Analyse

Title: Workout Tracker

Description: With the Workout Tracker app we want to help users create and manage personalised workout plans. Users are able to add exercises to specific workouts, edit them, remove them and add them to favourites for quick access.

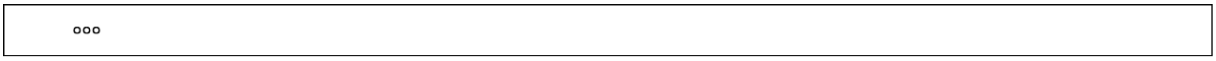
User Story 1: Create a Workout Plan

- **As a registered user**, I'm able to create a workout plan, so that I can organize and track the exercises for my fitness routine.

Acceptance Criteria:

1. The user is presented with a form to create a workout plan, including fields like workout name, description, and target goals.
2. The user can submit the form, and the workout plan is saved in the database.
3. The user is redirected to a page where they can add exercises to the workout plan after creation.

Wireframe:



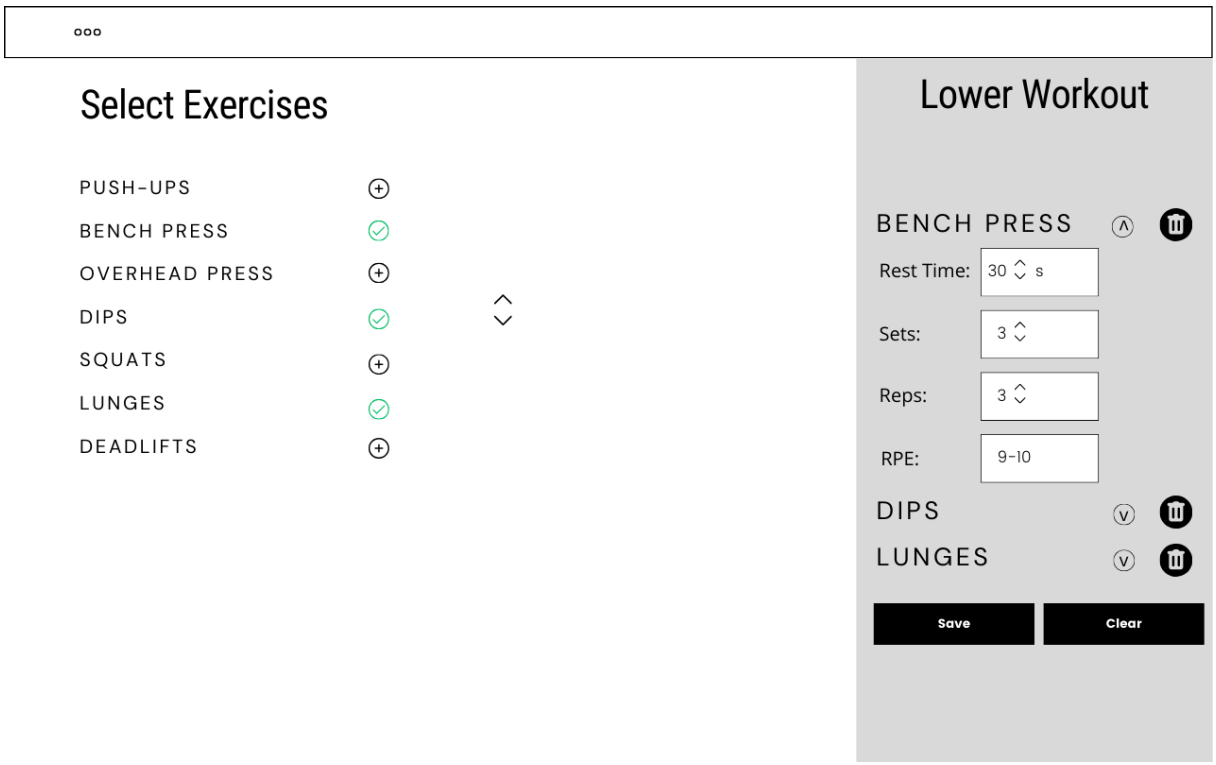
User Story 2: Add Exercises to a Workout Plan

- **As a registered user**, I'm able to add exercises to my workout plan, so that I can customize my workouts to fit my fitness needs.

