**BurnBoss – giving freedom to users in a workout app.**

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1. **Introduction**

Even in the modern day, the world with ‘an app for everything,’ we create a societally wide issue. The belief that one cannot live their own lives, without being backed by the hive-mind that is the online presence of society.

As much as each individual tries to pursue the perfect body, they are pushed by ‘influencers’ online to follow cult-like workout programs which just aren’t perfected to each user – my app aims to rectify this.

Once upon a time, people were able to create workouts that were personalized, and relieved them from the crushing chains of commercialized workouts. However, even if a person were to create their own workout, they would have to write it down, or follow other crude methods of saving it. This workout app solves this issue, and allows the user to save their workouts and take them anywhere, reducing the hassle. Research has shown that it takes 66 days to solidify a habit, and the hardest part is making it to this point – the ease of use of my app allows no hinderance to this process.

Later in this project I will discuss in detail the market for this application, which will allow me to tailor it to the needs of those who will actually be using it. This will include research into the current availability of exercise apps, but it is important to note that my app is set apart from the current market, due to its availability of freedom from the burden of commerciality, and its workouts that can do more harm than good.

When my app is developed, there will no longer be the worry that the workout you are following isn’t built for you – only the security of mind that you are free.

1. **Analysis**

**1.1 Computational Amenability**

As was mentioned previously in my introduction, there are few harder things within everyday life than setting a habit, and it can be stressful to keep track of every new self-improvement mission. This can lead to difficulty keeping a habit, and the overwhelming feeling of self-disappointment. My app has the intention of relieving each user of this stress, and creating a beautifully simple expressway to completing goals and achieving satisfaction.

Each person has their own way of keeping track of their progress through a routine such as a workout, and along with that comes the difficulty of sorting out reminders and organization. These issues can be easily eradicated with the introduction of a simple application, dedicated to keeping track of workouts, which provides the ability to provide regulation to the workout/self-improvement scene within many people’s lives.

According to statistics (taken from Statistica, 2022), the main reason (at 40%) for leaving/quitting the gym was that the gym was just too expensive to justify consistently. Soon after that, at ~30%, the reason was lack of motivation to continue. Given that my solution has the ability to overcome these issues (due to the free installation and reassurance and automation), my application will widely wipe-out the unstable relationship between the user and their workouts.

Throughout this section, I break down the intended functions of the application and include checking their computational amenability:

* **Creator:** One of the key features of my application is the ability to create each workout individually, and for them to be saved for access. This is the main focus of my application, and would have a devoted section within. This would be much more beneficial to the user than simply writing the workouts down, as it gives the ability to store all of them in the same place, leading to an easier experience.
* **Selector:** The selector would allow the user to select any of their workouts and start them. This solution gives freedom within the app, and could negate the issue of locating and using each workout. Within design this may be combined with the player.
* **Calendar:** The calendar has the intent of storing each workout done on each day, this gives an overview of the progression made by the user. In the future I would like to improve this function by adding the ability to create notes or add pictures to each day, giving the ability to view personal progression, not only workout progression. This feature is heavily weighted towards a computerized base, as it provides a stable platform (outside of the risks of losing paper) which can help with keeping up the habit (due to motivation).
* **Stopwatch:** The stopwatch feature will contain a stopwatch and various timers which can be personalized, allowing quick use of a common timer.
* **Player:** This is the section of the app which should be most prevalent for the user, and most of the time will be spent here. It will automatically set up the next workout within the pre-defined sequence set up by the user when creating the workout. If the user chooses to have more than one workout, then they will have to define the sequence. This reduces hinderance to the process.
  1. **Stakeholders**
* **Those who want to stay in shape:** The primary stakeholder for my application is those who choose to opt in for freedom within their workouts. They would use my app to create their own workouts, as their primary aim is to curate an individually specific set of workouts, which can accelerate progression. Looking at the characteristics of this stakeholder I can determine the needs of my application.

*Requirements:*

-Lack of time: Many people who work out have busy lives, so finding time for a workout can be incredibly difficult. When designing my app it is important to regard the fact that I must slim-line the process of creating a workout, and accessing each workout. The function within my app to automatically play each workout on their specific due dates. This reduces hinderance and increases the ease-of-access.

-Typically high IT literacy: Assuming that the average user has the intention of downloading a workout app, specifically to use it to its full extent, and also has the ability to use gym equipment, I can gather that the user would have quite a high IT literacy. This gives me leeway for prioritizing functionality over simplicity, giving me more opportunity and use out of my app.

-Lack of motivation: It can be difficult to keep the motivation to pursue working out, especially if it is not due to the love of working out, but instead for aesthetics or mental wellness. I intend to pursue ease of use, meaning that it causes the least amount of bother or stress to carry on and complete the habit.

* **Personal trainers**

One other application of this could be via professional help. Workout trainers and exercise enthusiasts commonly assist other people in creating workouts suited to them – that’s their job. I believe that this app would help each personal trainer to pursue their career, which as much help and support for their clients, easing the process.

*Requirements:*

-IT literacy variation: If the small business owner that is a personal trainer has got to the point at which they must research their market and conclude that an application such as this is a necessity, then I can assume that they have quite a high IT literacy. However, I cannot assume that every customer/client that the trainer works with has a high TI literacy, which means that I should aim towards an easier to use ‘front end’ which clients would use (areas such as the player/selector), and a more functional ‘backend’ which the trainer may use to set up their client’s profiles.

-Profiles: Leading on from the previous point, it would create a wide range of new abilities with the introduction of profiles, such as for easy set up for the personal trainer (the process of setting up a workout and asking the client to follow it would be aided greatly), portability for both the clientele and the trainer, and remote access to the database (the trainer does not have to meet the client in person, but can instead remotely set and change workouts as they please.

-Offline use: Sometimes the trainer may not have access to Wi-Fi, or it may not be in the budget to purchase the data needed to run an application which is always online. This means that this stakeholder would appreciate the availability of a working offline app, which only uploads data when online. This means that they would be able to take it out to clients efficiently and cost effectively.

* 1. **Research into existing solutions:** 
     1. **Pre-existing solutions:**

Prior to development, I have endeavored to find multiple types of research which will both support my approach to designing my application – through improvement on other’s previous work, and showing what I must aim towards to achieve success.

-**Workout Maker:**

*Workout Maker* is an app designed to achieve the same solutions as my application. It is one of the best solutions out on the market due to its functionality.

*Positives:*

* The app is designed around functionality, and yet still maintains a level of aesthetic, which shows that it can be achieved.
* The designers have included many features such as: Workouts, Exercises, Logs, Calendar, Profile. (As shown in the image below)
  + The feature of Exercises is something that I could introduce later on if I choose to improve my application **A screenshot of a phone

    Description automatically generated with medium confidence**past its current boundaries.
* When organizing the workouts, it is possible to create folders to store them in. This is a feature I would like to implement.
* **Graphical user interface, application

  Description automatically generated**When creating a workout, it has options for weights, e.g. None/Free weights/Cables/Strength machine/Multi Use machine/Pull up bar. In addition to this, I would like to add a custom option.

*Negatives:*

* When creating an exercise, it implies that you must have ‘in-detail’ knowledge about the muscles that are targeted in a workout. This is a feature I’d like to avoid, as it is demotivating to the user and adds unnecessary difficulty.
* **Text

  Description automatically generated**The design of the app is not particularly focused around a modern, simplistic look, which can be damaging to the experience for the user. Within my app I intend to follow a more elegant structure, which should hopefully relieve the user from too much of an issue with the flow of the application.
* Overall, this application – while well designed with functionality in mind – feels like it may become too overwhelming to the user, specifically if they are an older user, Graphical user interface, diagram

  Description automatically generatedsuch as may be the case for a client of the personal trainer.
* The app is only available on the Apple Store, which reduces accessibility

*Extra notes:*

* The comment here shows that the aim of my application can be achieved, that I can create a fully functional app while maintaining simplicity.
* Also, I can see that due to the high rating, motivation is a crucial factor when working out, and that if I can nurture that motivation then it will elevate user satisfaction and the longevity of my app.

Graphical user interface, application

Description automatically generated-**Workout Builder:**

*Workout Builder* is an app on the Google Play Store. It does not feel as professional as *Workout Maker* but does achieve most of the same aims and features. There are both pros and cons.

