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**GitHub Username:** chrisolsen

## Chris Camp

### Description

Chris Camp is an app that is designed to provide people with a wide variety of workouts and really focuses on getting people to stick to their weekly workout.

### Intended User

Public workout programs can currently be created by myself and later will be able to be created by anyone. This allows for workout programs of all skill levels to use the application. However, because more competitive athletes don't usually have issues sticking to their workout program Chris Camp is aimed at people that need motivation to workout.

### Features

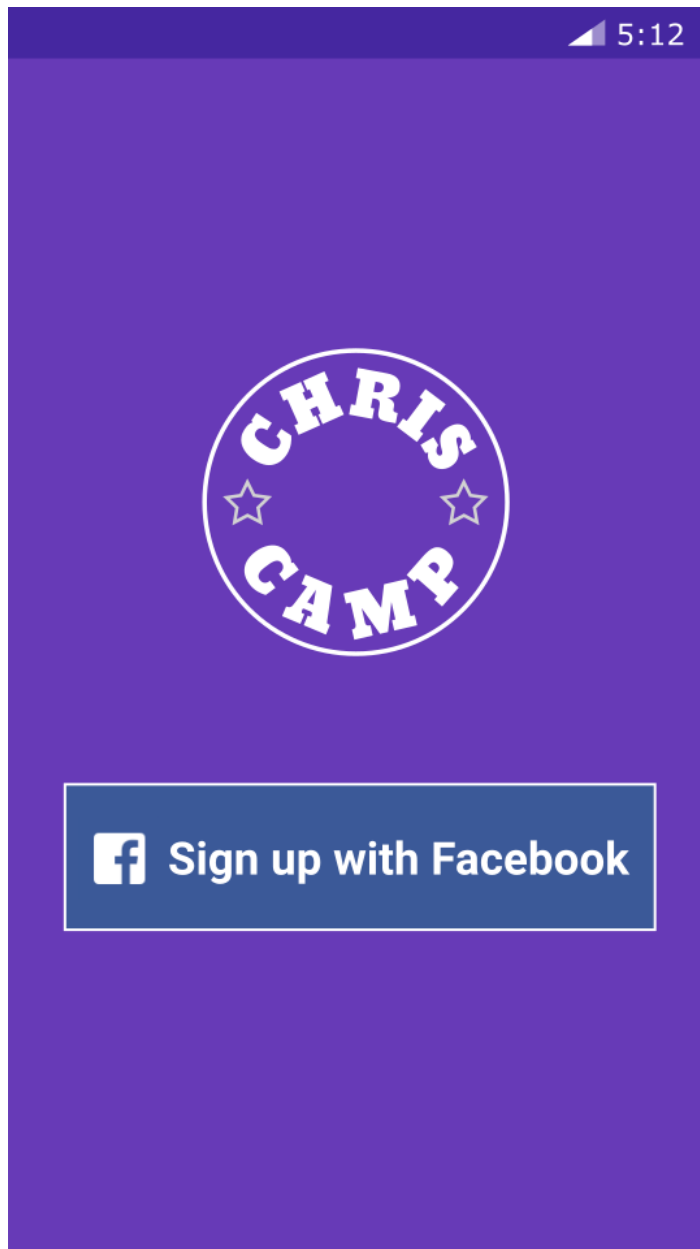
- Provides a number of workouts programs for all users
- Allows users to create a workout week schedule composed of many workout styles and intensities, which can allow the person to workout every day without overdoing it.

- Provides daily reminders via notifications to rest, drink water, perform the workout and enter their workout results.
- Allows the user to earn achievement medals for sticking to their schedule and not missing workouts.
- Allows user's facebook friends who are also using the app to view their status and progress.

