

Background

The local Portland gym, Club Seven Fitness, was looking for a convenient and personalized way for their clients to track their fitness progress. Our group created the C7FIT iOS application, which is personalized towards gym and will conveniently be with them throughout the day. It serves as a one stop portal for all of their client’s needs, with multiple tools to assist and track workouts, a customized shopping center, and user profiles.

FAQ

Why did we undertake this project?

The C7FIT project was under taken to develop a mobile health and fitness application for local gym Club Seven Fitness in downtown Portland. At Club Seven Fitness, gym goers are unable to keep a clear record of their fitness goals in accordance to the classes they were enrolled in. This initial issue was the catalyst for our project, to develop a way for gym goers to track their workouts on the go.

What generated the idea?

Because of the initial issue described above, we believed that a mobile approach to solving the problem on the go would be the best method in solving the problem. The various features of the iOS application stem from the many possible use cases of the gym clients.

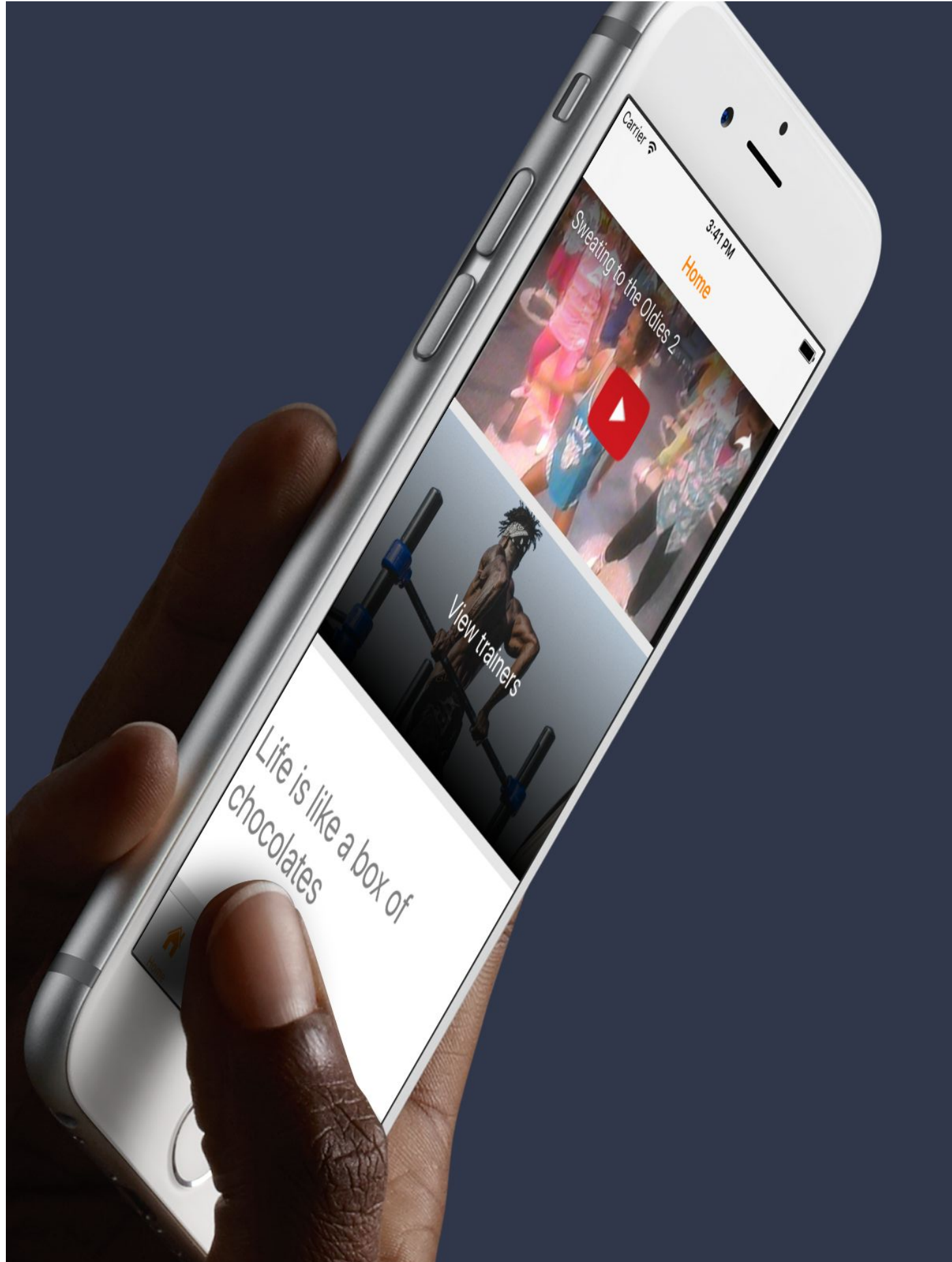
What goals and hypotheses did we have?