*Positives:*

* The way that *Workout Builder* attempts to create workouts is exactly what I was looking for to model that section off my app from. It includes all of the characteristics which I would also like to include, e.g. Sets, Reps, Rest (which is also done in an interesting way which I intend to add to my app).
* Overall, this app has a simplistic design, which leads to quite easy access and use.

*Negatives:*

* When create a new workout, the method for choosing the number of seconds of rest is, in my opinion, inefficient (see picture). I now know that I must avoid this method when creating my app.
* *Workout Builder* does not have a feature for profiles, which means that the app must be local to the device, which can lead to issues if the device is out of charge or lost. This can ruin the progress made for a habit and can stop motivation.
  1. **Proposed solution:**
     1. **Personal software requirements:**

I plan on developing my application within Android Studio (2021.2.1 and forward). This allows me to use the Flutter and Dart plugins which allow me to develop my app in the language I need. I use my own laptop for this, with the use of Git and GitHub for version control.

I decided to use my own laptop and computer due to the restrictions of the school computers, as I would not be able to use android studio to its full potential.

* + 1. **Requirements for the user’s system:**

This is the criteria that the end-user/stakeholder’s system will have to meet in order to run my application. My app is designed to be used on a mobile device, perhaps a tablet. These requirements are based on the requirements of other applications of this sort, and the features of this application.

* *Internet access:* I would like to design my app so that it can run both with, or without internet access, however internet access cannot be forgone due to the necessity of uploading profile details to a database.
* *Android version:* My app has been tested on version 11 android and has been tested virtually on Android 11 too. I intend to run tests on multiple other versions of android. *Workout Builder* (the second my research pieces) can be run on Android 4.1 and up, I intend to mimic this.
* *iOS possibility:* I would like to include support for iOS systems, via the use of swift. This is one of the benefits of using flutter, as it can be configured to be used on either android or iOS quite easily. This feature will only be available if I complete the rest of my success criteria, and with sufficient equipment.
  + 1. **Limitations of the proposed solution:**

There are several limitations to my proposed solution, some of which can be overcome with enough time input, whereas others cannot be done due to technological hinderances.

Here are some of the things my app cannot do but could be overcome with more time:

* *Link to smartwatch:* My app would not be able to connect to other devices such as a smartwatch, in order to track progress or update the app automatically. There are other applications such as Garmin Connect, which has this feature. I think that with enough time and devotion I could adapt my app to work in this situation, but it is not one of my aims for my app currently.
* *Show any pre-loaded exercises:* My application is not intended to be a dictionary of exercises, like many other apps of this kind are. This is because I do not feel knowledgeable about this specific area and feel like it could act against the main purpose of my application – giving the user an easy way out, and reducing the potential efficiency of each workout, and therefore the efficiency of the user’s process.
* *Create a personalized workout for the user:* Leading on from showing pre-loaded exercises, my application currently has no intention of creating personalized workouts due to the algorithms behind it. However, as a close follow-up to my completion of my success criteria, I could add in the option for favoriting workouts after they have been created, and then group those workouts together.

Furthermore, these are some of the

limitations that I cannot overcome, even with time and money:

* *Show how many calories burnt:* My application cannot connect to other body monitors such as heart-rate or blood oxygen levels. This means that it cannot logically work out, nor show how many calories burnt. I do not intend to include this feature, as it is both out of my scope, and would need support for each of these devices, some of which are protected due to proprietary software (such as some apple devices).
  1. **Success criteria:**

Below are the functions that I would like my application to achieve, upon completion. I intend to “tick off” and judge my progress using these criteria and before development, this is how I intend to consider my application a success once finished. I would like to question my stakeholders and testers if they feel as if these criteria are complete, and how to efficiently work towards them while in development – this means that I can adapt my solution as it is being built.

1. *The ability to create workouts:* One of the main functions of this app is to allow the user to create their own workouts, and give freedom to the user for the intensity or type. This includes the ability to customize how the application is used, expanding its real-world uses. For example, a user may enjoy rock climbing, and may have exercises dedicated to that sport, and they would have the freedom of using this feature to add these to a workout – this process could be replicated for someone who loves cardio, or perhaps even swimming! I will consider this feature to be a success if I can make creating workouts to be easy, simple, and applicable to many styles to fit to the user. To quantify this success, I could use a range of test-users to see if the app is useful to them and their style of exercising.
2. *The ability to play each created workout:* Once each workout has been created, the main function of the application will be to play/run each workout. This should involve a progression through each activity in the workout, showing the details of each activity, set out by a simple interface. It is important that each workout – when played – is easy to follow, so it is important that this process is simplistic and free of any clutter – this sets me apart from lots of other applications trying to achieve the same thing, as they tend to show too much data which can confuse the user. Ideally, when each workout is created it should be possible to assign days of the week on which the workout should be played. This functionality will allow the user to press a single button once the app is entered, and enter straight into a workout. This reduces unnecessary hassle when working out and should avoid any ‘road-block’ to motivation. Since this relies on access of the date and time, and the use of a calendar, and since workouts can be played via a select screen, this feature is non-essential to a functioning app. I can consider this feature to be a success if this feature works well, and checks all of the boxes for what it is supposed to do. When testing my product with stakeholders, I intend to test whether it does indeed simplify the solution, and how it could be improved in development.
3. *To have a simplistic interface:* I intend to have a simplistic and yet functional interface, as to not hinder the motivation of the user. If the user interface is too distracting, inefficient or – on the other hand – boring, then it could dissuade the user from progression. One way that I could meet this criterion is by using large, simple fonts, bright colours, and a colour palette used throughout. Not only the interface, but the in-app process for finding features and using the app as-well is important to me. So, to meet this criterion I will continually test my application with test-users from my stake holder categories. If they find the process and UI useful and easy, then I will consider this criterion met.
4. *Save data to profiles:* One of the features of my application is the choice of using profiles. This is one of the requirements of my secondary stakeholder, as it would allow personal trainers to access their clients accounts and set up workouts for them. Also, this feature would be useful to my primary stakeholder, as it means that they do not rely on local data, but can instead log in on any device anywhere, and so are not tied to one device, which could break a streak in developing a habit. I intend to make profile-use a choice for the user, as some may not want to sign in and give their data away. They should be able to use a guest account. I would consider this feature a success if I can save workouts to a profile, and can successfully log in on a different device to access them.
5. *A calendar to view workouts:* When creating a workout (as mentioned previously) it will have the option of being a repeated workout for set days of the week. Not only this, but also just one off, on the day workouts will be stored within the calendar of my application. Any workout done will be stored within the calendar, so the user can see their progress (leading to an increase in motivation for continuity), and what works for them. It will also show “cheat days” or days that have been skipped within a workout routine. This gives a full overview of the user’s calendar, so that they can see what works for them, and what doesn’t. When testing my solution, I will check whether this feature is a useful addition, or just clutter. I will be able to quantify this as a success if it is as useful as I aim for it to be, based on user response.
6. **Design**
   1. **Decomposition of methods**

|  |  |  |  |
| --- | --- | --- | --- |
| Class | Type | Name | Functionality |
| Wrapper | Variable | user | Depending on if the user is signed in (has a non-null value), calls either Authentication() or Home() |
| Authenticate | Variable | showSignIn | Decides whether to show sign in or register |
| SignIn | Instance | \_auth | Instance of AuthService |
|  |  | \_formKey | Global key for each form (email and password) |
|  | Variable | loading | Bool value |
|  |  | \_passwordVisible | Private Boolean value for if to show the password |
|  |  | email | Holds value of the inputted email |
|  |  | password | Holds value of the inputted password |
|  |  | error | Holds value of any error |
| Register | Same variables as SignIn | | |
| AuthService | Instance | \_auth | Instance of FirebaseAuth |
|  | Method | \_userFromFirebaseUser |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| main | Method | runApp | Runs the application |
| BurnBoss | Instance | \_themeManager |  |
|  | Variable | themeIsDark | Holds bool value for if theme is light or dark |
|  | Method | dispose | removes listener for theme |
|  |  | initState | assigns initial values for themeIsDark and adds theme listener |
|  |  | themeChangeListener | If mounted, it will set the themeMode as being dark |
| Home | Widget | buildHomeCard | Builds a new card for each call, with parameters for the icon, the label, and the action |
| NavDrawer | Variable | theme | Checks the theme of the context |
|  |  | isLightTheme | Boolean value of the theme |
|  |  | email | Takes an instance of the FirebaseAuth and converts the email attribute to string |
|  | Method | \_getUsername | private function to create the username of the user |
|  | Widget | buildNavBarItem | builds each item dependent on the inputs for label, icon and action |
|  |  |  |  |

* 1. **Algorithms and Validation**

**A diagram of a website

Description automatically generated**

**Description:**

I intend on having my application focused heavily on easy navigation. I intend on doing this with a navigation bar which is present on each page, so that the user does not feel locked into a single page and can always change with pages. I will describe within *development* about how I will use named routes to generate each page as soon as the app starts.

