

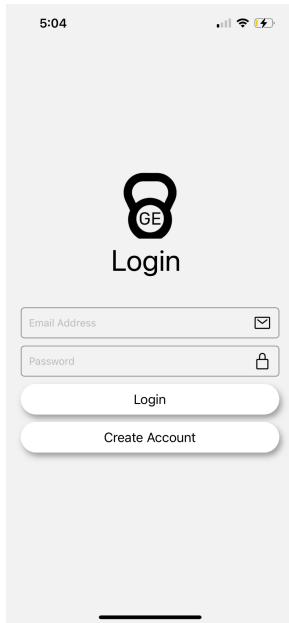
Design Document

Initial Figma Design Link:

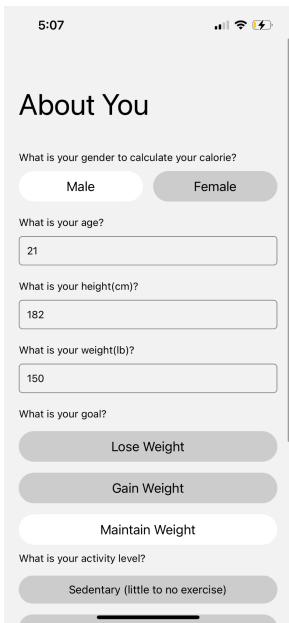
<https://www.figma.com/file/r7TPIRb5OtSf4ocym7RQCW/Gym-Essentials-Figma?type=design&node-id=0%3A1&mode=design&t=vlsD6Sev70UWzbFX-1>

Welcome Screens:

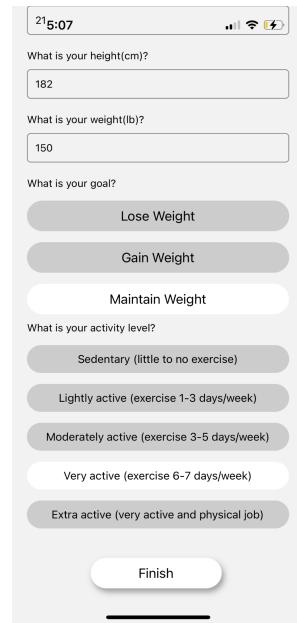
Login screen:



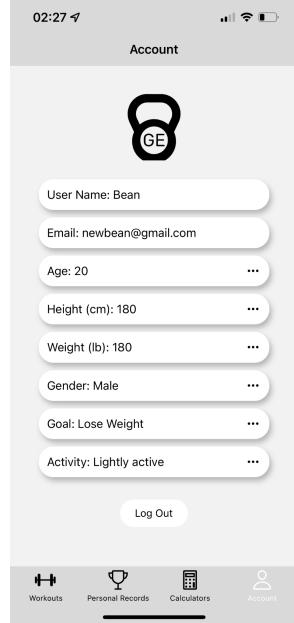
About You screen(1/2):



About You screen(2/2)



Personal Account screen:



In these screens, we wanted to make all the text boxes have the same rounded corners, information selection buttons turn gray to white when selected, and the confirmation button has a natural button animation effect, to emphasize and differentiate the different types of selections the users were making. The About You page is a little different from the initial design but I think this looks more visually appealing.

The image displays three identical mobile application screens, each titled "Editing".

- Screen 1:** A text input field contains the number "20". Below it are two buttons: "Save" (black) and "Cancel" (black).
- Screen 2:** A text input field contains the number "180". Below it are two buttons: "Save" (black) and "Cancel" (black).
- Screen 3:** A text input field contains the number "180". Below it are two buttons: "Save" (black) and "Cancel" (black).

We didn't have these screens in Figma since they were decisions made along the way. These editing screens are different from the other editing screens because these are numerical inputs. All buttons on the editing pages are black to differentiate them from the above account processing pages.

The image displays three mobile application screens, each titled "Editing".

