

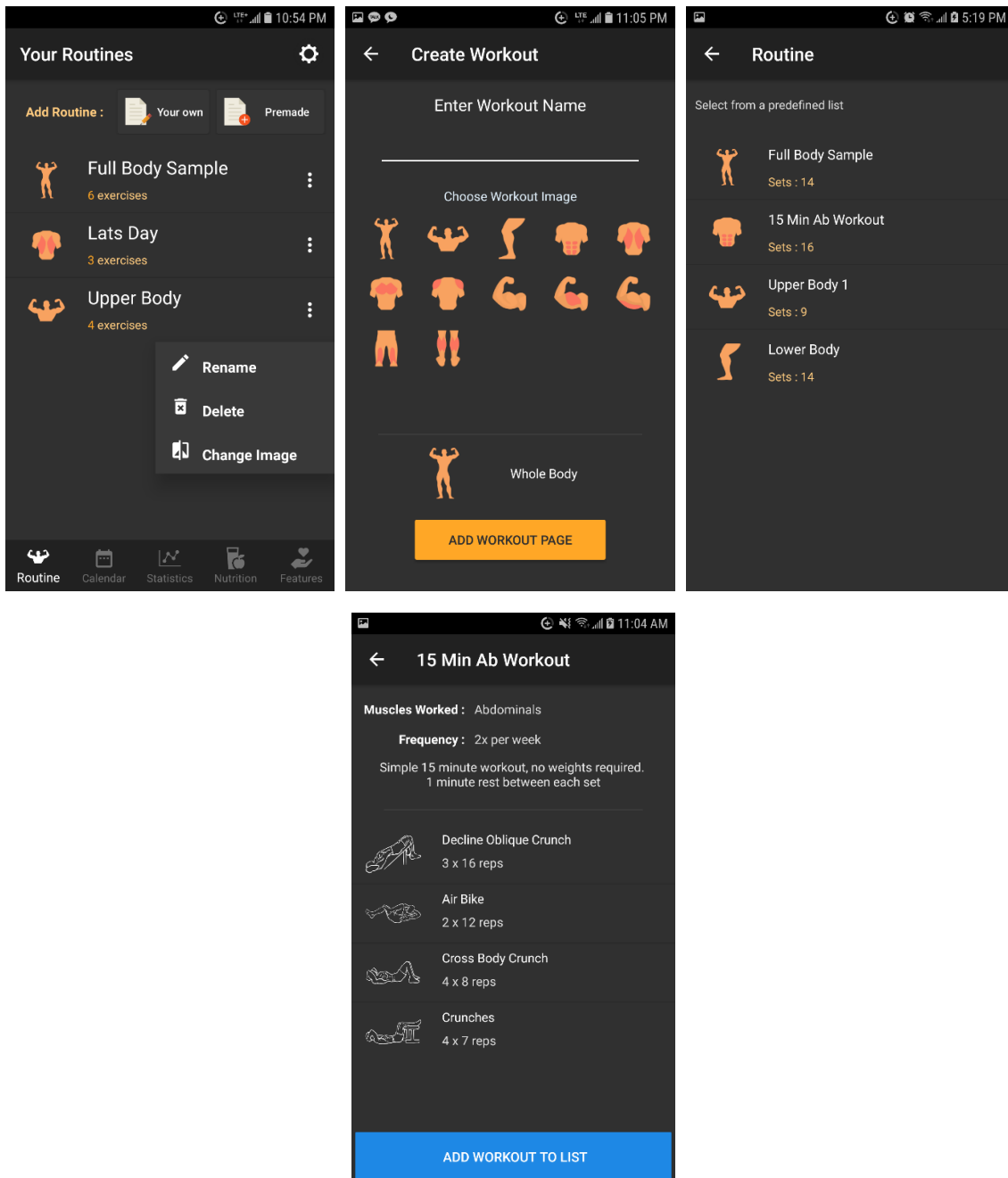
“Routine” application by Dongjae Lee

Oct 2017 - current

Note – All features explained in this document **are fully functional** with no bugs to date. Exercise icons and details were retrieved from online sources. Over 95% of the icon colors were modified to fit the overall theme. The app is ~75% complete (more features to add). This document is just for explanation, does not include detailed explanations and dialogs for simplicity.