Acceptance Criteria:

1. The user can view a list of available exercises from the global exercise library.
2. The user can select one or more exercises and add them to the current workout plan.
3. After adding exercises, the user can view, edit, or remove them from the workout plan.
4. The changes are saved in the database.

Wireframe:



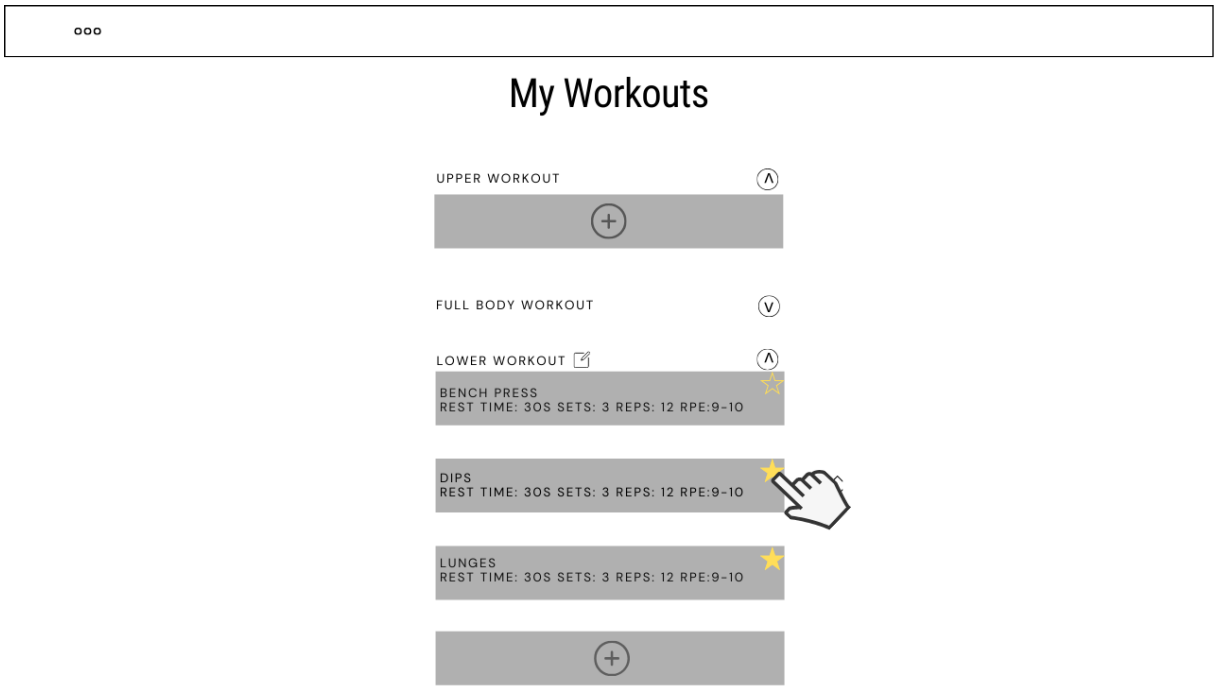
User Story 3: Mark Exercise as a Favorite

- **As a registered user**, I'm able to mark an exercise as a favorite, so that I can easily access and add it to future workout plans.

Acceptance Criteria:

1. The user can view an exercise and mark it as a favorite by clicking a "Favorite" button or icon.
2. The exercise is added to the user's list of favorite exercises.
3. The user can access their favorite exercises from a dedicated "Favorites" section.
4. The user can remove an exercise from their favorites by clicking the same button/icon.

