reps

My Personal Gym Assistent

Ty Wenrick

tew287@nyu.edu

The Problem



Personal

I found that gym apps often have a myriad of issues. I wanted to set out and create something that would be useful for my own workouts.





Stopwatch

Dynamic Fitness Tracking

The Solution

These were my points of focus going into the project





No 'commitment'



Easy and Dynamic Logging

Clear Timestamps







What I accomplished:

Native stopwatch - control & result

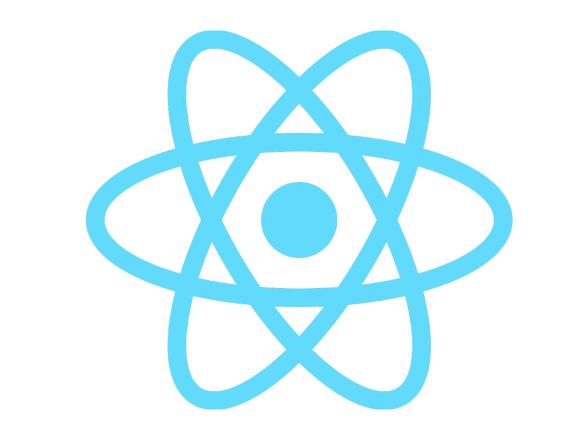
Authentication - email & password - login/signup- accounts