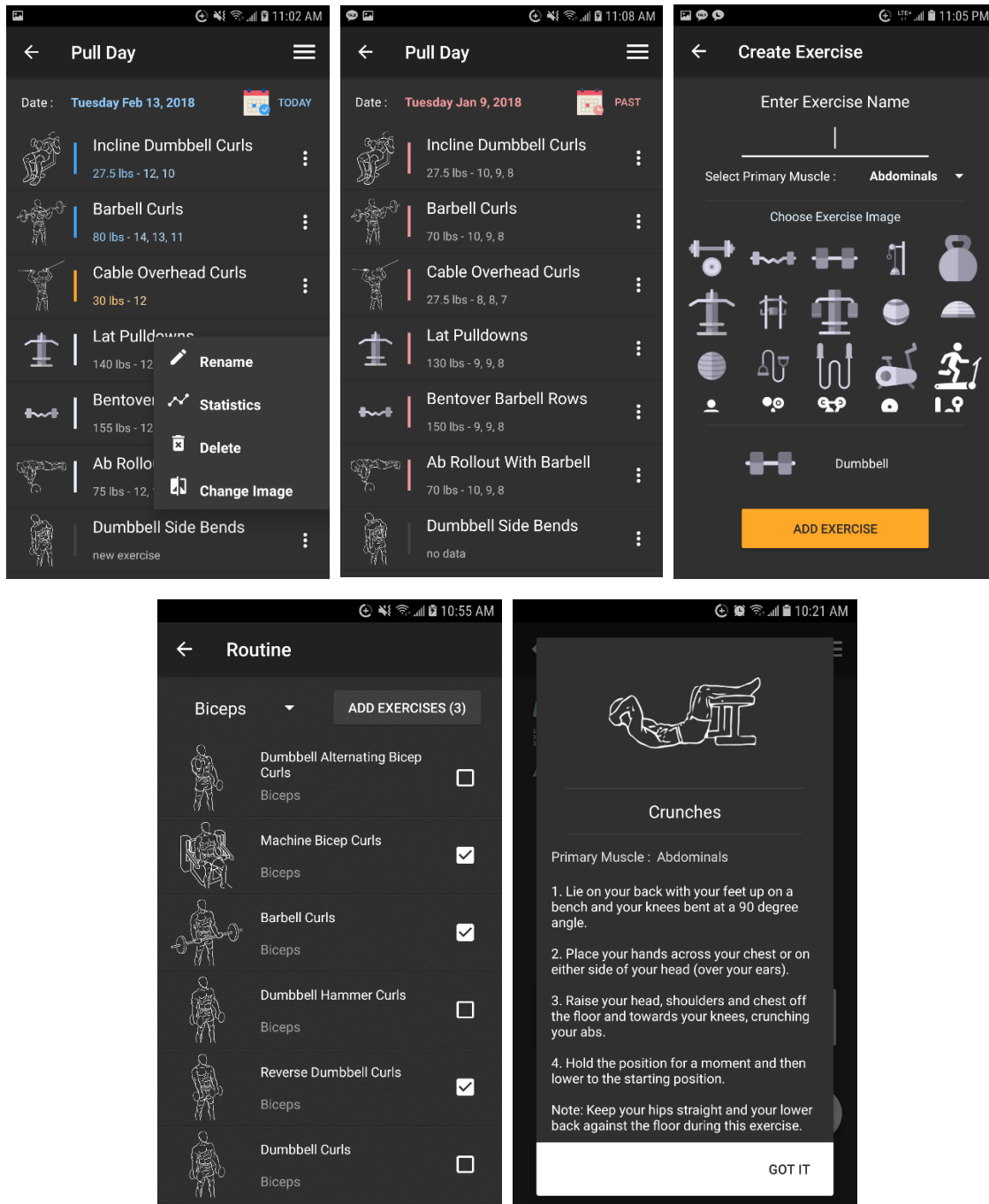
Routine List (Fragment)

The list of the user’s workouts. Create own workout, or choose from a premade list, where it displays programs to choose from. Rename, delete, or change image of a workout.



