Individual Weekly Report for Sam Baranov

Building a Unified Fitness Tracker System for Automated Progression Tracking and Planning

August 11, 2025

# Accomplishments

* Set up BLoCs for Exercise, Workout, and Home Screen UI
* Implemented basic UI organization with persistent app bar, navigation menu, and core content.
* Implemented prototype home screen UI.
* Implemented prototype exercise database UI.
* Implemented basic exercise creation UI.
* Implemented workout exercise addition UI.
* Changed navigation format to allow for bar to be reusable for navigation between different use-cases.
* Finalized contract and resolved next quarter’s scheduling conflicts with work

# Weekly Activities

| Activity / Task / Work | Hours | Status |
| --- | --- | --- |
| Setting up BLoCs for UI layer | 4.5 hrs | In progress |
| Implementing navigation shell for overall UI | 8.5 hrs | In progress |
| Implementing basic prototype home screen UI | 1.5 hrs | Complete |
| Implementing basic exercise database display and CRUD | 4.5 hrs | In progress |
| Implemented basic exercise creation UI | 5.5 hrs | Complete |
| Implemented workout exercise addition on home screen | 3 hrs | Complete |
| Rebuild navigation format between screens to allow for reusable app bar | 8.5 hrs | Complete |
| Finalized contract | 1.5 hrs | Complete |
| Course attendance (forgot on last report) | 2.5 hrs | Complete |
| Course attendance | 1 hrs | Complete |
| Week 7 status report | 1 hrs | Complete |
| **Weekly Total** | **42** |  |
| Previous Weekly Cumulative Total (Carry Over) | 97 |
| **Current Cumulative Total** | **139** |

# Plans for Next Week

| Activity / Task / Work | Est Hours |
| --- | --- |
| Finalize CRUD UI implementation for exercise (currently missing editing functionality) | 5 hrs |
| Portfolio | 3 – 10 hrs |
| Code Review | 0.5 – 3 hrs |
| Polish prototype | 1 – 20 hrs |

# Response to Feedback

From the showcase, I have gathered that I seem to be going fine for Q1 project scope. I was admittedly relieved to see that some other people have been having issues with properly rendering things in UI. It indeed appears that it may largely be a problem with emulator, rather than actual text.

Otherwise, I am still working off of the original idea, as the feedback so far has been generally positive.

# Other Reflections

Actual development has been going smoothly, although I am finally running into some issues with original architecture, so I am already having to refactor some things. I couldn’t get date navigation to work on the home screen, despite following what I understood to be the recommended flutter solution. I ended up realizing that if I am having this problem here, and I intend to reuse this component, I might as well invest in a more flexible solution for the future. In the end I ended up rebuilding the entire way that navigation is handled, which also took way longer than expected, but should save a lot of time going forward.

Admittedly, I thought that UI implementation would be more straightforward and less time consuming, considering I have made projects in Flutter before, and felt quite comfortable by the end. But using BLoC and actual SQLite database has unexpectedly made UI design far more difficult than for a simple, value-key based project.

# Comments, Issues, Notes, Anything Else?

Contract ended up taking longer than expected, because I realized that the section that I was signed up for in the fall didn’t work with my actual work schedule for fall. I ended up contacting my job and changing days starting from September, so I should be fine

Overall, I would say I am about 70-80% done with the basic prototype that I am hoping to finish by the end of the quarter. I am wondering if I should work on the project during the break after all, as I am quite invested in getting it done out of pure usability for myself.

The actual work has been progressing well, although I am quite worried about all the paperwork-esque things, as there is only 2 weeks left in the quarter. I still also need to get a code review.

# Evidence of Work

A screenshot of a phone

AI-generated content may be incorrect. A screenshot of a cell phone

AI-generated content may be incorrect.

Home screen/Workout screen is now able to actually add exercises. Although I haven’t yet added the ability to add sets, as this will definitely require some adjustment to the repository, I now implemented the ability to actually change date, and have previous workouts be loaded with custom exercises orders. My intial solution for date navigation didn’t work because of flutter widget tree state quirks, and it took me a whole day to fix, but this has been one of the biggest things I was worried about implementing for prototype.

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Very barebones programs view and exercise creation screen. As from the feedback on my prototype, I realized I didn’t have a good way to actually include muscle group (I initially planned a text box, but realized it would be hell to keep track of muscle groups unless I predefine them ahead of time). So for now I just have a basic UI to test that CRUD works for exercises, which it does, and will build a more proper UI once basic prototype is complete. But as of right now, I am only a few features away from having a basic, but fully functional basic fitness tracker, but with build it metric and muscle group tracking.