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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

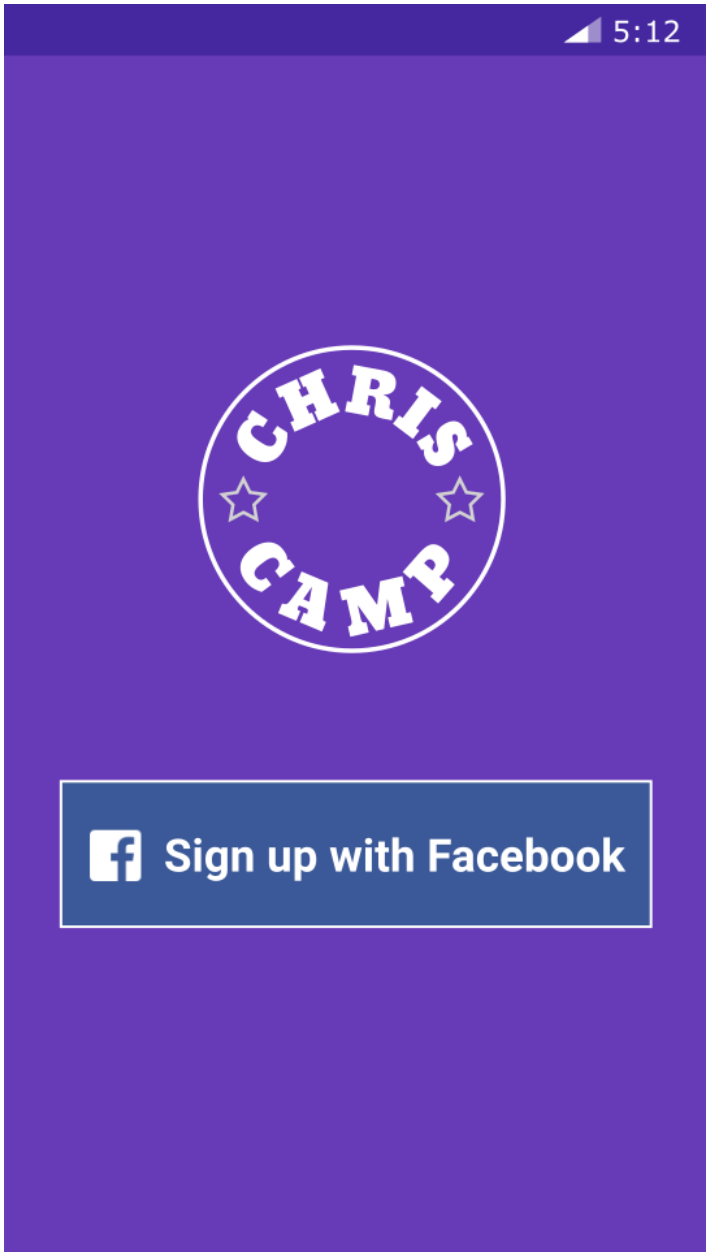
- Provides a number of workouts programs for all users
- Allows users to create a workout week schedule composed of many workout styles and intensities, which can allow the person to workout every day without overdoing it.

- 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.