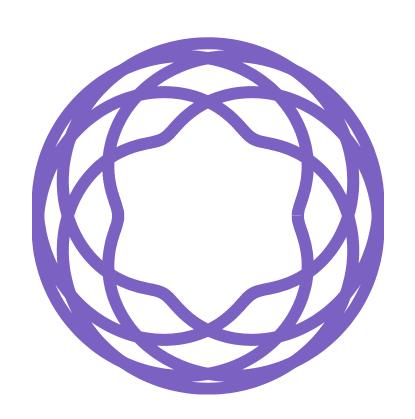
Date objects - timestamps, ordering

General Fitness Components

The Solution







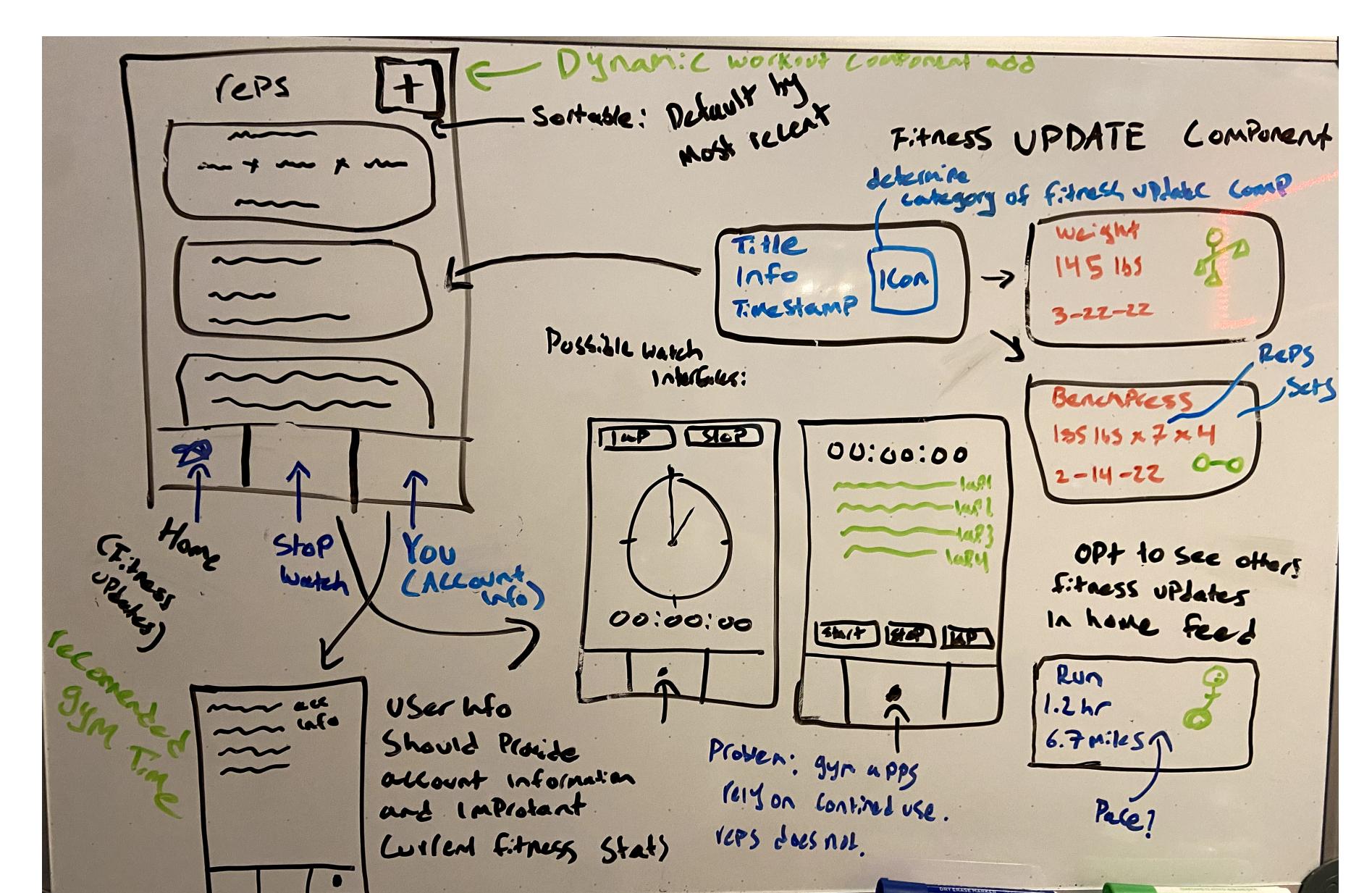


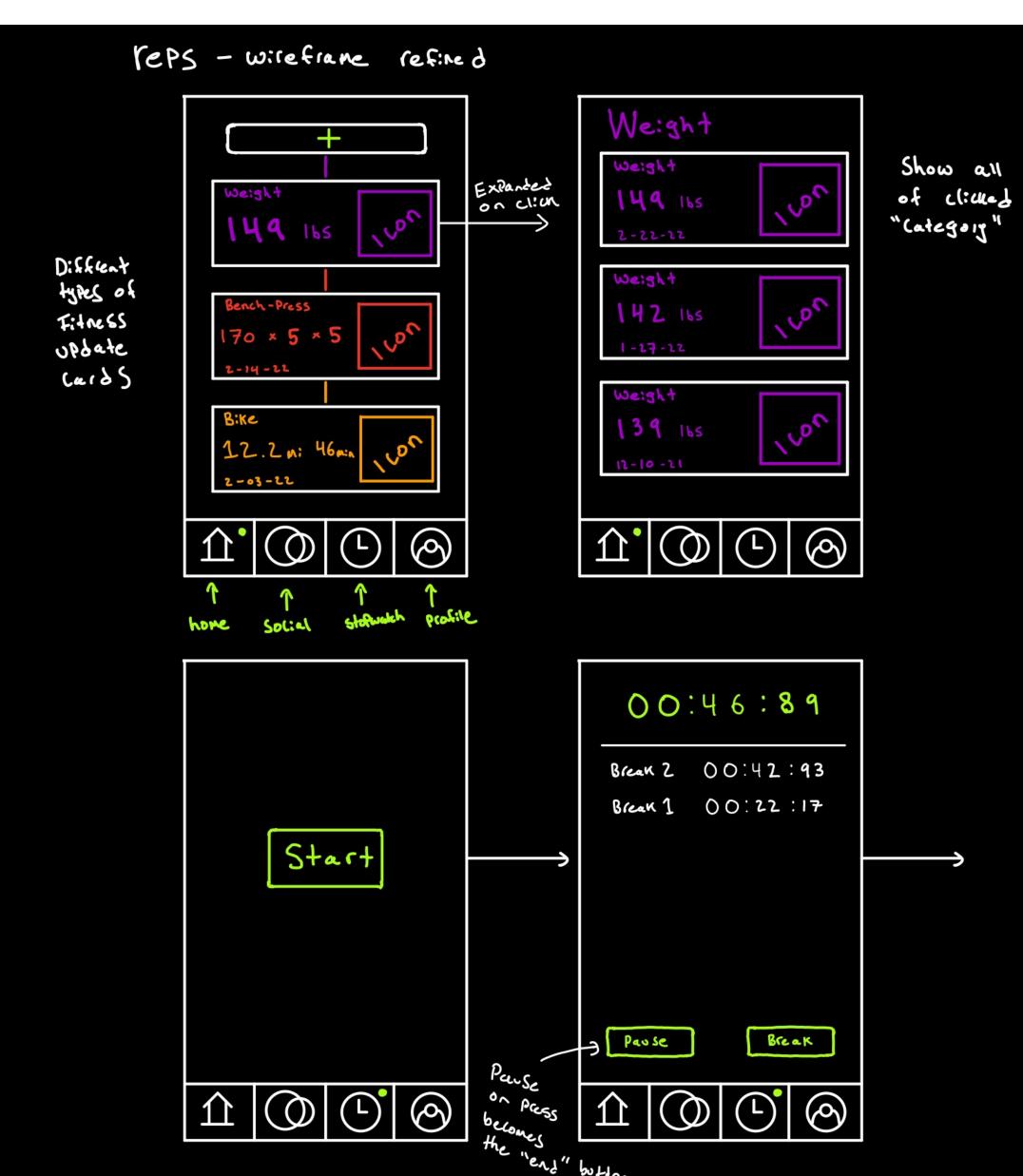
Tech Stack



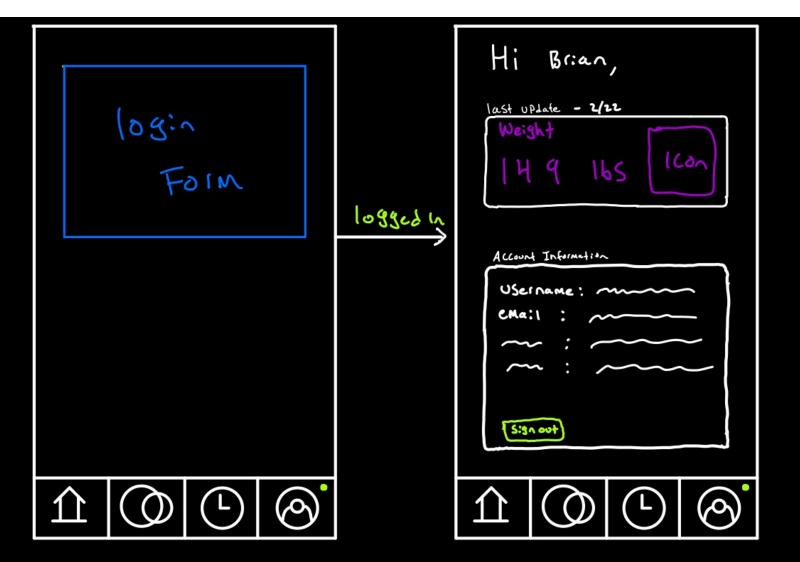