Hopefully my app should keep to a simplistic approach to navigation in order to not dissuade the user. It should keep a fast paced and logical path throughout, for the user to stay on top of and therefore they should not need to be reminded on how to move through the app.

My home and authentication widgets are wrapped in the Wrapper widget, this is to listen out for any authentication changes which would change the screen shown to the user.

**A diagram of a software application

Description automatically generated**

**Login:**

I have designed the algorithm to authenticate user’s login, when given the choice. It is important to me to have the choice of using a guest account, where data is stored locally, as it gives freedom to the user. It is important for users to have an account (either guest or signed in), to save workouts to profiles. Within this process: the user is provided with the sign in page. They are given the option to register for an account, or to sign in as a gues When using the guest option, it gives a warning that progress and workouts will not be saved to an account in the cloud. I intend on using a database to store workouts and account data.

**Validation:**

The security and main validation is handled mainly by Google’s Firebase. This handles errors in username and password registration or mismatching.

I intend on keeping this process as simple as possible, in order to reduce confusion, and reduce a loss of security through lack of the user’s information. Maximum user efficiency should be achieved through large boxes and a simple system.

Diagram

Description automatically generated

**Create page:**

I plan to develop my create page in order to give the user access to creating their own workouts. This is a very important feature of my app, as it gives freedom to the user. I allow for multiple choices to be made, to give as much optimization for the user as possible. It presents 2 tabs: one which shows the overall statistics of the workout being created – this will be updated as the workout is made; and the other, Overview, which allows the user to create a series of activities and class them under groups.

**A diagram of a process

Description automatically generated with low confidence**

**Player:**

The player section of my application is designed to allow the user to access the workouts that they have created. Within this section, it will show the workout that will automatically on for that day (e.g. if a workout is supposed to be on Tuesday and it is Tuesday, it will be at the top of the list). Below this will be all of the other workouts that the user has created. Ideally, I would have the ability to ‘favorite’ a few workouts. This brings those workouts to the top, allowing easy simplistic access.

If the user would rather end a workout sooner than the end, a pause button will be available (shown with an icon for easy access), and the workout progress will be saved. I may add in a warning, to confirm that the user would definitely want to exit. This is to reduce errors on the user’s part. The progress of the workout will be saved in order to show the user on the calendar later.

**Calendar:**

I have created the calendar page specifically so that the user could view their progress, and their journey. I plan on designing it so that each day is colour coded with the workout done, this will give a very easy oversight of how the past month has been.

If the user chooses to edit which day a workout has done (move it around to a different day), I will have to A) validate whether the date being moved to is in the past (not possible), or B) that the day is clear. It will take the user to the editor page, where they can edit the days that the workout will be done, and if they want to change the routine or if it just the one off.

**Diagram

Description automatically generated**

**A picture containing diagram, plan, technical drawing, sketch

Description automatically generated**

**Stopwatch:**

I have included a stopwatch/timer section to my app to allow users the freedom of not having to create a full workout if they just want to time one specific exercise in the moment.

**Validation:**

Within the timer function, I want to only allow the user to have a limited number of timers, so that they can’t overload the database that I am using. I am not worried about this limiting the users ability to workout, as they will be able to change the timers very easily.

**A picture containing diagram, text, plan, technical drawing

Description automatically generated**

**Settings:**

I will need a settings page to allow the users to change their preferences within the app with things such as notification, vibrations, and sounds. Each of these can be positively reinforcing, but to some they can be annoying, so the user should have the choice. They will be set to the <on> position by default, as there is a wider userbase that will use positively react to these noises. This is backed by the use of psychoacoustics within app development. I plan on using high pitched tones in order to follow convention which has been proved to work.

**Validation:**

The user will have the option to clear their saved statistics. This can be useful if the user has spent a long period of time away from the app and revisit it, or if they have too many workouts that don’t suit them anymore. However, it is important to make sure that the user is sure of their decision, as they will have no way of undoing the process of deleting everything. I plan on using a big warning pop up that is coloured red, in order to subconsciously draw attention to the action.

* 1. **Usability**
     1. **Learnability**

When creating and designing my project, it was important to me to make sure that it was easy to use, and easy to learn to adapt to. One of my main themes for the app is that it should not dissuade users from wanting to work out by being too complex. I aim to achieve this simplicity and availability by accompanying buttons with widely used standardized icons. Hopefully, this will allow the user to learn how to use the app, and how to create workouts. When using the workout for the first time, the user should be able to move through it unhindered.

It is important to test my products learnability with first-time, representative users. This will be covered in *2.4 Testing*.

**A screenshot of a phone

Description automatically generated with medium confidence**I intend to design my application using the inspiration from competitors’ products, as if their product is hard to use/easy to be lost in/fails to do its job, then their users leave and the app would not be successful. Some functions of these apps are a skip/rewind button set when carrying out a workout (from *Workout Maker)*, as these are widely used terms and icons on things such as music apps. This makes it easy to understand how to use the workout player function Considering the aspects of UI that their apps use, I can work towards a functional, easy to use/learn application which serves its purpose.

Another important feature is confirmation of actions such as deleting a workout. Also, when trying to override an automatic feature, it should either give a warning that it will cause a difference between workout and calendar (for example).

While in the app, to increase usability and learnability, I would like functions to link to other sections or features of the app, such as comments when saving a workout that it will be inputted to a calendar. Ideally, this will link the app in to itself, showing users how to navigate around, without the need for a tutorial.

* + 1. **Efficiency**

Considering efficiency is very important for my application, as I can afford to sacrifice some ease of use. However I still need to create a fine balance of ease of use and efficiency, in order not to dissuade users or put them off.

It is crucial that I consistently relay back to the overall ethos of my application: that it should give the user freedom, without impediment. Ideally, my stakeholder would move through the workout process quickly and easily. According to *Psychreg:* the 3rd most common reason for quitting the gym is lack of progress, and the 4th most common reason is boredom or lack of interest. Maximizing the efficiency of my application increases the attractiveness of it, and the long-term use by stakeholders, as it keeps them interested and does not destroy the habit created.

* + 1. **Memorability**

Throughout my stakeholder selection, it is important that my app is easy to use, memorable, and works as intended. It is vital that my application is set apart from the competition to reduce any external stress from deciding that the program is not built very well and having to find a new application. This ends up meaning that the user could lose interest in the hobby cultivated, and so would sway them away from working out and using my app in particular. My application’s main focus is that the user can create their own workouts. This, combined with the ability to log a workout, means that my application should be set apart from other apps of this kind, and so will hopefully be a memorable piece of software.

* + 1. **Errors**

My target audience is typically deemed to have quite a high target audience, but this does not mean that I should intend to make my app difficult to navigate or use. I would like to make my app useable for everyone, so I need to make sure errors are handles correctly with helpful messages and re-directs, so that users are not dissuaded from using my app. I will test my application with destructive testing, and from this I can adapt using feedback from sample groups to create aesthetically pleasing outputs which help users.

* + 1. **Satisfaction**

The main function of my product is to give the user freedom with creating their own workouts. This means that user satisfaction is important to me when developing the application, as to give users freedom, I should cater to their needs. To do this, I have created an interface (*mentioned in 2.5 Interface designs)* which will be subject to change and testing, in order to help the user move freely between sections. This testing will also help me to see if a prospective user could follow the logic/design, and can be altered if there is other paths should be taken. I will do this testing early on, to avoid any rebuilding.

* 1. **Testing**

I intend of using multiple types of testing, including unit tests, integration tests, functional tests and user tests done by representatives.

