

Project Proposal

Team 1

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Idea:

This application will be a workout planner that will allow users to create a workout by adding exercises and their goal sets, repetitions, and weight for each movement.

After a workout is created the user can complete the workout and enter their actual performance as compared to the goal of the workout and save this data for tracking progress.

Users will be able to edit or remove workouts and past performance for any needed changes.

Required Elements:

This application will be reading from a web service when the application is opened.

Users will be greeted with a motivational quote utilizing an API <https://api-ninjas.com/api/quotes>.

This application will be utilizing a database to store the saved performance on each workout.

Mockups:

Main Page

<https://wireframe.cc/S3ONgS>

- History button to view past performance.
- Radio buttons to select a workout.
- Edit buttons to edit a workout.
- Delete buttons to delete a workout.
- Create button to add a workout.
- Play button to begin/enter a workout.
- Motivational Quote below App title – now shown in mockup.

Workout Planner



- | | | | |
|----------------------------------|-------------|--|--|
| <input checked="" type="radio"/> | Workout - 1 | | |
| <input type="radio"/> | Workout - 2 | | |
| <input type="radio"/> | Workout - 3 | | |
| <input type="radio"/> | Workout - 4 | | |



Create Workout

Create - <https://wireframe.cc/mHt2sd>

- Home button – return to main page.
- Exercise
 - Name – the name of the workout.
 - Weights – weights used if applicable.
 - Sets – the number of sets.
 - Reps – the number of reps per set.
 - Delete button – to delete an exercise.
- Add button – to add an exercise.
- Submit button – to save the workout.

The wireframe shows a mobile app interface for a 'Workout Planner'. At the top right is a home icon (house). The title 'Workout Planner' is at the top left. Below it is the section 'Create Workout'. The form contains two exercise entries. Each entry has a text input for 'Workout Name', a text input for 'Exercise' with a delete button (circle with an 'x'), and three numeric inputs for 'Weight', 'Sets', and 'Reps'. A horizontal line separates the two exercise entries. At the bottom left is a plus button (circle with a '+'), and at the bottom right is a 'Submit' button.

Workout Planner

Create Workout

Workout Name:

Exercise

Weight: Sets: Reps:

Exercise

Weight: Sets: Reps:

Edit Workout

Edit - <https://wireframe.cc/Cgrdb6>

- Home button – return to main page.
- Exercise
 - Name – the name of the workout.
 - Weights – weights used if applicable.
 - Sets – the number of sets.
 - Reps – the number of reps per set.
 - Delete button – to delete an exercise.
- Add button – to add an exercise.
- Submit button – to save the workout.

The wireframe illustrates the 'Edit Workout' interface within a 'Workout Planner' app. At the top, the title 'Workout Planner' is on the left and a home icon is on the right. Below this, the screen is titled 'Edit Workout'. The form contains the following elements:


- A 'Workout Name' label followed by a text input field.
- An 'Exercise' label followed by a text input field and a delete button (a circle with an 'x').
- Labels for 'Weight:', 'Sets:', and 'Reps:' each followed by a numeric input field.
- A horizontal line separating the first exercise from the second.
- A second 'Exercise' label followed by a text input field and a delete button.
- A second set of 'Weight:', 'Sets:', and 'Reps:' labels with corresponding numeric input fields.
- At the bottom left, a circular button with a plus sign (+) for adding exercises.
- At the bottom right, a rectangular 'Submit' button.

Start Workout

Start Workout - <https://wireframe.cc/Peph9A>


- Home button – return to main page.
- Date – enter the workout date
- For each exercise
 - Weights
 - Sets
 - Reps

The wireframe shows a mobile app interface for a 'Workout Planner'. At the top, there's a title 'Workout Planner' and a home icon (a house). Below the title is a section 'Start Workout'. The form includes a 'Workout Name' field with the text 'Monday Workout'. A 'Date' field is followed by a calendar icon. There are two exercise entries. The first is 'Exercise: Push-ups' with input fields for 'Weight', 'Sets', and 'Reps', each containing a vertical line cursor. The second is 'Exercise: Sit-ups' with similar input fields for 'Weight', 'Sets', and 'Reps'. A 'Submit' button is located at the bottom right of the form area.

Workout Planner 

Start Workout

Workout Name: Monday Workout

Date: 

Exercise: Push-ups

Weight: Sets: Reps:

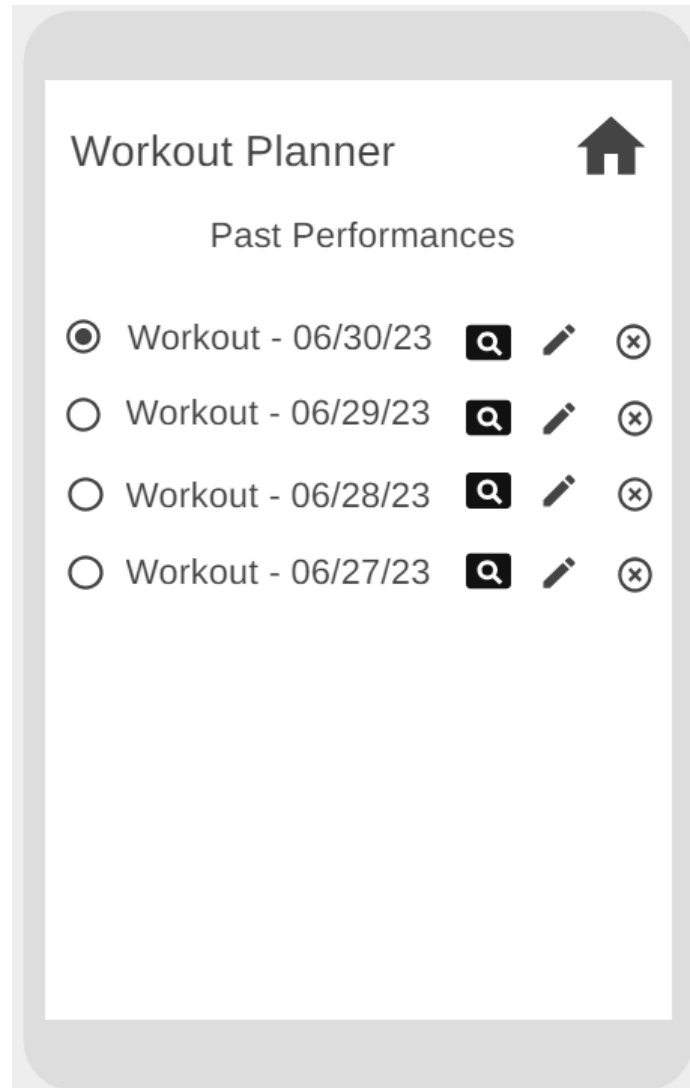
Exercise: Sit-ups

Weight: Sets: Reps:

Past Performances

Past Performances - <https://wireframe.cc/Mumd36>

- Home button – return to main page.
- Radio buttons to select a workout by date.
- View buttons to view the details of a workout.
- Edit buttons to edit the details of a workout.
- Delete buttons to delete the details of a workout.




Past Performance

Past Performance - <https://wireframe.cc/jDyuxE>

- Home button – return to main page.
- Date – date of the workout
- For each exercise
 - Weights
 - Sets
 - Reps

Workout Planner



Past Performance

Workout Name: Monday Workout

Date: xx/xx/xxx

Exercise: Push-ups

Weight: Sets: 3 Reps:12

Exercise: Sit-ups

Weight: 50 lbs Sets: 3 Reps:12

Exercise: Squats

Weight: 50 lbs Sets: 3 Reps:12