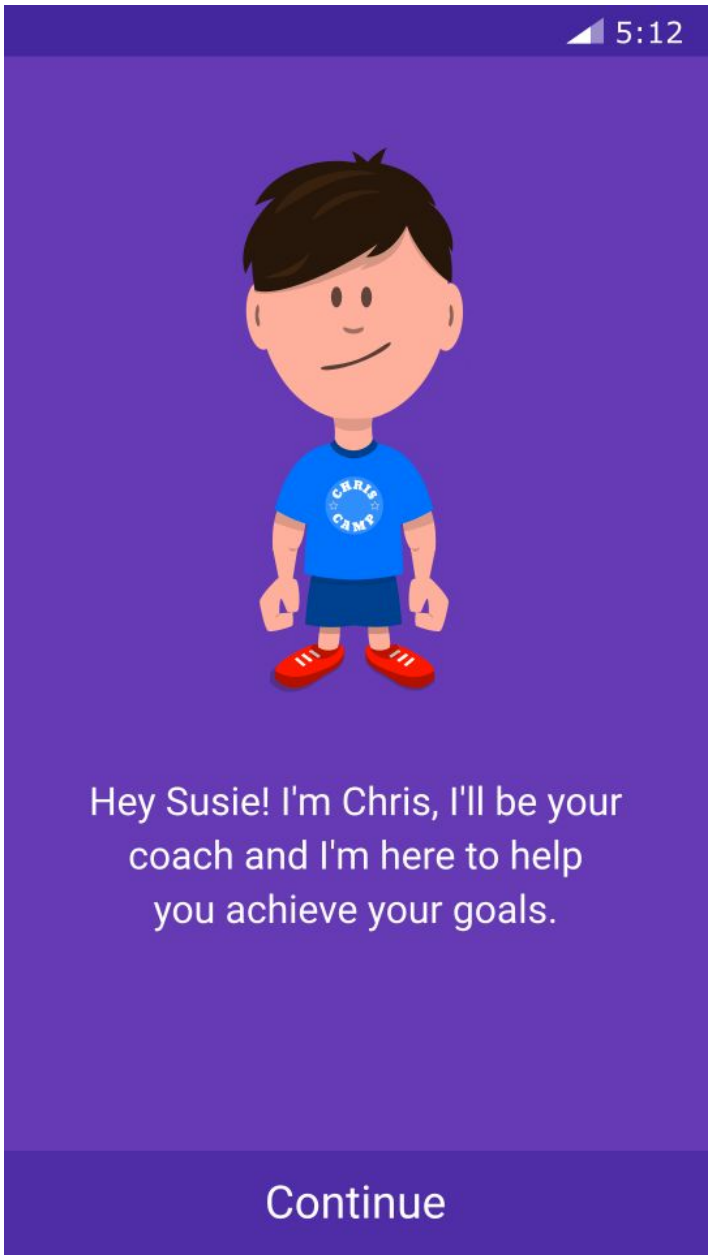
User Interface Mocks

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



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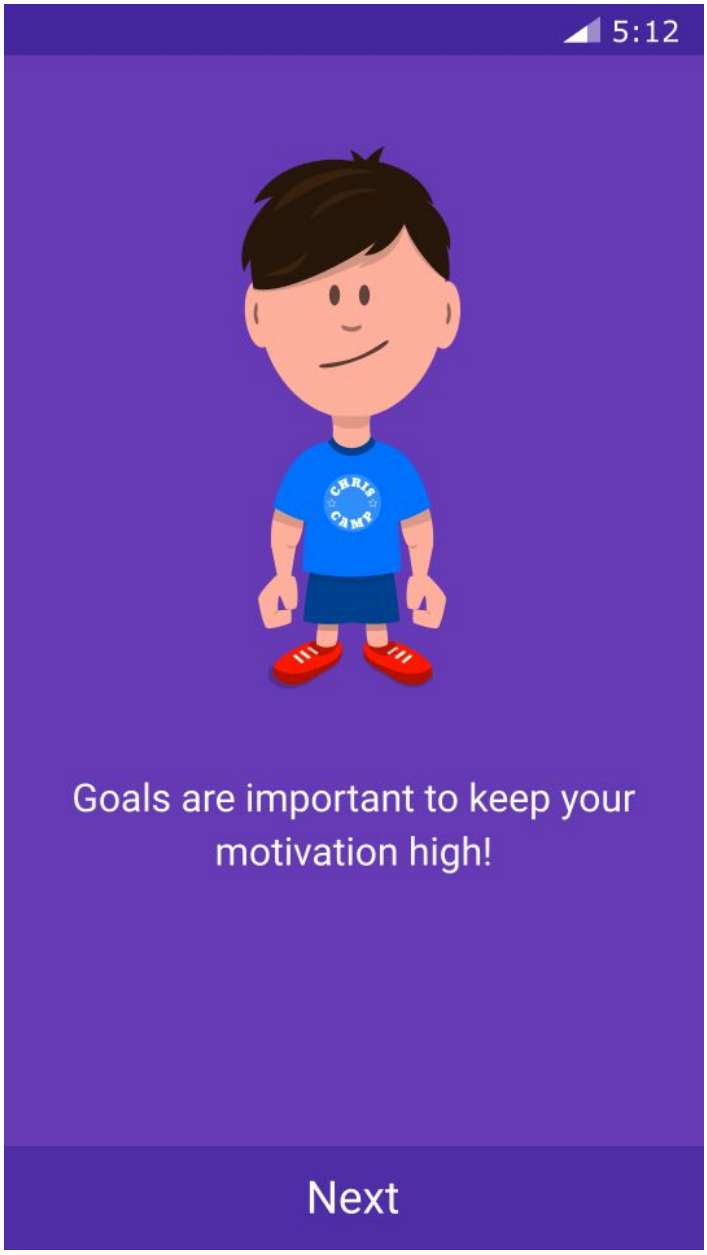

