**PROJECT REQUIREMENT**

Revision 1.8

2 November 2014

CMSC 495, Instructor: Dr. Hung Dao

Group 1

Stephen Blackburn, Luis Dall, Tracy Devault

**Revision History**

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| **Date** | **Revision** | **Description** | **Personnel** |
| 10/25/2014 | 1.0 | Initial Document | Luis |
| 10/26/2014 | 1.1 | Requirements and format Editing | Tracy |
| 10/26/2014 | 1.2 | Edits | Luis |
| 10/26/2014 | 1.3 | Edits | Tracy |
| 10/27/2014 | 1.4 | Standardized Title Page | Stephen |
| 10/27/2014 | 1.5 | Edits, fonts sizes, page numbers | Luis |
| 10/28/2014 | 1.6 | Changed definition of exercise | Tracy |
| 10/28/2014 | 1.7 | Minor adjustments to fonts, line spacing, and table format. | Stephen |
| 11/13/2014 | 1.8 | Added additional WOD data: Content, Notes, and URL. | Stephen |

**PROJECT REQUIREMENT**

# 1 Topic

Personal record recorder for CrossFit athletes.

# 1.1 Purpose of Application

The application (app), **P**ersonal **R**ecord **R**ecorder or, is designed to record a CrossFit athletes best performances. The app will store the maximum weight an athlete can lift for 1 repetition (1RM) and display incremented percentages of that lift. The purpose of the increments is for the athletes use during their work out of the day (WOD). Common WODs are named workouts that are familiar to all CrossFit athletes. When a WOD calls for the athlete to lift 85% of their 1RM, the weight they need to use will be displayed. In addition, for each WOD, the app will store and display a description of the WOD (Content), the fastest time the athlete has performed it, an Notes associated with the WOD, and a URL to get more information on the WOD.

**1.2 Targeted User**

’s targeted user is an experienced CrossFit athlete. The app is not designed to teach, or even detail the exercises specifically, to CrossFit beginners. It is merely designed to be a tool to assist the user in a CrossFit workout by displaying the percentages 1RM’s and fastest times. It is assumed that the user of this app is familiar with the lifts and the WODs.

# 1.3 Definitions

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| **Term** | **Definition** |
| 1RM | User’s max weight for one repetition of a certain lift. |
| App | Abbreviation for application. |
| CrossFit | Sport performed by athletes. |
| Exercise | Sequential movements that make up a WOD. |
| GUI | Graphical User Interface |
| Lifts | Category in application that 1RM is entered and stored |
|  | Personal Record Recorder, the application being discussed. |
| Time | Amount of time a WOD took to complete. |
| User | Experienced/Knowledgeable CrossFit athlete/participant. |
| WOD | Acronym for Workout Of the Day. Category in application that the fastest times is entered and stored. |

**2 Requirements**

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| Requirement | **Description** |
| 1 | shall be an interactive app available to the user in the form of a GUI. |
| 2 | shall allow the user to choose a *Lift* from a drop down menu. |
| 3 | shall allow the user to choose a *WOD* from a drop down menu |
| 4 | shall allow the user the option to quit the application. |
| 5 | shall allow the user the option to enter a new 1RM for a lift. |
| 6 | shall allow the user the option to enter a new fastest time and notes for a named WOD. |
| 7 | shall store the users input for 1RM and display it the next time the user enters the app. |
| 8 | shall calculate the incremented percentages of the users 1RM. |
| 9 | shall display the calculated incremented percentages of the users 1RM. |
| 10 | shall store the users input for fastest time and notes and display it the next time the user enters the app. |
| 11 | shall give the users the option to return to the main menu. |
| 12 | shall not provide instructions on how to perform lifts. |
| 13 | shall not provide instructions on the required exercises inherent to WOD. |
| 14 | shall not allow the user to add additional lifts to the drop down menu. |
| 15 | shall not allow the user to add additional WODs to the drop down menu. |
| 16 | shall not allow storage of historical lift data. |
| 17 | shall not allow storage of historical WOD data. |