



# Gym Workout Tracker

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Web Application Development Project - Phase 2

GitHub Repository: <https://github.com/alnamiG/Workout-Gym->



# Workout Tracking Made Simple



## **Problem Solved**

Consistent gym progress tracking



## **Target Users**

Fitness enthusiasts, gym-goers



## **Core Functionality**

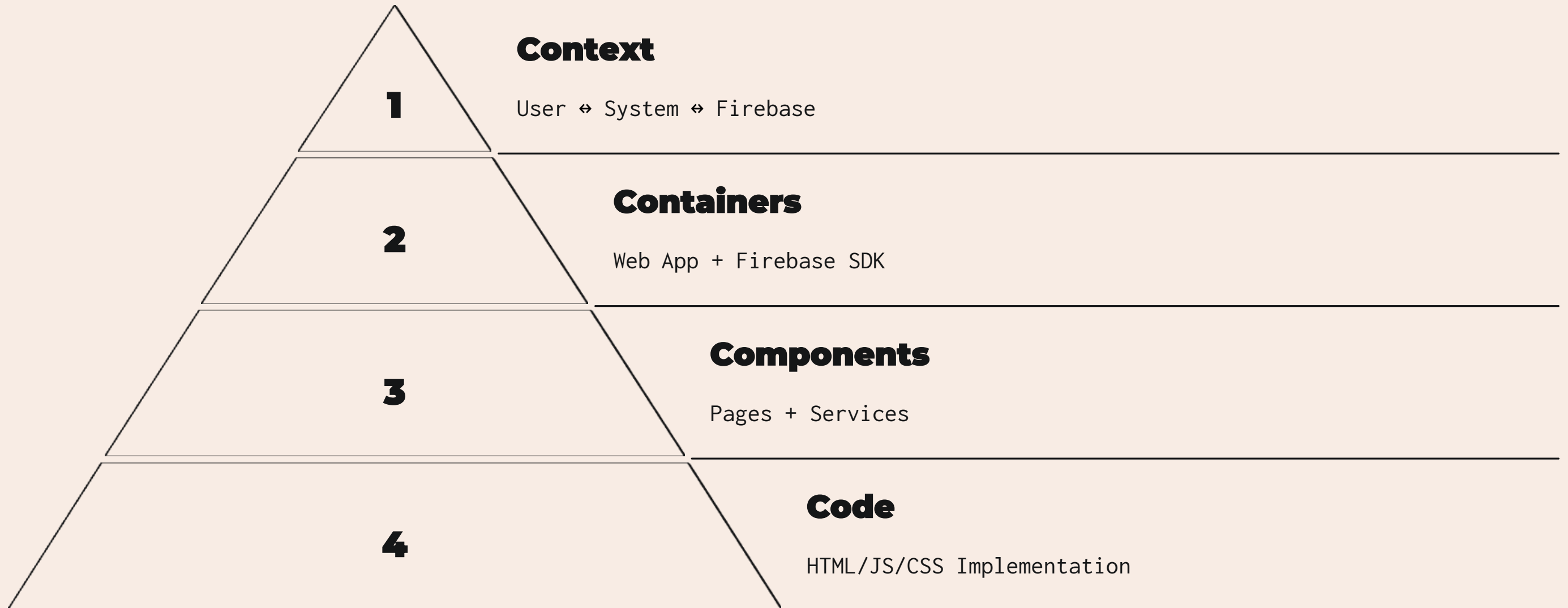
Workout logging, progress tracking



## **Key Benefit**

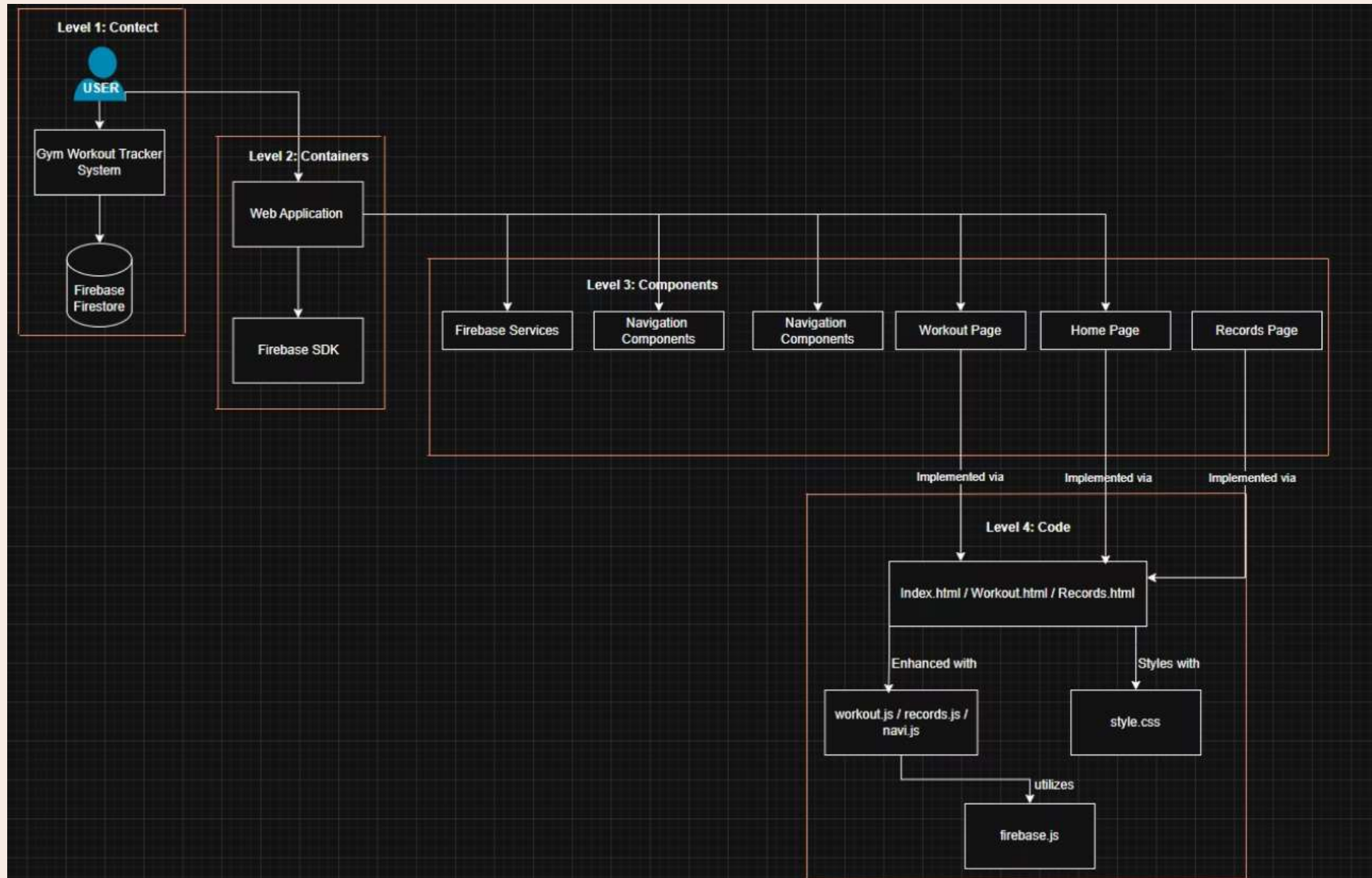
Track, stay consistent, reach goals

# C4 Model Architecture



\*DIAGRAM ON NEXT SLIDE\*