For user testing, I plan on using a small group of around 5 people within my school and friends who would typically use an app like mine, so that I can reduce cost and/or time taken. I plan on testing my app iteratively, checking and changing features of functionality regularly, to avoid complete architecture of my app, which would waste time. Instead of performing tests such as questionnaires, I plan on watching users actually use my app, in order to see the steps they take through the process.

|  |  |  |
| --- | --- | --- |
| Type of testing | Reasoning | Examples |
| Feature testing | In order to test my app iteratively within the development process in order to reduce cost/time taken. Ideally, I would reduce the need to totally re-design my application to suit my stakeholders. | Instead of giving my users a lot of questionnaires throughout my development and design process, I will watch how a sample of users actually use my application in order to see their logic and steps throughout the process. An example of this is:  How does this create workout page work for you? Are there any steps which are too difficult to complete? How would you approach this task? |
| Field Study/Adaptive Interviews | I intend on users’ feedback to develop my application, as it is important to me that when using abstraction, I focus on the main uses of the app. I must be careful when conducting such interviews, as the human memory is fallible, so when, for example, I ask a user about their gym experience, I will be relying on their memory. I must be wary of the Query Effect (the effect where interviewees create an opinion on the spot to satisfy the question). I intend on reducing this error by asking a selection of questions *before* I explain my design and reasoning, in order to reduce the risk of swaying their opinion. | I plan to give my users a selection of questions both through development and after they have tried my app in order to achieve maximum efficiency in changing my application.  These questions will be things such as:   * How would you choose to create a workout? * What are the types of things you would like to know when you have finished the workout creation? * What do you regard to be important when receiving notifications? * How often would you use an app of this kind? * Where would you use such an app? * What would help to inspire you to work out more regularly?   This style of question will ideally avoid the query effect. I plan to include an ‘I don’t know’ option to reduce fake answers. |
| Adaptive architecture testing | When I am developing my app, I plan to use user feedback on small areas on my application to see which is best. This will ideally help me to not have to completely restructure my application at the end, when I complete the rest of my testing. These tests should eliminate any usability errors. This is different to feature testing as it is more directed to areas such as colour schemes | I will use multiple small groups of users to assess small areas of the application. I will do this by giving them a few options and seeing which is best. I may do this by using a few individual small groups and giving them each a different option, and seeing which is used best/most easily. I will take this feedback into account.  At the end of development, I will run through this process again to see user thoughts, and to see if I need to rebuild the app with a better structure. |
| Unit testing. | At checkpoints throughout development, I will run unit tests on small chunks of code. This will help me to eliminate errors that could be overlooked if I were to only look at the end of development. This is important for areas which require a range (e.g. input for amount of rest time), as it will take in use of destructive testing with erroneous data. This is important to create a system that can handle errors within the system, and to improve how the user is redirected. This is important for teaching the user how to navigate the application. | I will run standard unit tests each time I restart the application to catch bugs in compiling, but I will also use thorough unit tests using erroneous data to test inputs. This is how I will ‘stress test’ my application. From these, I will improve my app to handle such data, or to provide barriers to stop users form inputting such data. |

* 1. **Interface Designs**

Throughout my design process, I have found a few different ways of creating the application I would like to develop. These designs have been changed throughout their process to cater to the user’s logic and expectations. I try to keep my designs simple so as to not over-clutter the app, but with enough features to create a well fleshed app.

|  |  |
| --- | --- |
| Prototype 1: Workout App | |
| Interface tab | Description and Reasoning |
| **Home Page** | This is the first prototype for my homepage of the application. It is an important part of the app to have a central homepage which allows the user to navigate through the “sectioned” layout.  Each card will have a label and an icon. The icons are quite universal, and their intention is to visually guide the user to navigate through the app. This is important as it keeps the app clean and gives simplicity to the users view. This is to stop the user from getting confused when changing sections.  The colour scheme of the home page in this prototype was intended to be quite dark with pops of colour (as is typical of other active/gym style apps), as at this point it was expected that the user’s routine will be to use the application either early in the morning or quite late at night – to fit in with a busy lifestyle.  The menu hamburger in the top right contains four sections at a time (this is because 1 is active at all times). This is for easy navigation, in order to skip the long path back to the home screen. |
| A picture containing text  Description automatically generated |
| A piece of paper with writing on it  Description automatically generated | Within this first prototype is a rough idea for the player section of the app. This gives almost all of the features that I would like, but this has been updated in other prototypes. The prominent features that are here to stay are:   * Workout header: this shows which workout the user is on and shows the group of muscles. This is an important focus when doing a workout as it enforces the mind to muscle connection. * Activity name: this shows the activity name, which is important for giving a simple follow through of the process. This keeps the user on track and can help to keep focus. * This attitude is followed through with the “Reps left”, which gives the user some peace of mind, reducing the overwhelming feeling of a never-ending workout. Very dissuading! * A timer to show breaks between activities. This should be paired with an alarm to auditorily warn the user. This is a standard type of feature used in workout routine apps. * The video showcase of each activity is an idea only within prototype 1. I have decided that this could be something that could be implemented in the future, but it is not my idea to add this when it is not my original aim to create these videos and upload them. |
|  | The create section of my app is designed to allow easy navigation and development of workouts. From this point forward (within the app), the user will deal with only the editing or making of workouts.  This modular design of my application is key, as it intended to help the user navigate, and keep a clear map of the application.  From within the creator section there is two sections:  The “New workout” button takes you to a page to create an entirely new workout.  The “Edit workout” will take you to a different page, showing all of the other workouts that are previously made and saved to the users profile. |
|  | This page/tab will show the overview of this individual workout.  Ideally this will help the user to proof read their created workouts, and see if it suits them personally. These stats will be linked to other areas of the app such as the calendar.  For example, the ‘Days set’ section will automatically update the calendar and the player, so that when the user either opens up or refreshes the page for either player or calendar, the workout will show up. |

1. **Development**

**Prototypes:**

Before starting the project, I needed to get a footing with flutter to understand the language Dart and the type of application I will be working towards. I have included the videos mentioned throughout this section in a folder called Videos

***test\_app:***

The first prototype that I created was very basic, and included only the navigation drawer and a basic plan on how I wanted my app to fit together. It was a good way to visualize how I wanted my app to work, and to get to grips with creating a clean user interface, and the colours I had designed to use. Shown in video: *test\_app*

A screenshot of a computer

Description automatically generatedA screenshot of a computer

Description automatically generated

***workout\_app:***

The second prototype of my application didn’t have a name yet, I had not designed a name which suited it well enough to commit to naming the project.

Within this prototype, I got further than I did with the last prototype *test\_app*, trying to start using modularized code using cards within the home page. However, at this point I was not well enough versed with dart to implement this and had to research more. This version was only a play towards using different types of code within dart, and getting used to the more intricate areas.

As is shown in the screenshots, I did not get the cards to work in this prototype. At this point I moved on to the final version of BurnBoss as I felt I had learned enough to make a well-informed decision on design choices and styles.

A screenshot of a computer error

Description automatically generatedA screenshot of a computer

Description automatically generated

**BurnBoss:**

A screen shot of a computer program

Description automatically generated with medium confidenceThroughout my development I have referred back to the documentation for flutter, either api.flutter.dev, or docs.flutter.dev.

I am developing my application and using Git and GitHub for version control. From this, I can walk through the changes easily.

**Home Page and Navigation Bar:**

In my initial commit, I have created the base for my application. This is the structure which all my “screens” contain as they are the basis for showing information. Without these sections, it is only a class. The different sections are:

AppBar() contains the toolbar, which is a banner of sorts which goes along the top of the app. It contains a structure of: leading, title, actions. I have utilized all of these later in the development of the home page. The appBar will most likely be present on all of the pages.

Drawer() is the navigation drawer which slides out from the left. It contains the routes to other pages.

A screen shot of a computer program

Description automatically generated with medium confidenceA screen shot of a computer program

Description automatically generated with low confidenceThe next step that I took was to modularize my code by splitting off the navigation drawer into its own class within its own file. Within that, I created a new build widget which meant that I could pass in text and an icon, and it can rebuild each item or this case. This made my code a lot easier to read.

At this point, I created a blank page for the Editor Page. This will be referenced to throughout my code (e.g. within the navigation bar) but I will not show it now, as it does not show my progress through the Home Page and navigation bar.