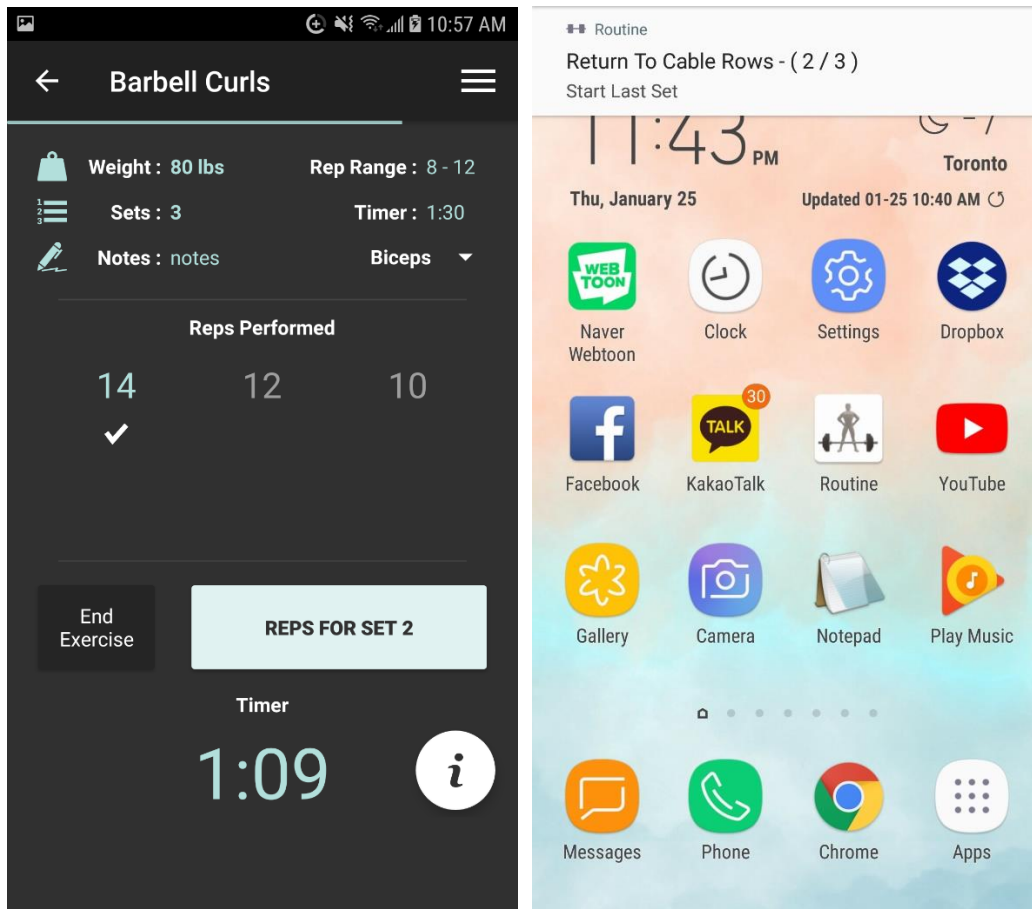
Exercise List

Create custom exercise or choose exercises from a list where the user can select to see details and a two image alternating animation. In the list it displays how much weight you have lifted, and how many reps done for each set most previously . Exercises done are in blue, unfinished in orange, not started today in white, and new exercise in grey. It is possible to navigate to the past using the calendar button (pink entries). Rename, view statistics, delete, or change image of an exercise.



