

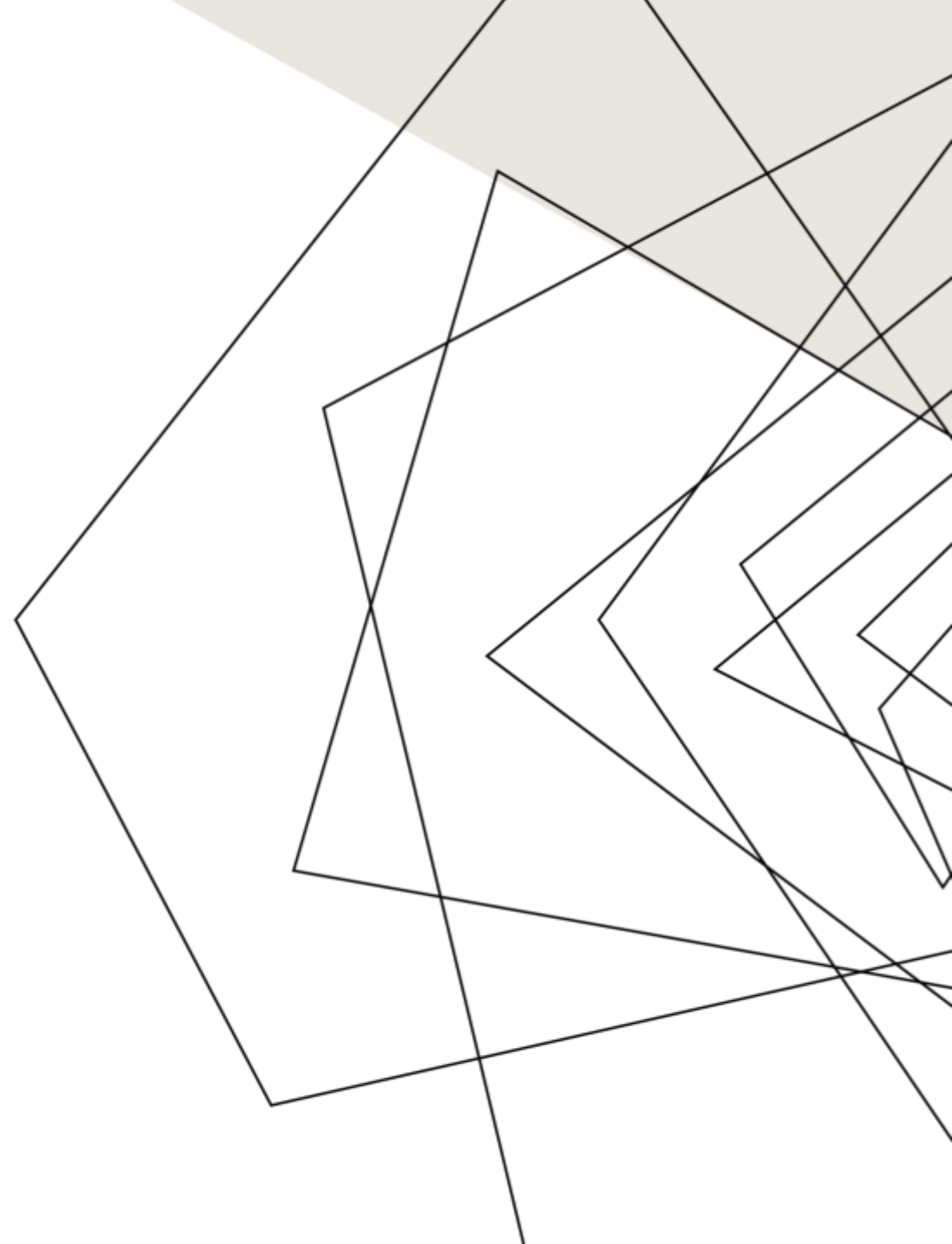


WORKOUTPAL

# PRODUCT OVERVIEW

WorkoutPal is a **Gym Workout Tracking Application** designed to help users plan, log, and visualize their fitness progress in a simple and motivating way.