I further modularized by code by giving the Drawer widget only 2 children to display. Inside these widgets I built the header for the NavBar, and the items. These items were wrapped in a SingleChildScrollView which is ‘A box in which a single widget can be scrolled’. This meant that if the number of Menu items becomes longer than the screen of the phone, then they can be scrolled through. In my current design, I only have 5 items in my navigation bar. This follows the material3 rules and guidelines which will hopefully make it easier for the user to understand.

A screen shot of a computer program

Description automatically generated with medium confidence

This shows the widget to build the header for the NavBar. The important things in this are the CircleAvatar and the Text. In the future I plan on updating these with respect to the set profile picture and username/email of the users’ profile. Currently these are static.

Widget to build the header for the nav bar


A screen shot of a computer program

Description automatically generated with medium confidenceWithin this code I have written the buildMenuItems function, and included one of the ListTiles to show the home item.

Within the container, I have used padding to position each tile, and then created a Wrap to contain each tile further, so that they can be evenly spaced.

Each ListTile contains a leading icon, the title text, and then what happens when the tile is pressed. Currently this is done with pushReplacement, but this is inefficient as it has to recreate each page when it is loaded up, and the back arrow on users’ phones will cause them to exit out of the app. This is not ideal.

I had then decided to improve this navigation bar, as it was too built up and not very efficient. My new method involved creating a single widget called buildMenuItem, which contained the structure for each menu item. This meant that I could call the widget, and input each required feature which would be built when the class was called. This meant that I didn’t have to rewrite each menu item.

After this, I changed the onTap required element to be action, which meant I could give each menu item their own action.

It also meant that the navigation bar header was set within the Drawer, as it did not need to be taken out.

A screen shot of a computer code

Description automatically generatedI took the same approach with building the cards separately for the home page, creating 5 cards which acted as buttons, to move to other pages. This was very similar to the navigation bar structure.

|  |  |  |  |
| --- | --- | --- | --- |
| Test name | Expected result | Result | How will I fix this? |
| Theme switch test | It will change the theme | It didn’t change the theme | Shown in the next few pages |

**Theme management:**

My next step was to work on theme management. I wanted to change the theme between light and dark with a switch.

I had to set up what I wanted each theme to look like:

A screenshot of a computer code

Description automatically generatedA screenshot of a computer code

Description automatically generatedThen I had to set up the class that manages the switch, but it didn’t work, I completed thorough testing (shown above).

A screenshot of a computer code

Description automatically generatedAlong with this, I needed functions to start listening, listen for the change of theme, and stop listening again (these were part of the problem as to why it didn’t work):

A computer screen shot of a code

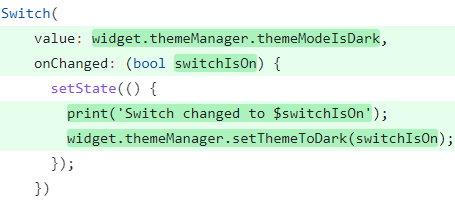
Description automatically generatedThen, I had to create the switch that the user interacts with to change the theme:

A screenshot of a computer code

Description automatically generatedI then fixed the problem by moving the listener for the theme change futher up the path, meaning that it could listen to what it needed to. Also, I added in some print statements throughout, to show where the process was getting stuck.

Before, I was not calling the function to relay the listener, or changing anything to show that the theme had changed.

The switch now actually set the theme to be dark, and showed it.



Within the theme manager, I created a kind of if else statement, where if the switch changed the theme to dark, then the thememode would be set to dark, otherwise, it is set to light.

A screenshot of a computer code

Description automatically generated

When designing the colour palette for my application I took the originial colours from the prototypes, and used the material color model, along with research into theories into which colours cause different feelings – it was my aim to create a colour scheme which was bold enough to make the user motivated and in the mood for working out, without coming across as gaudy or offputting. The light-mode theme was put forward to external testers who confirmed my colour scheme. In regards to the dark-mode, I considered the uses. I came to the conclusion that users would need the dark-colour scheme at night (after dusk or early in the morning), and would need a ‘less-stress to the eye’ approach. This caused me to land on a dark grey, with a contrasting light/turquoise blue to hold the motiviating theme.

**Routing:**

A screenshot of a computer code

Description automatically generatedAs mentioned above, using pushReplacement for my navigation was inneficient, as it meant that each class had to be re-rendered when it was called, and there was no path through the routes. This was an issue, as it is not how other apps work, or how I intended my app to behave. I used the routing ability of flutter to render each ‘page’ when the app was loaded, which meant that it could then create a path to navigate. My initial route at this stage is my home page, however this will have to be updated to work with authentication.

**Improvements:**

At this point, as I was finding the need for more build widgets (especially cards), I had to improve my code and give stronger variable names, e.g. from buildCard to buildHomeCard, to specify that this card was for the home page.

Also, in an attempt to improve my code, I seperated my home page from my main class. This meant that I had a strong distinction between screens, and helped with organisation. This also helped later on, when I wanted to move my theme switch to my settings page, as it was much more obvious which code needed to be kept within my main class.

As mentioned at the start of this section, I have been using Git and Github as version control. Another feature of this is that I can create issues, and then once fixed, I can add this to my commit, and it will link my commit to the fix of the issue. This is useful to me as it shows me how I fixed issues throughout, and how I can fix such issues if they arrise in the future.

A pixelated yellow and orange dumbbell

Description automatically generated**Icon:**

I changed my app icon to a logo that I have designed:

I then implemented it using a flutter package called flutter\_launcher\_icons. This works in the home page of my Google Pixel 5, but not in the tab menu. It is important to me that users can locate my application within their home screen. This dependancy was added to the pubspec.yaml file.

**Functional app:**

My plan for this point forward was to work on making my app to solve the issue I started with, as I was satisfied with my set up (e.g. creating the home page + navigation). It is important to me to meet the deadlines set, and unrealistic of me to expect development of every feature within my success criteria to be completed. As long as the application performs the basic functions, it can be ruled as functional.

I started by creating the Creator page, which will allow users to create new workouts, and edit previous workouts.

Within the Create page, I added two cards (each as their own modular widget) which show the “New workout” option, and the “Edit workout” option. Currently, to create a functional app that fills the base requirement I intend for it, I only need work workout on the “New workout”, as it is the central feature.

A screenshot of a computer program

Description automatically generatedWithin this “New workout” page, I included a tab system, as is shown in my initial designs, containing the “Total stats” tab, and the “Overview” tab. This was handled by the widget DefautTabController, but I had to work with the theming for this, as I have both light and dark theme.

The next step for me in creating the functional app was to involve a backend. After some research, I decided on Google’s Firebase, as it will be easy for me to integrate, has control for authorisation, will allow me to utilise a nosql backend, and will fill my success criterea for my app to work both offline, and online through Cloud Firestore’s offline support.

**Authorisation:**

A screenshot of a computer code

Description automatically generatedGoogle Firebase provides an easy ride for setting up authorisation within mobile apps.

The videos linked to this section are called: SIGN\_IN\_AND\_REGISTER, AUTHENTICATION.

A screen shot of a computer code

Description automatically generatedMy first step was to define a clear ‘Widget tree’ which would allow me to properly set up authorisation. For this, I need a ‘Wrapper’ surrounding my Home, and my Authorisation classes, so that it can listen for any auth changes.

A screen shot of a computer code

Description automatically generatedFor authorisation, I wanted for users to be able to sign in ‘anonymously’/ as a ‘guest’.

A screenshot of a computer code

Description automatically generated First, I have to create the function to sign in anonymously. The function signInAnonymously is a function of Firebase. This may take a while so it is awaited, and wrapped in a try catch, so that it doesn’t break/crash my app if the response doesn’t reach my app.

Then, I have created my own customUser object, as I don’t need all of the data that the request splurges, and it only responds with the uid. This is used when the request is sent to sign in, which is sent to the stream. A screen shot of a computer code

Description automatically generatedThis confirmation and data (stored as user) is sent to the Wrapper, which then shows the Home screen and allows the user access.

A screen shot of a computer code

Description automatically generatedA screenshot of a computer code

Description automatically generated

After this, the user can sign back out again using the built in Firebase functions.

A screenshot of a computer program

Description automatically generated

As mentioned above, I need the two screens, sign in and register. I have done this within my authenticate page. This is very simple, as all it does is reverse whatever the result of showSignIn.