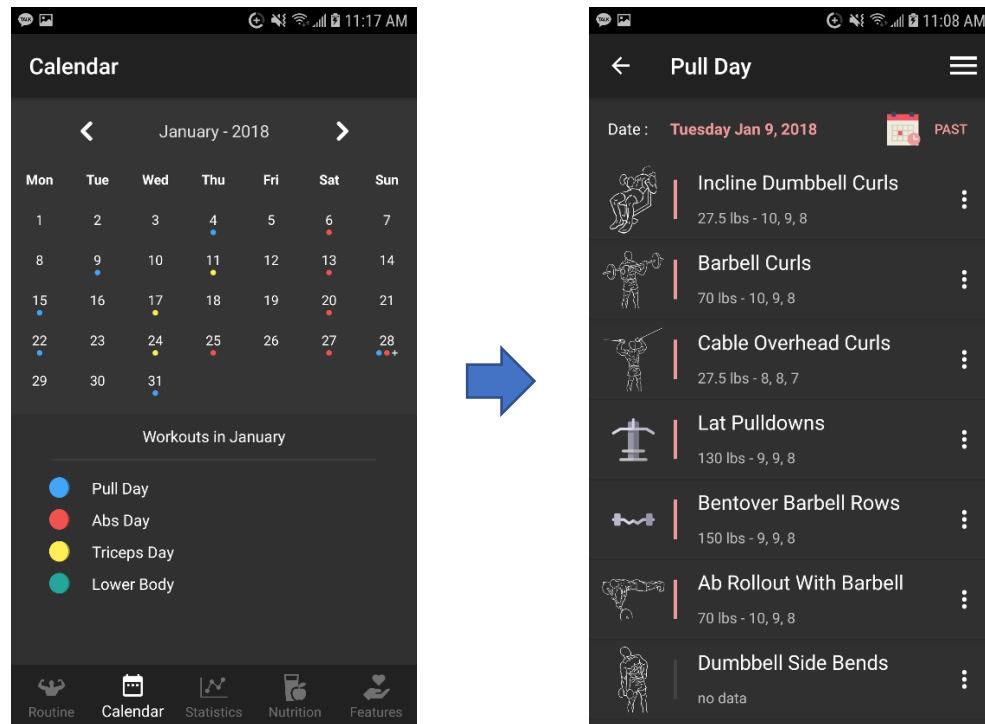
Exercise

Activity where the workout takes place. The most recent data from last workout is transferred, shown in grey. When the value is overwritten it gives color. Click on any value to edit. Press the button on the right and enter the reps done for next set, and timer automatically starts. With the left button the number of sets done are saved and automatically move to the next exercise. If the app is in background and timer is finished, it will show notification (using services), vibration, and sound will alarm (changeable in settings). While the timer is on, time remaining will display in the notification. All the data is saved in the application for each date. The exercise page showing details and animations could also be seen using options in this page with the (i) button.



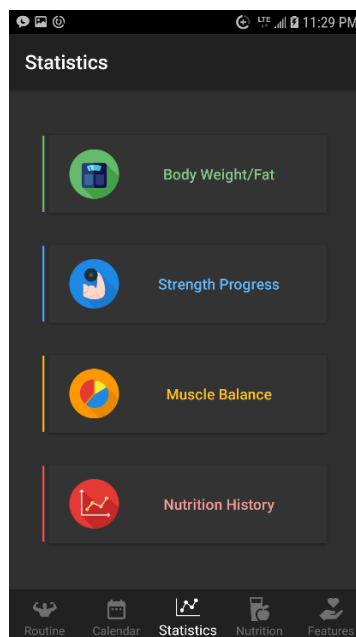
Calendar (Fragment)

Accessible from bottom tab or from exercise list, view which workout have been done on different dates, and select to navigate to the exercises list page on click of the date.



