

Problem Description

Exercise can often be a very intimidating activity, especially for newcomers and beginners. It is difficult to know where to start, and it is even harder to stay organized and keep track of one's exercise schedule and routine. Recently, a few of my classmates have expressed interest in working out at our school's fitness center, as it had just reopened after its closure due to the COVID pandemic. My client is one of these classmates that wanted to start a new exercise routine, however, since it is his first time following a proper workout schedule, it was difficult for him to keep track of his exercises. More specifically, he noted that he often forgot which exercises he had planned for each day of the week, and the times that he had planned to complete each exercise. This has made it very challenging for him to stick to a consistent workout schedule, and has also made it more difficult for him to implement new exercises into his routine, as he often forgot which exercises he had planned, thus forcing him to resort to the few basic standard workouts that he was familiar with.

Problem Solution and Rationale

The aim of my product is to solve my client's problem of disorganization in his workout routine by providing him with a user-friendly scheduler to help plan and organize all of his workouts. Currently, my client is relying solely on his own memory to remember his workout routine. He also has considered writing down his plans in a notes app, or trying out other workout apps on the app store. The problem with the notes app is that it is just a place to jot notes, and is not tailored to my client's needs of scheduling exercises. Workout apps on the other hand are often too complicated, or lacking the specific functionalities that my client seeks. My program will have a simple yet effective interface that will allow my client to browse a large selection of exercises, and place them accordingly into a weekly schedule. All data will be saved and easily accessible so that my client can check and edit his workout routine at any time.

Word Count: 359

Success Criteria

Home Menu

- Users can register new accounts with a username and password, as well as their general information and measurements
- Users with existing accounts can log in to their account

Schedule Interface

- The user can access a scrollable weekly view of their workout schedule
- Each day of the week can also be magnified to enter a daily view of the workout schedule
- Schedules will feature multiple rows at different time slots, each with open slots available for users to place their selected workout

Workout Selection Interface

- The user can view a scrollable list of workouts
- Workouts will be retrieved from a text file database, and display the workout name and targeted muscle group.
- Workouts can be sorted based on different criteria (Ex. by muscle group, by difficulty)
- Personalized workouts will be recommended based on the user's preferences and measurements
- Users can drag workouts from the selection interface and drop them into empty slots in the schedule interface

Database

- All user data will be stored under their account, such as their username, password, general information
- All schedule data such as the chosen exercises and their respective time slot will also be stored under the user's account.