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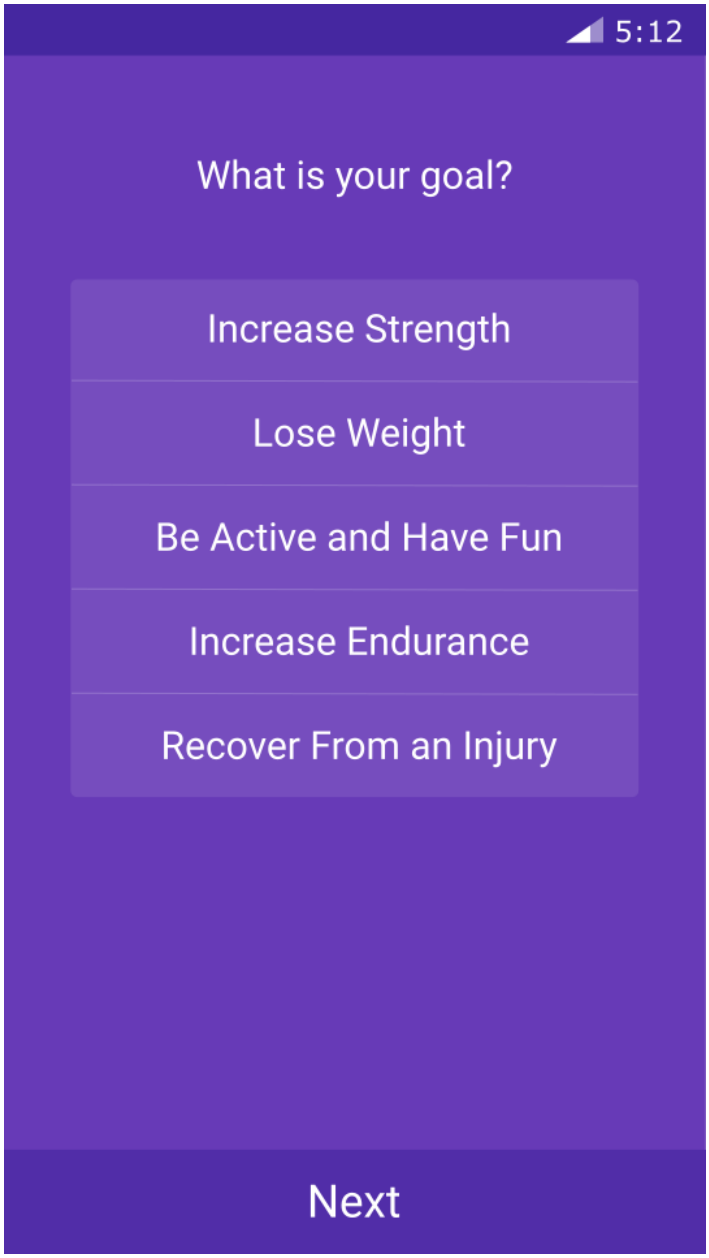

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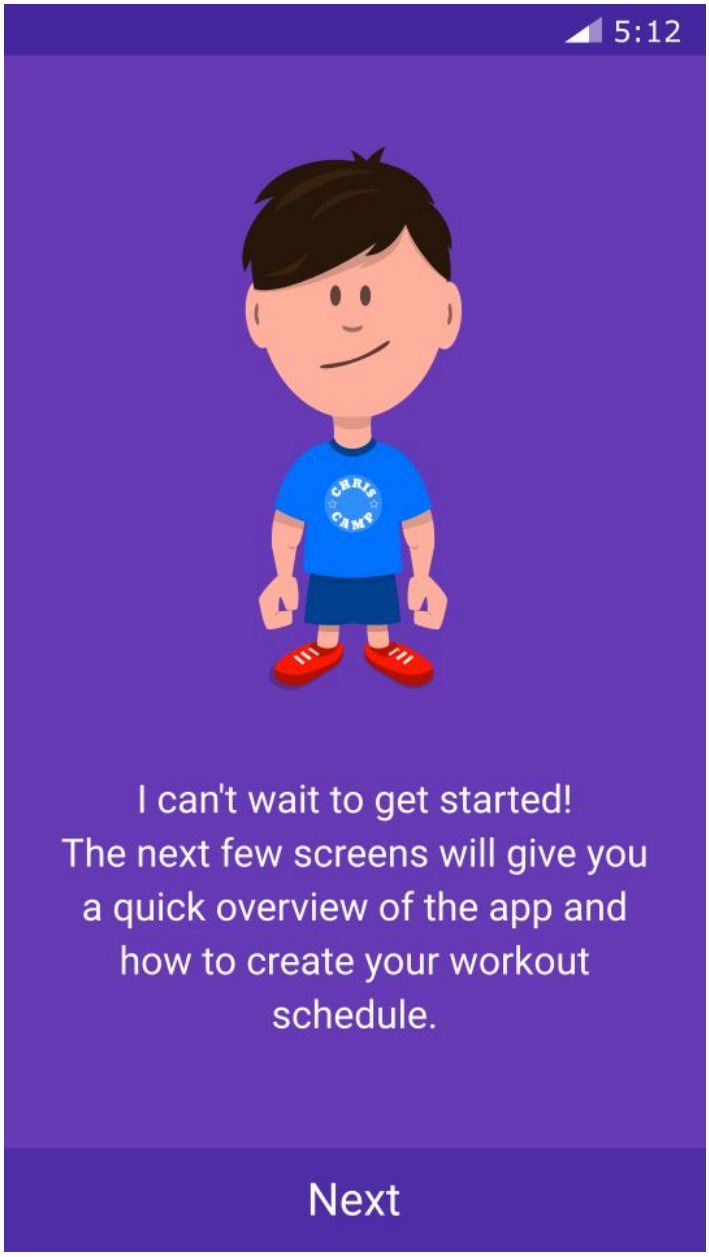