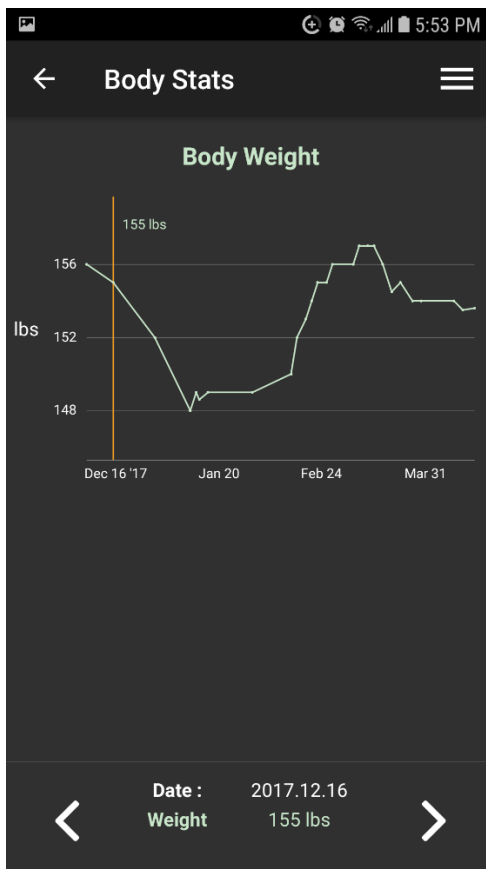
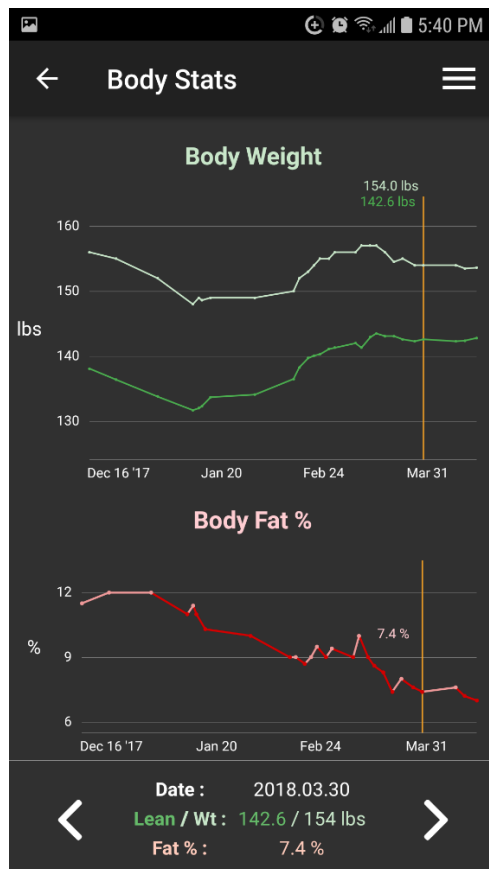
Statistics (Fragment)

