



Gym Workout Tracker

Presented by Gehad Awadh Yahya Al-Nami

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

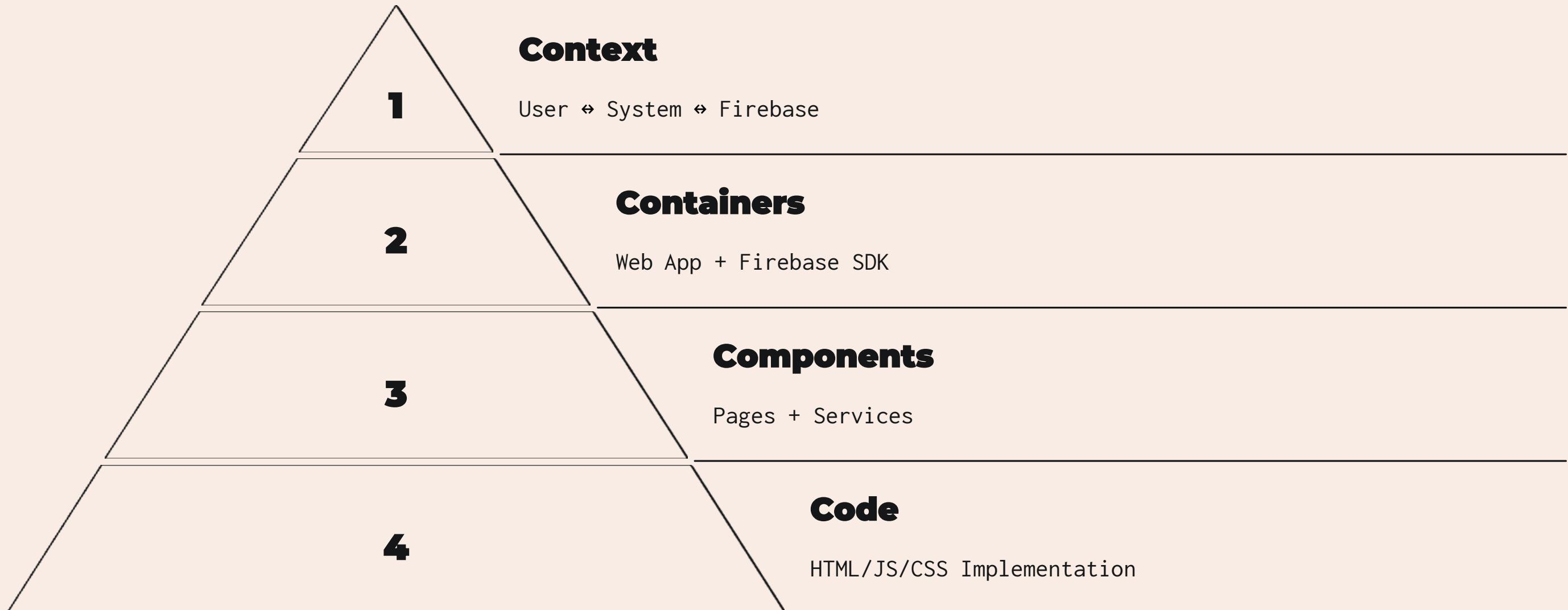
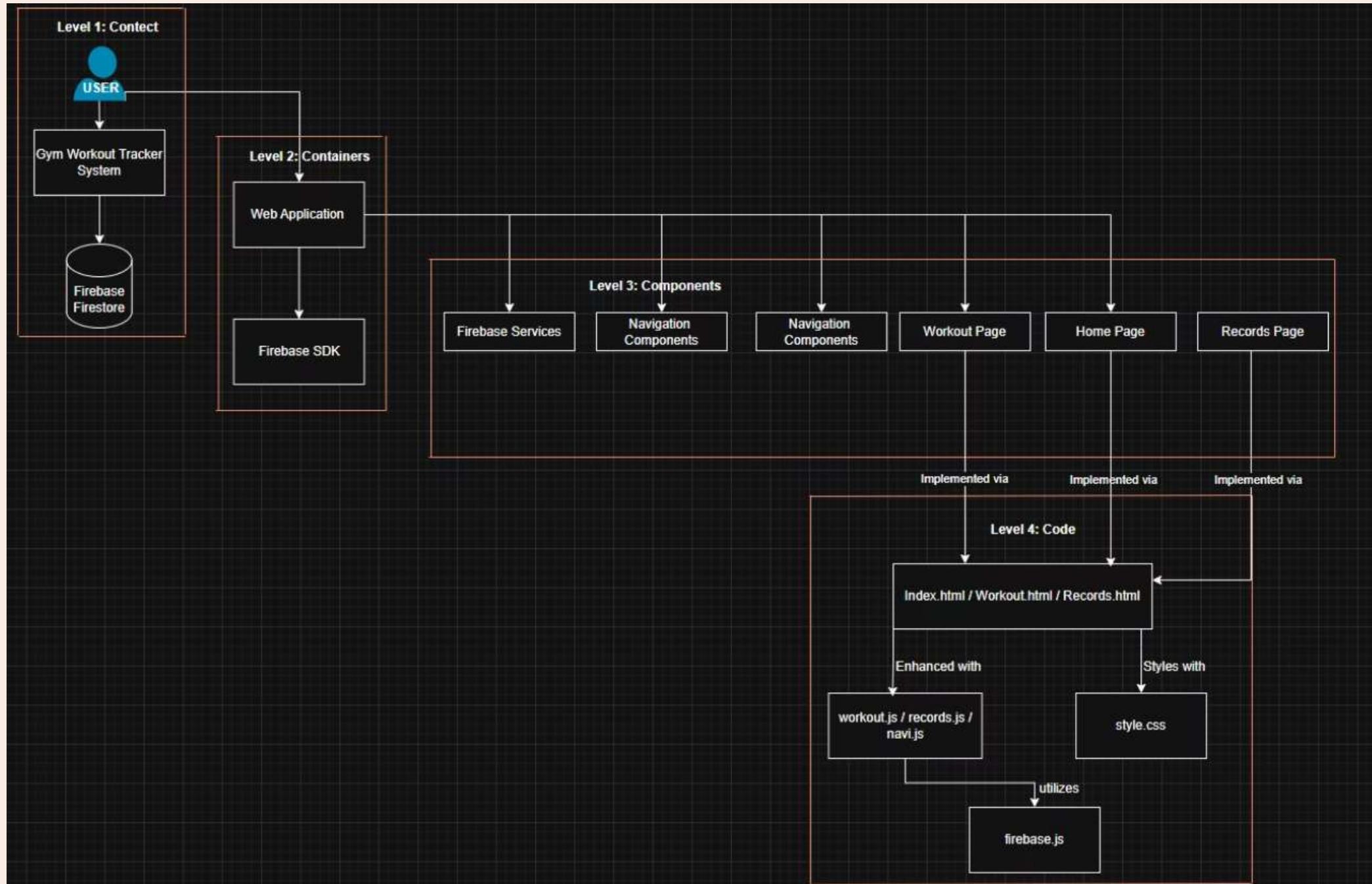


