ResistanceTracker – PLANNING 5

INITIAL DEVELOPMENT PLAN

Date 31/07/2025

Overview

* Lay out roadmap for initial development

1. Build foundational infrastructure:

* Using planning\_4\_technical….
* Create necessary directory structure
* Set up backend installations
* Create and test basic server file.

1. Develop Main page

* Create initial layout and style for the main page based on the specification

1. Develop Database management system

* Menu page for Database management options,
* For now only have options for Exercises and Muscles
* Link to it from main page
* Develop maintenance pages for Muscles and exercises
* Populate tables

1. Develop Tracking menu

* Options for session, journal, injury inputs
* Link to it from main page

1. Develop Session input

* Session data input page based on specifications

1. Develop journal entry page.
2. Develop injury input page
3. Develop user measurements input
4. Develop Review page (now that all inputs are built everything is there to review)

* Sessions/journal review

1. Develop csv uploads

* For historic data migration
* (possible exercises/muscle database for initial installs)

1. Review & refine

* Go through testing each feature and its interactions, make improvements as necessary (necessary, not nice to have)
* Ensure good organization and structure of code and well documented

1. Deploy

* Create an installation macro
* Use installation to create a production system

1. Project review analysis

* Look back on project and reflect on learnings, mistakes etc
* Consider any immediate improvements, further development or whether to have a break from it.