

# Fitness Project - Project Name (TBA..)

(Equafit)??? (Balance)???? (EveryMuscle)???

October 17, 2021

## Overview

We are going to develop an application for the android mobile operating system. We will do most of our development using android studio (which is FREE). The primary purpose of this project is to promote the strengthening of all of the major muscle groups and not just focus on the muscle groups that “show” and look good. There are many ways we can accomplish and reflect this purpose in our application, but I will go over my vision.

## User Interface:

I think the best way to design our app is in the “minimalist” style UI. It’s trendy right now, it would be much easier for us to make and would make our app more functional. So at its core, my idea is just a Calendar/Workout Planner and Logger with added functionality. It should be simple and not have unnecessary text or things to click on. Basically, black lines and whitespace with limited but effective color and icons/designs.

[Resource for minimalist design style:](#)

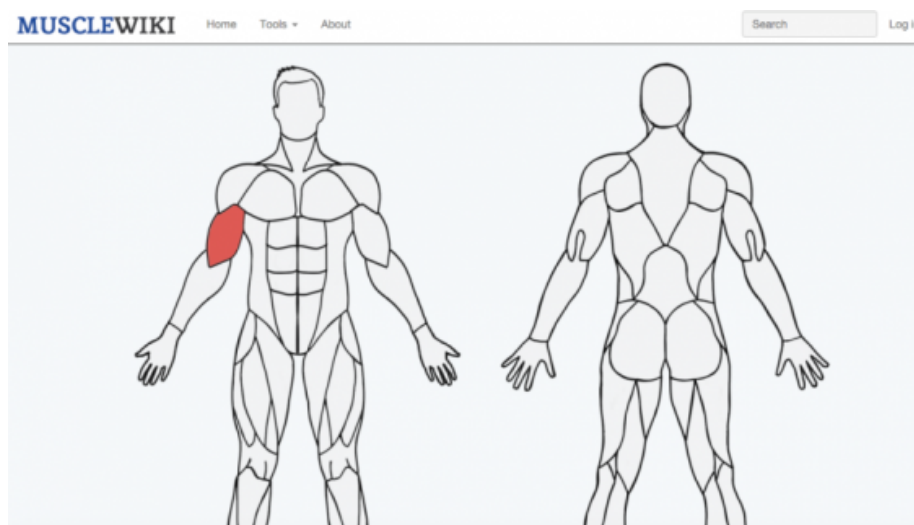
My inspirations: [Notion](#)

[Check out this for more ideas](#)

## Design:

**Home page:** When opening the app, the user should only see the current day and the workout information for that day. If the user has already logged workout for the day, it should appear in

the list crossed out or something. There should be a “+” icon to access the add workout function. Once the user clicks on this, they should be met with a list with some generated quick recommendations and a search bar where the user can type, and the list narrows itself as the user types for quick access. If there is no assigned workout in the list for the user, there should be an “add new workout” option that allows a user the information of an unrecognized exercise. \*\*Would have to be regulated somehow. It would be sick if we also had an anatomical diagram that highlights muscle groups based on the user’s workouts recorded for that day. This visual aspect also gives the user a way to self-track which muscle groups they are working out too much/too little.



**Calendar:** There should be a “calendar” option on the home screen to click either top/bottom left; this will take the user in a calendar mode. The days that the user has logged in should be highlighted. The user can click on that day and view their past workouts, points, and their icon muscle guy results. Maybe off to the right, we can have all the muscle diagrams from all the exercises the user has done in the week combined so they can try and light them all up. And have some charts that show calories burned or workout streaks. I didn’t come up with the point system idea, so it can be up to Richard in how he wants to implement it in our app. This is the base functionality/vision for this application.