Select which stats to see based on locally saved data



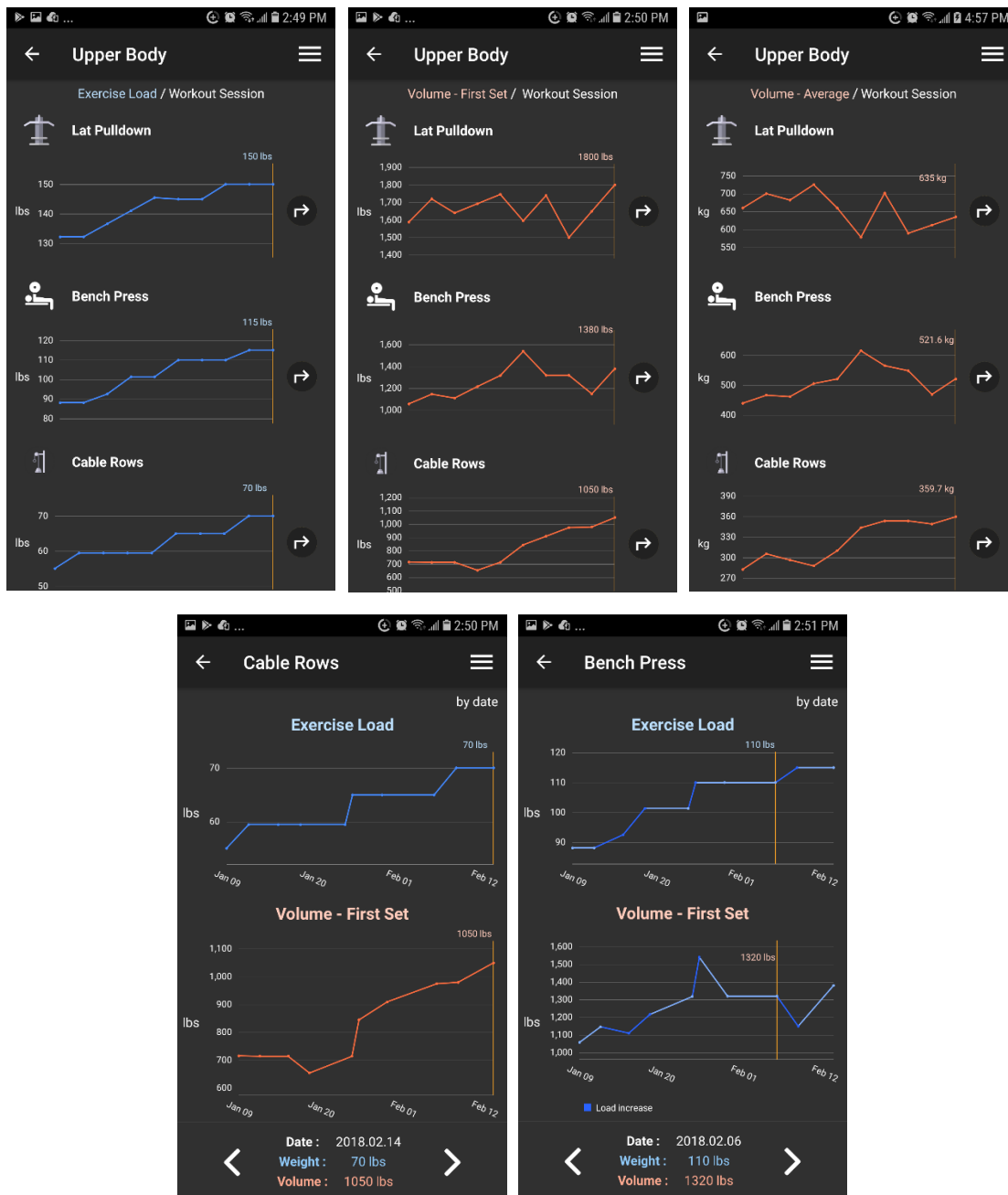
Statistics - Body Stats

Enter body weight and fat percentage (optional) to see lean body value as well. Enter, edit and delete data for any entry in the past. The charts used in this application (third party library) use a highlighter which is implemented to show selection by sliding the user's finger across the charts, and both charts will highlight the same entry. The controller can be used to navigate one selection at a time. For non-fat entries there is a separate chart showing only weight entries.



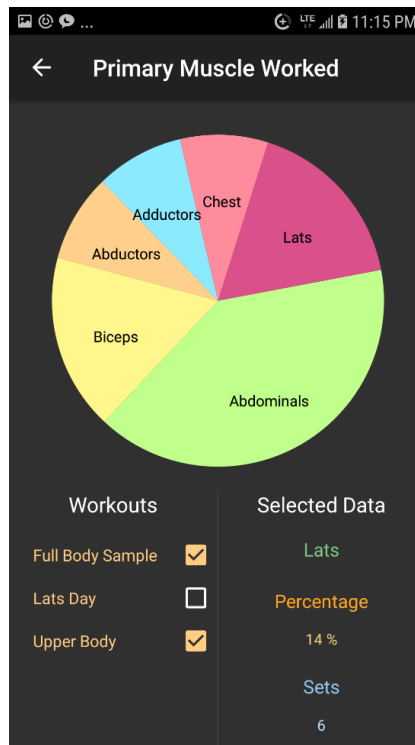
Statistics - Strength Stats

View chart of weight lifted in the past for each exercise in a workout (scrollable layout for access to all exercises). Change type to see volume (first set of each exercise or average of all sets). Each exercise stat can be seen in detail by pressing on the arrow button, where you have access to dragging highlighter and controller. Volume chart could have an indicator to show where weight is increased.