The main goal of the project is to build an iOS app worthy of deploying to the App Store. This app would solve the many use cases of Club Seven Fitness’ clients. An initial hypothesis was to build an app where users could sign up for gym classes, but the initial goal fell through when the gym’s backend services shifted their policies. Now our application is focused purely on health and fitness tracking along with a bit of fitness shopping.



C7FIT  
The Club Seven Fitness iOS app. Track your workouts and map your runs!

Brandon Lee, Michael Lee, Rutger Farry  
Clients - Luther Boorn (eBay), Club Seven Fitness  
leebran@oregonstate.edu  
leemi@oregonstate.edu  
farryr@oregonstate.edu



Implementation

What did we do?

We built a multi tabbed iOS application with the following tabs: Home, Schedule, Store, Activity, and Profile. Each screen focuses on a specific component of the application as described in the feature section. The application supports any iPhone on iOS 10 or higher.

How did we do it?

We developed the application through Apple’s Xcode and Swift 3. In order to leverage cloud storage, we included Google’s Firebase into our app through CocoaPods. All development was done as natively as possible through Apple’s provided frameworks and libraries within iOS.

Why did we do it this way?

We decided to develop as natively as possible in order to achieve a sense of unity throughout the whole application. While it may have been a bit easier to import frameworks to do some heavy lifting for us, doing things the native, and sometimes harder way yielded a greater learning experience as well as a less externally dependent app.