Wireframe:



ooo

Favorite Exercises

Lower Workout ⓥ

DIPS ★ ⊕

LUNGES ★ ⊕

ooo

Favorite Exercises

Lower Workout ⓥ

DIPS ⓐ 🗑

Rest Time: 30 s

Sets: 3

Reps: 3

RPE: 9-10

Save

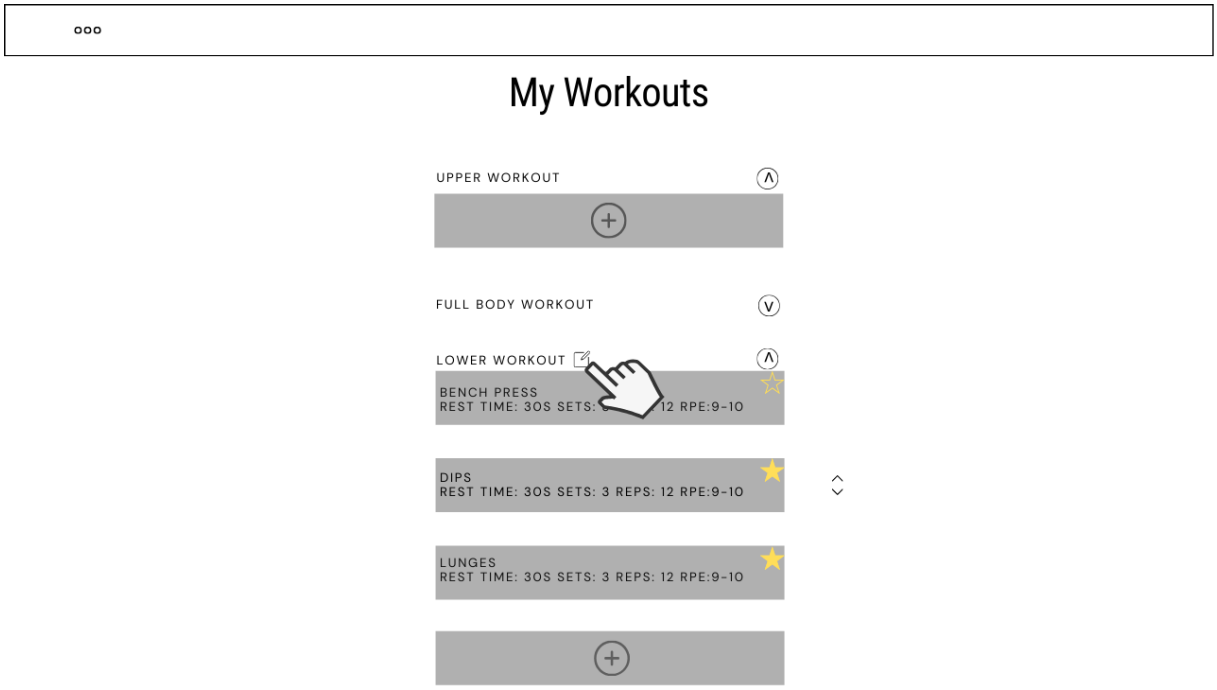
Story 4: Edit Workout Plan

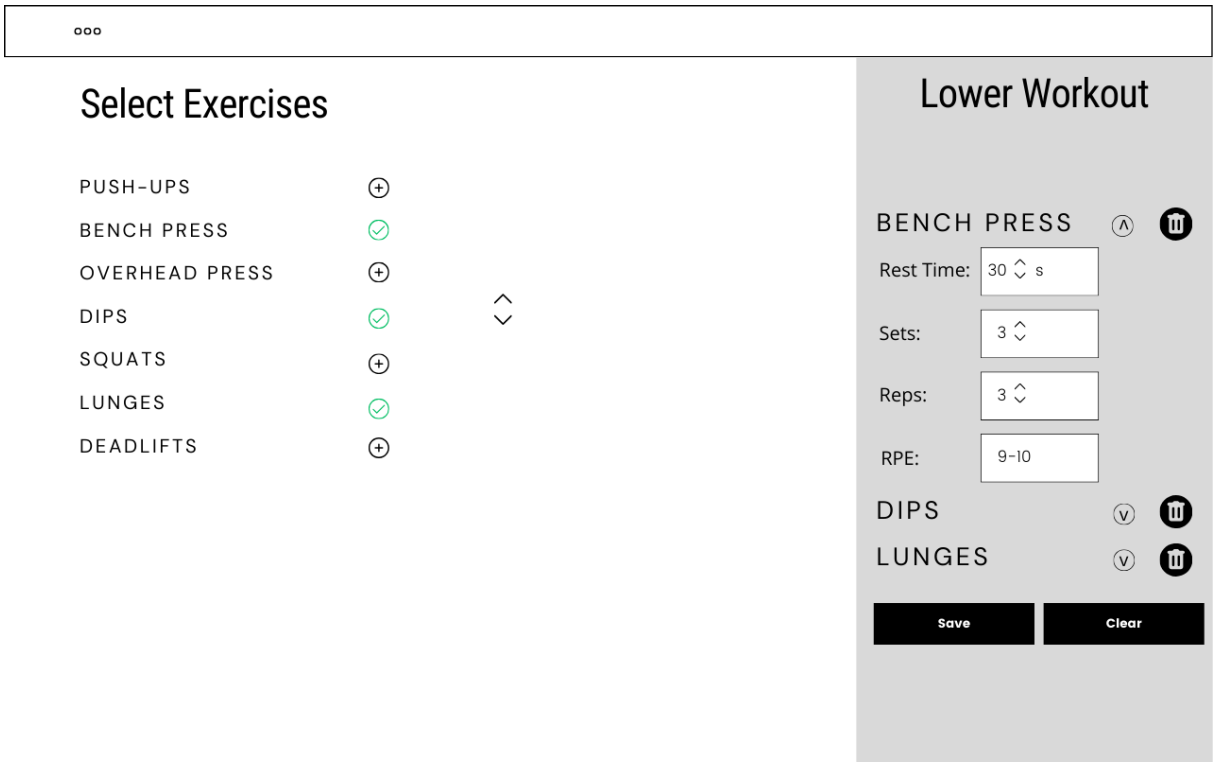
- **As a registered user**, I'm able to edit my workout plan, so that I can update or modify exercises, sets, and reps as my fitness goals change.

Acceptance Criteria:

1. The user can view their existing workout plan, with an option to edit the plan.
2. The user can modify the workout name, description, and exercises within the plan.
3. The user can save the changes, and the updated plan is saved to the database.
4. Upon saving, the user is redirected to the updated workout plan view.

Wireframe:




Select Exercises
PUSH-UPS
BENCH PRESS
OVERHEAD PRESS
DIPS
SQUATS
LUNGES
DEADLIFTS
Lower Workout
BENCH PRESS
Rest Time: 30 s
Sets: 3
Reps: 3
RPE: 9-10
DIPS
LUNGES
Save
Clear

