



RACER FITNESS

CS 35L project

Discussion 1A / TA: Yuxing Qiu

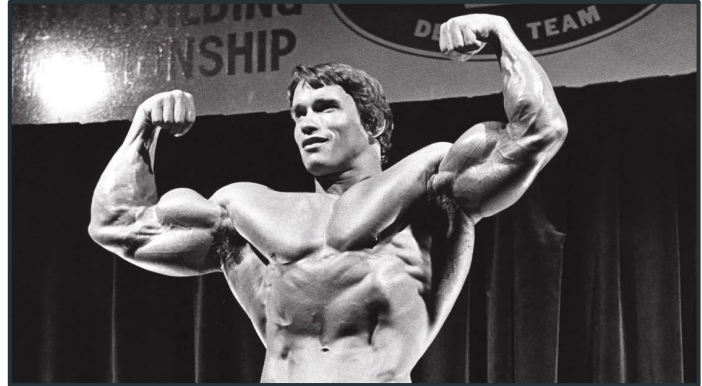
Aneesh Bonthala, Eliot Yoon, Rohith Venkatesh, Ryan Wang, Shizhuo Zhu



Introduction


Project Idea:

- Motivation:
 - Our group is passionate about fitness: particularly, weightlifting
 - Tracking your workouts leads to more effective ones, more structure, and better results
- Functionality:
 - Display dynamic data to user (user profile, exercises information, body weight graph)
 - Upload data to the back-end
 - Search through server-side data: user can pick a date and get exercises data about that date
- Implementation:
 - React.js for the frontend
 - Google Firebase cloud server for the backend



Authentication

- User can sign in and sign up




Sign in

Email Address *

Password *

SIGN IN

[Forgot password?](#) [Don't have an account? Sign Up](#)



Sign up

Name *

Email Address *

Password *

SIGN UP

[Already have an account? Sign in](#)

User Profile

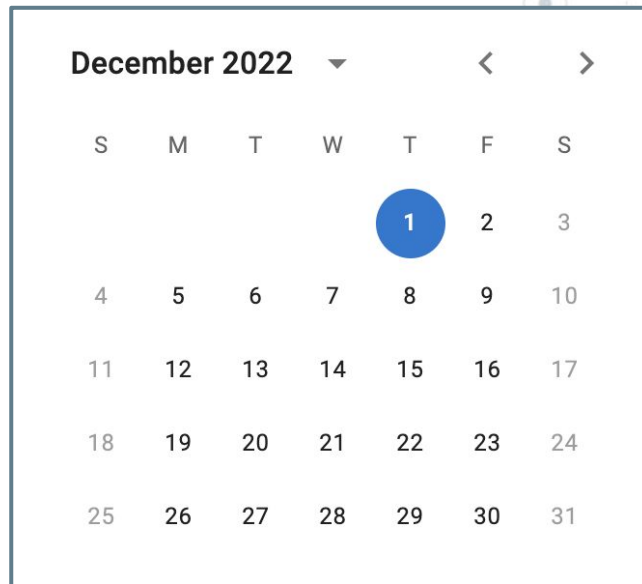
- Profile displays user's name, email address, and picture
- The bottom of the page displays a dynamic graph of the User's Weight over time (in kilograms)
 - Allows user to visualize progress over time
- Allows user to change profile picture



Calendar

User may choose a date on the calendar:

- ⦿ Activity list will display all the information user stores on the date
- ⦿ The default date is the current date



Adding Exercises

On a selected date:

- User can log their bodyweight daily
- User can log an exercise with the following options:
 - Just the name of the exercise
 - The name of the exercise with information about each set (weight, reps, and notes)
- After confirming the logging of each set, user can add exercise to the date
- Restrictions:
 - Empty bodyweight cannot be logged
 - Bodyweight can be relogged
 - Exercise must be named to be added
 - Set must have both weight and reps fields filled to be added

150 lbs LOG

Bodyweight

Exercise Name * Bench Press Sets 3


135 lbs	15	warm up	✓
Weight	Reps.	Notes	
225 lbs	4		✓
Weight	Reps.	Notes	
245 lbs	1	personal record	✓
Weight	Reps.	Notes	


ADD EXERCISE


Display Exercises


On a selected date:

- Date is displayed
- Bodyweight is displayed IF logged by user on date
- Each added exercise name
 - Each set number with its weight, reps, and notes
- A delete button for each exercise if user wants it removed
- Note: all of this data is displayed dynamically as the user inputs

 **Thu Dec 01 2022**

 **153.2 lbs**

 **Bench Press**





▶ **Set 1:** 200 lbs for 4 repetitions

▶ Notes: AMRAP ORP 226!

▶ **Set 2:** 200 lbs for 3 repetitions

▶ **Set 3:** 200 lbs for 3 repetitions

 **Incline Dumbbell Press**



▶ **Set 1:** 150 lbs for 8 repetitions

▶ **Set 2:** 150 lbs for 9 repetitions

▶ **Set 3:** 150 lbs for 9 repetitions

▶ **Set 4:** 160 lbs for 6 repetitions

▶ Notes: PR