DIAGRAM ON NEXT SLIDE

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

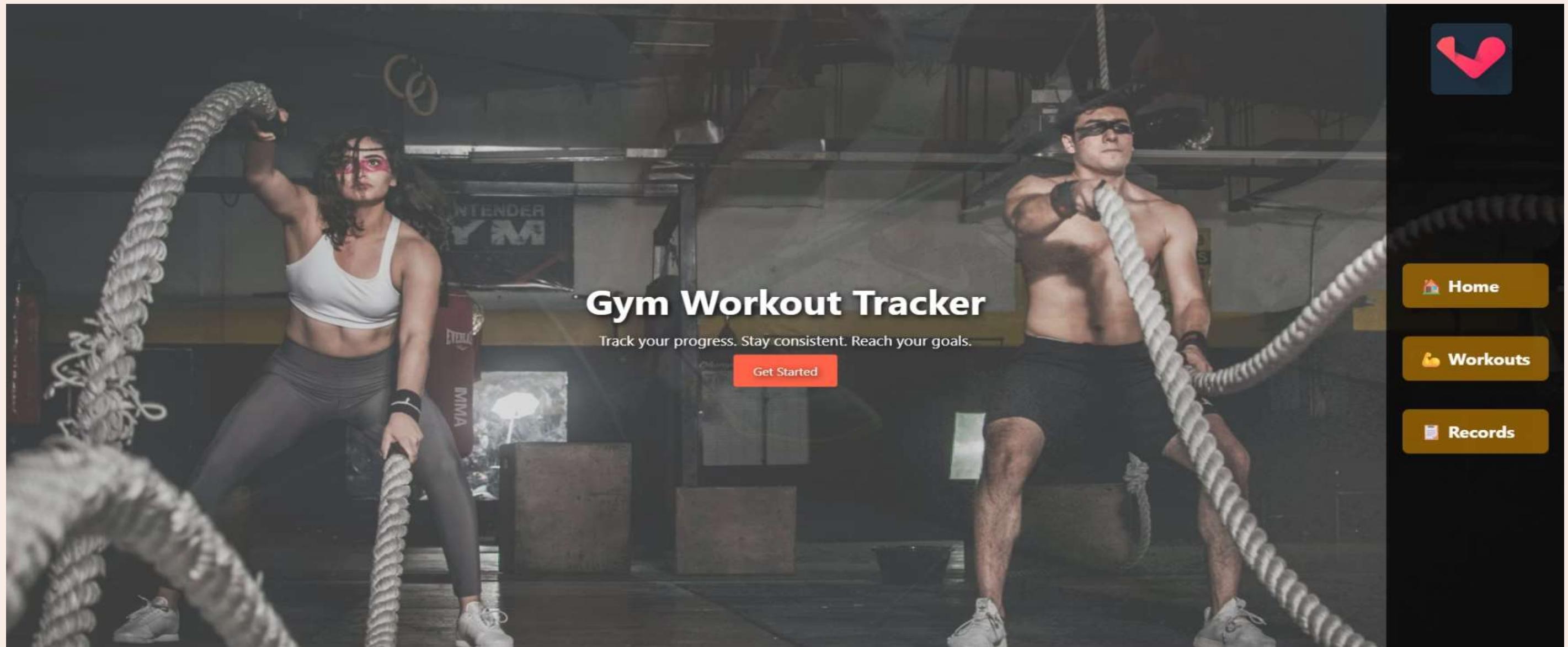
Auto-rotating workout banners

Clear Call-to-Action

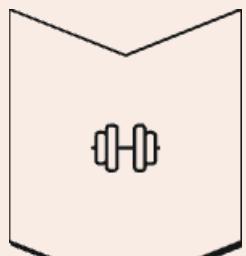
Direct user engagement

Responsive Navigation

Sidebar for easy access

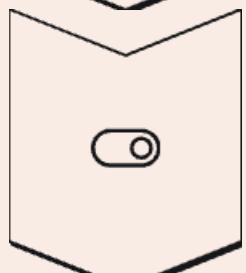


Workout Page Logging



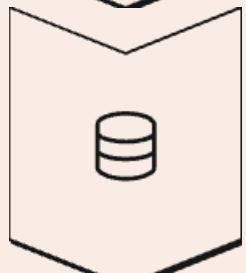
Muscle Group Selection

Dropdown for easy choice