A screen shot of a computer

Description automatically generated

For signing in with an email and password I have used a Form with TextFormFields. Within the form I have a form key. This means that whenever anything inside the form is changed, it is tracked, and the form key helps to validate each field.

A screen shot of a computer code

Description automatically generated

A screen shot of a computer code

Description automatically generatedThis is an example of validation within my login. The validator checks to see if the email text field is empty (which it cannot be), and sets the state. If the email field is empty, then it will be sent as an alert to the user. Email validation is taken further by Firebase, as it checks to see if the email is valid, as shown in the picture below.

If everything passes through correctly, then the email and password will be registered, and no error will be returned.

A screen shot of a computer

Description automatically generated

A screenshot of a computer program

Description automatically generatedThe function to sign in with an email and password takes the entered email and password, and returns the verification that the user is in the database. Otherwise it will show the error that has arisen due to the user’s details being unidentifiable.

This functioned is called when the “Sign in” button is pressed.

Now that both of these functions were created and both work, I wanted to present both as options to the user. This completes some of my success criterea point to store data to a profile and to be able to sign in as a guest.

This code shows the warning alert (designed to increase usability), which only runs the code to sign in if the user chooses to carry on.

From this I could add the email of the user (and other implemented details) to a new collection called Details. This will contain a collection of documents including the profile picture and perhaps a username that the user enters later.

**Creating new workouts:**

My new workout page can be split into areas: The new workout page, the Total Stats tab, the Overview page, and the New activity page.

**The new workout page:**

A computer code on a green background

Description automatically generatedI decided that I wanted the new workout page to be interactive, so I made the workout name as an interactive text field as the title. For this to be added to the database, it needed to be validated. As long as the workout name field is not empty, the variable that is written to the database is filled.

A screen shot of a computer code

Description automatically generatedThis method creates the page for workouts. There is no data that is currently set to the workout, so the only data that is mapped is the workout name.

This method is not very modular, so had to be moved to the database page.

This method doesn’t add each workout to the user, because at this point I did not know how to take the uid from the registering function.

A close-up of a computer screen

Description automatically generatedThe next commit meant that I took the uid from the authentication database and wrote the workout to that. This meant that each users has their own selection of workouts.

A screenshot of a computer code

Description automatically generated**Groups:**

I had originally planned on having a workout split up into groups of activities, so this section is showing the process of adding groups.

The first step was to add groups to the workout model. From this, I wanted to add in text fields which could be added with a button. I needed to be able to create the new group text field, enter the name of the workout, then add the result to the page. I did this by first defining the empty list, then takeing the result and adding it to the list. The, I mapped each group item out to a list.

From this, I could then remove each group with this code:

A screenshot of a computer

Description automatically generated

This was an overall bad method of creating groups, even though they were only text additions. I had to re-evaluate if I needed groups as a function. They were not in my success criterea and are not an essential feature. Doing some more research – including the app Garmin, I came to design a new structure for creating workouts, where each activity was an object within the workout.

Shown in video: ADD\_GROUPS.

**Activities:**

The first step towards adding activities to the database was to take each workout from the newWorkout page, and map the data. Then, for each activity in the activities list I could add them as their own object within the database. At this point, the only data within the workout was hard-coded sample data which I could use to test to see if the mapping worked. This used a method within the Activity class called toMap which converted each attribute to a String.

A computer screen shot of a program code

Description automatically generated

The next step after this was to be able to input data into the activities. I did this by creating each new activity object as an instance of a card. I took in 2 arguments, the activityName and the action which would be completed. The reason why I had this action outside of the card was because if it was inside the card, it would struggle with creating the new page when navigating to it.

Also, I added a new page in which each object in the list of activities would be opened, however there was no data about each object.

At this point, my code was messy, and it needed to be cleaned up with some more modular classes and widgets. My structure went as follows:

* NewWorkout page holds the method to set the attributes for each workout.
* activities list holds the list of activity objects
* ActivityList holds the functions to add, delete, and edit each activity.
* Add function instantiates the activity, and adds it to the list.
* Edit function opens the edit activity page for each activity object.
* Delete function removes the activity object in the index.
* ActivityCard is the blueprint for each activity item in the workout page. It assigns both the edit icon and the delete icon to the correct functions.

Each activity is added by entering the name of the activity within a text box, and then the activity

is created.

Obviously there is no need for both the New Activity button and

the add activity button, so one of them has to be removed.

The video *ACTIVITY\_ADDING* shows how activities are added.

**Validation:**

In order to make sure that I maintain referental integrity within my database, I needed to validate the state of a workout before it is saved. Some of the things I needed to watch out for were:

* If the workout had a name.
* If the workout contained activities.

A screenshot of a computer error

Description automatically generatedIf I can make sure that these criterea are met, I know that when I come to read the activities, I won’t run the risk of reading empty workouts. I can also make sure that my database won’t be filled up with empty workouts.

Only when the conditions are met can the workout be created and pushed. If the conditions aren’t met, then an alert dialog is shown:

A screenshot of a computer program

Description automatically generated

A screen shot of a computer code

Description automatically generatedMoving on from this, each activity object will be opened when the edit activity button is pressed. I have taken the activity name (set when adding the activity) from this object.

To recap: the activity class is a blueprint for an activity object; each activity object is added to the list of type Activity; when each activity card is pressed, it will open the index position of the list, therefore the activity object (which holds attributes).

This is shown in: 

To improve code efficiency and to follow with “good code”, I have made sure to be accurate when naming functions and variables, as shown:

A close up of a sign

Description automatically generated

Each activity is designed to hold attributes. First of all I wanted to add a number of reps to each activity. This formed the starting point for how activities can be pushed to the database, so that they had meaningful fields. Once the text field was added to the editActivity page, the value of the reps attribute could be changed. This worked, but only within the editActivity page, and not outside. This was not an ideal solution, as the subtitle of each activity card should show the main attribute.

This is shown within the video: REPS\_UPDATING\_V1

A screenshot of a computer program

Description automatically generated

Each activity card is given a set theme by the theme\_constants values for each theme (light/dark). However, for these activity cards, I wanted a different colour scheme. To achieve this, I used a simple if statement to set the cardColor variable. If the theme is light, then the card colour will be set to white. This is a design choice which I feel gives a nicer, cleaner feel to the app. Depending on how many of this type of card I get, I may decide to make this style the default within the theme\_constants file.A close-up of a computer code

Description automatically generated

The current problem was that the reps weren’t being updated once they were changed within the *Edit activity* page (shown within the video: *REPS\_UPDATING\_V1)*. This meant that each activity object within the activities list would not be properly updated. This was a state management issue, and was fixed by using the setState() function built into dart, along with keys. Keys are essentially just references that items within lists can hold, and it means that flutter knows how to change the details of each individual item.

The updated, partially fixed version of the reps updating is shown in the video: REPS\_UPDATING\_V2

This does not yet update the reps within the edit activity page for some reason, but this issue has been added to the backlist of items which do not fulfill the ‘functional app’ plan.

**Validation:**

Each attribute within each activity item has its own type. For example, the number of reps will be an integer, the time on a timer will be dateTime, and the stopwatch will be a Boolean value (whether the activity should be a stopwatch event or not). The keyboard type for entering values into the attribute of the reps will be of type number. This means that only digits can be entered, and that decimal points, negatives or commas cannot be. This ‘fool-proofs’ the way that the user can enter reps.

A screen shot of a computer code

Description automatically generated

**More Authentication:**

One feature that is common in most applications these days is detail handling – giving the ability to users to change their personal details such as email/username/password and then displaying these details.

A close-up of a person's face

Description automatically generatedAt this point, BurnBoss only takes in the users email and password when they register. This means that instead of showing a username, I can only show their email address.

This was an issue that was on my mind for a while, as the first way that I attempted to implement this was by taking an instance of the AuthService() class, and then taking the user object. However, this shows a horrible backend jumble, and does not show any useful information to the user. This is also shown when the user is a guest, at which point they do not have specific details saved to their account, therefore the value is null.

A close up of a screen

Description automatically generatedA close-up of a person's profile

Description automatically generatedThis issue was fixed by using the logic that if the user is signed in (which they must be to access the rest of the app), then I can access the currentUser class, and the email attribute within it. This mean I could take only this attribute and display it to the user. As is shown in the image above, the profile picture and username are static. These are things that aren’t necessary to have a functional app, but I would like to implement, so they shall be implemented later.

