

Screen Sketches

2_UG_3

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CyCoach

Actors

1. Users: Have the privilege to:
 - View their user profile information
 - Update their user profile information
2. Athletes: Have the same privileges as users in addition to:
 - View their list of workouts
 - View their assigned coach
3. Coaches: Have the same privileges as users in addition to:
 - View their assigned athletes and their corresponding workout lists
 - View/add/remove/update workouts in the database
 - Add/remove workouts to their athletes' workout lists
4. Managers: Have the same privileges as users in addition to:
 - View the list of all users in the database
 - View the list of coaches and the athletes assigned to each
 - Add/remove users from the database
 - Assign athletes to coaches

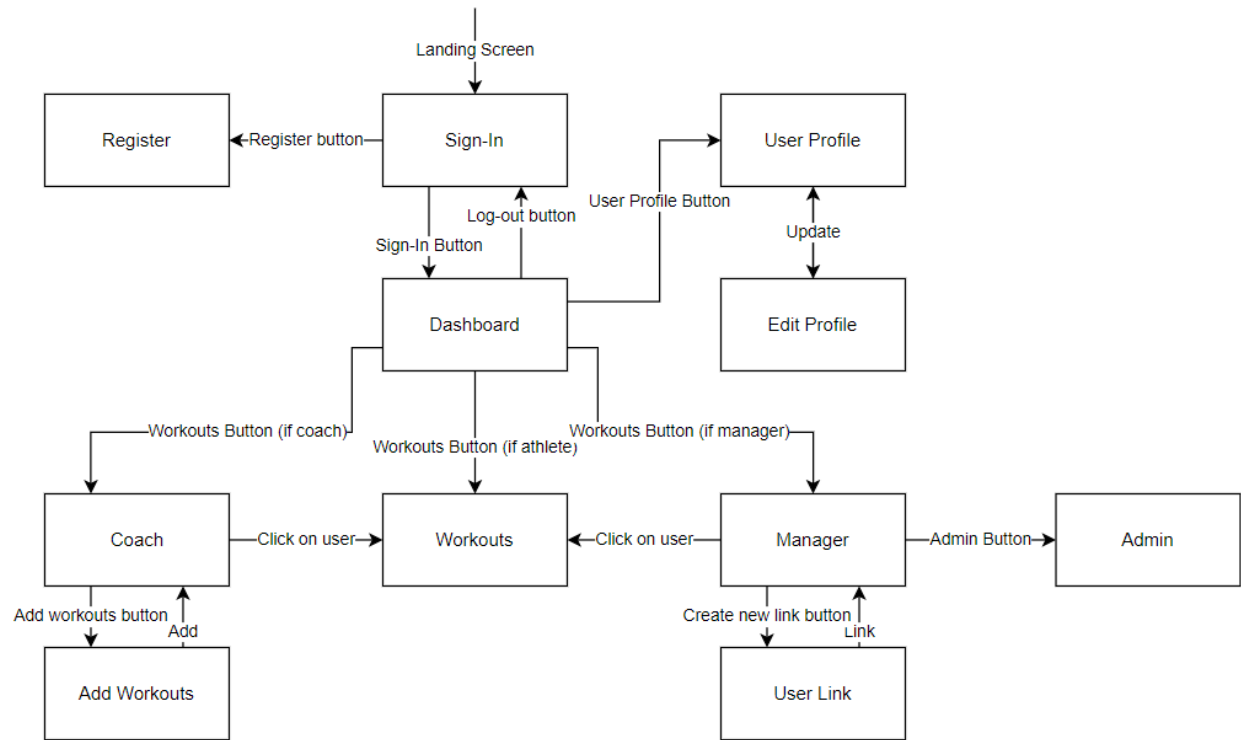
Non-functional Requirements

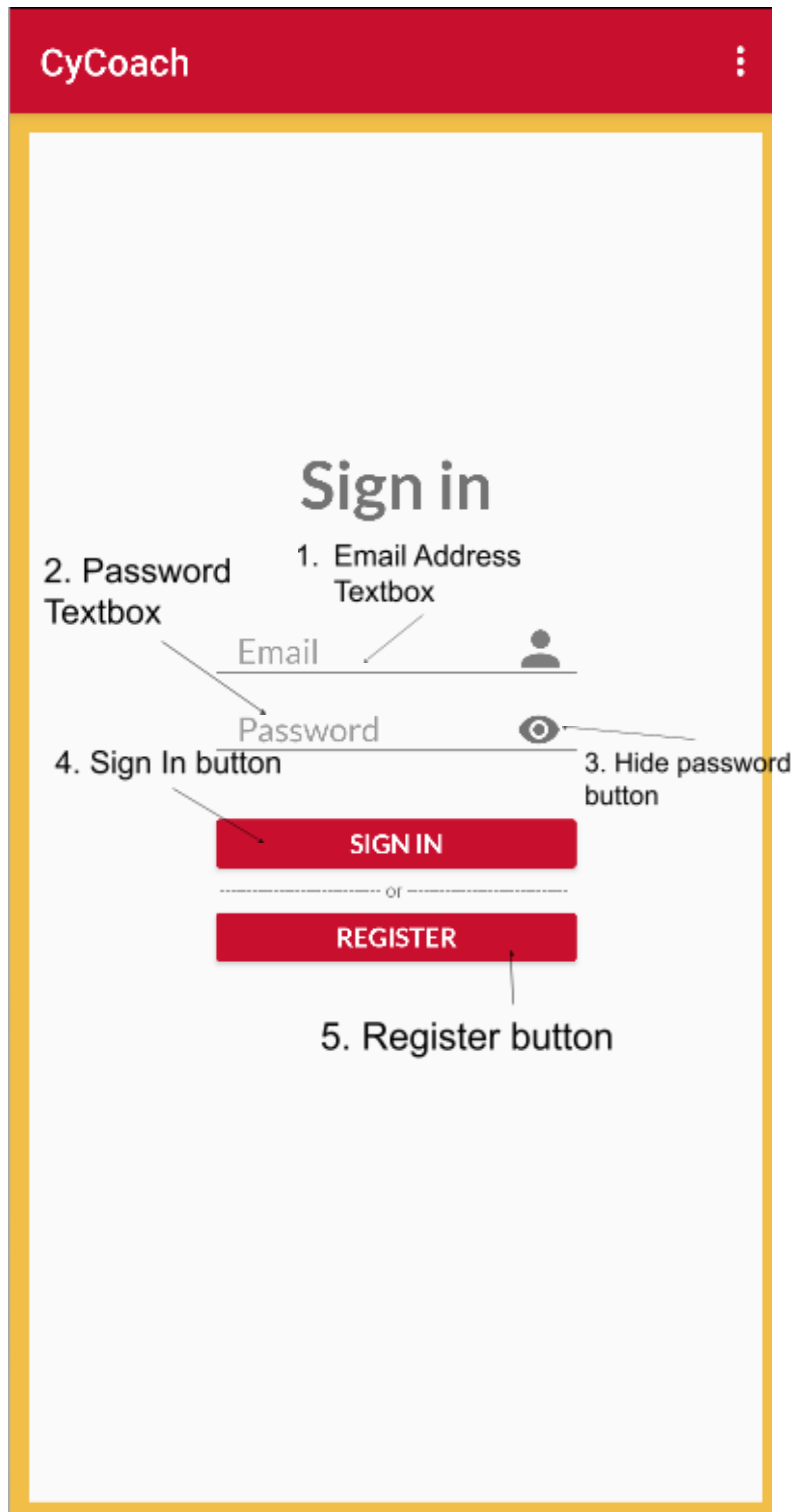
- **Reliability**
 - The application should never crash (should retrieve user data appropriately and relaunch within _ seconds)
 - The application should never throw uncaught errors
- **Responsiveness**
 - The user should not have to wait for longer than 0.5 seconds for any UI element to respond
 - The user should not have to wait over 5 seconds for any server request to be completed
 - The application must take less than 1 second to navigate between any two screens
- **Maintainability**
 - Code follows traditional conventions
 - Code is easy to understand and follow (e.g. well commented)