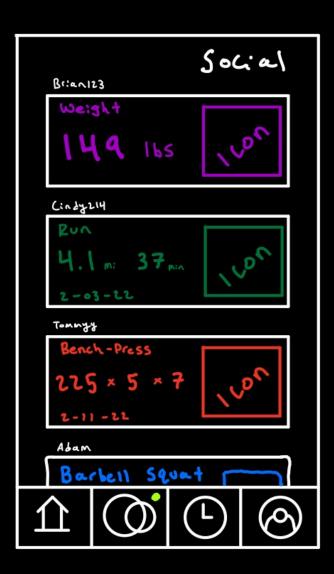
Initial WireFrame





Refined WireFrame





Design Ideas & Inspiration

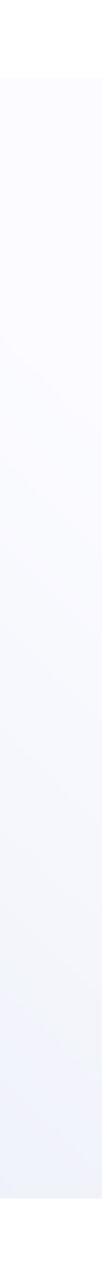
LOG WEIGHTS

Track and improve

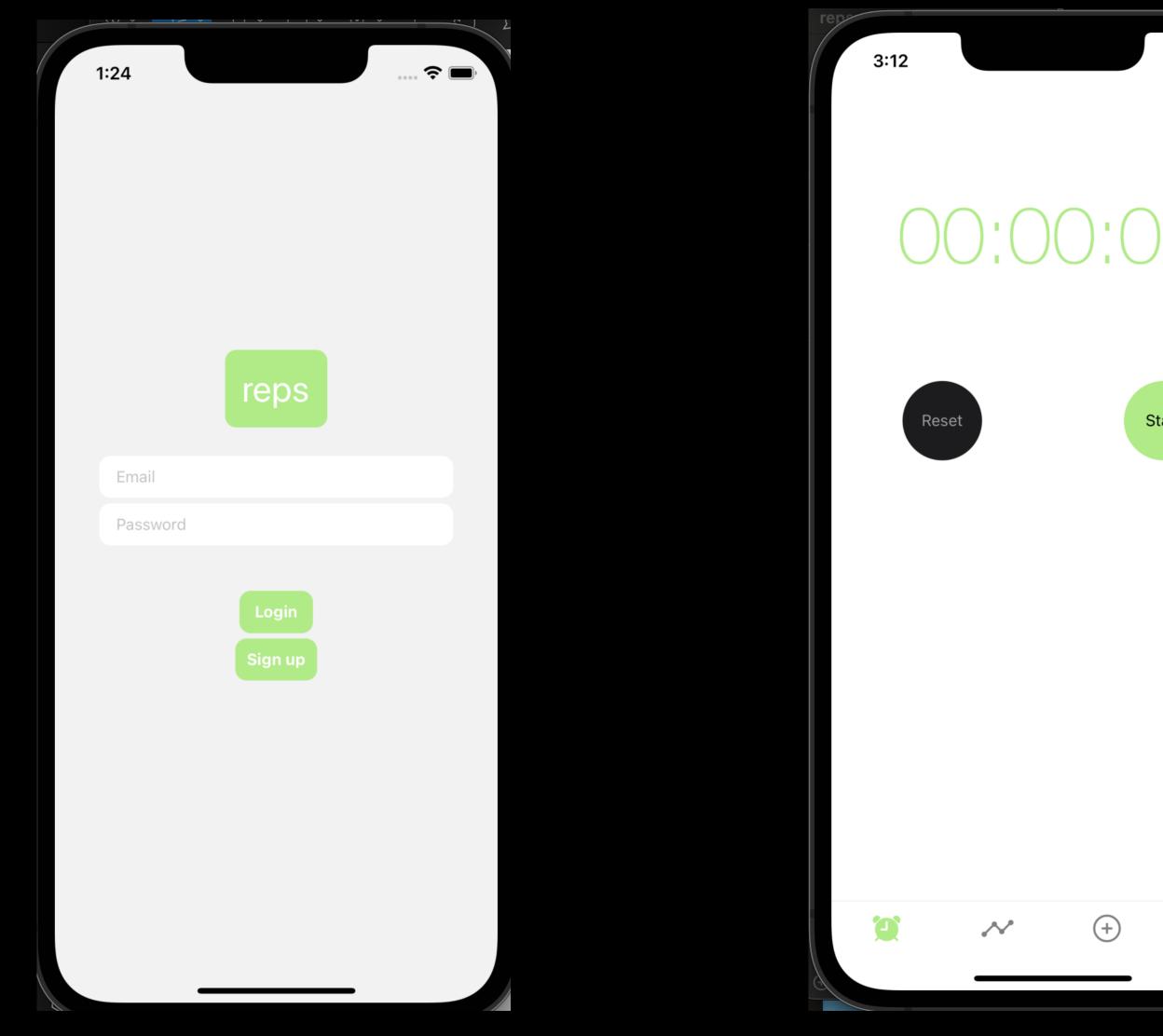
Close			Save
Log ex	ercises		
	veight you lift istory graphs		
Set 1			Copy to al
	Barbell Cu	rls	:
	12	30	13.6
	Reps	Lbs	
Set 2		c	copy from above
	Barbell Cu	rls	:
	0	0.0	0.0
	Reps		Kg
Set 3		c	copy from above
	Barbell Cu	rls	:
	0	0.0	0.0
	Reps	Lbs	Kg