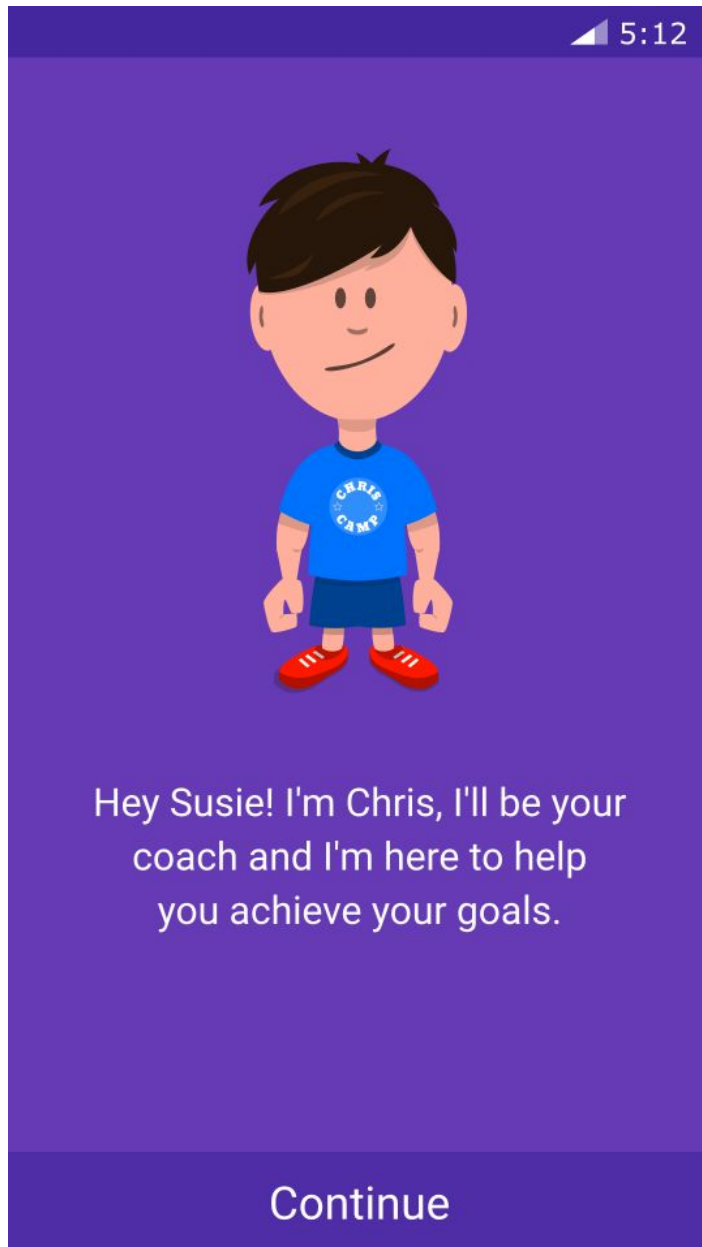
## User Interface Mocks

Due to the app being focused on a wide audience, users not able to immediately become familiar with an app is possible, so a thorough walkthrough of the features are provided when the user first signs on. Except the for the sign in screen, the following screens will only be seen once.

