Project Brief

Fitness Tracker for weightlifters

Intended Audience: Individuals who regularly lift weights, bodybuilders, powerlifters and olympic lifters.
Project Goal: To provide a comprehensive tool for tracking workouts and progress. Could do something about nutrition.
Broader Stakeholders: Fitness/ Personal trainers, gyms, and fitness communities.

Requirements (Pick 4-5?)
- Allow users to log their resistance training workouts
    - Exercise name (e.g. bench press)
    - Number of sets (e.g. 3)
    - For each set:
        - Weight (e.g. 60kg, 70kg, 80kg)
        - Number of repetitions (e.g 12, 10, 7)
        - Rest period before next set (e.g. 30 seconds, 1 minute, 2 minutes)
        - (optional) Estimated intensity - reps in reserve (RIR)
    - Template training splits
        - Upper, Lower
        - Push, Pull, Legs
        - Bro Split (Chest,Back,Shoulders,Arms,Legs)
    - Reps in reserve to show intensity or RPE
    - Date and times for each workout
        - Reminders when each date and time is reached (while the application is open/running - this could be implemented by changing the stage/opening a pop-up window?)
- Should be able to track their progress according to their goal. Compare the amount of weights lifted? Personal records?
- Create a workout template and share/export it for others
- Allow tracking of basic health/biological markers (apps such as Google Fit allow for this)
    - Allow for manual tracking of:
        - Height
        - Weight
        - Body fat percentage
        - Blood pressure
        - Circadian rhythm (sleep schedule)
        - Caloric intake? (time, number of calories, macronutrient split, etc.)
        - Cardiovascular workouts (e.g. running, skipping)
    - Allow for automatically calculated markers as well (e.g BMI based on height/weight trends)

- Set goals
    - Possibly display goal on the front/main window/stages
    - Goals can be set for any of the markers that have manual tracking capabilities
- The app should offer simple tutorials on how to do each exercise.
    - Simple tutorials include step by step instructions, images, or videos demonstrating proper form and technique.

- Exercises have descriptions of muscle groups/targets
    - Examples
        - Bench press - Chest and Triceps
        - Lateral raisers - Rear delts
    - Could also add custom exercises with muscle targets

- The application must give special consideration to usability and accessibility.
    - Keep the app intuitive and simple
    - Ensure app is responsive