Table and Field Relationships

- **User:** Information identifying each individual who uses the app.
 - User ID - Primary key
 - User firstName
 - User lastName
 - User emailAddress
 - User password
 - classType, type of user(athlete, coach)
 - Has 1-1 relation with Athlete and Coach, based on User ID
- **Athlete:** A user who is assigned workouts from coaches.
 - Athlete ID - Primary key
 - uid - Foreign key to User table
 - cid - Foreign key to Coach table
- **Coach:** A user who assigns workouts to athletes.
 - Coach ID - Primary key
 - uid - Foreign key to User table
- **Exercises:** Basic identification of an exercise
 - Exercise ID - Primary key
 - Exercise name
 - targetMuscle, group of muscles exercise targets
- **Workouts:** Information pertaining to exercises and amount to do them.
 - Workout ID - Primary key
 - Workout reps
 - Workout sets
 - aid - Foreign key to Athlete table
 - eid - Foreign key to Exercise table
- **Athlete_coaches:** M-1 relation between Athlete and Coach
 - aid - Foreign key to Athlete table
 - cid - Foreign key to Coach table
- **Exercise_workouts:** 1-M relation between Exercises and Workouts
 - eid - Foreign key to Exercises table
 - wid - Foreign key to Workouts Table
- **Athlete_workouts:** 1-M between Athlete and Workouts
 - aid - Foreign key to Athlete table
 - wid - Foreign key to Workouts table

Screen Flow Diagram





This screen allows a user to input their email (1) and password (2), toggle the password visibility (3), sign in (4), or register a new account (5) redirecting them to the registration page (see Figure 2). The page is formatted similarly to sign in screens seen in other apps.

Figure 1 - Sign In Screen

The image shows a mobile application registration screen. At the top is a red header bar with a back arrow on the left, the word "Registration" in the center, and a three-dot menu icon on the right. Below the header is a large white area with the word "Register" in a large, bold, grey font. The form consists of several text input fields: "First Name", "Last Name", "Email", and "Password". To the right of the "Password" field is a small circular button with an eye icon. Below these fields are three checkboxes labeled "Athlete", "Coach", and "Manager". At the bottom of the form is a red rectangular button with the word "REGISTER" in white capital letters. Numbered annotations (1-7) with leader lines point to specific elements: 1. First name textbox, 2. Last name textbox, 3. Email address textbox, 4. Password textbox, 5. Hide password button, 6. User type buttons, and 7. Register button.