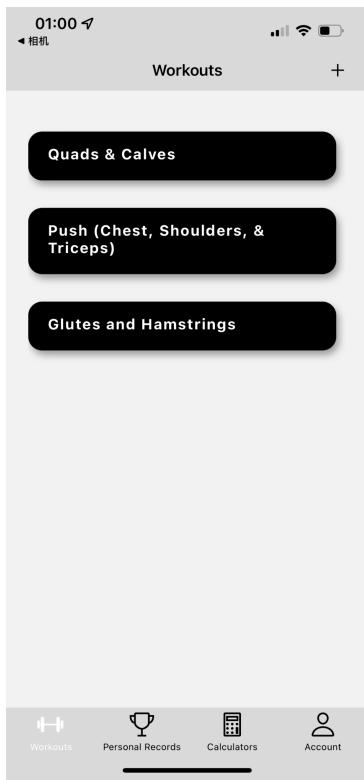
- Screen 1:** A question "What is your gender to calculate your calorie?" has two options: "Male" (grey) and "Female" (grey). Below are two buttons: "Save" (black) and "Cancel" (black).
- Screen 2:** A question "What are your gym goals ?" has three options: "Lose Weight" (white), "Gain Weight" (white), and "Maintain Weight" (grey). Below are two buttons: "Save" (black) and "Cancel" (black).
- Screen 3:** A question "What is your activity level?" lists five levels in grey rounded rectangles:
 - Sedentary (little to no exercise)
 - Lightly active (exercise 1-3 days/week)
 - Moderately active (exercise 3-5 days/week)
 - Very active (exercise 6-7 days/week)
 - Extra active (very active and physical job)
 Below are two buttons: "Save" (black) and "Cancel" (black).

We didn't have these screens in Figma since they were decisions made along the way. These are also editing pages, and are similar to the About You account-creating pages, buttons are grey but change to white when selected. The save and cancel buttons are also the same as the other editing pages.

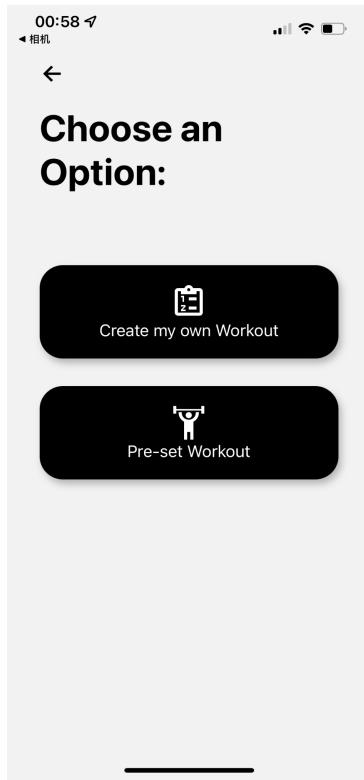
Workouts Screen:

As a key feature of our app, the design of the workout screens continues the design style we established in the early stages of the project on the Figma. Although there have been some minor changes during the development process, we still chose to use containers and buttons with rounded corners, and used black, white, and gray to classify the functions of different levels of importance. Simple bold fonts make the information easy to read and emphasize the essential style of our App.

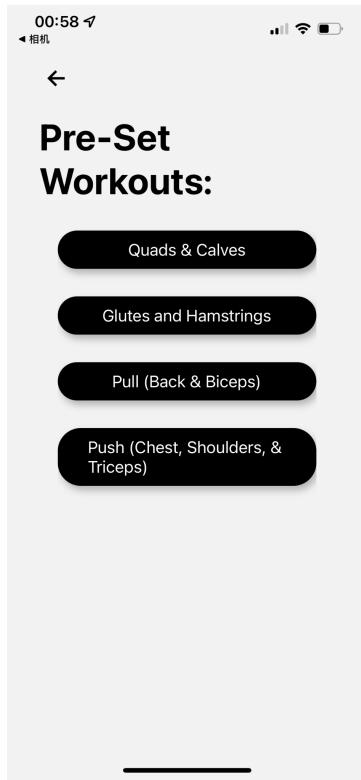
Main screen:



