

In One Place.



Project Lionheart

Activity Tracking

That promotes flexibility and autoregulation.



Activity Tracker

Lift

Base Data

Session Name

Push Workout

DateTime

09/05/2024 12:40 PM

Length (hrs, mins)

1

:

10

Calories Burned

386

Sport Specific Data

Tonnage / Volume

11933

Lift Type

Bodybuilding

Lift Focus

Chest, Shoulders, Triceps

Set Tracker

Quads: 0

Hamstrings: 0

Chest: 8

Back: 0

Shoulders: 9

Triceps: 7

Biceps: 0

RPE PLUGIN

Accumulated Fatigue

nothinglownormalhighextreme

Difficulty Rating

12345

Engagement Rating

nonexistentlownormalhighextreme

External Variables Rating

badpoorfinegoodgreat

Summary / Notes

Great training session. High engagement and focus. Experimented with pre-exhaustion again.

Submit

Close

Activity Viewer

Push Workout

2024-09-05T12:40:00

Length: 70 minutes

Calories Burned: 386

Difficulty Rating: 4 / 5

Accumulated Fatigue: 3 / 5

External Variables Rating: 5 / 5

Engagement Rating: 5 / 5

Lift Specific Details

Tonnage / Total Volume

11933

Lift Focus

Chest, Shoulders, Triceps

Lift Type

Bodybuilding

Summary

Great training session. High engagement and focus. Experimented with pre-exhaustion again.

Set Tracker

Chest: 8

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Triceps: 7

Today's Activities

view

Name	Type	Difficulty	Duration
Push Workout	Lift	4 / 5	70 min
Long Run	Run/Walk	2 / 5	115 min
Power-Washing	Base Activity	4 / 5	240 min

Wellness Tracking



For insights beyond the weight on the bar, the pace for your run, or the length of your ride.

Wellness State
Overall Score
4 / 5

Energy
5 / 5
énergie

Motivation
4 / 5
motif

Mood
4 / 5
humeur

Stress
3 / 5
soulignez

Oura Scores

OURA RING
2024-09-05

Readiness

81

Sleep

73

Activity

96



Daily Wellness Tracker

Please fill out these values during the first quarter of your day.