By combining core fitness tracking with social and gamified elements, this application offers an engaging platform for users to build healthy habits, monitor progress, and stay consistent with their fitness journey.



# STAKEHOLDERS



# WHO ARE WE MAKING THIS FOR?

- People who lack fitness motivation
- People who want to keep track of their fitness progress
- Fitness influencers who want to share their routines
- People who wish to find workout pals



# KEY FEATURES

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- **Relationships:** Users can follow each other and keep track of each other's progress
- **Activity Tab:** Users have an activity tab to show what their friends are up to (can be private or public)
- **Routine:** Users have a database to show their workout routines
- **Database:** The app comes with a very robust database of workouts with target muscle groups for users
- **Achievements:** Users can see progress and achievements through gamified elements.



The background is a dark blue gradient. On the left, there are white geometric lines forming a grid-like pattern. On the right, there is a glowing blue binary code (0s and 1s) that appears to be receding into the distance, creating a sense of depth. The text 'TECH STACK' is positioned in the lower-left area of the image.

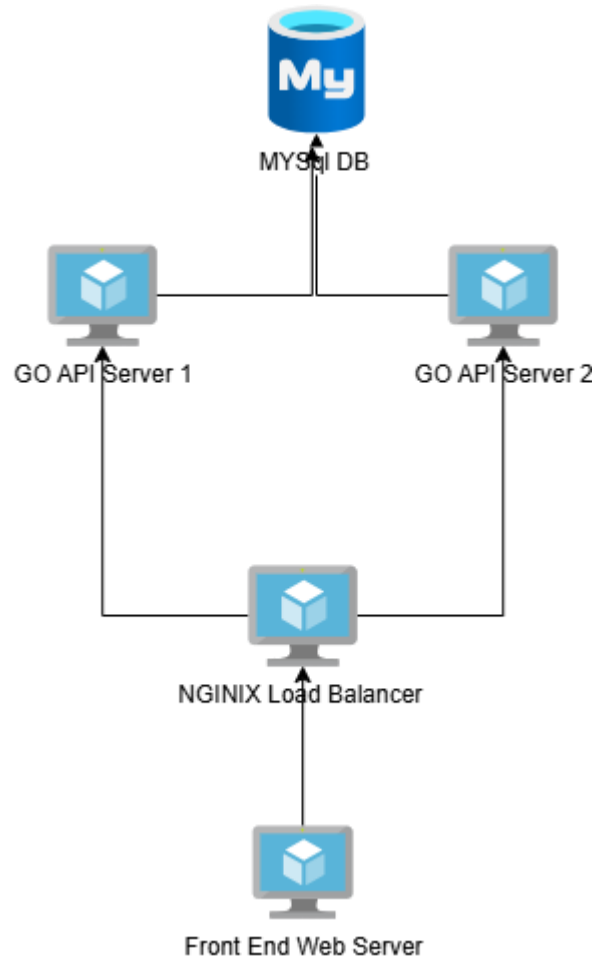
TECH STACK

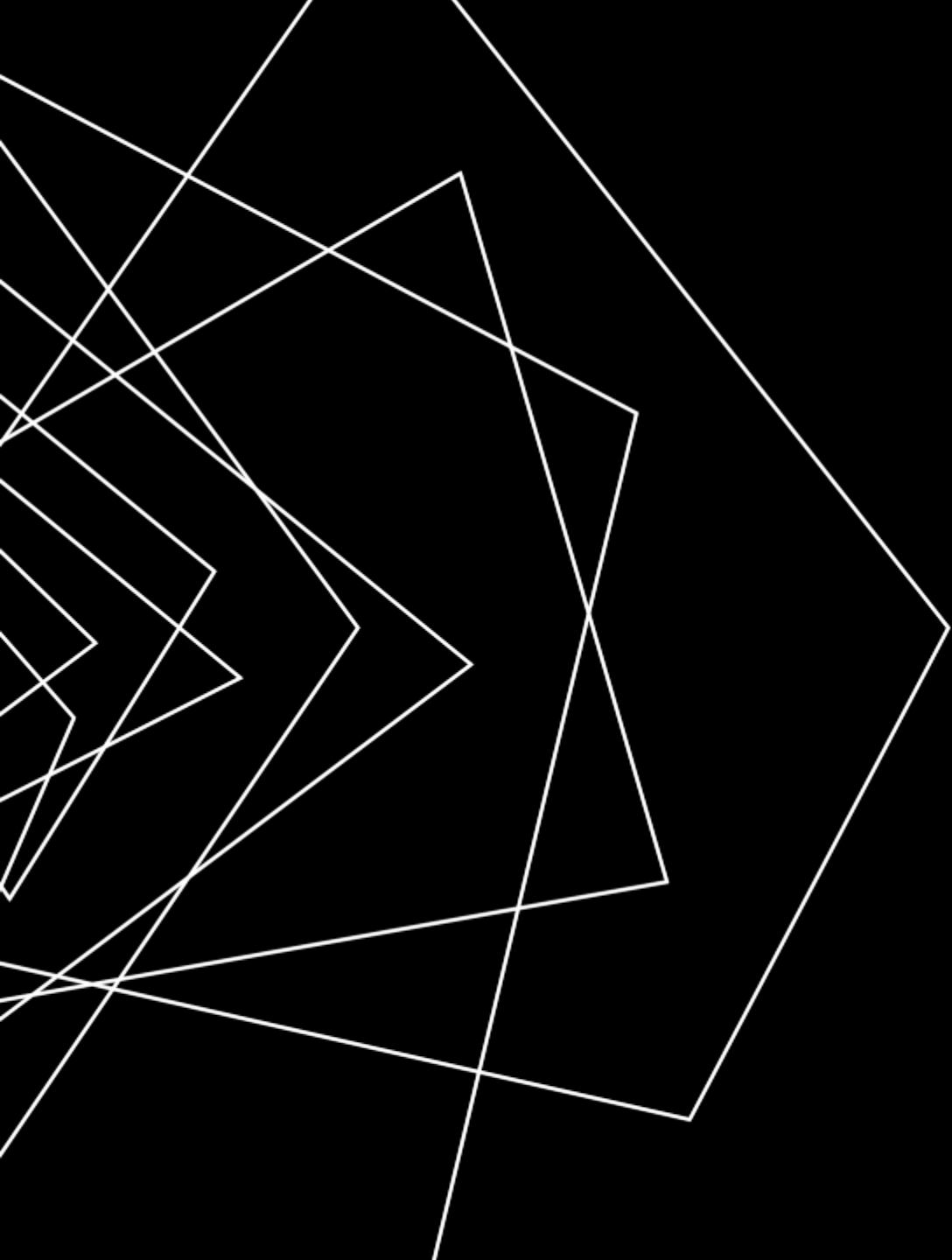
# TECH STACK

Technology	Rationale
React	React offers a <b>component-based structure</b> and efficient rendering, making it well-suited for dynamic features like timers and activity feeds. Its large ecosystem and community support simplify integration of charts, calendars, and UI elements.
Go	Go provides <b>high performance and strong concurrency</b> through goroutines, ideal for handling multiple user requests in real time. Its simplicity, reliability, and lightweight deployment make it a solid choice for building scalable APIs.
MySQL	MySQL is a <b>stable relational database</b> that ensures data integrity for structured workout data like users, goals, and logs. It is widely supported, easy to set up, and performs well for moderate to high workloads.



# HIGH LEVEL ARCHITECTURE DIAGRAM





THANK YOU