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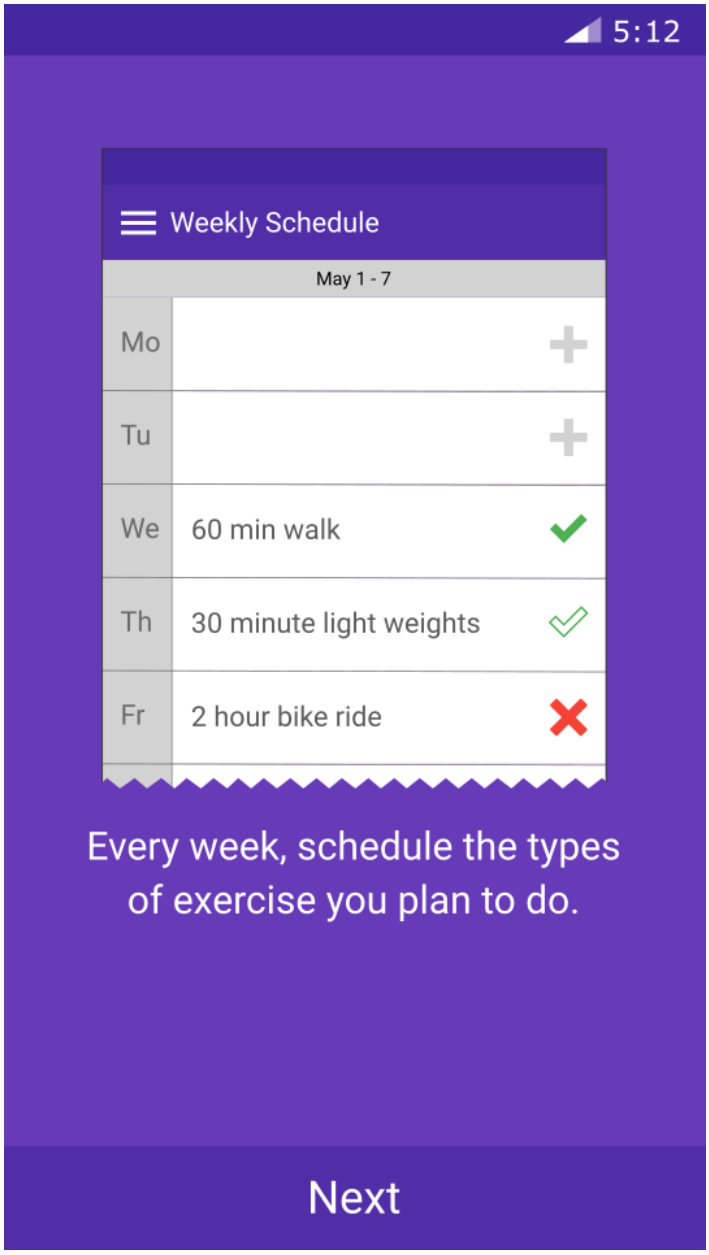

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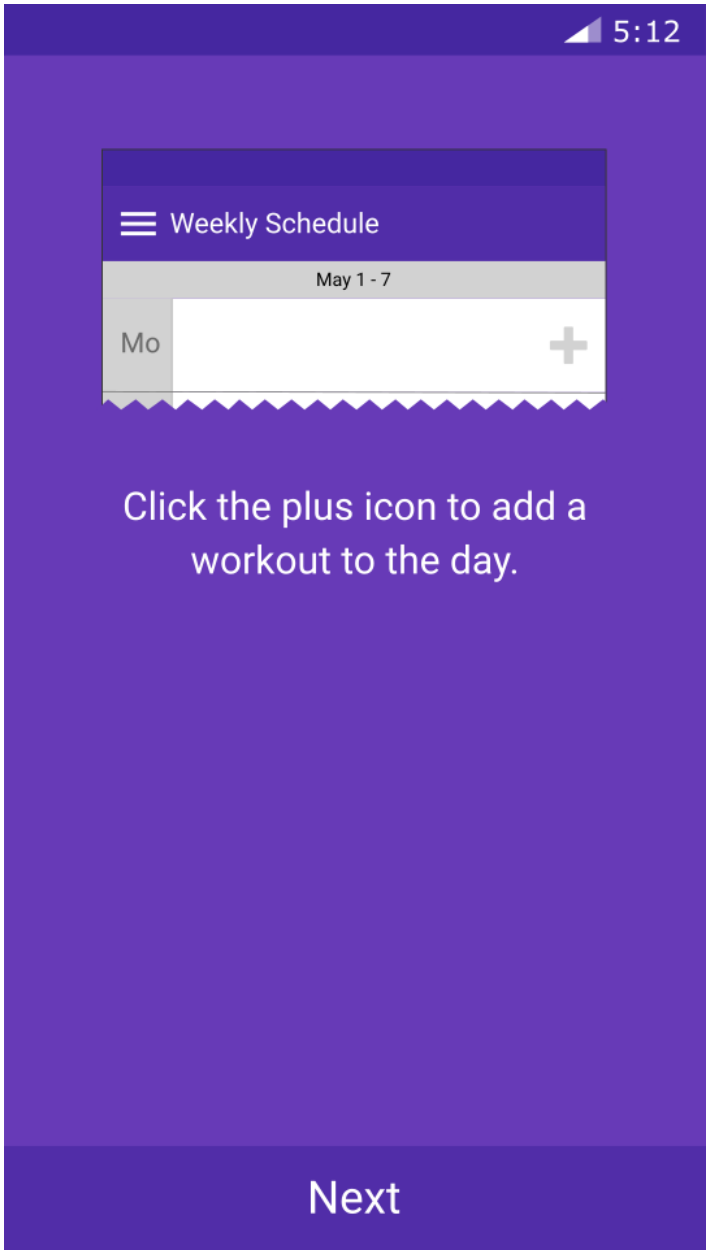