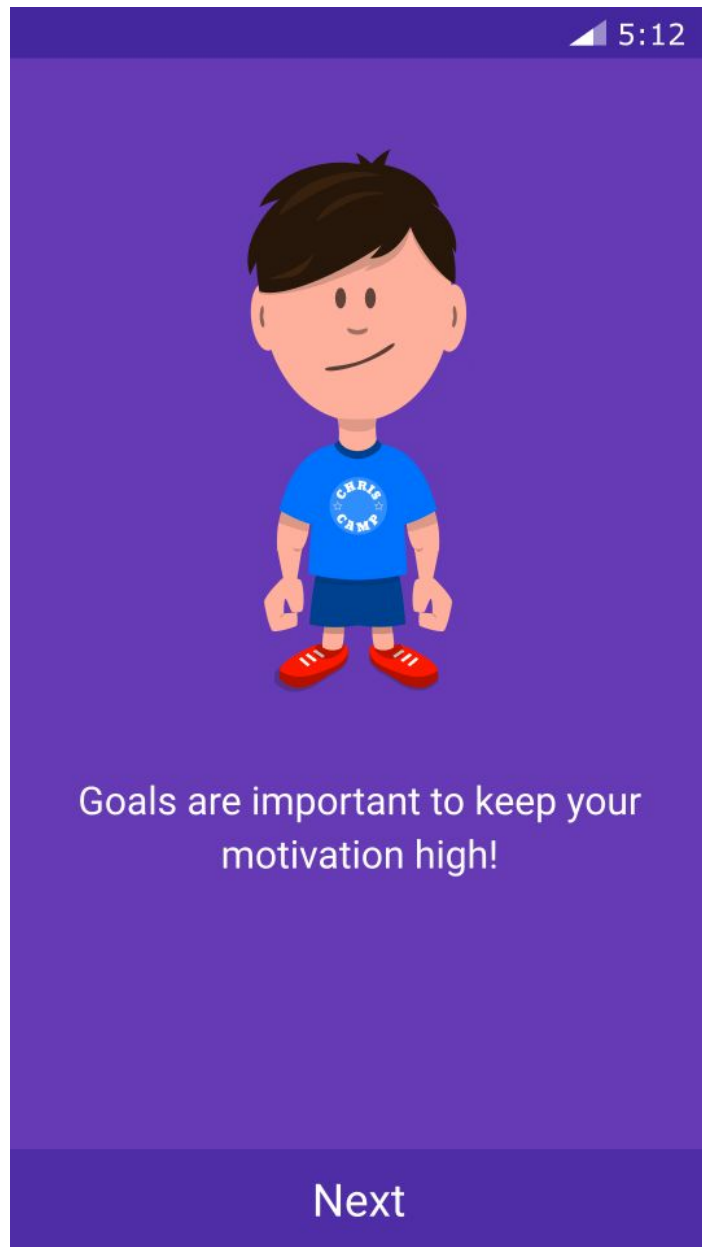
## Landing



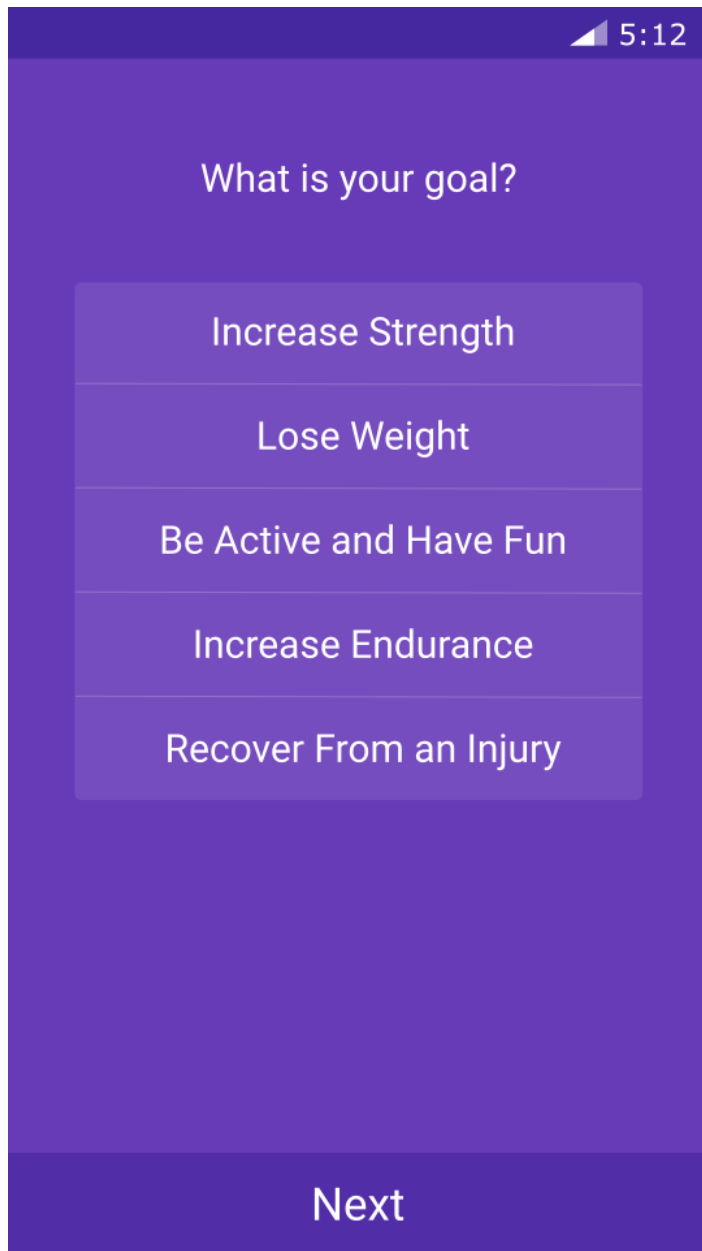
## Introduction 1



## Introduction 2



### Introduction 3

A mobile application interface with a purple background. At the top, a status bar shows a signal strength icon and the time 5:12. Below this, the text "What is your goal?" is centered. A list of five options is presented in a light purple rounded rectangle: "Increase Strength", "Lose Weight", "Be Active and Have Fun", "Increase Endurance", and "Recover From an Injury". At the bottom of the screen, a dark purple bar contains the word "Next" in white text.

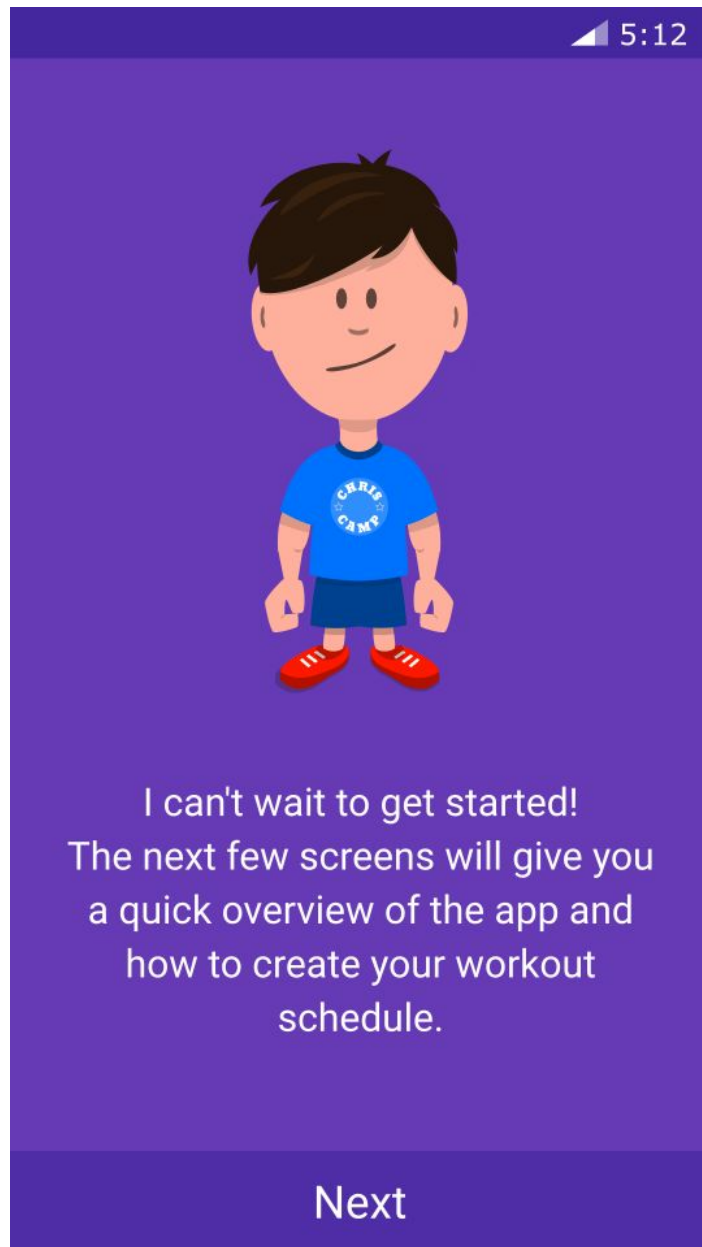
5:12

What is your goal?

