

Workflow

Future Plan

Group 8

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Our future plan for the next deliverable is to start by implementing the user account management and authentication. We will focus on creating sign up and login pages for users that are prompted when they open the app for the first time. This page will ask current users to log in with their email and password. New users will need to create an account with email, password and some information about age, weight, and experience level so that we can input that into our database to ensure that we can recommend and track workouts based on their demographic (Figure 6). The user registration allows us to keep track and store each user's workout history and statistics in our database to help keep it a tailored experience. Additionally, with user registration and account management we will also need to create a simple profile page where users can see basic information about their accounts and workout statistics. We will then work on making the app more personalized by allowing users to input preferences and implementing our AI-workout generation/recommendation system. This system will track the data from users current workouts as well as their preferences to create workout recommendations that are best for them. We additionally need to add a calendar where users can see which days they have worked out (Figure 7).

The image shows a user sign-up form titled "WorkFlow". At the top, there are two tabs: "Login" and "Create Account", with "Create Account" being the active tab. Below the tabs, there are five input fields: "Email", "Password", "Age", "Weight", and "Experience Level". The "Email" field contains the text "Email". The "Password" field contains the text "Password". The "Age" field contains the number "10". The "Weight" field contains the number "120". The "Experience Level" field contains the text "Select an Option". At the bottom of the form is a "Create Account" button.

WorkFlow	
Login	Create Account
Email	
Email	
Password	
Password	
Age	Weight
10	120
Experience Level	
Select an Option	
Create Account	

Figure 6: User sign up

The image shows a calendar for March 2025. The title "March 2025" is at the top, with navigation arrows on either side. Below the title is a table with columns for the days of the week (Mo, Tu, We, Th, Fr, Sa, Su) and rows for the dates. The dates are arranged in a grid, with the first row starting on Monday (1) and ending on Sunday (7). The second row starts on Monday (8) and ends on Sunday (14). The third row starts on Monday (15) and ends on Sunday (21). The fourth row starts on Monday (22) and ends on Sunday (28). The fifth row starts on Monday (29) and ends on Sunday (4). The dates 9, 10, 12, 13, 16, 18, and 19 are highlighted in blue.

March 2025						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Figure 7: Calendar for workouts