Create Workouts(1/2):



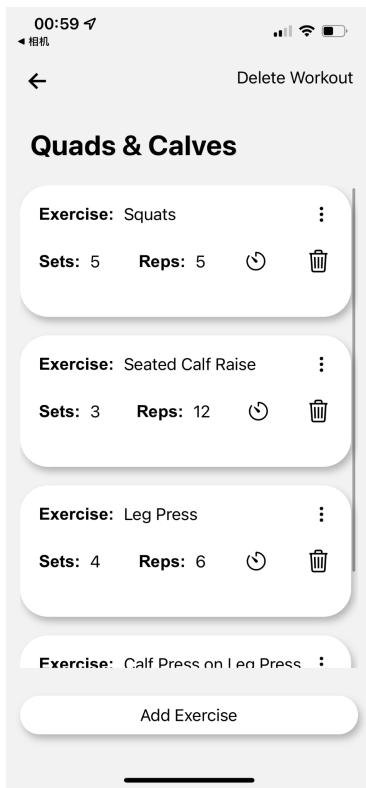
Create Workouts(2/2):



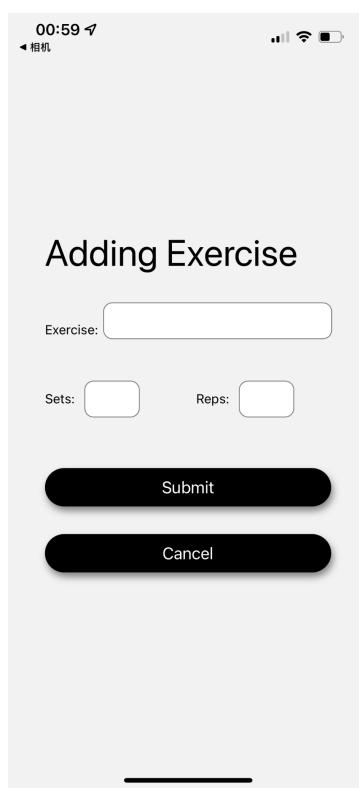
Manage Workouts Screens:

The Manage Workouts screen continues emphasizing on the clarity and simplicity of the user interface, this screen ensures that users can easily manage their workouts and tailor them to their personal fitness goals. It incorporates the same rounded corners for text boxes and buttons as seen throughout the app, maintaining consistency and improving the overall user experience. The design of the screen is efficient and intuitive, with every element serving a distinct purpose. It allows users to add, edit, or delete workouts and exercises, each identified by its unique ID, offering a seamless user experience. The underlying structure of the Manage Workouts screen aligns with the overall Firebase architectural design. Each workout and exercise is assigned a unique ID, allowing these items to be easily deleted or modified.

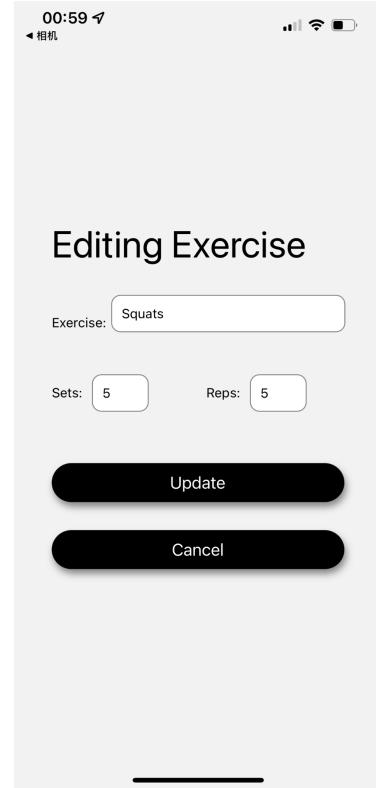
Manage Workouts:



Adding Exercise:



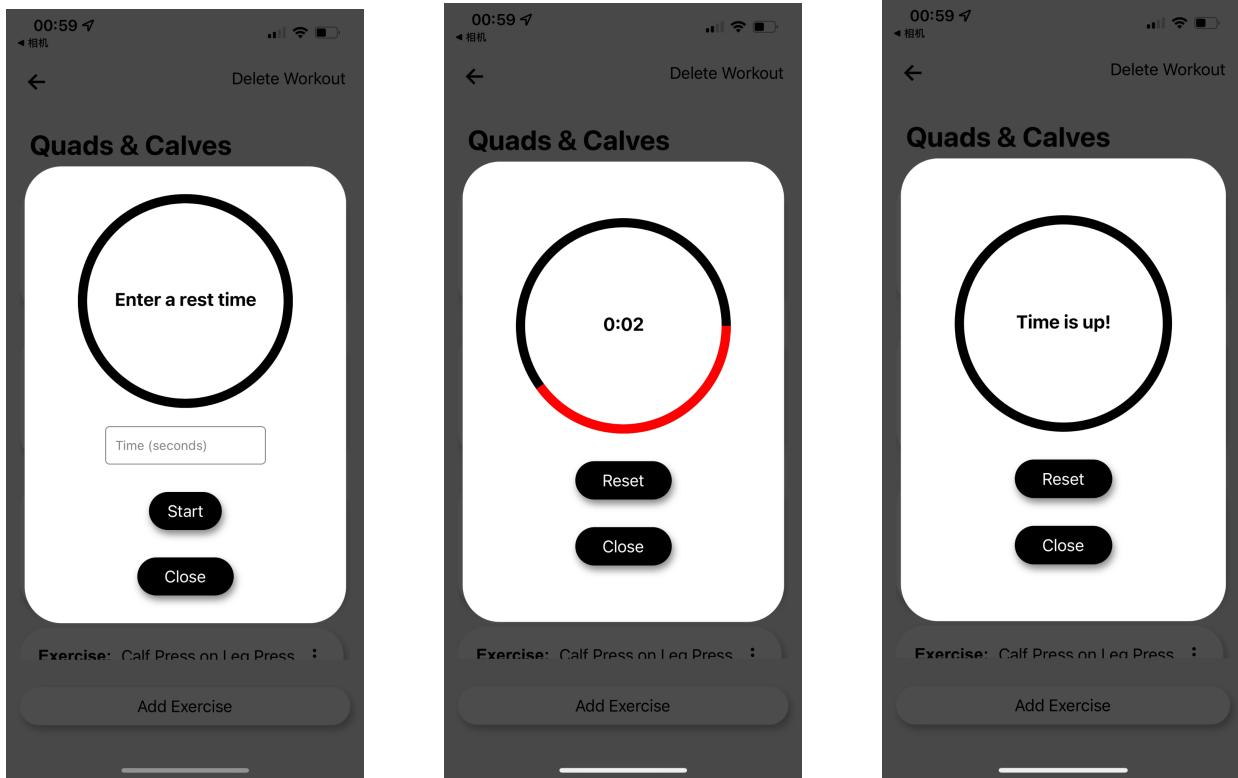
Editing Exercise:



Timer Modal:

The Timer Modal employs a dynamic circular progress bar, animated to provide real-time workout timing updates, offering a distinct visual cue to the user. The modal is designed for enhanced user interaction. Users can input their desired rest time through an intuitive field, promoting precise data entry. The initiation of the timer is as simple as tapping the 'Start' button, further facilitating user accessibility. Moreover, the modal provides options to reset or close the timer, affording greater control to the user. The timer also features real-time text updates that display the remaining time or context-appropriate messages, enhancing the user experience.

