Overview

The Motivation of the Project

The idea of this program is to make people's lives easier. Working out is hard and takes a lot of mental fortitude. This program will hopefully make it easier with tracking your workout and keeping records of previous workouts. It will help people stay on schedule by limiting excuses and creating a user-friendly way to input data such as the number of reps or weight used. There is a lack of good workout tracker apps that don't charge outrageous prices or aren't subscription-based.

Short Description

First, you can create your custom workout by adding an exercise from the built-in library or create a custom exercise. The program will allow some customizability on reps, sets duration and type of weight/bar. The program will also be able to track calories burned based on the time and type of workouts done. Then you can set up a schedule for the whole week. You can use previously saved workouts for the next week.

What the project will deliver. Is it a new product or an extension of an existing one?

The workout tracker will be similar to the existing trackers that are already on the market allowing the user to keep track of data involved with their workouts.

Potential Customers

- Personal Trainers
- Coaches
- Trainees

Applications

- Anyone who wants to keep better track of their workouts.
- Can be used by trainers to keep better track of trainees.

Methodology

        The methodology we will be using for this project is Agile. Agile will be used to make sure the project is delivered on time and our scrums will ensure everyone is kept up to date on what needs to be done. Each portion of the program will be finished during each sprint, ensuring the project will be completed by the deadline.

Project Timeline

        We are going to do about three or four sprints during the duration of the project making process. Each about 1.5-2 weeks long.

Project Goal

- The main goal of the project is to create a workout tracker to keep track of progress and allow a user to stick to a schedule.
- Make it comparable to other paid workout tracker programs.
- Making the program easy to use for all ages.
- Making it easier for people to stay on schedule and complete their workout.

Project Team

Name	Responsibility	Availability	Comment
Cole Furth	Front end, Coding, Design, Testing	20hr/week	Database Design, Implementation and code design, Frontend creation
Mathew Pellarin	Front end, Coding, Design, Testing	20hr/week	Database Design, Implementation and code design, Frontend creation
Liam Gorey	Front end, Coding, Design, Testing	20hr/week	Database Design, Implementation and code design, Frontend creation

Schedule and Milestones

Milestones	Description	Milestone Criteria	Planned Date
Project Identification	Talking about project ideas and figuring out which would be the best.	Making sure it's something unique.	2021-10-01
Research Requirements	Research like products on the market.	Getting ideas from other apps to maybe improve on.	2021-10-06
Rough Design of UI	Sketch what the design of the GUI will look like.	A draft of the design so we can get started on the main features of the program.	2021-10-07
Project Approval/ Formal Definition	Submit project proposal.	Email the idea to the professor to see if it makes sense.	2021-10-08
Exercise Database	Finish database of exercises and a layout to view from.	Working library where a user can scroll through and look at available workouts to do.	2021-10-26
Storing Records, Userdata	Finish user data creation and allow users to input workout records to the program.	Working interface where a user can enter their own information into the program and to store workout data along with the workout completed.	2021-11-09
Weekly Schedule, Calorie Counter, History of workout	Finish weekly scheduling of workouts and calculate calories burned after workout.	Working interface where a user can create their own week schedule on which workouts to do with previous rep/weight/duration information. Also a working calorie counter while doing their workout.	2021-11-23

Communication and Reporting

Our development team will be conducting weekly scrum meetings. In these meetings we will be discussing progress on tasks that were assigned to the group members and update our overall completion status.

Scrum Meetings

Scrum Master: Cole Fuerth

Sprints will take place every other Monday at 12:00PM and last about 20 minutes. The first sprint meeting will take place on Monday, October 25, 2021.

Delivery Plan

At each sprint meeting, we will be achieving milestones in our project and making sure these changes are pushed to GitHub. This will allow the customer to have an insight on how the project is coming together and allow them to test functionality.

Iteration	Description	Release Date
Sprint 1	Building exercise database and overall design	2021-10-26
Sprint 2	Storing records and creating userdata of workouts	2021-11-09
Sprint 3	Creating weekly schedule, calorie counter, History of workout	2021-11-23