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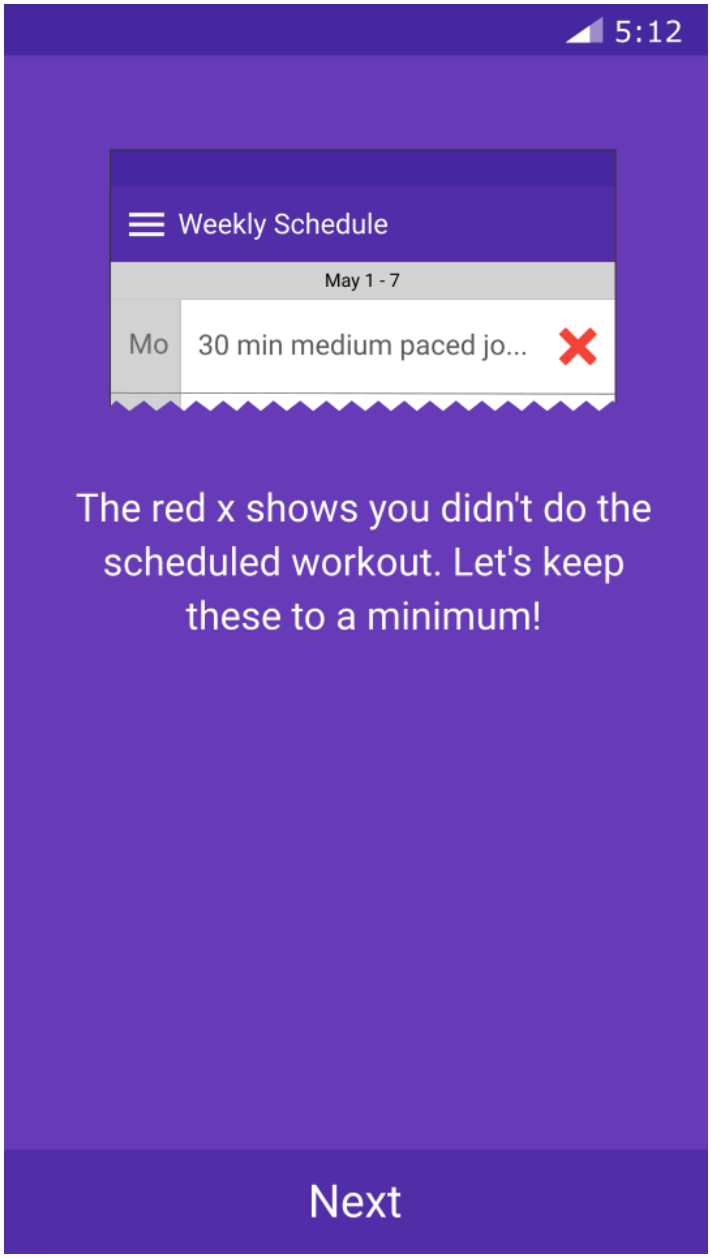

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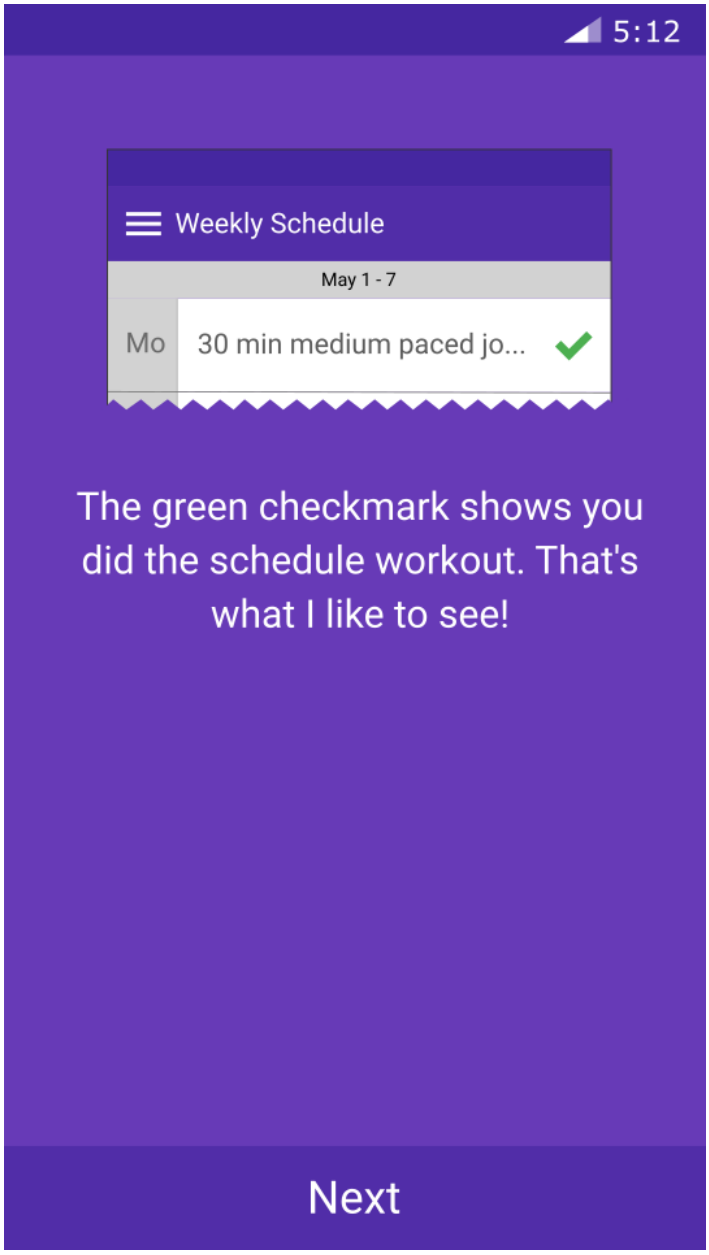