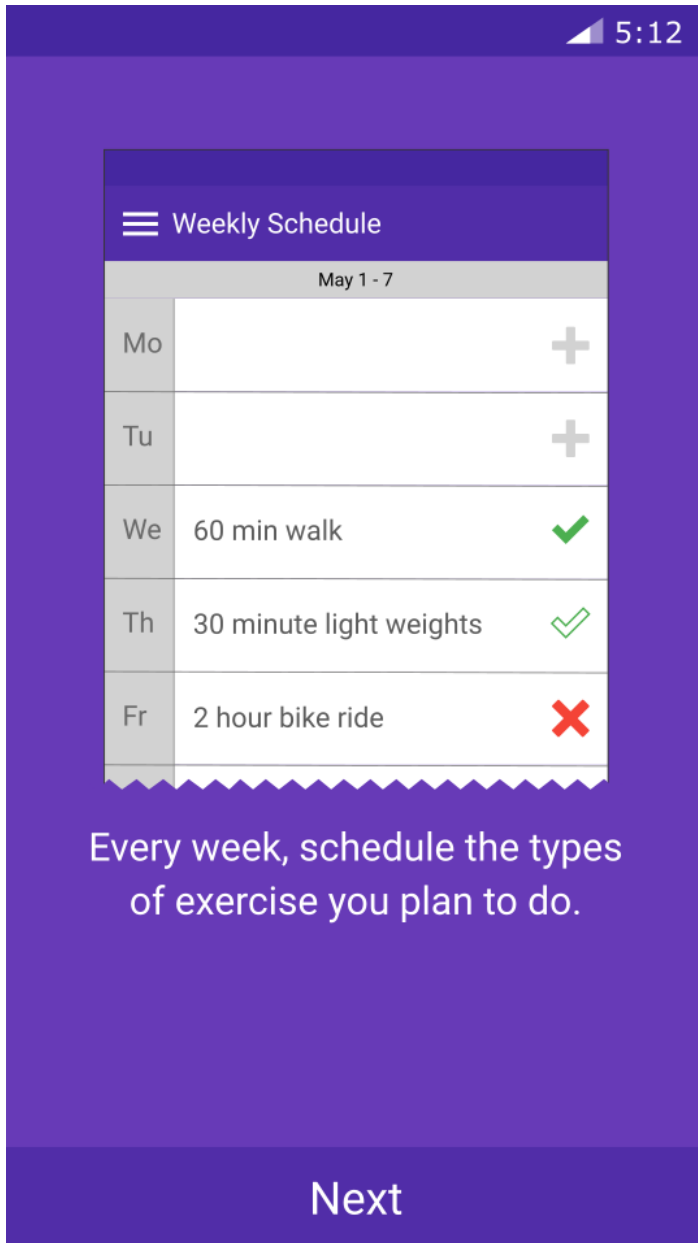
- Increase Strength
- Lose Weight
- Be Active and Have Fun
- Increase Endurance
- Recover From an Injury

Next

## Introduction 4



## Introduction 5



The image shows a mobile application interface with a purple background. At the top right, there is a status bar with a signal icon and the time 5:12. Below this is a white rectangular box containing a 'Weekly Schedule' table. The table has a header 'May 1 - 7' and five rows for the days of the week. The first two rows (Monday and Tuesday) are empty and have a plus sign icon. The third row (Wednesday) shows '60 min walk' with a green checkmark. The fourth row (Thursday) shows '30 minute light weights' with a green checkmark. The fifth row (Friday) shows '2 hour bike ride' with a red X mark. Below the table, there is a white text box with the instruction: 'Every week, schedule the types of exercise you plan to do.' At the bottom of the screen, there is a white button labeled 'Next'.

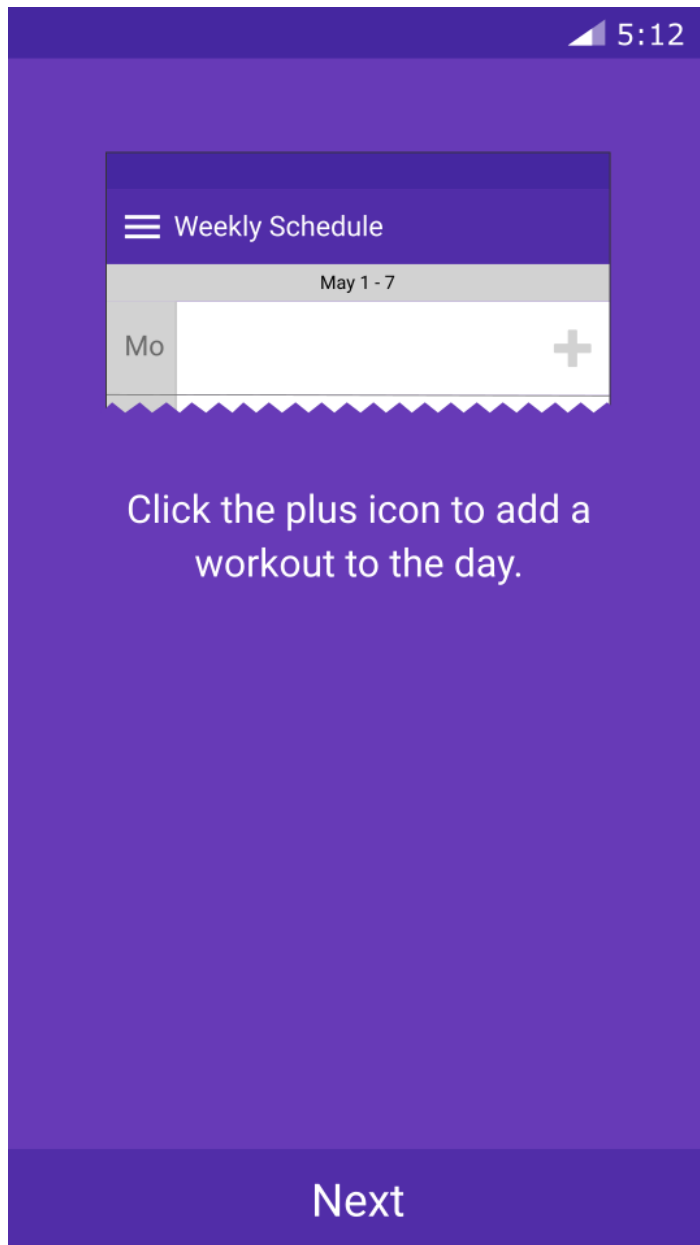
May 1 - 7		
Mo		+
Tu		+
We	60 min walk	✓
Th	30 minute light weights	✓
Fr	2 hour bike ride	✗