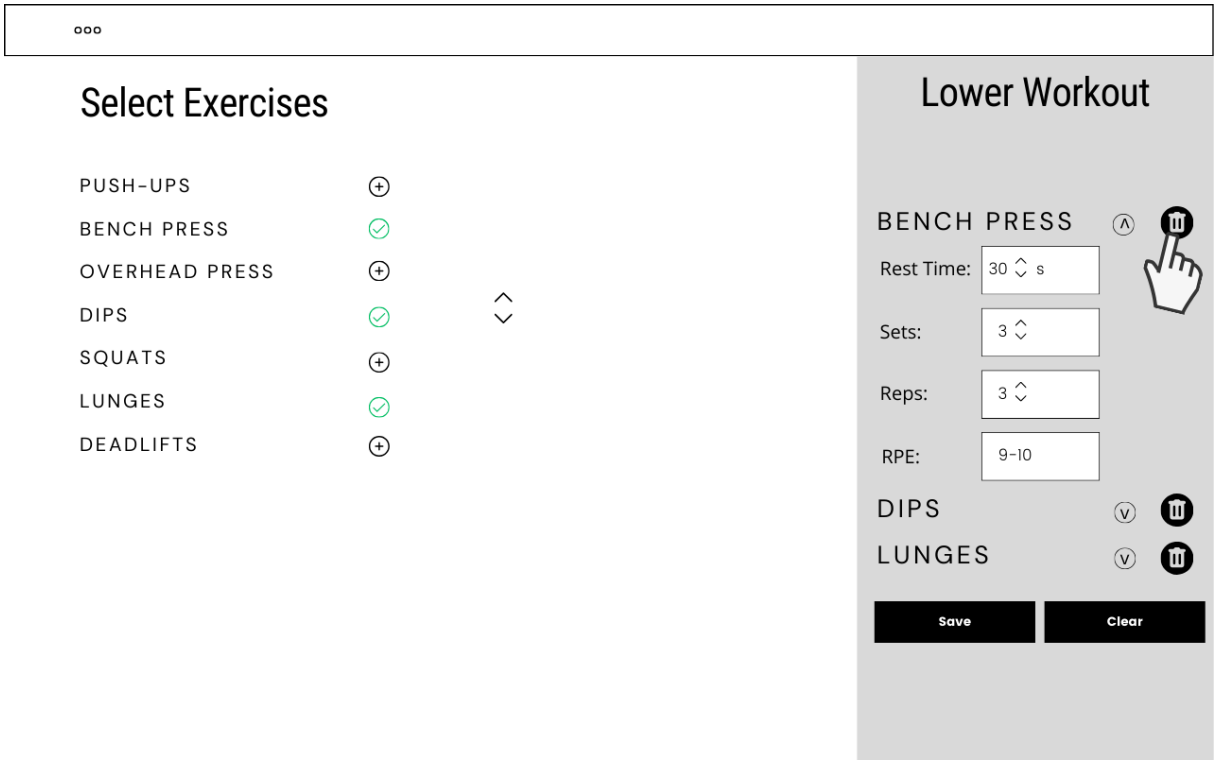
User Story 5: Remove Exercises from Workout Plan

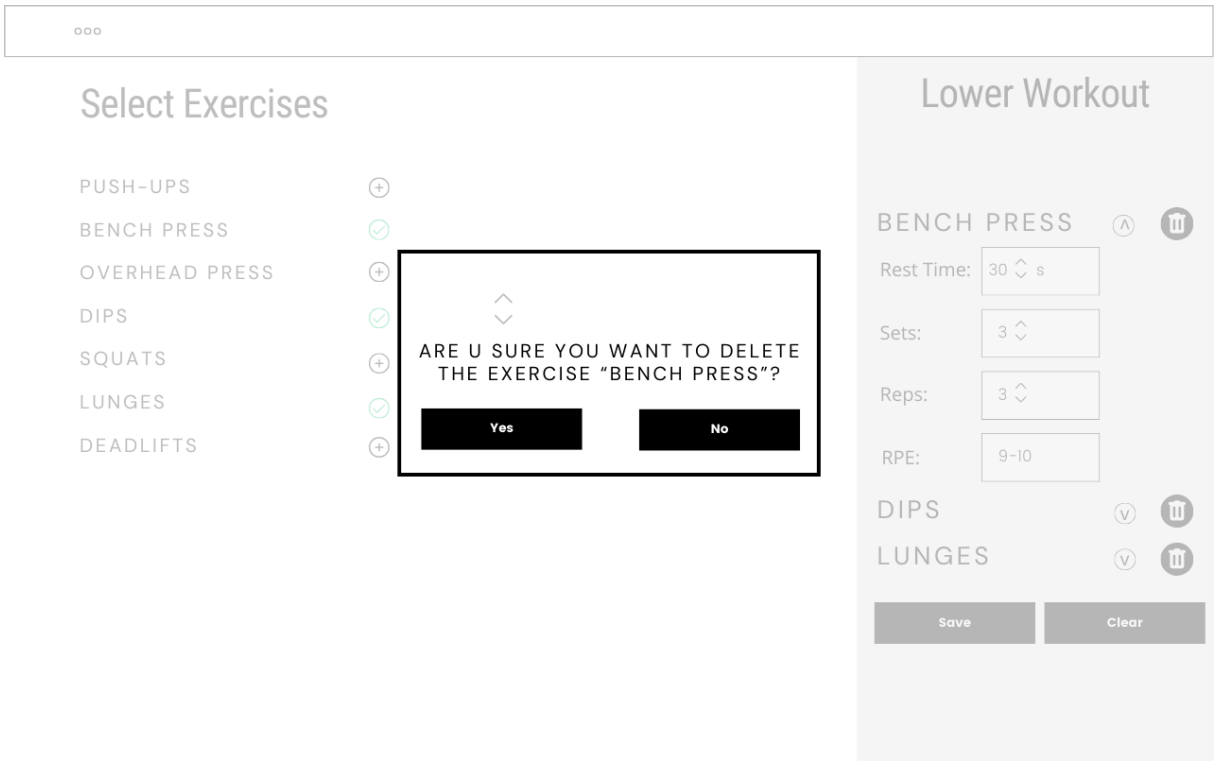
- **As a registered user**, I'm able to remove exercises from my workout plan, so that I can keep my workouts up to date and remove any exercises I no longer want to perform.