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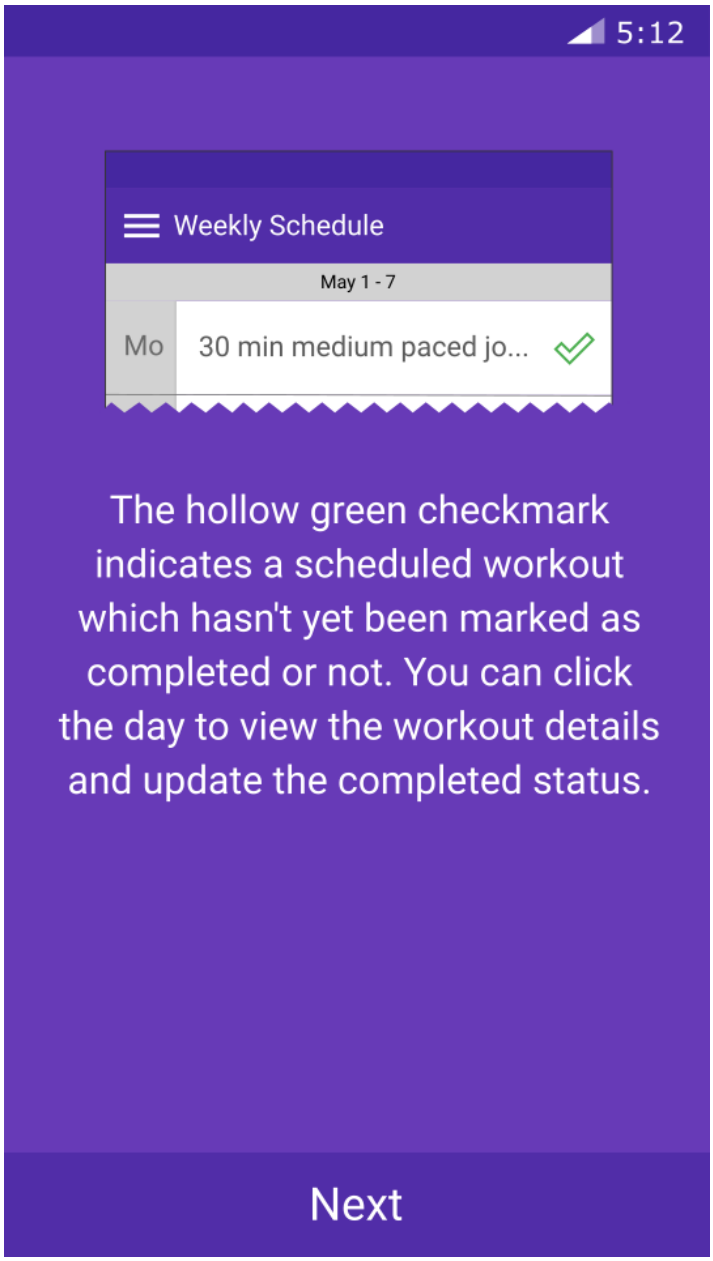

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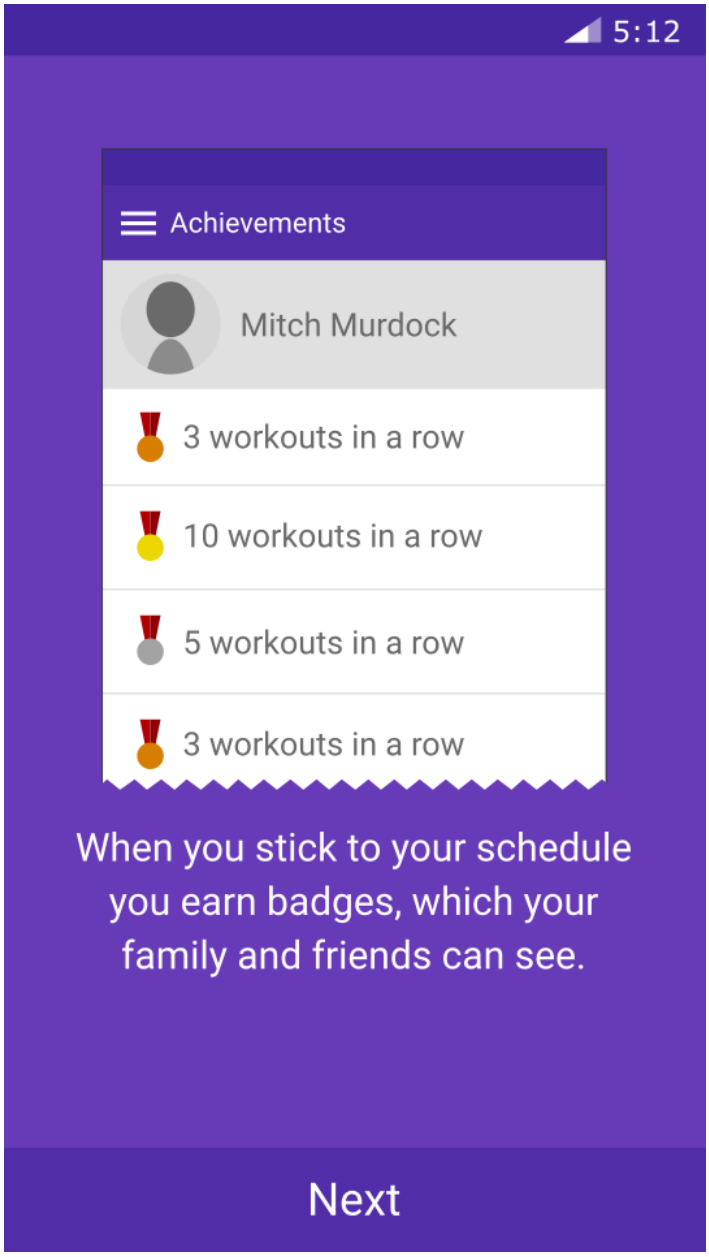

