Building a Unified Fitness Tracker System

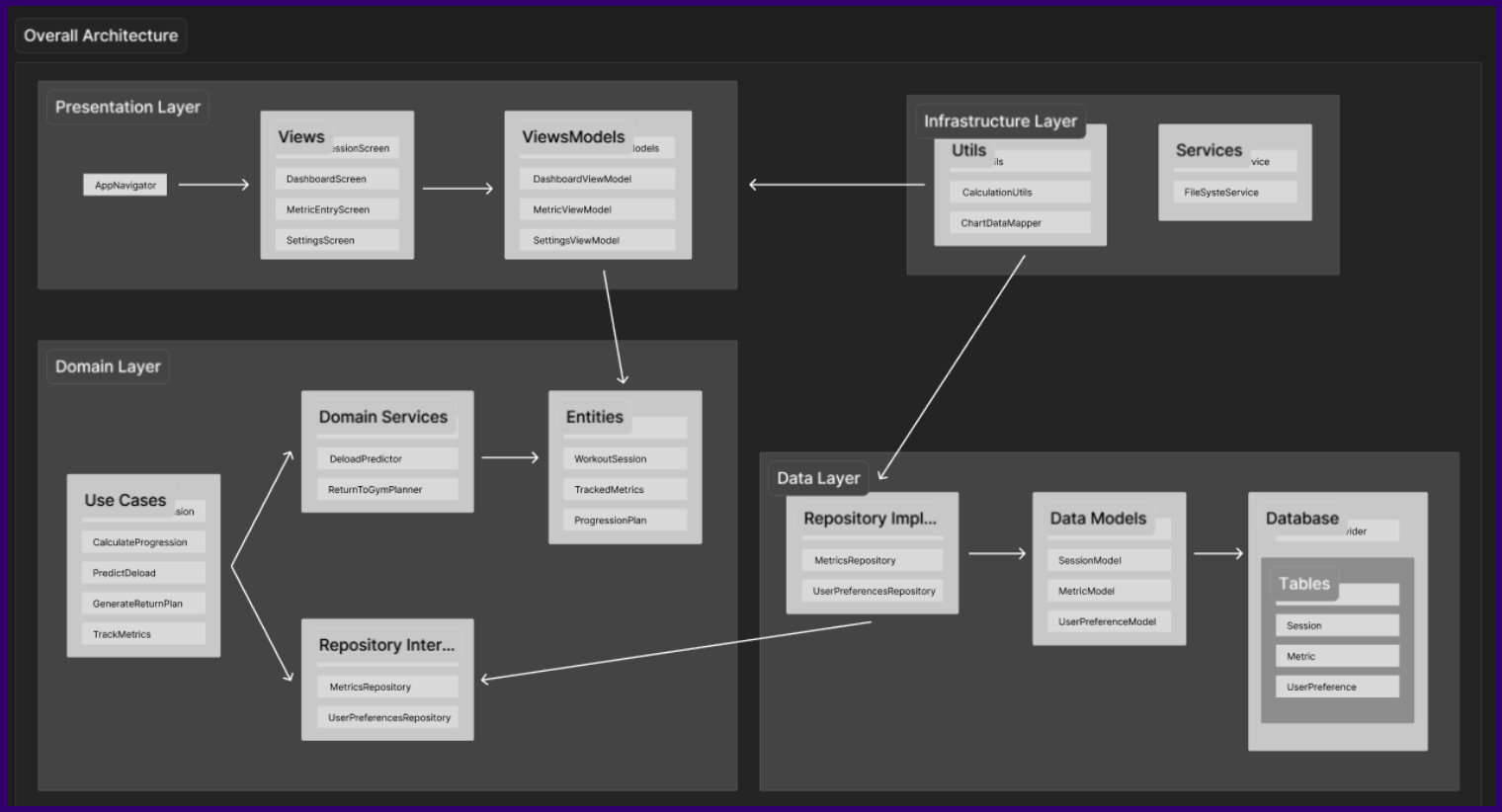
- Team members
  - Sam Baranov – individual project
- The project is focused on creation of a unified fitness app that combines automated planning, all-encompassing metrics tracking, and gamification elements for user retention
- The goal is to publish the fitness app on Google Play Store in a state that implements at least the baseline functionality in all three fields.

Building a Unified Fitness Tracker System ▾ Part 1

Sam B

- Project
  - > Creation of a unified fitness app
  - > Laying down the informational groundwork for the project
- Artifact
  - > Design Specification
  - > Outlines the fundamental scope, architecture, and planning surrounding the project
  - > 90% Complete

Building a Unified Fitness Tracker System ▾ Part 2



"Clean Architecture" pattern planned for the project

Building a Unified Fitness Tracker System ▾ Part 3

MVP

- Flexible foundational UI design established, that sets up future expansion
- User setup and local data storage
- Exercise library with custom lift creation
- Basic metric tracking with reps, sets, weight, and 1RM percentage
- Planning algorithm with undulating progression based on historical performance
- Daily/session logging and the necessary interfaces
- Core stats visualization with charts
- Return-to-gym plan generator using time since last session + past data
- Basic streak tracking

Iteration 2

- All encompassing metric library with integration into planning algorithms
- Calculation and recording of more advanced metrics like proximity to failure, recovery scores
- Tracking of adjacent lifestyle data such as sleep quality
- Expanded progression models linear, cyclical, hypertrophy/cutting/maintenance states and expectations
- Advanced analytics dashboards highlighting muscle group training balance

Iterations planned in the source Design Specification document

Building a Unified Fitness Tracker System ▾ Part 4

Sam B

- Project
  - > Creation of a unified fitness app
  - > Outlining the UX of the app based on the requirements
- Artifact
  - > Figma Prototype
  - > Visual planning of the representation layer for the project while implementing common Android UI patterns
  - > 20% Complete

Building a Unified Fitness Tracker System ▾ Part 5

- Next Steps
  - > Finalizing the Design Specifications document
  - > Creation of a Figma prototype implementing Material 3 UI components
  - > Begin working on MVP
- Questions
  - > Should custom formatting with headers be implemented for design specifications, or is fully adhering to the original template desired?
  - > What fidelity level should the Figma prototype be?