1. First name
textbox

2. Last name
textbox

3. Email address
textbox

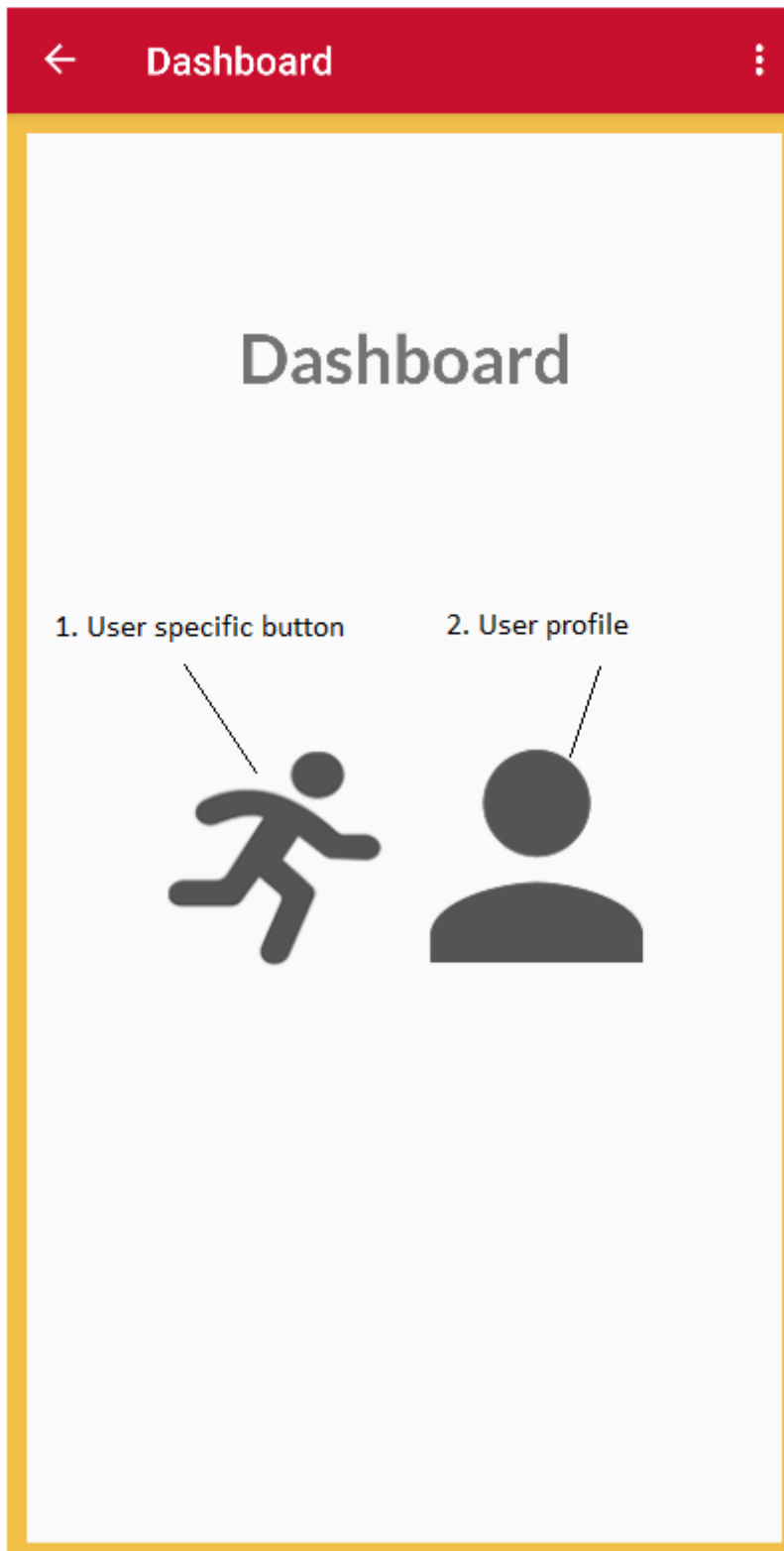
4. Password
textbox

5. Hide password
button

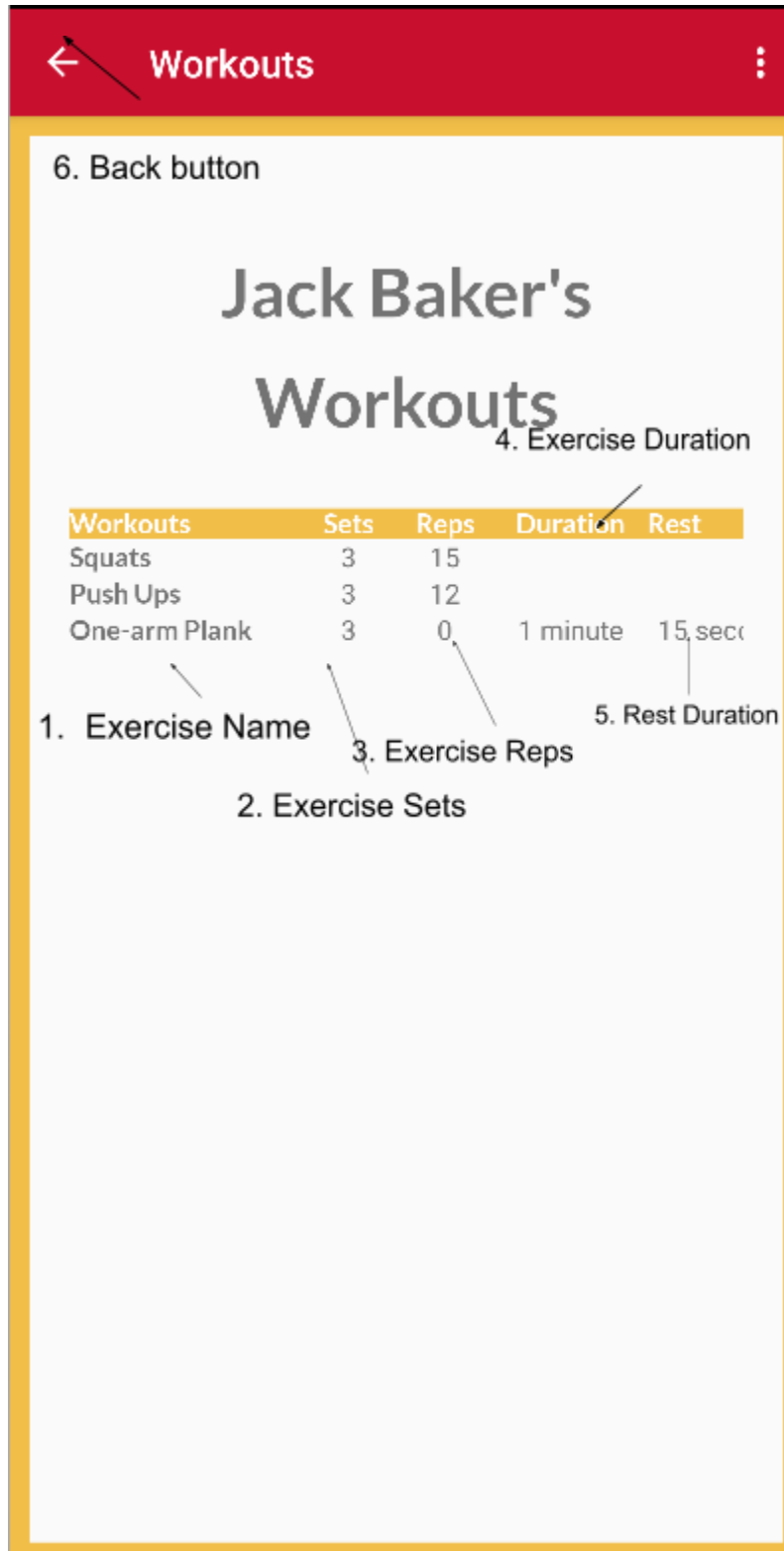
6. User type buttons

7. Register button

This screen is reached through the register button on the sign in screen. It allows the new user to enter a first(1) and last(2) name, an email address(3) and password(4), which can be hidden or shown via the hide password button(5). Then the user can select which type of user they are registering as(6). Finally they can complete their registration as a new user via the register button(7).



The dashboard is accessed after logging in, it allows the user to use the left button(1) to access other screens based on their user type. For example Athletes can access their workout list. The right button(2) takes the user to their user profile.



This screen displays an athlete's list of workouts. The information displayed are the exercise's name (1), the number of sets for the exercise (2), the number of reps per set (3) if the workout is based on volume, the duration of the exercise (4) if the workout is based on time, the rest time between sets (5), and the back button (6) which redirects the user to their dashboard (see Figure 3).

Figure 4 - Workout List

The image shows a mobile application screen titled "User Profile". At the top is a red header bar with a white back arrow on the left and a white three-dot menu icon on the right. Below the header, the title "User Profile" is centered in a large, bold, grey font. The main content area is light grey and contains the following information: "1. First Name" followed by "First Name: Jack", "2. Last name" followed by "Last Name: Baker", "3. Email address" followed by "Email Address: jackbaker@icloud.com", and "4. Password" followed by "Password: tennis123". At the bottom of the form is a grey button labeled "EDIT PROFILE". A yellow border surrounds the main content area. Numbered annotations are present: "6. Back button" with an arrow pointing to the back arrow in the header, and "5. Edit Profile button" with an arrow pointing to the "EDIT PROFILE" button.

6. Back button

User Profile

1. First Name — First Name: Jack

2. Last name — Last Name: Baker

3. Email address
Email Address: jackbaker@icloud.com

4. Password
Password: tennis123

5. Edit Profile button
EDIT PROFILE

This screen displays a user's first name (1), last name (2), email address (3), password (4), allows them to edit this information (5) by redirecting them to the edit profile screen (see Figure 6), or redirects them to the Dashboard (6) (see Figure 3).