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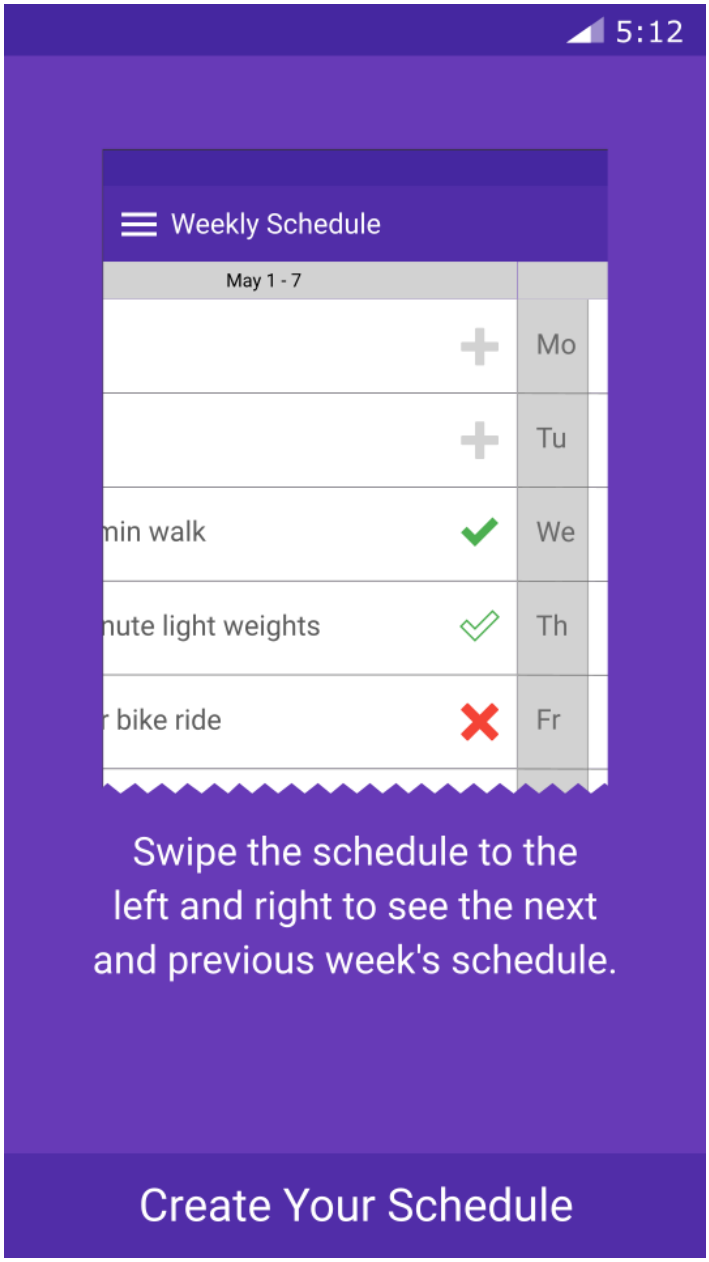
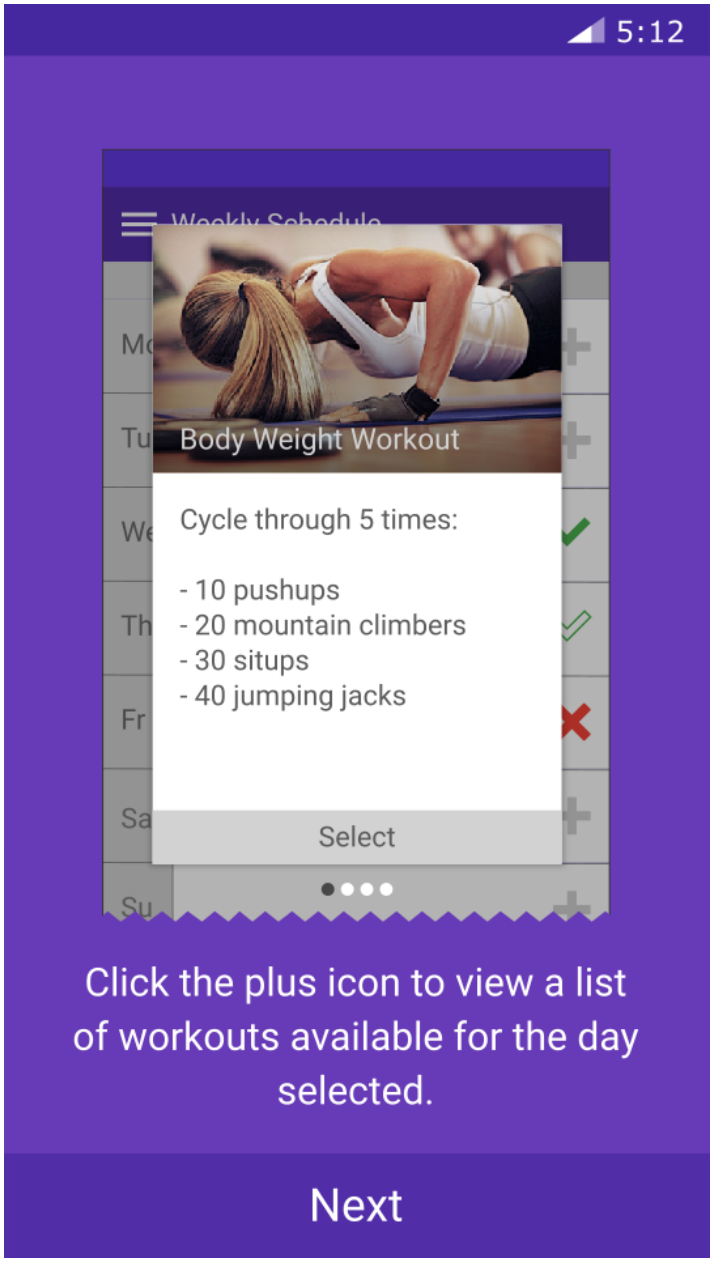
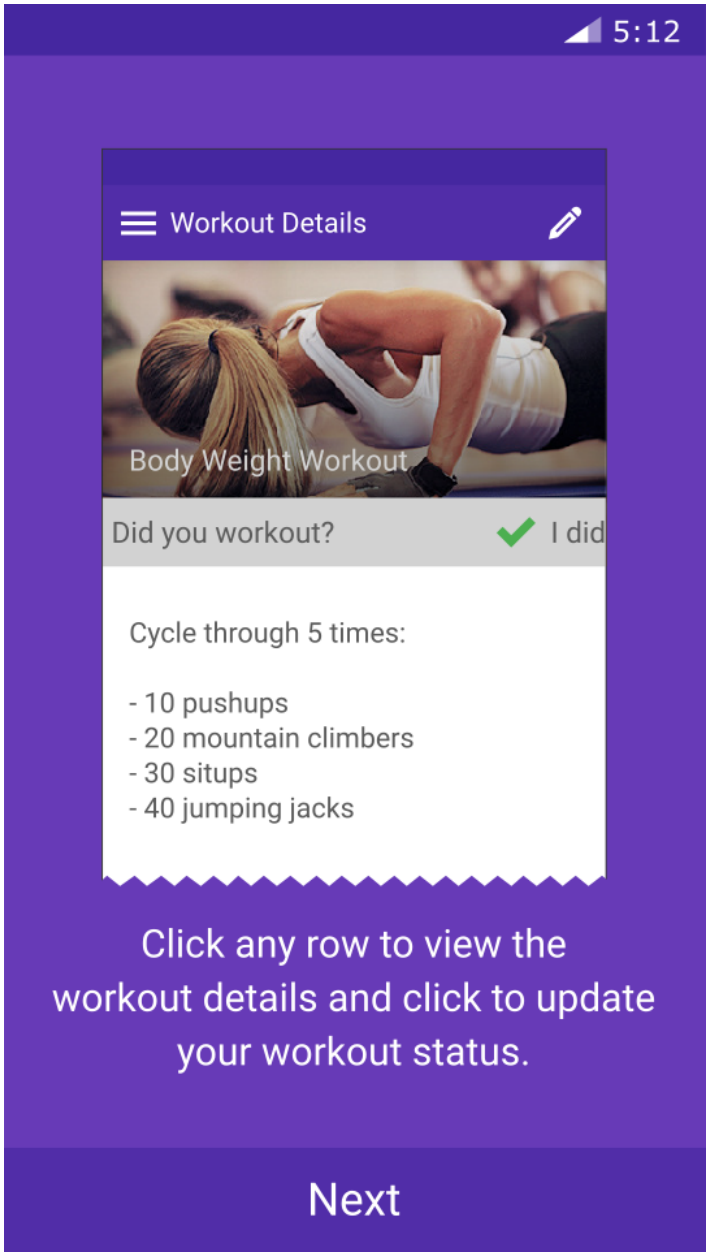



5:12
Body Weight Workout
Cycle through 5 times:
- 10 pushups
- 20 mountain climbers
- 30 situps
- 40 jumping jacks
Select
Click the plus icon to view a list of workouts available for the day selected.
Next

Introduction 13



Key Considerations

How will your app handle data persistence?

Data will 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.

- Picaso: 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.

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**"