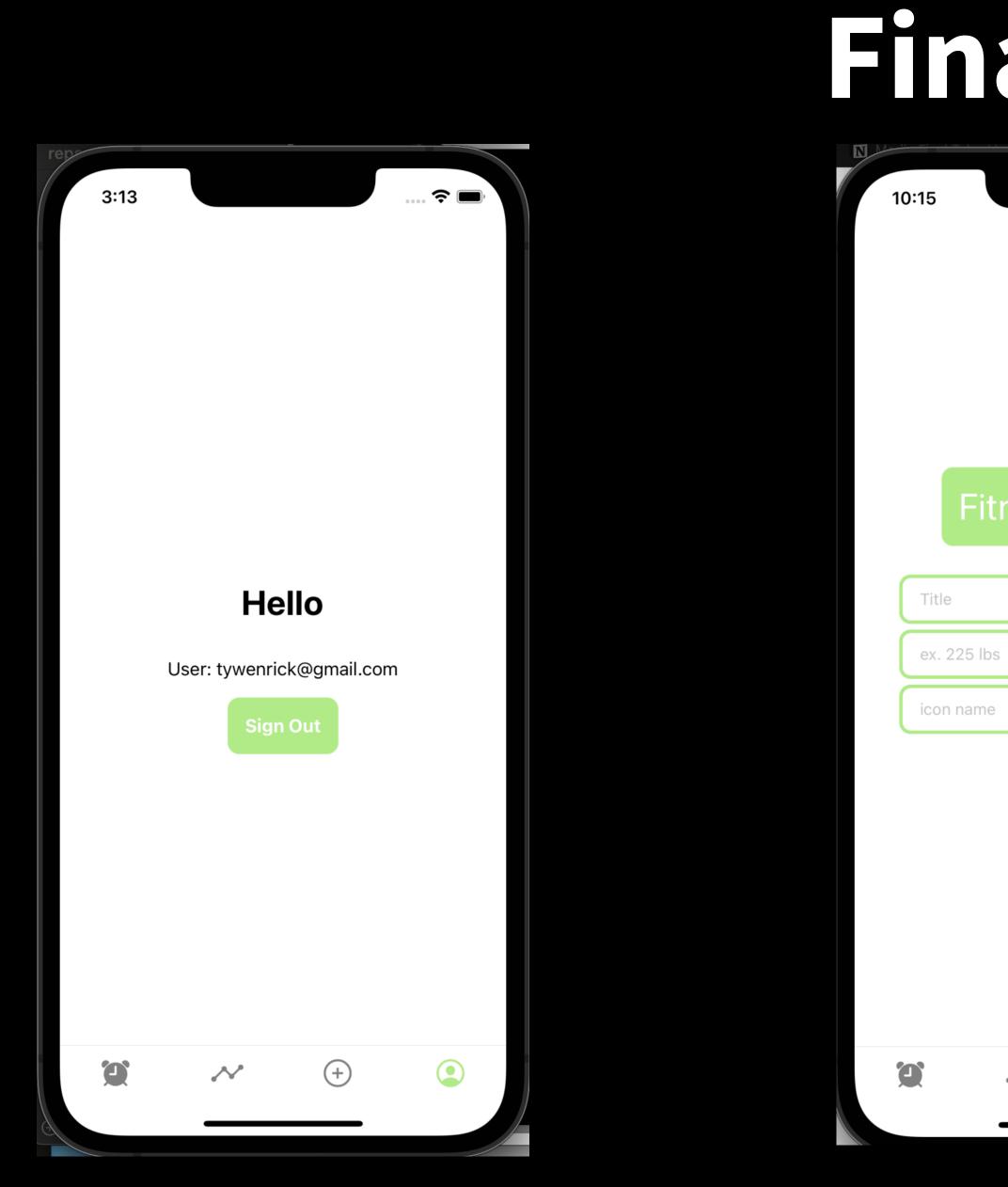
Final App



Start

···· 🗢 🗩

3:09	···· 夺 🗩
Bench Press	
225 lbs 2022-5-9	H-H
Bench Press	
200 lbs 2022-5-5	H - H
New Height	
5 ft 11 inch 2022-5-3	ПЬ
Barbell Squat	
325 lbs 2022-5-1	H - H
New Weight	
165 lbs 2022-4-22	
New Weight	
135 lbs	Πh I
	+
	Bench Press 225 lbs 2022-5-9 Bench Press 200 lbs 2022-5-5 New Height 5 ft 11 inch 2022-5-3 Barbell Squat 325 lbs 2022-5-1 New Weight 165 lbs 2022-4-22 New Weight 135 lbs



