Project brief:

Brief introduction:

I plan on building an app, designed to free consumers of phoney workout programs, which only help with destroying joints and tearing muscle. These days, it can cost the same price as a personal trainer just to buy an app to help store and feed worthless workouts to innocent individuals. My app will be designed to let users personalise workouts, avoiding the issue of 'one workout fits all'. It will focus on tracking, storing and each day that each person works out, while being forgiving with cheat days or moments of laziness. It will give each user to have complete freedom, to customise their exercises to them and their lives.

Features:

Workout player: This will automatically give the ability to play the next workout, and show what each consists of during. This reduces the stress of picking out each workout.

Creator: The user will be able to create each workout, and save them to their profile. Each workout will be kitted out with categorising in order to sort and order workouts - this will assist in creating a well-rounded routine, whether it be weekly, fortnightly or even daily

Stopwatch: When the user doesn’t want to do a full workout, there will the option for a stopwatch and a timer. This gives freedom and security for a routine. Habits are scientifically found to develop over 66 days, and it is a lot easier to create and keep a habit, if the criteria for success are easily achievable.

Calendar: The calendar will create ease of access to view progress and consistency throughout the workout program that they have created. It will give the ability to view each workout that was done each day, and colour code them to give an in-depth view of how their program is set and ordered.

Selector: The selector will give the user the ability to choose any of the workouts that they have created.

Profile: The user will be able to create a profile and save their workouts to their profile, giving the ability to sign in somewhere else and access personal workouts

Testing:

I will advertise my app throughout school pupils, especially those who are interested in developing their interest in exercise. I will primarily focus on using the PE department to promote my app. My app should need very little instruction, as the UI should promote ease of access. However, there will be tutorials available for specific areas such as creating a workout. While developing the app, I will send my app to those close to me, with the intent of receiving suggestions and actions I can take to improve

Success Criteria:

* Ability to create workouts
* Ability to automatically play the workouts each day, with the option of having a cheat day
* Ability to view previous workouts done within a calendar type system
* Ability to select which workout is to be done (also will be added to the calendar)
* Ability to view set timers
* Ability to log in and have workouts saved to a profile