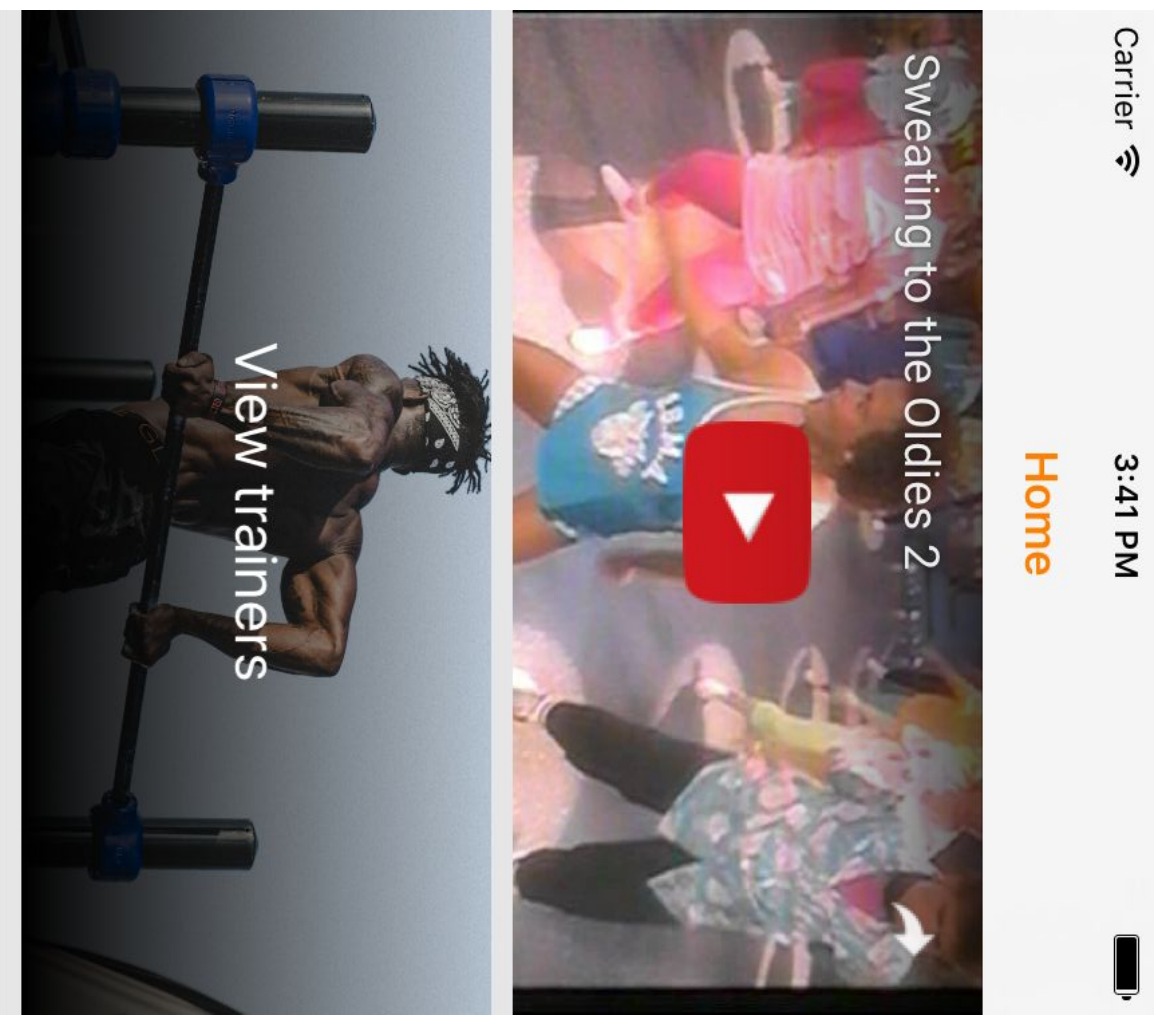


Features

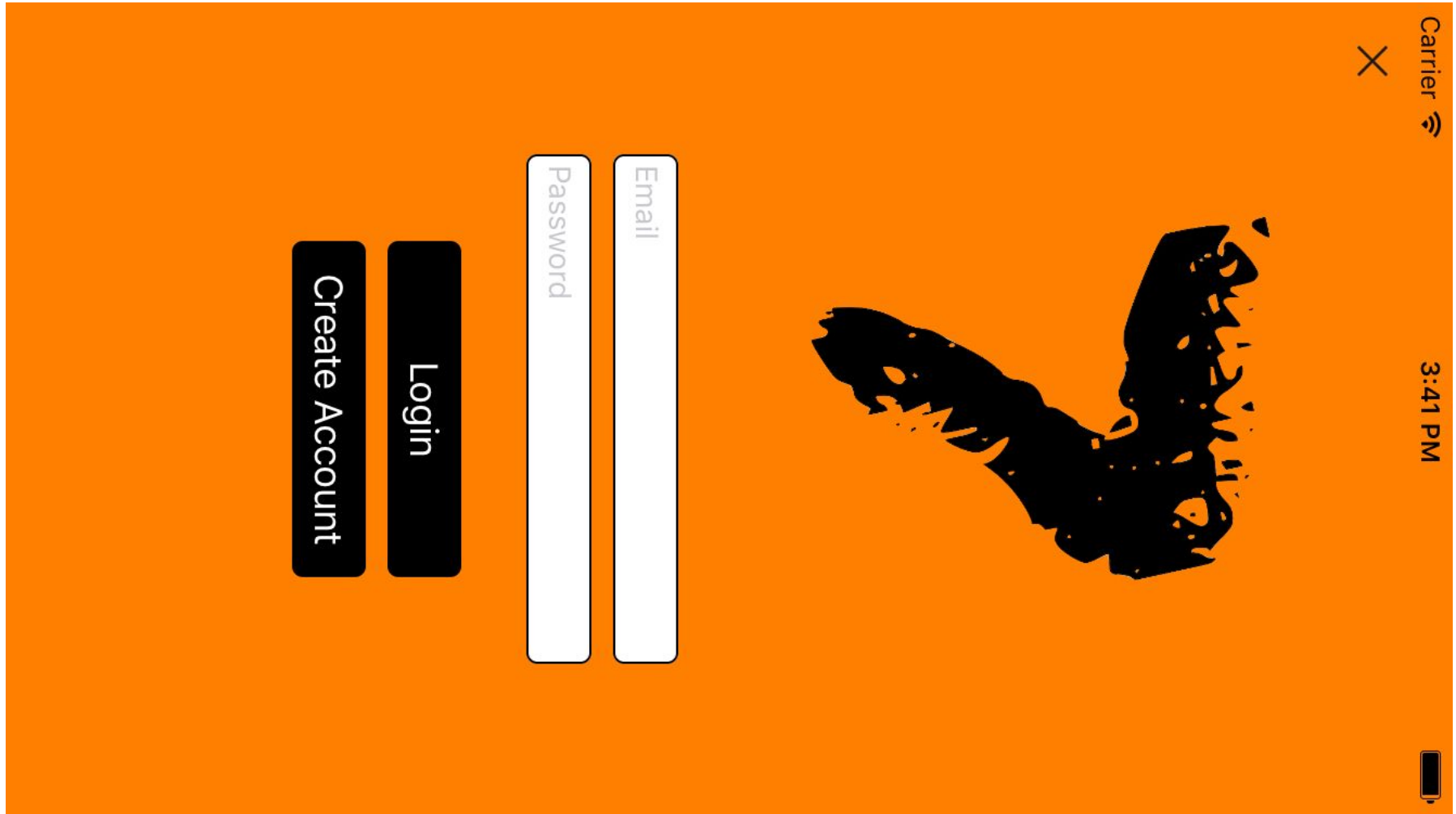
- **Communication** - Our application gives Club Seven Fitness owners and coaches the ability to interact personally with their clients through daily quotes and embedded instructional youtube videos.
- **Profiles** - The users can construct and save their own profiles to keep better track of their personal fitness goals. We have custom fields like push ups, sit ups, etc. in addition to integrating the fitness information from the native HealthKit API.

- **Shopping** - We integrated eBay’s new shopping API to test their API and provide function to the gym’s clients. We query their API for a list of products and the application displays the top rated product in that category.

- **Fitness Tools** - The app provides multiple fitness tools: a run tracker, heart-rate calculator, countdown clock, and timer. The run tracker is integrated with firebase which allows the user to save their runs. They can view their distance, time, and pace along with the path of their run.



Life is like a box of chocolates



Importance

C7FIT is an important application for many reasons. As one of the first apps created for a local gym, it allows the app to make assumptions about the customer that would be infeasible to make about a larger corporation’s customer base. In addition, it grants gym trainers holistic insight into their client’s personal workouts, allowing them to tailor better personal workouts for their client.

Results

While the app is not yet on the App Store, we plan to publish it by mid-June. Internal feedback among friends and family has been positive, and our mentors at both eBay and OSU have been satisfied with our work. We are looking forward to publishing to the App Store so our target audience can begin using the app.

Conclusion

Building C7FIT was a great experience for all of us. For Brandon and Rutger, who had worked on iOS applications in previous internships, it was a chance to develop with a lot of freedom and an opportunity to help teach our partner, Michael about iOS development. It was very cool to develop an open source application. While there are some challenges with open-source development, such as hiding API keys, knowing that your project is in the public eye forces you to write better code, and enforces developers to take precautions they should be taking regardless.