Every week, schedule the types of exercise you plan to do.

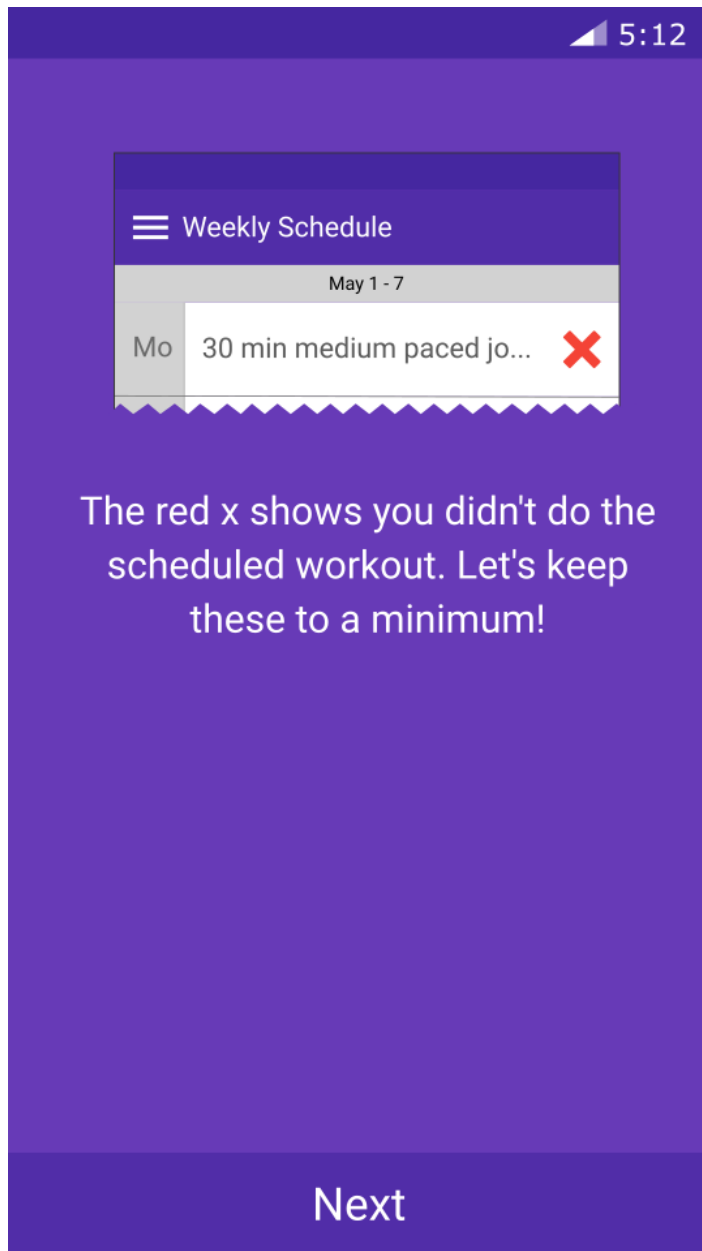
Next



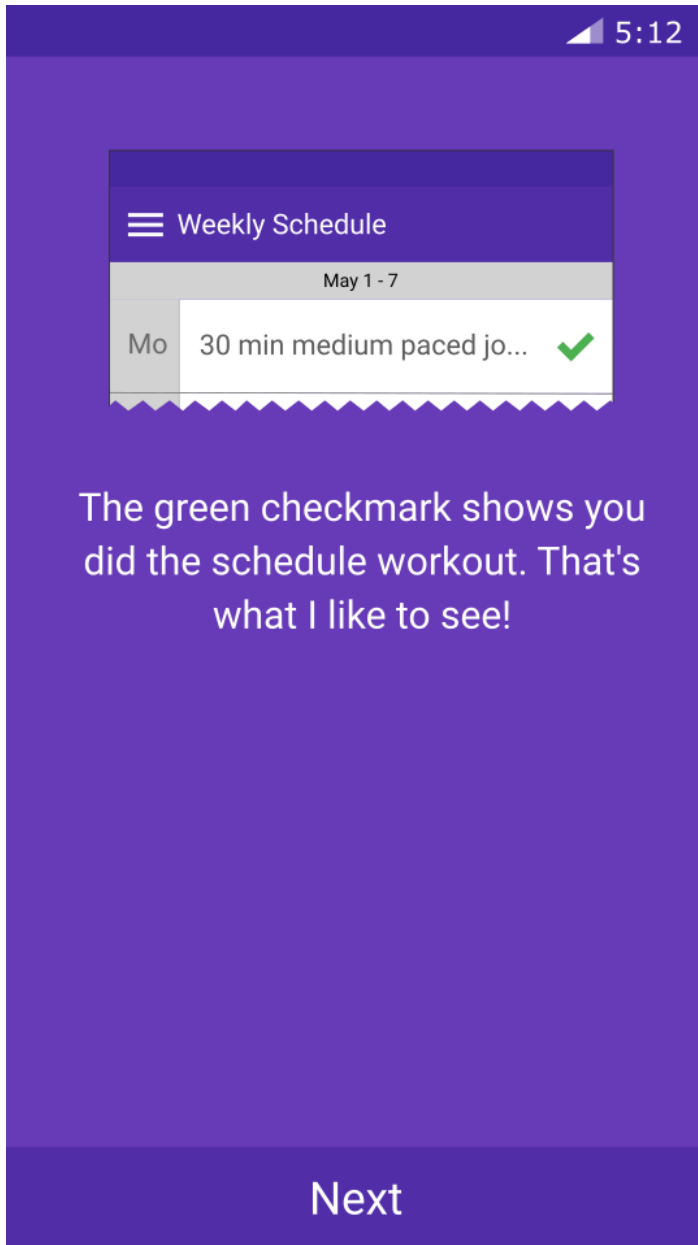
## Introduction 6



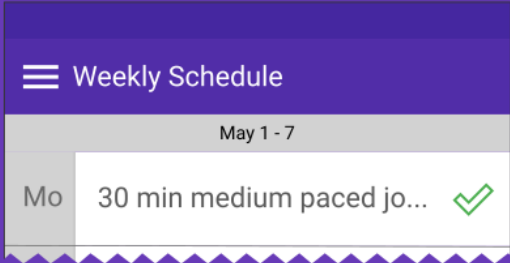
## Introduction 7



## Introduction 9



## Introduction 10

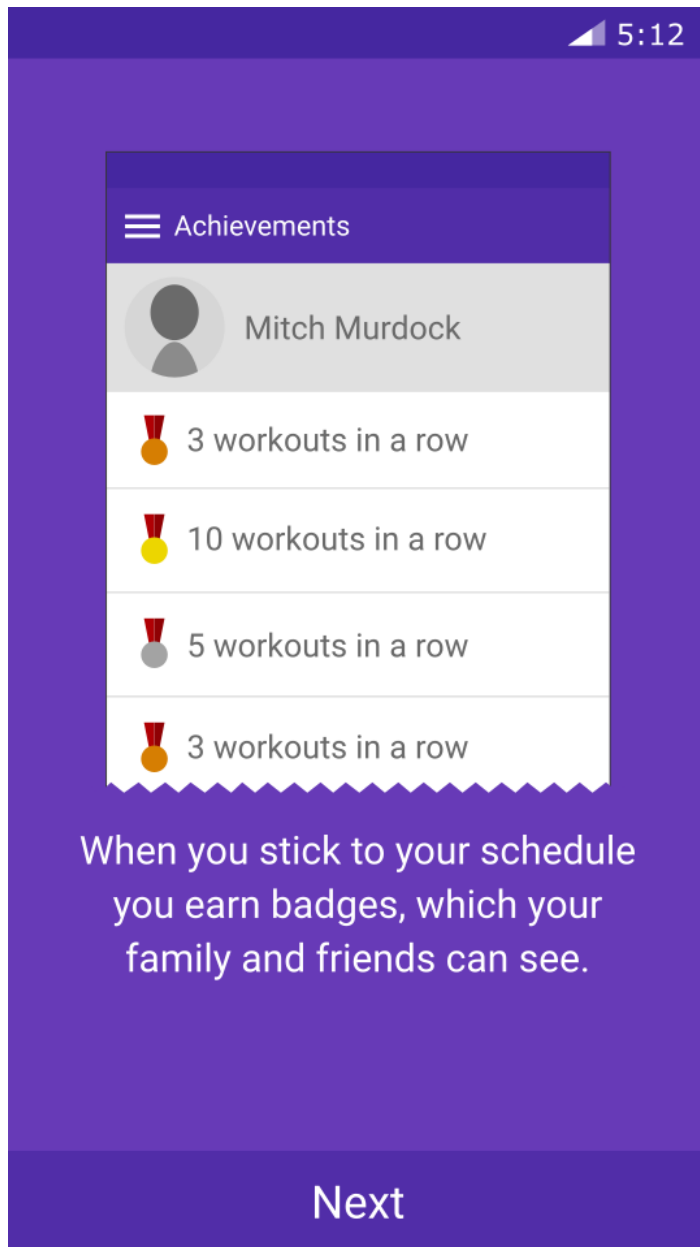


The screenshot shows a mobile app interface with a purple background. At the top right, there is a status bar with a signal icon and the time 5:12. Below this, a white card titled 'Weekly Schedule' is displayed. The card has a header 'May 1 - 7'. Below the header, there is a row for Monday (Mo) with the text '30 min medium paced jo...' and a hollow green checkmark. The card has a decorative scalloped bottom edge. Below the card, there is a text block explaining the checkmark. At the bottom of the screen, there is a dark purple bar with the word 'Next' in white.

