Individual Weekly Report for Sam Baranov

Gym App

June 30, 2025

# Accomplishments

* Conducted meeting with my teammate, figured out that he will not be able to actually attend the capstone, pivoted direction
* Went through possible project ideation process that is more suited for 1 person team, based on previous project ideas I already have and the overall constraints for the capstone
* Wrote an initial concept doc for the Gym app option that outlines the actual design direction for a possible project, based on underlying problems it is attempting to solve
* Finished one-page proposal based on the in-class discussion

# Weekly Activities

| Activity / Task / Work | Hours | Status |
| --- | --- | --- |
| Class attendance | 5 | Complete |
| Group brainstorming meeting | 1 | Canceled |
| Project option ideation | 3 | In progress |
| Gym Option Initial Concept | 2 | Complete |
| One Page Proposal | 0.5 | Complete |
| Status Report 1 | 1 | Complete |
| **Weekly Total** | **12.5** |  |
| Previous Weekly Cumulative Total (Carry Over) | 0 |
| **Current Cumulative Total** | **12.5** |

# Plans for Next Week

| Activity / Task / Work | Est Hours |
| --- | --- |
| Design Specification Document | 4 |
| Finalizing the project option decision | 3 |
| Beginning background research on the technical stack | 10 |
| Setting up master document | 3 |

# Response to Feedback

Received overall positive feedback on the overall feasibility and interest in the gym app idea during the one-page proposal discussion on day one. However, due to now lacking a team member, I am reconsidering doing it as my project.

This has lead me to compile a document concerning other possible ideas for the capstone that I believe may be brought to a higher level of quality by myself, within the scope of two quarters. The ideas consist both projects that have come to me during the brainstorming process, as well as shelved project ideas that I have previously explored, but never actually worked on.

Moving forward, I will narrow down to an idea most in line with the competencies required for the capstone, and work on a more formal design specification document.

During the speed-dating event, one thing that stood out to me was that multiple people were working on games for their capstone. As this is the field I ultimately hope to pursue in the long run, I am now wondering if I should do some more exploration in projects specifically concerning game design.

I attempted to provide feedback concerning issues I could see for other people’s projects. This ranged from more technical questions, such as whether one should focus on development for iOS while the environment is rapidly changing, to more underlying design questions, such as what does an educational game about storytelling actually should focus on to achieve the goals of being both educational but also not preaching.

# Other Reflections

I have realized that my initial idea may no longer fit the project, due to my teammate leaving. But I also realized that I have plenty of other project ideas, both new and old, that may be more fitting, and as such, I am doing more exploration.

# Comments, Issues, Notes, Anything Else?

I was planning to work with Kirill, but he has decided to drop the Capstone due to time constraints for summer. So I am now reconsidering my project idea. I also got sick, which combined with the heat, knocked me out for solid 3 days.

# Evidence of Work

A screenshot of a black screen

AI-generated content may be incorrect.

Work on ideation doc after realizing I am need to pivot into another project idea.

A screenshot of a black and white website

AI-generated content may be incorrect.

Initial concept for the Gym App idea, which I intended to use as a basis for more formalized documentation for Design Specification.

Copy of text from the One Page Proposal I drafted following the discussion (it was originally in Obsidian, hence the formatting):

# Weightlifting App Incorporating Statistical Planning

## Overview

The idea is to create an app for planning that combines statistical modeling, highly customizable metrics, and psychological gamification mechanisms to keep user input consistent over time to fund future planning.

## Project Goal

1. Create an automated system for planning based on current performance and historical statistics, that adjusts dynamically over time.

2. Design a flexible metrics system that manages to simultaneously plug in with the statistical management aspect, while providing full coverage for possible evaluation of fitness training progress.

3. Create retention mechanisms for gamification of the system, to ensure that users consistently provide data to feed the automated planning process based on personal statistics.

## Stakeholders

Any technical weightlifters, especially ones that \*don't\* use gym apps, and instead opt for paper/excel.

## Expected Outcome

An android app published on Google Play Store that manages to combine the previously mentioned three pillars of fitness planning into a singular app. The app should become more effective at planning over time, while simultaneously providing more externalized rewards for consistency.

# Group Project

I was initially planning to work with another person, but he dropped the course. So I am currently reconsidering if I even do this project, or pick something else.

Select meeting