**Work-Me-Out**

User Application Server Database

Open App

New User Menu

Request Username

Input Username/

Check If httpRequest

Available NewUser( ) Search Username

Message : httpPost Return Found

“Username not UserName

Not Available” NotAvailable( )

Request Username

Input Username/

Check If httpRequest

Available NewUser( ) Search Username

Message: “Keep httpPost Available( ) Return Not Found

Username?”

Y/N

Select “No”

Request Username

Input Username/

Check If httpRequest

Available NewUser( ) Search Username

Message: “Keep httpPost Available( ) Return Not Found

Username?”

Y/N httpRequest Add username to

Select “Yes” CreateUser( ) Users table

Return Success

User Application Server Database

Create New Table

(Username)

httpPost Return Table

Message: UserCreated( ) Created

“Username created

Successfully”

Display New

Workout Menu

Create New

Workout/Select

Preset Workout

Select Preset httpRequest Retrieve Preset

Workout /Cancel PresetWorkout( ) Workout

Display Preset httpPost Return Preset

Workouts PresetWorkoutList( ) Workout

Message: “Start

Workout” Y/N

Select “No”

Display New

Workout Menu

Create New

Workout/Select

Preset Workout

Select Preset httpRequest Retrieve Preset

Workout /Cancel PresetWorkout( ) Workout

Display Preset httpPost Return Preset

Workouts PresetWorkoutList( ) Workout

User Application Server Database

Message: “Start

Workout” Y/N

Select “Yes”

Display “Day 1”

Button “Complete

Workout”

Check Complete

Exercises

Select “Complete httpRequest Update Table

Workout” CompleteWorkout( ) Username

Message: “Workout httpPost Table Updated

Completed! Completed( )

Reminder Hydrate

And Stretch”

Select Create New

Workout

Display Length

Options (7, 14, 21,

28 days) httpRequest Request Exercise

Select Length ExerciseType( ) Type Table

Display List httpPost Return Exercise

Button “Complete” ExerciseTypeList( ) Type Table

Check Exercise to

Keep

Input Number of

Reps or Total Time

Select “Complete”

User Application Server Database

Title Your

Workout httpRequest Build/Populate

Input Name CreateNewWorkout( ) Table

Message: httpPost Table Complete

“Complete, Start CreatedNewWorkout()

Workout”

Check Complete

Exercises

Select “Complete

Workout”

Message: “Workout

Completed!

Reminder Hydrate

And Stretch”

Display Main

Menu

New Workout/

Start Workout/ Request Username

History/ Exit httpRequest Table, Row

Select “History” History( ) Complete

httpPost Return Rows With

Display History History30Days( ) Complete

Return to Main

Menu

Display Main

Menu

Select “Exit”