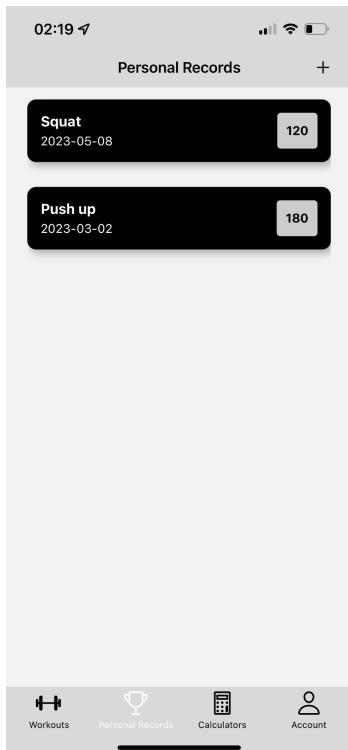
Timer Modal:



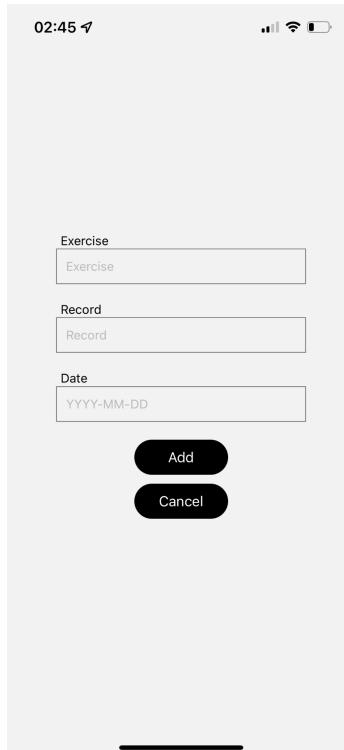
Personal Records:

The design features a list of personal records, each represented as individual cards. The UI intuitively categorizes each record into 'exercise' and 'record,' offering clarity. The exercise name is emboldened to emphasize the record type, while the record value is surrounded by a minimalistic grey container to enhance readability. The date of each record further adds context to the user's performance tracking. Furthermore, the screen can handle various states like loading or error, ensuring a seamless user experience. The design incorporates both an ActivityIndicator during data fetching and an error message display during any fetch issues.

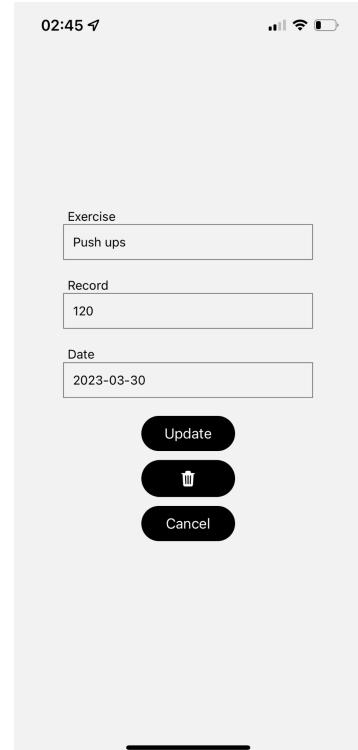
Personal Records:



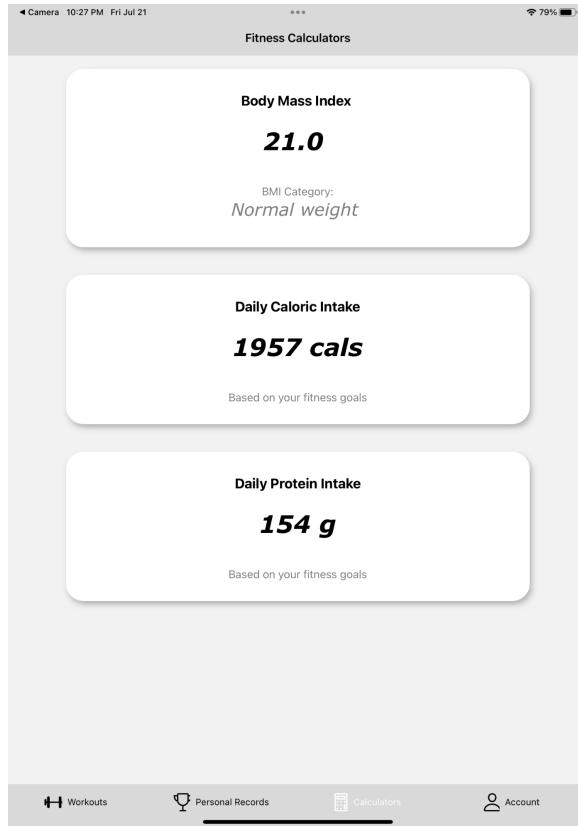
Adding Records:



Editing Records:

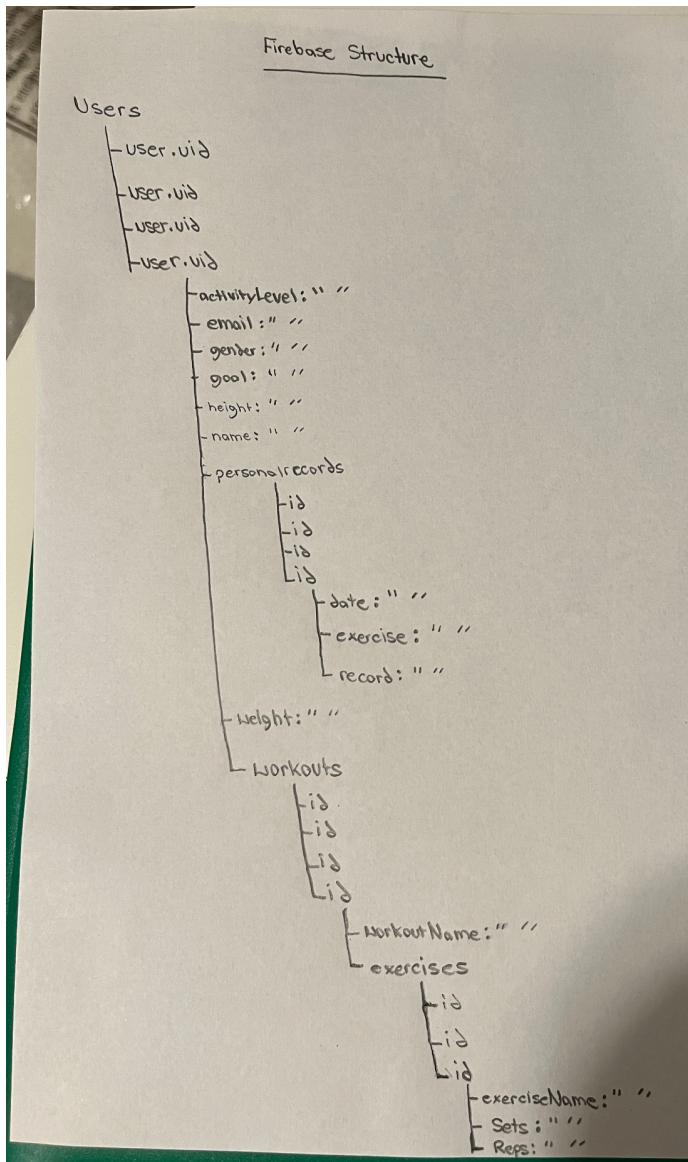


Fitness Calculators:



The calculator page originally in our Figma design was simpler but as we were working we learned how to do animations and use better fonts. The animation makes this screen a lot more interesting. We also decided to include the BMI along with the calorie and protein intake, based on the account's fitness goals.

Firebase Structure Design:



This was our backend architectural design. Each user has an id, with its saved personal information, and then there is a section for personal records and workouts, with each personal record, workout, and exercise with their own IDs, as this makes it possible to make these items deletable.