Acceptance Criteria:

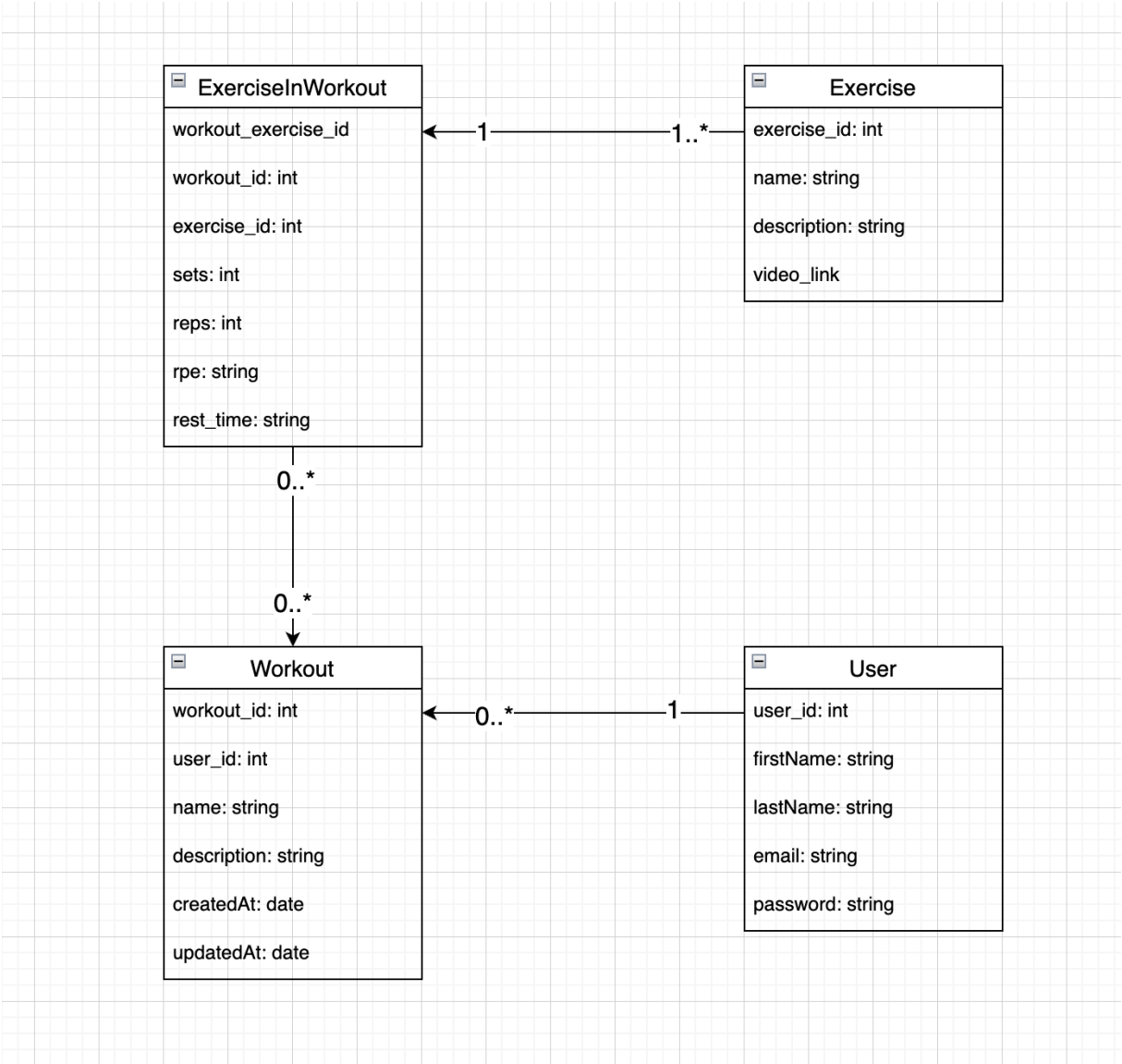
1. The user can view a list of exercises within their workout plan.
2. The user can click a "Remove" button next to any exercise to delete it from the plan.
3. The system will prompt the user to confirm removal of the exercise.
4. Upon confirmation, the exercise is removed from the workout plan and the changes are saved in the database.