Energy

nonexistentlownormalhighextreme

Motivation

nonexistentlownormalhighextreme

Mood

terriblebadokaygoodgreat

Stress

nonexistentlownormalhighextreme

Track Scores

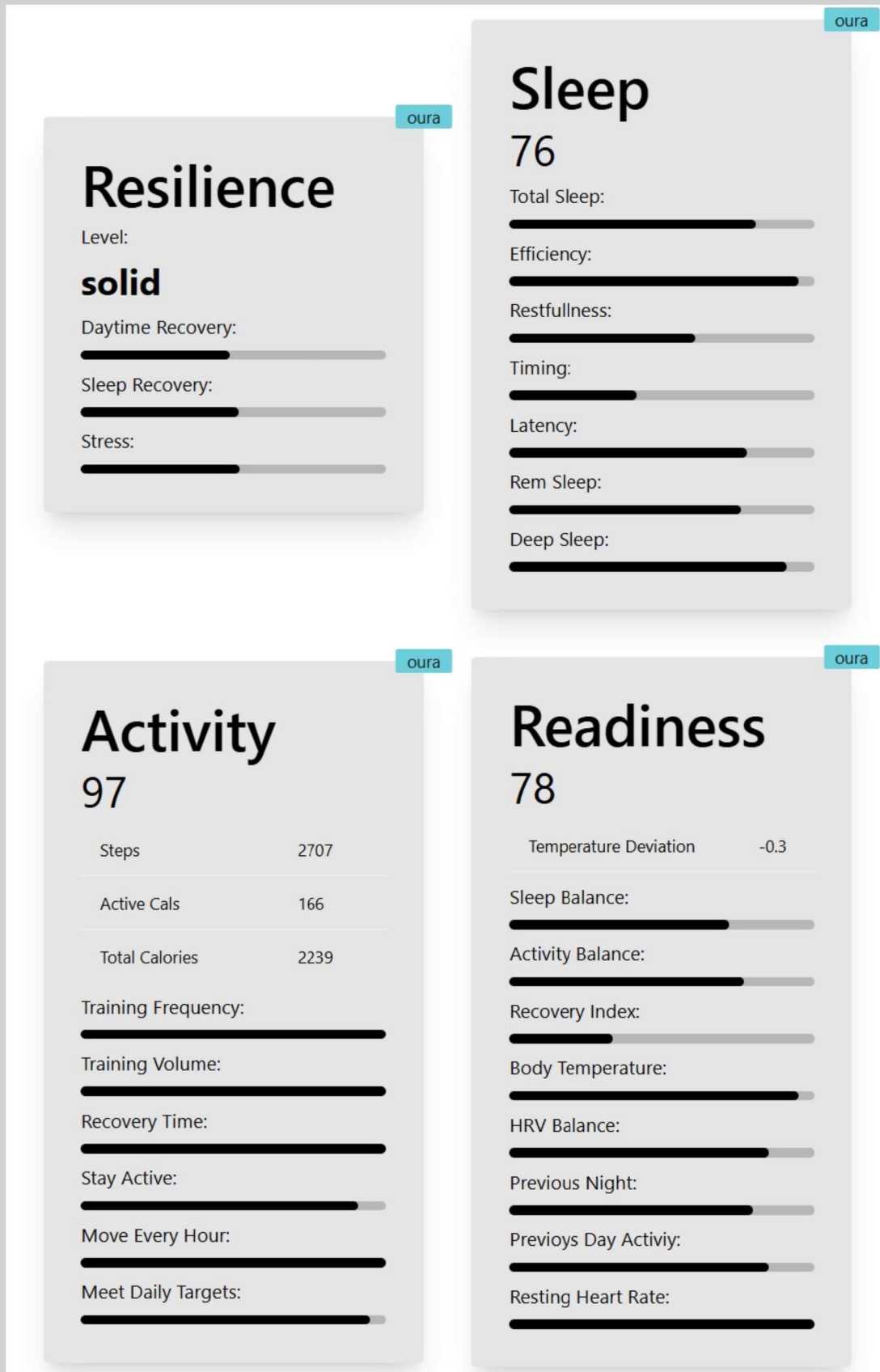
Cancel

Project Lionheart

Oura Ring Support



Why have multiple apps to look through?
With one click, Lionheart fetches all of your
Oura Ring data and stores it.



Theme Customization



Today's Activities [view](#)

Name	Type	Difficulty	Duration
Push Workout	Lift	4 / 5	70 min

Activity Minutes

638

In the last 7 days

Activity Ratio

16:2:1

Lifts : Runs : Rides
In the last 4 weeks

Muscle Group	Sets in past 7 days
Quads	16
Hamstrings	9
Biceps	12
Triceps	18
Shoulders	25
Chest	23
Back	16

Today's Activities [view](#)

Name	Type	Difficulty	Duration
Push Workout	Lift	4 / 5	70 min

Activity Minutes

638

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Today's Activities [view](#)

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Our Mission



Lionheart is an application for storing and analyzing all of a users training data. Lionheart is being developed to be able to store anything relevant to training, in the attempt to create a hub where all of your data can live. This will then allow an athlete to analyze trends and data while remaining in one place, as opposed to having to navigate from app to app.

Lionheart allows users to track conventionally uncommon 'activities', because we know that everything you do affects the way you feel. For example, a hard day working in the yard, is trackable with lionheart. And you should want to track that activity, because its effects are likely more physically and psychologically taxing than some of the regular workouts you might do.

Contact



Please reach out for more information or for discussion/viewing of the project code.

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