Figure 5 - User Profile

The screenshot shows a mobile application interface for editing a user profile. At the top, a red header bar contains a back arrow icon (labeled 1) and the text 'Edit Profile'. Below the header, the title 'Edit Profile' is displayed in a large, bold font. Underneath the title are four text input fields: 'First Name' (labeled 3), 'Last Name' (labeled 4), 'Email' (labeled 5), and 'Password' (labeled 6). The 'Password' field has a toggle icon (an eye) to its right. At the bottom of the form is a red button labeled 'UPDATE' (labeled 2). Arrows point from the numbered labels to their respective UI elements.

This screen can be reached through the edit profile button in the user profile screen. The purpose of this screen is to allow a user to edit their user profile information. There are text boxes that allow for the entry of a new first name (3), last name (4), email (5), and password (6). The password can be hidden for additional security. The update button (2) will change this information in the database then navigate back to the user profile screen, displaying the updated information. If the user wishes to go back without updating, they can click the back button (1) to return to the user profile screen.

Figure 6 - Edit Profile

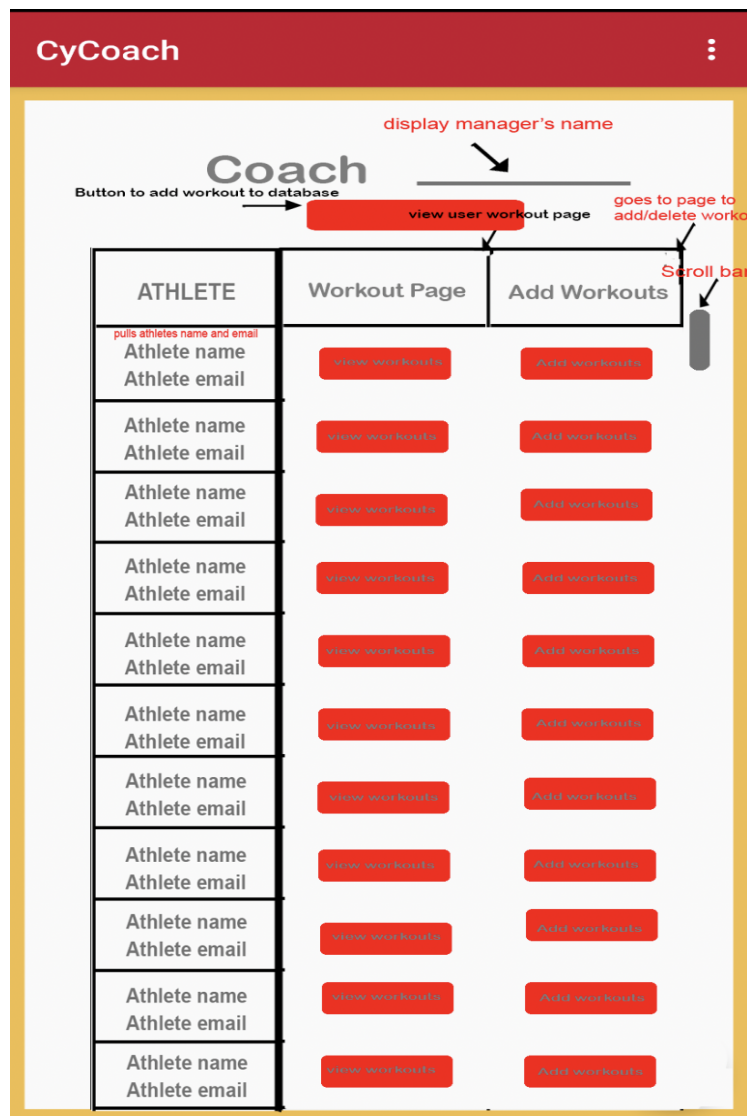


Figure 7 - Coach

- This page is accessed exclusively by coaches from the dashboard
- Coaches will have the ability to view individual athletes workout page
- Coaches can go to page to add workouts to the database
- Coaches can go to a page to add workouts to individual athletes based on workouts already in the database.
- Scroll bar that allows to scroll through more athletes
- Will display coaches name at the very top
- Will pull athletes name and email in order of their ID, which I believe corresponds to the date added.