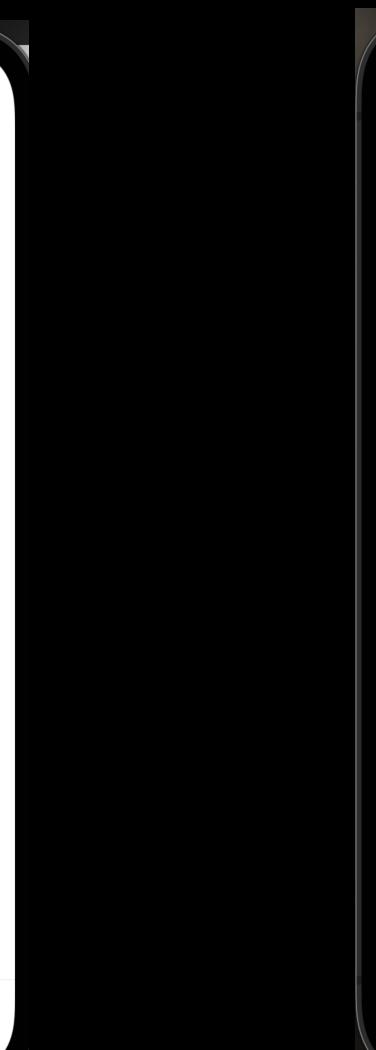
		D	\mathbf{D}

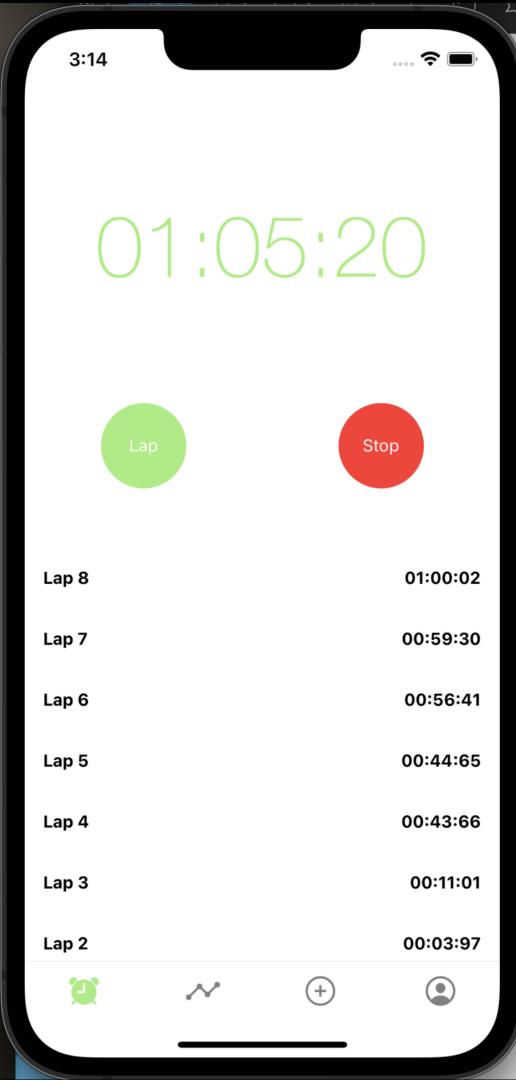
.... 중 ■

Fitness Update

Submit

✓ (+) (2)





- Authentication Firebase
- Xcode Ionicons
- Firestore collections



Understimated the stopwatch complexity when building it one my own

- Dynamic update components • Individual fitness update detail screens
- Firestore docs
- Social functionality
- Recomendations
- . . .



Project Repo

https://github.com/ tywenrick3/firebase-app