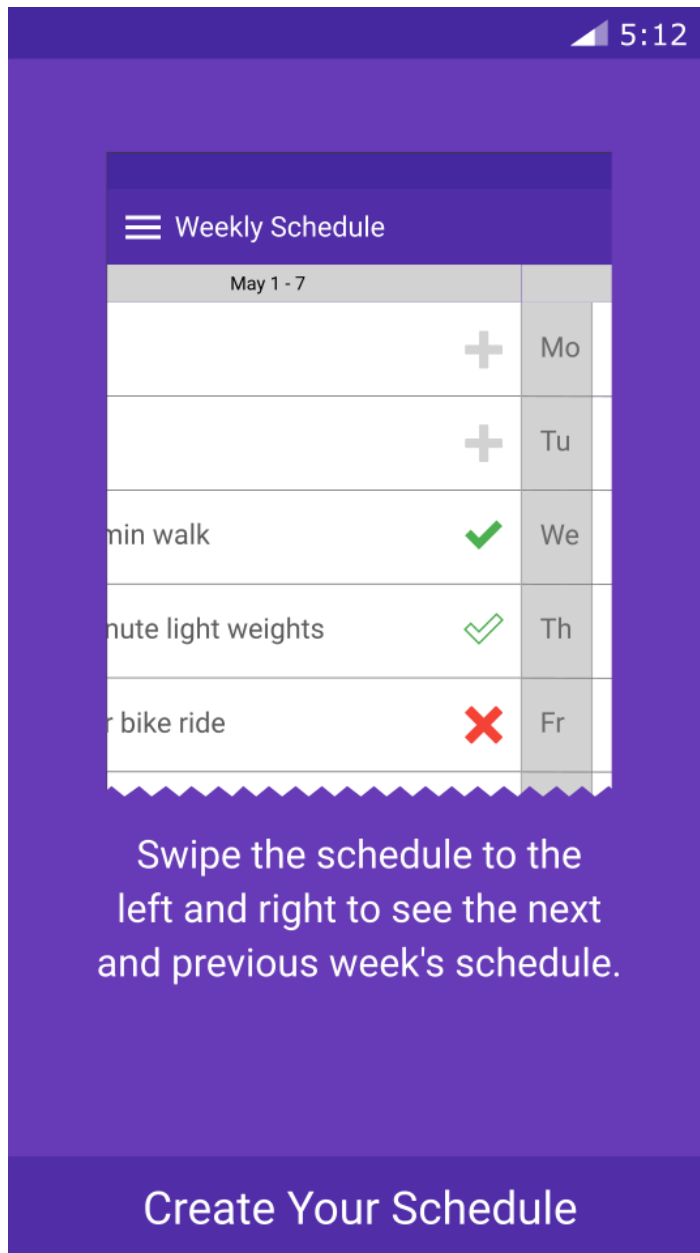
The hollow green checkmark indicates a scheduled workout which hasn't yet been marked as completed or not. You can click the day to view the workout details and update the completed status.