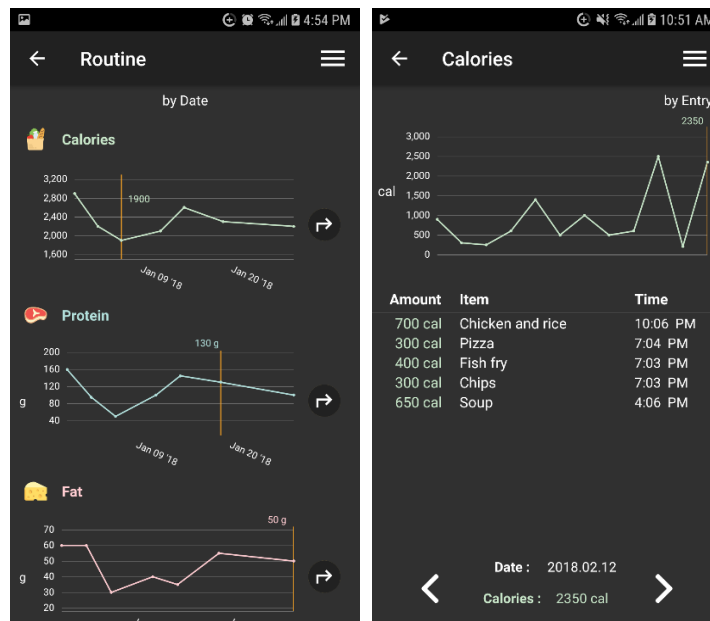
Statistics - Muscle stats

Select workouts to see the ratio of muscles being targeted, counted by each set in the workout. Select a muscle group to see how many sets of that muscle is present.



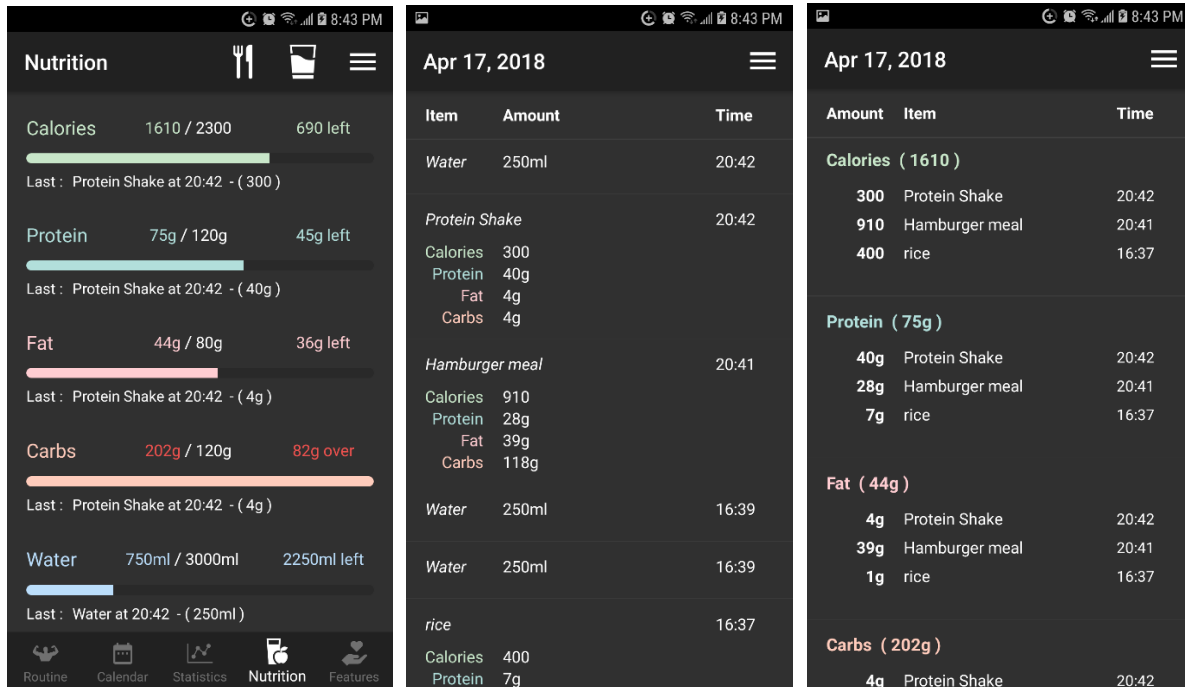
Statistics - Nutrition stats

Analyze values recorded for each nutrient (scrollable for access to all nutrient types). Select a nutrient to see details of each entry



Nutrition (Fragment)

Enter food or water consumed, inputting amount for each type of nutrient. Set the goal for each nutrient and see progress bar based on how much consumed for the day. In options go to page where the list of food consumed is shown. List could be viewed by nutrient as well. View food consumed in the past and on selection edit or delete entries.