The screenshot shows a mobile application interface for adding workouts. At the top is a red header bar with a white back arrow on the left and a white menu icon on the right. The title 'Add Workouts' is centered in the header. Below the header, the main content area has a light gray background. It features the title 'Add Workout' in large black text. Underneath are three text input fields labeled 'Workout Name', 'Sets', and 'Repetitions'. At the bottom of the screen is a red button labeled 'Add'. Annotations with arrows point to specific elements: (1) points to the back arrow in the header; (3) points to the 'Workout Name' input field; (4) points to the 'Sets' input field; (5) points to the 'Repetitions' input field; and (2) points to the 'Add' button.

Back button (1)

Add Workout

Workout Name

Sets

Repetitions

Update button (2)

Add

Workout name entry (3)

of Sets entry (4)

of reps entry (5)

This screen can be navigated to from the Coach screen by selecting a user to add workouts to. The purpose of this screen is for coaches to be able to assign their athletes with workouts to complete. There are three text fields, one for the name of the workout (3), one for the number of sets (4), and one for the number of repetitions in each set (5). When the update button is clicked, the selected user will have the enumerated workout added to their workout list. The back button (1) will take the coach back to the coach screen to view all of their athletes.

Figure 8 - Add

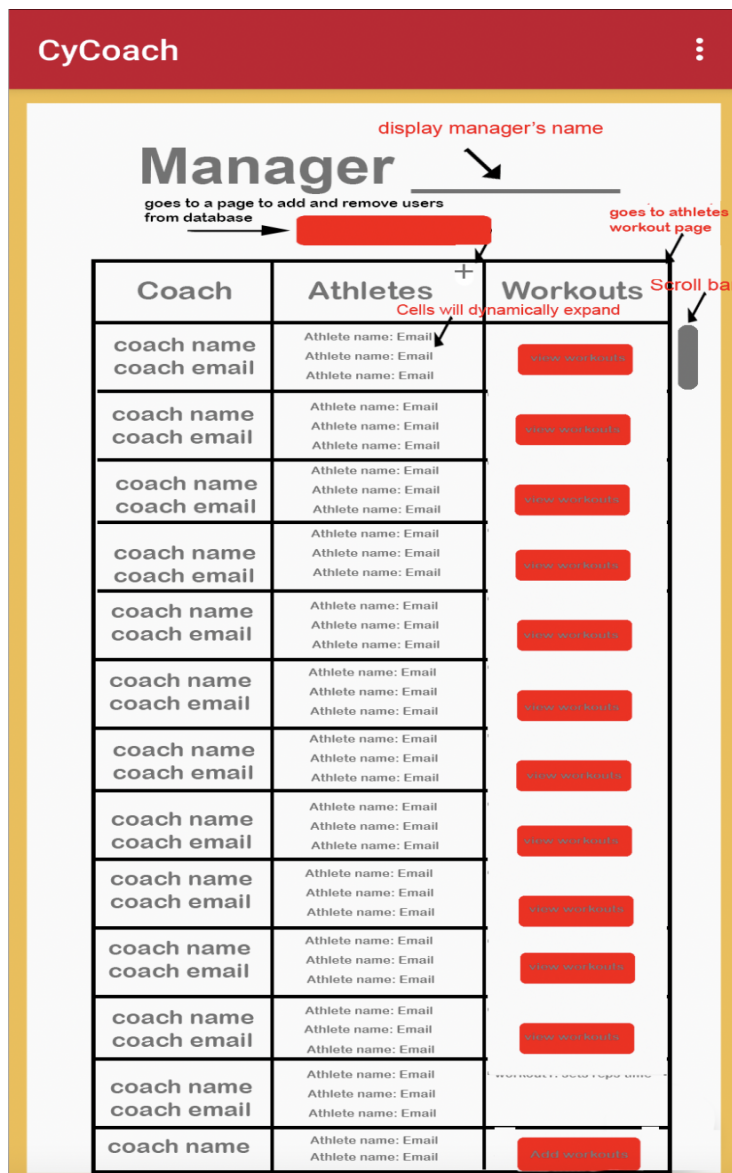
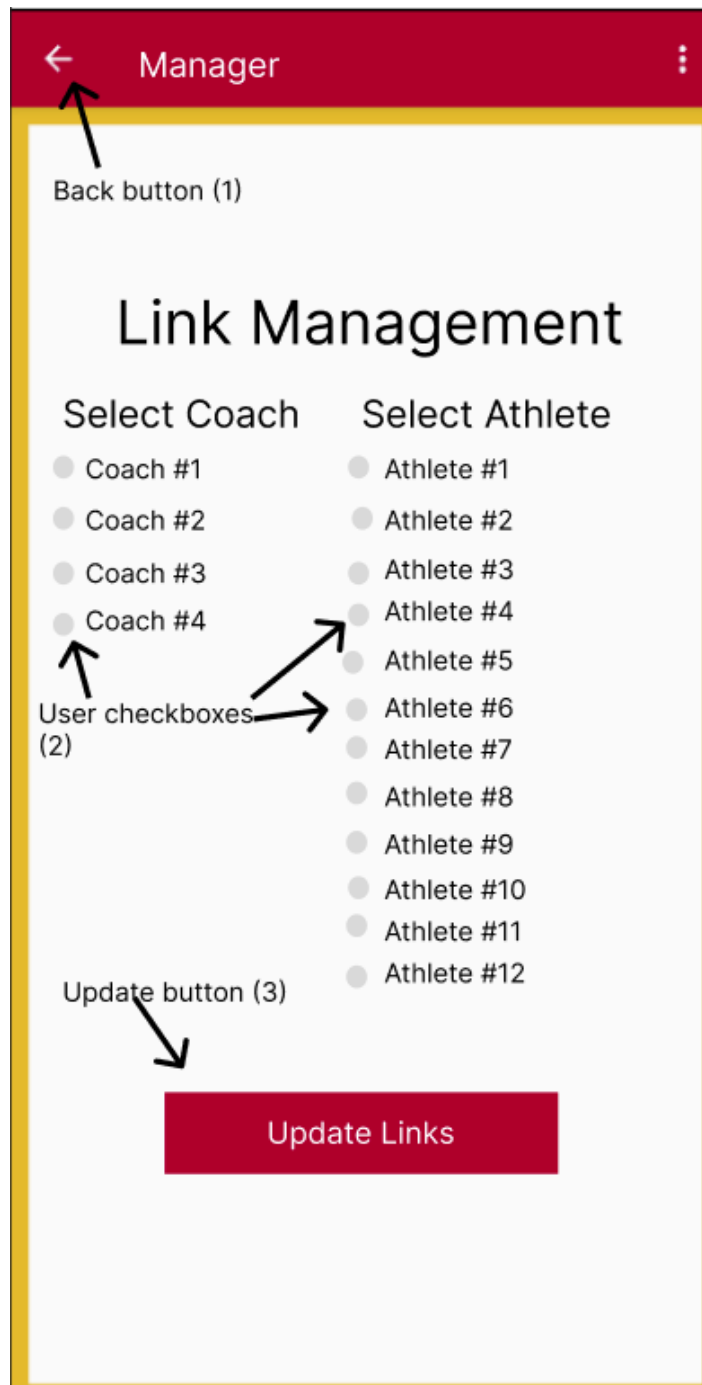


Figure 9 - Manager

- This page is accessed exclusively by managers from the dashboard screen
- Manager's name will be displayed at the very top
- Scroll bar will allow manager to see coaches and there assigned athletes in this table
- Plus button on athletes cell will allow coaches to edit coach/athlete relationships
- Big red button at the top goes to a page where the manager can add and remove users from the database.
- All of the smaller red buttons will take the manager to the individual athletes workouts



This screen can be reached only from the Manager screen. Its purpose is to allow managers to manage the relationships between coaches and athletes. It will display a list of checkboxes (2) representing the current coaches in the system, as well as a list of checkboxes (2) representing the athletes in the system. Only one coach and one athlete can be selected at a time. When the update links button (3) is clicked, the system will link the coach and the athlete, causing the athlete to become visible to the coach. The back button (1) can be pressed to return to the manager screen.

Figure 10 - User Link