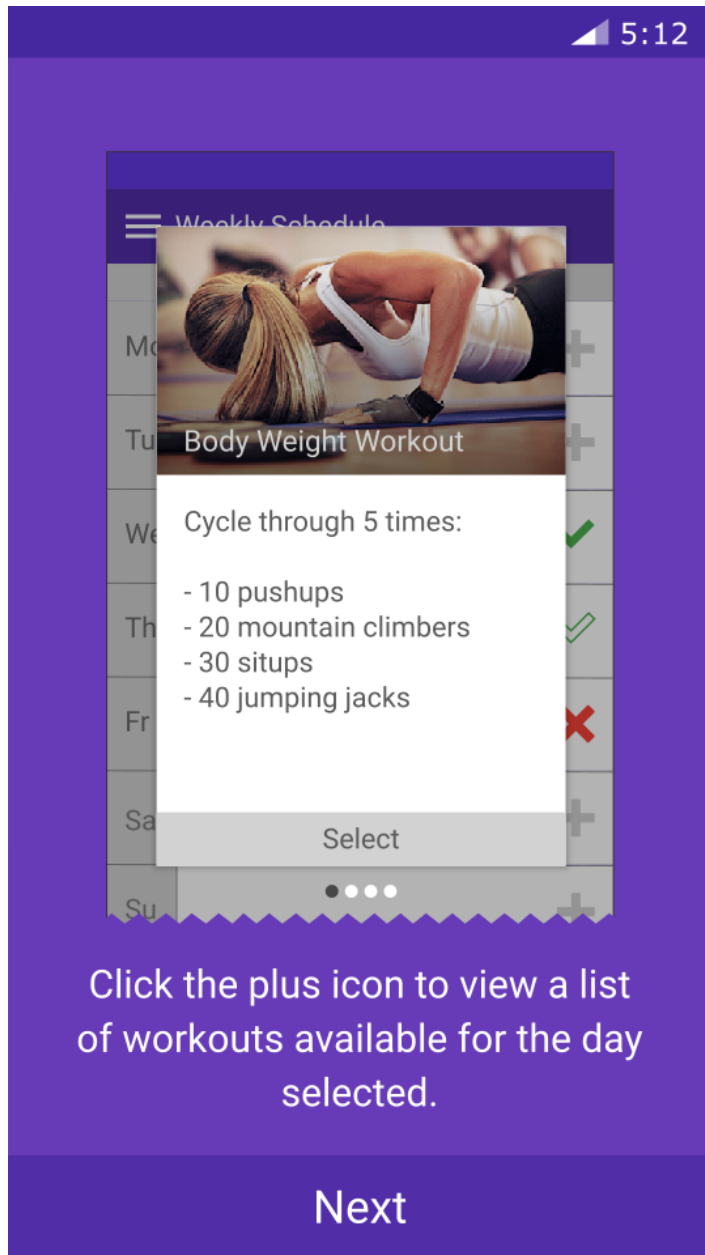
Next

## Introduction 11

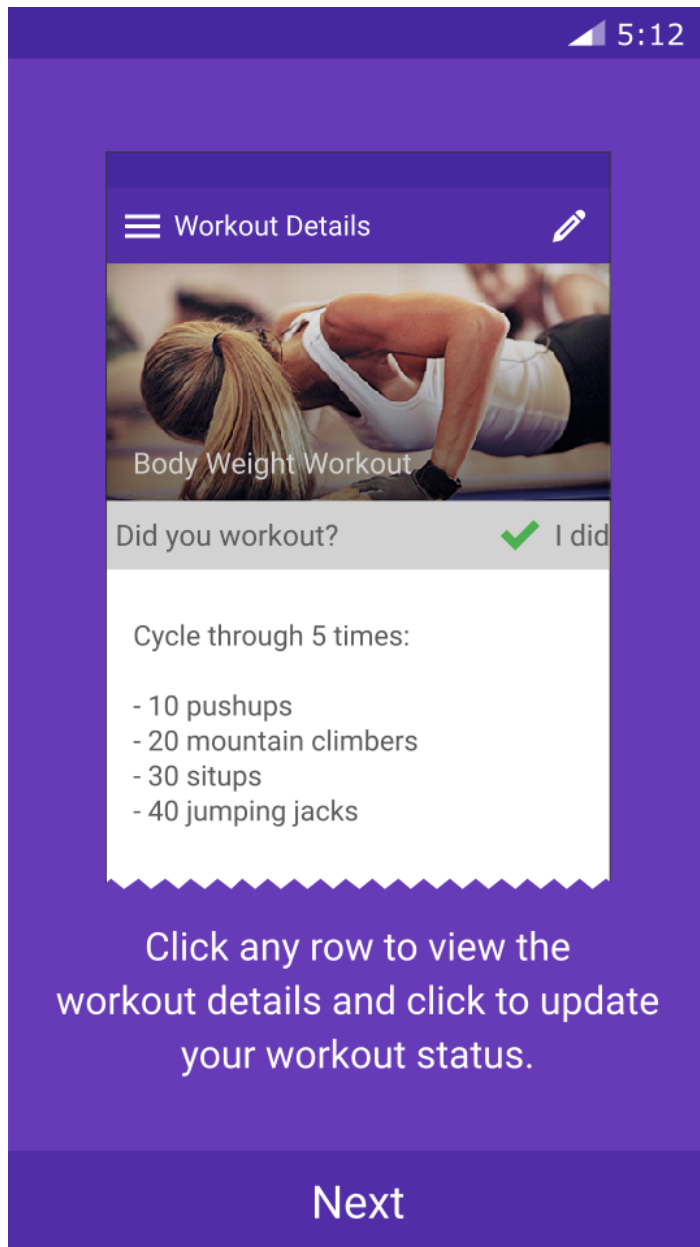


## Introduction 12





## Introduction 13



## Key Considerations

How will your app handle data persistence?

Data will be fetched from an external api and will be cached on the device within an sqlite db.



**Describe any libraries you'll be using and share your reasoning for including them.**

- Picasso: fetching of images
- Retrofit: http requests
- <https://github.com/faogustavo/JSONApi> For jsonapi conversions
- <https://developers.facebook.com/docs/facebook-login/android> For facebook authentication

## **Next Steps: Required Tasks**

The following tasks include functionality for the first release. Some items are not vital and may be put on hold until after the project deadline if there is a shortage on time; these items are marked as such.

### **Project Setup**

- Create initial project and init with git
- Add required libraries
- Build

### **Create API**

- Add all required endpoints (account creation and initialization, workout scheduling and updates)
- Create achievements for users when they stick to their schedule on workout updates

### **Get the app talking to the API**

- Configure Retrofit talking to the API
- Create model objects matching api payload objects

### **Add ability for users to sign up and sign in via Facebook**

- Obtain facebook token
- Send token to api to create/update user's account

### **Allow users to add workouts to weekly schedule**

- Fetch day's workouts from api for all the programs the user is subscribed to
- Allow user to select one of the workouts for the currently selected day

### **Send notifications to the user**

- Notify user in the morning of workout day to drink water
- Send notification to the user later in the day asking if they did the workout or not (only if the workout status hasn't yet been updated)
- Notify the user when friends start using the app (may not be included in the initial release)

## **Allow users to view profiles of their facebook friends also using the app**

Two way friend relationships are created when users signup. So when a friend of an existing user signs up they will appear on the user's friend list. A friend section will exist allowing the user to see all their friends currently using the app. The ability to view a list of friends and view their profile may not be included in the initial release.

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### **Submission Instructions**

1. After you've completed all the sections, download this document as a PDF [ File → Download as PDF ]
2. Create a new GitHub repo for the capstone. Name it "**Capstone Project**"
3. Add this document to your repo. Make sure it's named "**Capstone\_Stage1.pdf**"