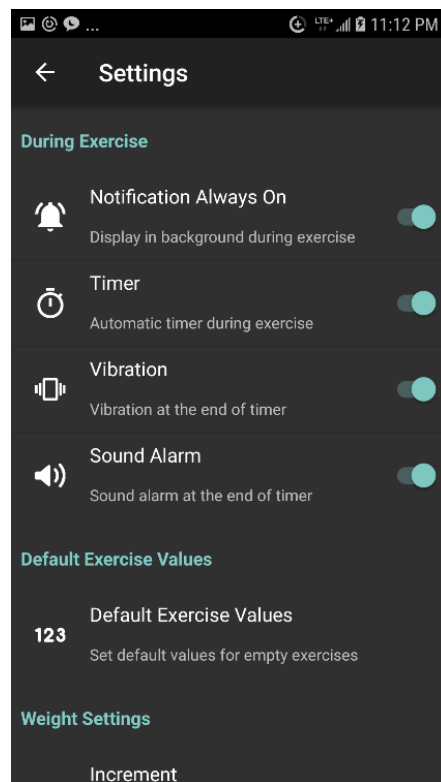
The 'Edit Entry' dialog box is shown, allowing the user to edit the details of a food entry. The dialog box contains the following fields and buttons:

- Food: Hamburger meal
- Calories: 910
- Fat: 39 g
- Protein: 28 g
- Carbs: 118 g
- Time: 20:41
- Buttons: DELETE, CANCEL, UPDATE

Settings

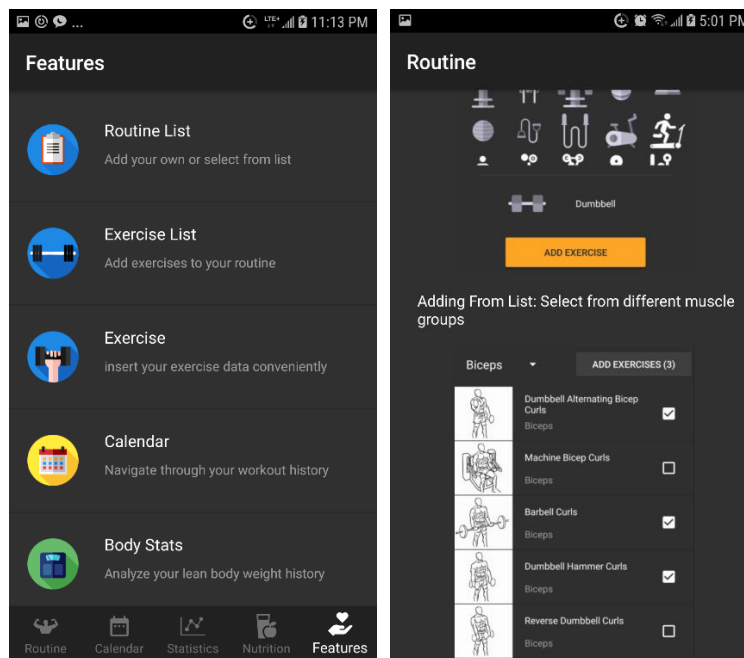
Change preferences for the application

- Notification Always On
- Timer
- Vibration
- Sound Alarm
- Default Exercise Values
- Increment
- Weight Units
- Daily Nutrition Goals
- Default Cup
- Water Units



Features (Fragment)

Select to see explanation of each feature in the application



Major Features too add before publishing

Barbell plate calculator

Supersets

BMI calculator

Secondary muscle targeted

Add future planning in calendar

Show calendar by marking bodyweight entries

One rep max chart

Bodybuilding knowledge assistant

Body measurement chart