Wireframe:

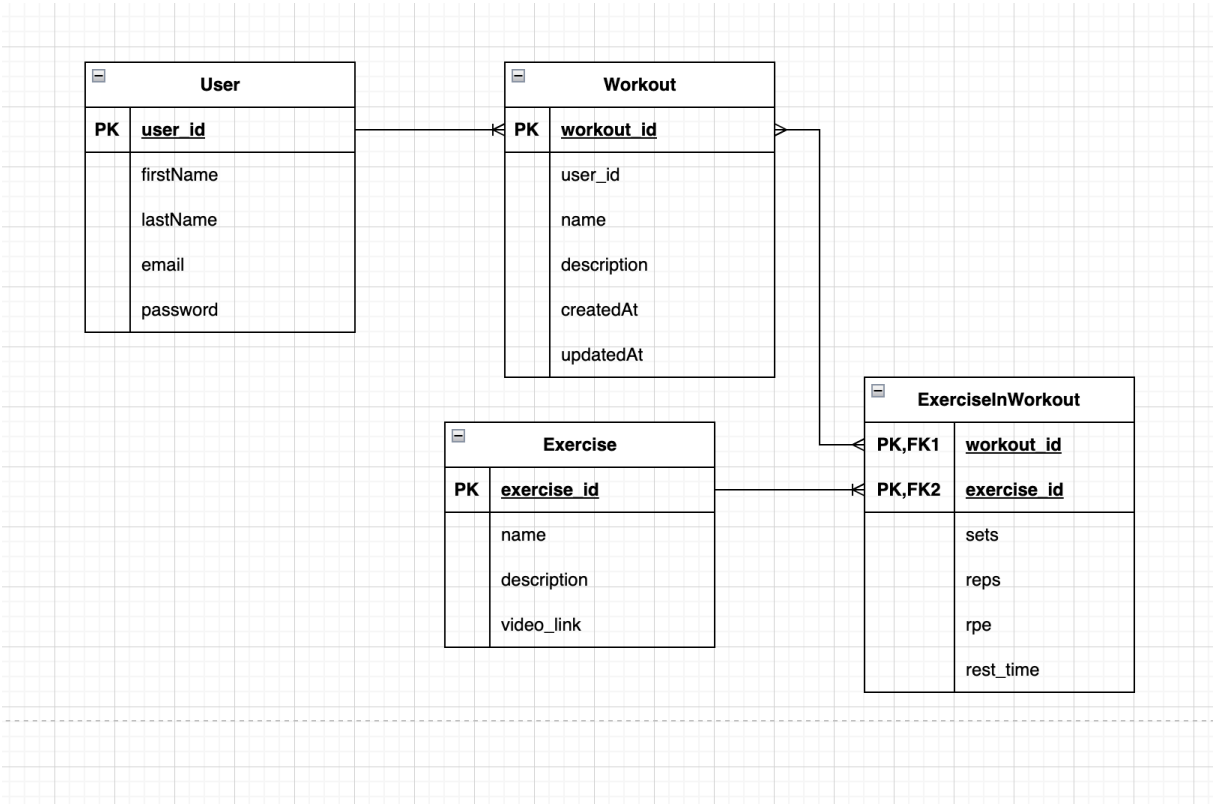
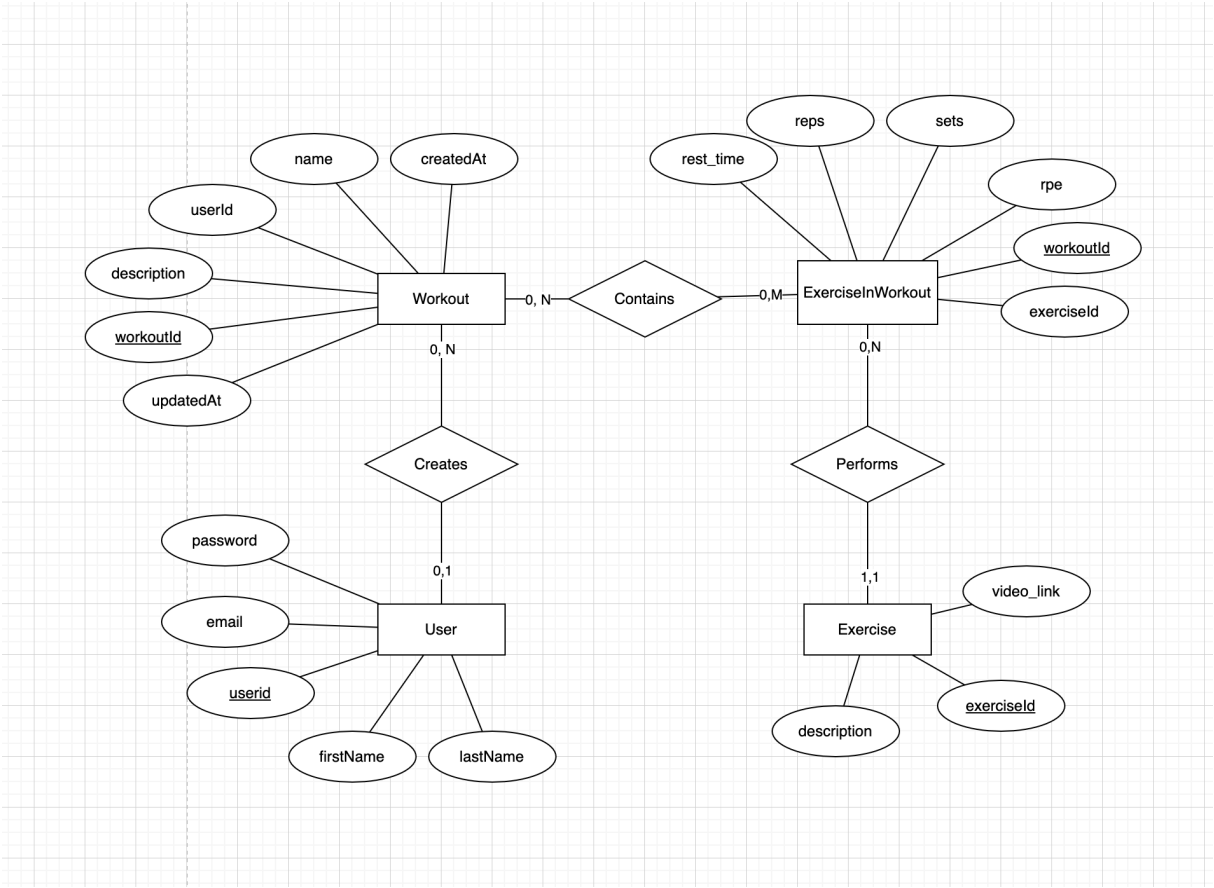



Select Exercises
PUSH-UPS
BENCH PRESS
OVERHEAD PRESS
DIPS
SQUATS
LUNGES
DEADLIFTS
ARE U SURE YOU WANT TO DELETE THE EXERCISE "BENCH PRESS"?
Yes
No
Lower Workout
BENCH PRESS
Rest Time: 30 s
Sets: 3
Reps: 3
RPE: 9-10
DIPS
LUNGES
Save
Clear

Domain model



Logical model



Conceptual model