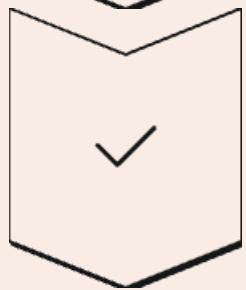
Exercise Toggling

Real-time selection feedback



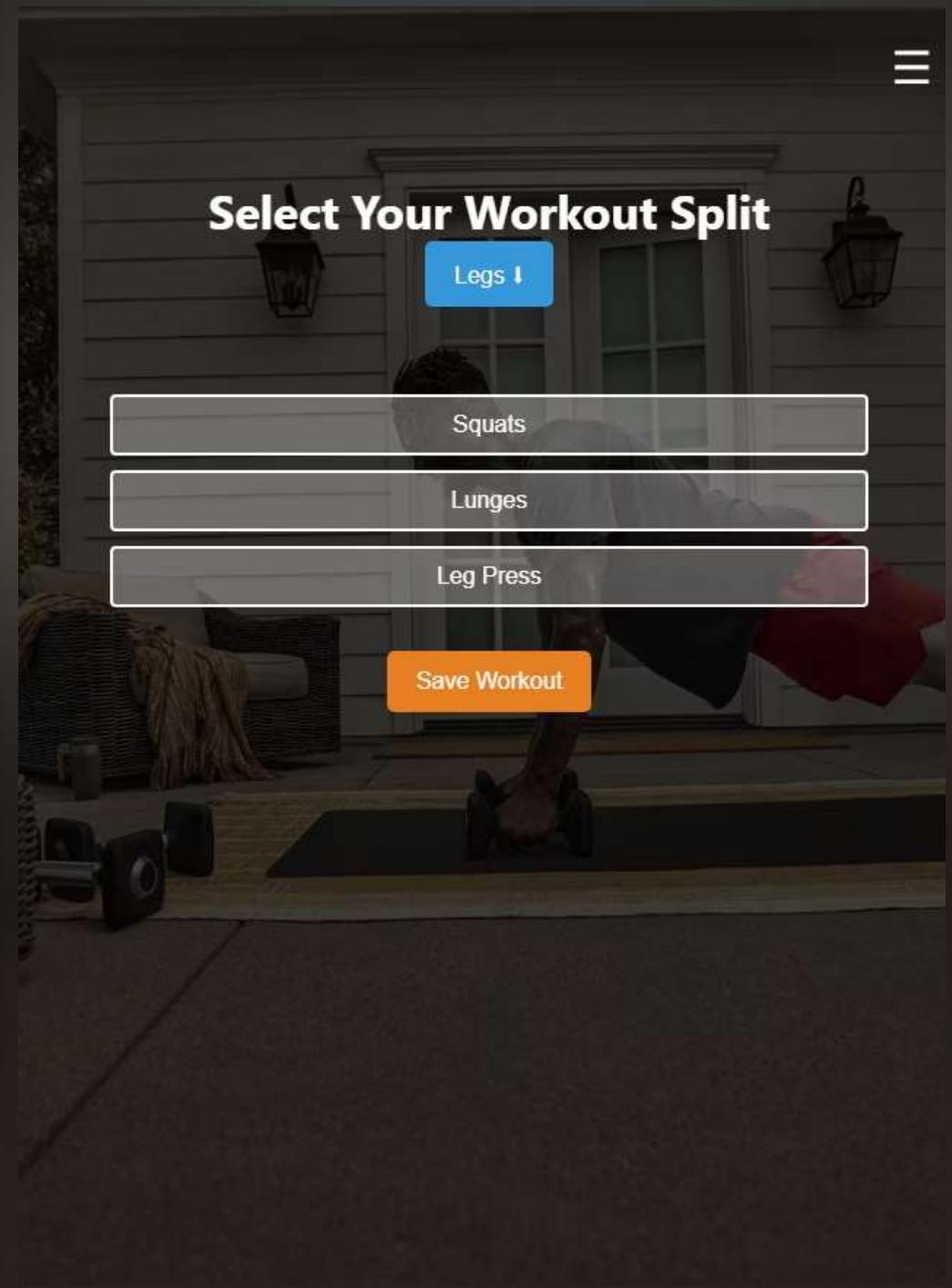
Data Persistence

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

Full navigation bar

Mobile View

Hamburger menu

CSS media queries and JavaScript for smooth transitions.



Key Improvements vs Proposal

<i>PI Proposal Concept</i>	<i>Final Implementation</i>	<i>Benefit</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