# C4 Model Architecture



# Technology Choices

## Frontend

- HTML5, CSS3
- JavaScript ES6

## Backend Services

- Firebase Firestore
- Firebase SDK

## Key Libraries

- Firebase JS SDK v10.11.0
- Modular JS imports



# Homepage - First Impression

## Rotating Banners

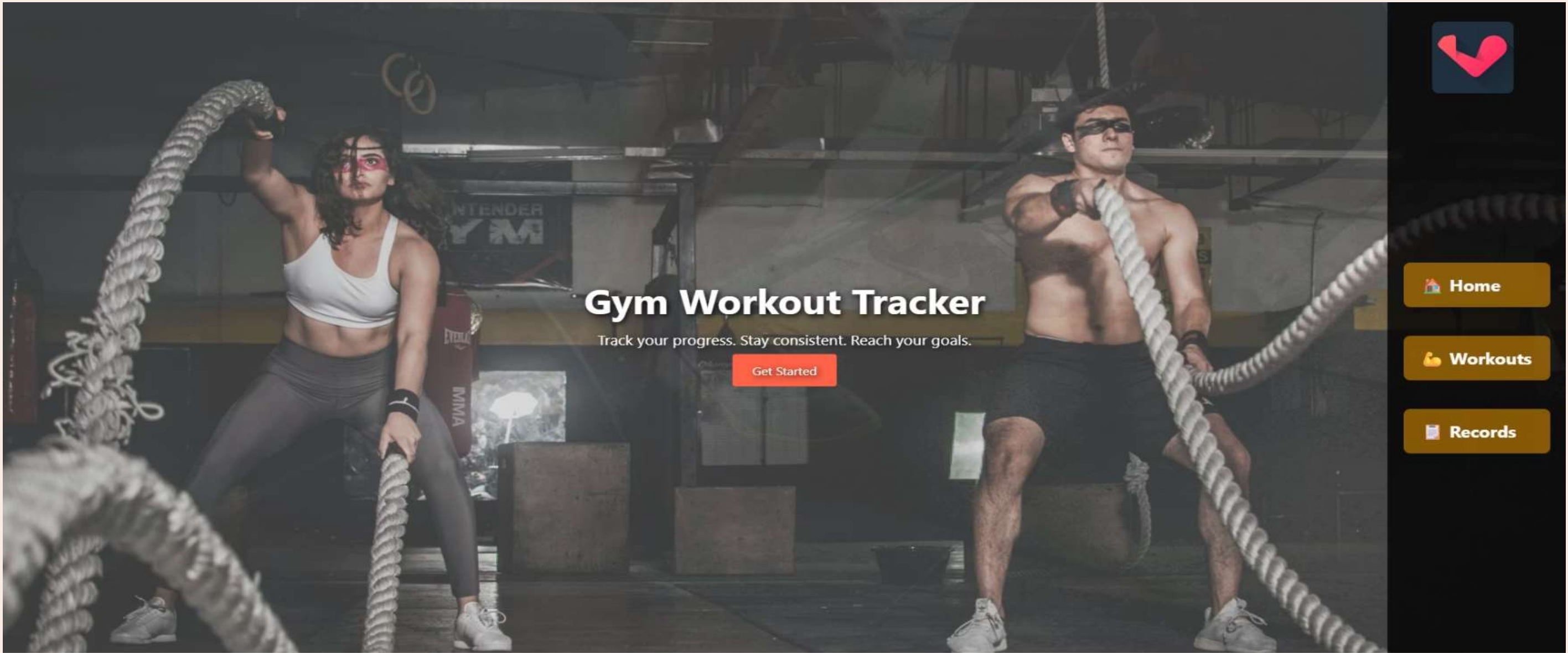
Auto-rotating workout banners

## Clear Call-to-Action

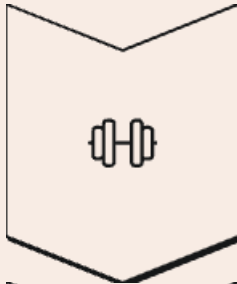
Direct user engagement

## Responsive Navigation

Sidebar for easy access

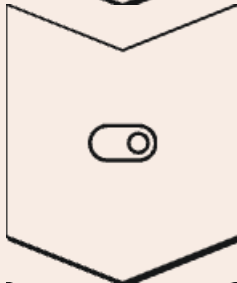


# Workout Page Logging



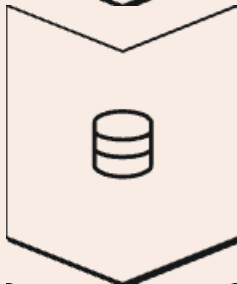
