

# PIGS Tracker

*Vision and Scope Document*

Hugbúnaðarverkefni 1  
HBV501G

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## **Team 28**

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## **1.2 Business opportunity**

Living a healthy lifestyle is becoming more and more popular in the world. A key factor in that objective is physical exercise. The app will help people exercising by offering various workout programs made by professionals. The app will also show you how to do lifts correctly by displaying photos and or videos, that way we can try to ensure that you're not injuring yourself. We keep track of the weight you lift and the reps that you do so you can keep up with your progress. Personal trainers will also have the opportunity to set up the perfect training, personalized to you.

Our target market is very large, everyone that is and wants to exercise and live a healthy lifestyle. We want to help getting new people to start exercising and also offer a handy tool for those who are already regulars at the gym to improve their progress. The app is free but uses a subscription business model to unlock all of its abilities.

## **1.5 Vision statement**

Our product will be for people who want to take working out to the next level. It will suit both beginners and those who are more advanced. The PIGS Tracker is a workout tracker that allows the user to track his workout progress. The user can select the exercise they want to perform from a wide range of exercises that will be categorized as either a cardio exercise or a muscle building exercise. The muscle building exercises will then be further categorized into muscle groups that the exercise trains.

The user can choose to create their own workout program by stringing together exercises themselves or pick a complete personal training certified workout program. The most compelling reason for users will be that as they use the tracker and feed it with information as they train they can then view graphs that show their progress over the last few weeks, months or years. This will motivate the user to keep working out and use the program.

Unlike other workout trackers that only allow the user to track the weights they use and repetitions they perform on each exercise, this workout tracker will allow you to analyse your workouts. Our product will be able to break down how many sets you perform for each muscle per week. It will also keep track of your personal workout records for each exercise and calculate the weight you can lift for your estimated one repetition maximum for any exercise based on the weights and repetition you have performed before.

## 2.1 Major features

- Users can select exercises from a wide selection  
**Use case:** A man was working out at the gym earlier and was bench pressing. He opens up the program at home and selects add exercise. The system then presents categories. Each category represents a specific muscle. The man selects chest and the system then presents a wide selection of chest exercises. He selects bench press in the program and the system then gives him the option to input the weights and repetitions he performed for that exercise.
- Users can track their progress with graphs  
**Use case:** A woman has been using the app to store information about weight and repetitions on every exercise she performs when she works out. She goes through the exercise list and selects squats. The system then presents her with the option to look at her history on this exercise. She selects to view her progress on this exercise for the last 3 months. The system then presents a graph for her estimated one rep maximum for this exercise. From this she sees that she has been getting a lot stronger on this exercise.
- Users can group exercises into workout programs  
**Use case:** A man wants to create a workout program that he will use every Monday. He is quite experienced so he wants to make his own program manually. He opens the PIGS Tracker and selects Create New Program. The system then presents him with categories that represent every muscle. He checks every exercise he wants to add to the training program and then selects Save. The system then asks him to name the training program. He names the program Monday and the system then successfully saves it for him to access anytime.
- Program includes a calendar so users can see previous workouts
- Users can import information such as bodyweight and age

## 2.2 Scope of initial release

The first thing to implement would be a selection of workouts. Without that there is no way a user can create a workout program or select which workouts he/she completed

The whole application revolves around tracking workouts, so the most important feature is a way to track which workouts the user has completed. Once we have a selection of workouts to choose from this is the feature that needs to be completed first. When that workout is submitted the user can also put in information such as weight, reps, sets, or duration.

Thirdly a major feature is the customisable workout program. The user can create a group of exercises specifying on what days it should be completed, how many reps and sets. This will also link to the users previous workouts and show the user how much he/she did on that specific workout.

Other features are accessory to the workout selector and the workout program. Those things can be worked on in parallel and the ordering isn't imperative. However ordering them based on value they would go as following:

Calendar showing upcoming workouts and previous workouts.

Graphs showing progress.

Extra information tracking such as bodyweight, age, BMI, attendance(workouts completed/workouts planned) etc.