
 - Develop movement report (Meichel Rendio)
 - Add a view
 - Search
 - New
 - Add a group



TrainCal App Demo

https://s3-us-west-2.amazonaws.com/secure.notion-static.com/53155ce0-cc6c-4b3b-9791-1df27bbfc038/TrainCal_With_AUDIO_Revision.mp4



TrainCal TestFlight



💪 TrainCal Keynote

<https://s3-us-west-2.amazonaws.com/secure.notion-static.com/bc54f563-98af-4b3f-8398-3a8246bfbe13/TrainCal-Athenskey.key.zip>

👤 Meet Athens Team

🔑 Project Manager and Designer

🖌️ Designer

🛠️ Engineer

⚙️ Engineer



Engineer



Engineer