Another issue within the Sign In and Register pages that I was notified of through feature testing was the Menu Drawer icon button. This should not be here, and was there as a result of me copying the code to style the appbar of these pages. This icon also would not work even when pressed, as the function is only called once the user is signed in.

**Password Obscurity:**

Because I am using my app a lot as I develop it, I find the need to sign in and sign out quite a lot, and so do those who test my app. I have received feedback that although when a password is entered, It shows a brief preview of each letter, this is not enough, as errors can be made in the password and can’t be checked properly. This became an annoyance to users, so it was necessary for me to add in a password visibility switch.

A purple line with a white background

Description automatically generatedA purple line with white background

Description automatically generated



A black and red text

Description automatically generatedI did this by creating a boolean value for if the password visibility should be set to visible, or obscured. I then made the IconButton dependent on the value of the boolean \_passwordVisible, and the obscurity of the text within the text field also dependant on the state of the boolean. Once the IconButton was pressed, the state was updated to switch the value (by using ! as the notation for NOT). Shown in video *PASSWORD\_VISIBILITY*



**Stopwatch:**

One of the features which I mentioned in section *1.1 Computational Amenability* was the stopwatch page. My intention for this page was to have a stopwatch, and a few timers. This was to reduce the effort that the users had to put in to complete a simple task, e.g. keeping track of how long they could plank. This is not something that my stakeholders would intend on creating an entire workout for, and would instead just be useful to have a small section within the app that would be for this purpose.

I started this section with the stopwatch. There is a timer function built into the flutter package, and I utilized this.

I needed three functions to complete the basics of a stopwatch:

Start:

A computer screen with text

Description automatically generated

Stop:

A white background with black text

Description automatically generated

Reset:

A screenshot of a computer program

Description automatically generated

Testing:

Doing a group survey within my testing group, I have been given feedback on both the layout and the design of the buttons used to stop/pause/reset the stopwatch:

* Issue 1: The pause button should be renamed “Stop”. This is convention across stopwatched, and it makes no sense to switch it within my application.
* Issue 2: The Start and Stop buttons should be combined into a single Start/Stop button. This is also convention and although it is easier for me to have individual buttons for individual functions, the user experience within the app is a long-term effective way of keeping my app above the competition.

A screen shot of a computer program

Description automatically generatedI went about this by defining a private boolean value \_isRunning, and once the Start button is pressed, it will update this value and then execute the toggleStartStop function. This function will depend on the value of \_isRunning, and will toggle what the stopwatch is doing.

**Selecting workouts:**

At this point, my project was starting to come together. I could register, sign in, navigate and create workouts. Once writing data to the database was sorted, I needed to read data.

I started this within the Select page, as the features of this page would be:

* Display a list of cards for each workout
* Allow the user to click the play icon on each image, and start the selected workout.

These are simple objectives that allow me to work the functions that will be used throughout the rest of the app, such as getting a snapshot of the collection of workouts. The function used to get the workouts went through a few different versions:

Using StreamBuilder:

* On my first attempt, I used a StreamBuilder to provide a stream of data, so that if anything in the collection changed, it would send the update down the stream to whatever was listening. Within the Streambuilder, it would build the list of workouts using each name.
* This option did not work. This gave me a lot of trouble because even when viewing the Firebase documentation, I did not realise that the package function .snapshots() needed a field within each document. The original database design I had created did not need each workout to have a name, so it was not added.
* The method of creating the list of workouts within this function was inneficient, as the function should not get a collection of workouts, but instead a snapshot of workouts which can be manipulated further down the line

Using .get():

* In a second attempt, using what I had learnt about needing a field in each workout, I mapped the field for a workout name to each workout.
* From this, I could use the .get() function to retrieve a snapshot of all of the workouts within the collection
* Then, for each workout, I could use a for loop to create each workout document, and then take the id for that document and use it within the path to retrieve the snapshot of activities within each workout, and then map each activity to a list of attributes.

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The ‘Play’ button is added to each workout card. At this point, I have not implemented the Play functionality, so this button does not do anything. This is shown in the video SELECT\_PAGE\_V1.

**Editing Workouts:**

Now that the function getAllWorkouts() has been created, and outputs a snapshot of the workouts and all activities within, I can create the Edit workouts page.

A diagram of a workout

Description automatically generatedWhen looking back at my design, within the *Creator* flowchat, I have decided to change some functionality. Within *2.5 Interface Designs*, I decided that the creator page should be set out in a way which shows users who may have low IT literacy the steps that they must take to both edit and create workouts. I have provided a new flowchart showcasing how other stakeholders and I who have tested this section would prefer this interface to look:

While testing this feature of reading the workouts and mapping their data to activities and then displaying this data, I found an issue. The base of these activities was that when mapped to the document for each activity, they were sorted alphabetically. This was the opposite of what my aim was, as when people create workouts they must be able to create them and retrieve them in the order that they made them to be in.

The way that I fixed this issue was for each activity, to add a position field which was their position in the list that they are stored in:

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Once written, I can retrieve each activity and order them by their position. Shown in EDIT\_PAGE\_V1.

The next feature within the Editing workouts page is to be able to delete workouts. This is done by adding an IconButton to each workouts, and calling the deleteWorkouts() function. This function originally took in the workout name as a parameter, and used it within the path to delete the workout.

However, after creating this method and observing the data in my database, I noticed that it wasn’t deleting the workout or the data within the workout. This is because the documentation says that within flutter and usng firebase it is bad practice to use functions to delete subcollections as it takes a lot of reads, and a lot of memory within their servers. This means that this functionality is completely removed.

To get around this, I took a snapshot of the activities within the workout, and for each activity, delete it. This meant that once this was done, I could delete the workout.

Now that workouts could be both accessed and deleted within the Edit Workouts page, it was time to work on each workout and its details. As shown above, the activities can be retrived in the order that they were created within. The next step was to edit these activities themselves. Just as within the Create Workout page, I needed to be able to edit each activity, and so when using the ListBuilder, I could take each activity object and edit them from their index within the lsit of objects. From this, I can open the same editActivity class which is used before (which meant I did not have to rewrite the same code). This is shown in EDIT\_PAGE\_V2.

However, due to the design of the New Workout page (which used a single save button independent of each activity), I had no way so save any details which would be changed for each activity. This means that nothing was pushed to the database. To solve this issue, I needed a “Save changes” button which appears only when a detail has been edited. This save button pivoted on a boolean value which could be toggled whenever details needed to be changed, and toggled back once the saveChanges function was performed. Initially, to save the changes made to edit the workout, all I did was recreate the workout which would overwrite the activities. This was not good practice, and will be redone later due to the issues which it caused.

A screenshot of a computer program

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Along with this, I needed an IconButton to delete each activity. When pressed, it deleted the activity object at whichever index it is in within the activities list.

For activities, it would be possible to delete multiple activities for a single workout. To do this, I decided that I needed a list of the activities which were to be deleted, and a function to take each activity name within the list of activities, and delete it and its fields.

A close-up of a computer code

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**User test:**

|  |  |  |  |
| --- | --- | --- | --- |
| Test Purpose | User Type | User Response | My Response |
| To test the architecture of the app, and the ease of use.  Feature test of the New Workout page. | High IT literacy | “When a new workout is being created, the main function is to add activities and edit their features, so the Overview Tab should be the first tab, and the one which should be open originally.  Also, once the workout is saved, it should exit back out of that workout as I am finished working on that workout” | I have swapped around which tab within the New Workout is first and therefore opened first.  Within the Save Workout function in the new workout, a navigation to the creator page is pushed. |

|  |  |  |  |
| --- | --- | --- | --- |
| Test Purpose | User Type | User Response | My Response |
| Feature Test – to test color theme. Options shown in *CHANGING\_THEME\_COLORS* | Range of IT literacies | “The bolder, more striking orange makes me feel more motivated, fresh, and in the mood to do exercise. The duller orange is more relaxing” | I kept the colour scheme as originally intended. |

**Back to editing workouts:**

Now that the funcitonality for both editing and deleting workouts is integrated, the next step was to add the ability to add activities to workouts. I did this with a text field which only appeared when the add button was pressed. This needed to be a smooth, seamless experience which didn’t hinder or bore the user by opening new pages or doing anything unexpected. One of these such issues was that when an activity was created, the name for the activity was not cleared – the fix for this was to clear the controller once the submit iconButton was pressed. The main functionality was to add activities. This meant I needed to add an instance of the Actvitiy class to the list of activities held by the Workout class. Once this was done, it was wrapped in a setState to make sure that the ListBuilder which handled building the list of activities was awoken, and could append the new activity.

