**Department of Computer Science and Engineering**
**University of Notre Dame**

**CSE 40746 - Advanced Database Projects**
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**Final Project**

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<u>Group 4 - Project Abstract</u>

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The idea of our project is to create an application that assists you in creating and tracking your workouts. On the ground level, this idea has certainly been done before. There are hundreds of services out there that simply serve as a journal for workout data. However, what makes what we want to do different than these applications is live workout suggestions. For example, you would give our application information about your desired workout such as: muscle focus (chest & triceps, back and biceps, legs, cardio, etc.), workout type (high-rep, high-weight, endurance), and general physique goals (bulk up, cut weight, maintain) and our application would give back to you a suggested workout. We would do this by keeping a database of exercises and using the database to form the workout session. The most interesting part of this is that each workout will be randomly constructed when requested. This means instead of looping through the same five workouts every week, users will be able to look forward to new, fresh plans each workout session.

Although this is the main focus of this app, we look to potentially add other smaller features, such as a nutrition tracker and progress history (personal weight, lifting history). We believe we will have no problem finding data for this project, but the only concern is that it might require a lot of manual work to enter the data into the database. We are extremely passionate about this project idea, as we know we would be able to use this app in our own day-to-day lives.