## Muscle Group Selection

Dropdown for easy choice



## Exercise Toggling

Real-time selection feedback



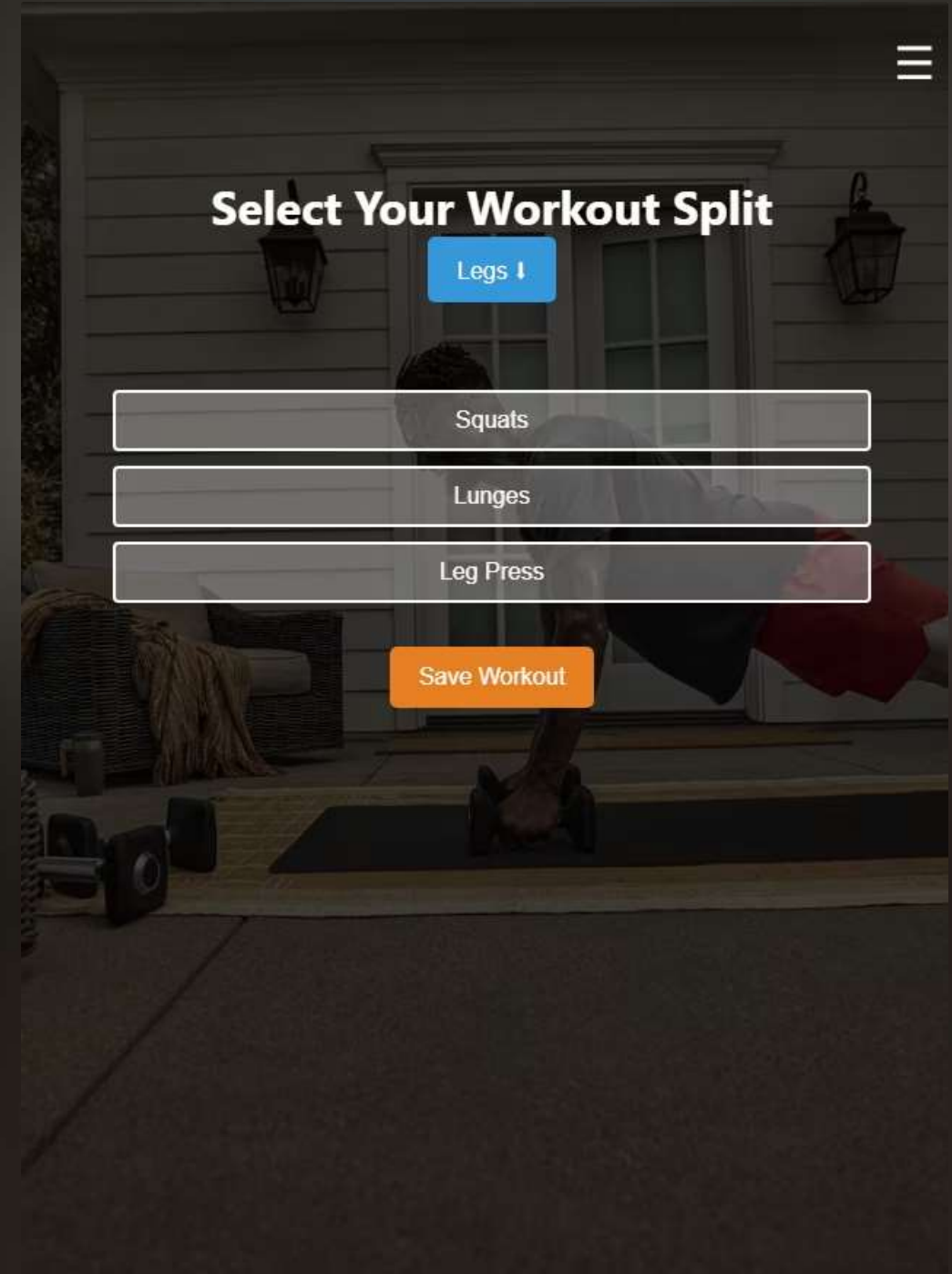
## Data Persistence

Firebase saves data



## Confirmation

Success popup



# Records Page



## Chronological History

Workouts displayed by date



## Card-Based Display

Intuitive, easy to read



## Deletion Options

Individual or bulk clear

# Workout Records

### Biceps

Hammer Curls, Barbell Curls  
6/12/2025, 4:17:34 PM



### Chest

Bench Press, Push-Ups  
6/12/2025, 4:16:50 PM



### Biceps

Barbell Curls, Hammer Curls, Cable Curls  
6/12/2025, 4:17:38 PM



Delete All Records



# Responsive Navigation

## Desktop View

## Mobile View

Full navigation bar

Hamburger menu

CSS media queries and JavaScript for smooth transitions.



# Key Improvements vs Proposal

<i><b>PI Proposal Concept</b></i>	<i><b>Final Implementation</b></i>	<i><b>Benefit</b></i>
Single-page app	Multi-page architecture	Better organization, scalability
Basic dropdowns	Dynamic exercise toggling	Enhanced user interaction
Simple logs	Card-based record system	Improved data visualization
No navigation	Responsive sidebar	Consistent UX

# Application ScreenCast