The next feature and final feature of editing workouts is to change the workout name. There was two parts to the development of this feature: design and database updating. For the design, I wanted the same features as adding activities, with an iconButton which changed the stage of the page to show the workout editor. This was simple enough to implement, with a boolean value which changed if the user was editing the title, and the code shown dependent on the value. The design of this function may require some tweaking later if user feedback results in issues with changing names.

A screen shot of a computer program

Description automatically generatedTo perform the functionality to change the workout name ended up in some issues. The previous way of updating the workout with new activities was to re-create the workout with the same name (since it would not change up to this point) which would overwrite the data within the database. This would no longer work, since the workout name would change so when the workout was created, it would create a new workout, and I would have to delete the old workout. This was very inneficient, and I decided to restructure this area of my database, in order to remove the dependency on workout names. To do this I added a new field to the workout, workoutID which would be automatically generated uniquely to create a primary key for the workout. This meant that changing the workout name only needed to update a single field within the database, which resulted in less writes which made the app more efficient (no longer waiting to re-create the entire workout). When the workout name had been changed, and the user exited the workout, the new name would not have changed (shown in EDIT\_WORKOUT\_NAME\_NO\_REFRESH). This is because the navigation route is set to pop the last page off a stack of pages opened, this means that it returns to the last opened page. The problem with this is that it did not rebuild this page, which left the name unchanged. One method of fixing this would be to add a stream to rebuild this widget once a change has been made – this was not the method I went with, since I was unfamiliar with streams. The other way to do this was to add a refresh pull on the page, which would rebuild the list and therefore take another snapshot of the data, updating the names. This is shown in EDIT\_WORKOUT\_NAME\_WITH\_REFRESH.

**User tests:**

I was at the point at which the editing page was completed (excluding editing activities), and it was important that I tested the feature with stakeholders. My testing group consisted of 2 low IT-literacy users who both use apps like fitbit to stay in shape. I presented the app to them with no tutorials or help within the app.

|  |  |  |  |
| --- | --- | --- | --- |
| Test Purpose | User Type | User Respose | My response |
| Feature test - Creating workouts.  Asked to “create a workout with the name ‘Saturday workout’. | Low IT-Literacy, within the older age group | * Swap the select and create card in the home page (ease of first use). * Slight struggle when naming the workout. * Suggested a tutorial would be useful | * Would only be useful for the first use, once workouts are present it will be quicker to go straight to select * I may need to change the design to set the name. Also, an auto-generated name may be useful |
| Feature test – Editing workouts. Asked to edit the name of the workout they previously made. Given the app on the home screen. | Same group | * Instinctively went to the select page in order to select a workout to edit it. * It was obvious how to change the name of the workout, but the name not changing when going back to the ‘Edit workouts’ page was confusing – the pull-to-refresh was not obvious to the Low IT-Literacy group (shown within CHANGING\_WORKOUT   \_NAME) | * Add in an edit button to each workout within the select page, next to the play page. * Maybe show a hint of the pull to refresh. |

**Activity Types:**

When designing the layout for workouts, I knew that I needed different types of activities. The majority of activities I researched could be sorted into three types:

* Reps – A set number of actions, e.g. 5 reps of bench press at a weight of 20kg.
* Timer – A count-down for a set amount of time to complete an action in, e.g. 2 minutes of plank.
* Stopwatch – A count-up stopwatch to record how long an action is taken for, e.g. how quickly a 50m swim can be done.

Each activity will have a type (added as a parameter of the activity class, and as a field to the activity database document), which is set default to Reps, as it was the most common type of activity I have found. To change the activity type would be a function performed for each activity, and so a drop-down menu (shown within CHANGING\_ACTIVITY\_TYPE) was added to the editActivity page. When the activity type was changed, the argument was passed into the updateActivityType function. Originally, I had planned on resetting all other variables to 0 when not in use, however the activityType attribute of the activity class meant I did not have to go through with this, and I can leave any other variables in whatever state they are in, as they will not be shown when the workout is performed. For each activity type, a different screen should be shown:

For *Reps*:

* Needs input for the amount of reps
* Needs a toggle switch for weights
* This will update the boolean attribute weightUsed
* If switched to ‘No’, then the integer weights attribute will be set to 0
* If switched to ‘Yes’, then the text field for inputting weigths will be shown. In order to reduce error, and as a form of validation, I have limited the keyboard to be only positive numbers with only 2 decimal places – this is to allow weights such as 2.5kg or 1.25kg, but avoid errors with inputted words or too many decimal places.

For *Timer*:

* Needs a scrollable time input with Hours, Minutes and Seconds. I have used the cupertino ScrollableTimePicker, which limits a maximum of 23Hr, 59Min, 59Sec. Shown in TIME\_SELECT.
* This input needs to be converted to milliseconds to be stored in the database, and then converted back to a Duration when the snapshot is read from the database.

For *Stopwatch*:

* Needs a toggle switch, with the default option for the user to use a stopwatch
* For validation, if the option take is to NOT use the stopwatch, then the activity type will be set to Reps

**Playing workouts:**

When designing the workout player, and after research into different types of ‘progression

through pages’, I chose to use PageView, which allows me to build a new page for each object

in the list of activity objects, taken from the instance of the workout. The features of the workout

player are:

* Progression through pages – switching between pages
* Each acitivity shown dependent on their type, along with all details of the activity

PageView builds a new page for each object within the list, in my case I needed a new page for

each activity object within the workout. Each button (to switch between pages) has a range: the

Previous button shouldn’t be available when on the first page, the Next button should go up

to the penultimate page, the Finish button should be shown on the last activity, and the Exit

button should be shown on the last page. In order to keep track of this, whenever the page

A computer screen shot of a code

Description automatically generatedchanged, the value of the current page was updated:

A screenshot of a computer code

Description automatically generatedEach page depended on the activity within, and its attribute value for activityType. In order to maintain modular code, a widget called buildActivityPage was created, and shows different things depending on the activity type:

One of the user-oriented design choices made was to maintain the progression through

workouts, if they were exited mid-way through. This meant that the workout class needed a new

attribute, initially zero, which held the value of the current page. A new method was created to

A computer screen shot of a program

Description automatically generatedupdate the page progress in both the class and the database file. This also meant that when the workout was played, it should open to the page saved to the database. This was done by setting the initialPage value within the initState function:

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It is important to both use asynchronous functions and to provide catch statements when working with databases in order to remove any risk of the app either not waiting long enough to perform a function, or waiting too long to never receive an answer.

In my original plan, I had not intended to create a finish page, but when testing the page progression, I saw that even when the workout was exited on the last activity, the percentage value was not 100%. This is because there is no way to know if the last activity has been completed before the workout was exited. This is why a finish page was introduced, so that all activities could be progressed through.

ADD VIDEO NAME HERE FOR PAGE PROGRESSION.

Playing workouts:

* basic progression made
* working on each different type
* need designs for reps, timer, stopwatch
* updating current progress for each different page

Saving workouts:

* plan:
* function within database page to take the workout and save the progress.
* Only needs to update the current pageProgress
* Show the progress on the select page
* Errors:
* When exiting the workout it saved the progress, but when reopened it didn’t open to the same page
* This is because the workout open which was retrieved didn’t have the attribute, and it was set to 0 as default.
* The last paeg needs a finish button to show a completed last activity which will update the progress

Activities:

* When two or more activities of the same name were created, only the last was saved.
* Fixed by giving each activity a uniquely generated id
* This broke deleting activities when editing workouts, because it would try and create new activities which did not have a path
* Fixed by moving delete for-loop to above the update activities statement (it was creating them and then deleting old ones)

Workout player:

* Timer added, but each timer buttons managed every timer
* Needed to implement keys
* Tried to use a package for the timer, but ended on creating a new timer class, and using a global key to separate each activitiy
* The same functionality has been added to the stopwatches

Bugs:

* When in the nav bar, whichever page is open should now be visible.

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