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| Get Fit – Workout Tracker |

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| Course | **CSC 225 – Fundamental Structures** |
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| Team Name | **HAT Trick** |
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| Team Members | **Andy Mera** |
|  | **Tucker Nelson** |
|  | **Hunter Rice** |
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| Executive Summary |
| **Your executive summary should resemble an elevator pitch: your motivation is to quickly persuade a decision maker to get involved in your project.** |
| * **What is the purpose of your project; what problem(s) does it address?** * **Why is your project important; why is it relevant? (NOTE: not in terms of the class to get a good grade)** * **Who could your project help; who is your audience or customer?** |
| Purpose: Create a fun way to track workouts and help people meet their fitness goals.  Relevance: Many people have fitness related goals and using our application could benefit them.  People: Anyone who enjoys exercising or wants an accessible system for tracking their workouts. |

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| Background and Problem History |
| * Explain the problem domain and relevant background information about your project * Provide a brief history of the problem; when did it start? What attempts have been made to solve it? * NOTE: Think in terms of your PROJECT, not in terms of this class |
| Our problem deals with the struggle to keep track of gym lifts and progress. For years, people have struggle to notice progress, stay consistent, and see results. A major part of this is not keeping track of what you’re doing while in the gym. People have tried many different things: simply remembering what they did (never works), and writing it down in a journal (too much work).  We want to remove these inconveniences and provide a more simple and convenient way to keep track of what you’re doing. |

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| Solution |
| * How does your team plan to solve the problem? * What makes your approach different from other solutions? |
| We want to design a program that allows you to easily keep track of lifts and progress. We intend to make it convenient to see what you’re working, and what progress you’re making. |

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| Project Deliverables |
| * What will be the “product” of your team’s project? What documents will you create? |
| - An interactive screen that allows users to input their lifts, sets, reps, and weight.  - We also want their to be a diagram that colors what muscles are being worked |

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| Success Criteria |
| * How will your team define success? What aspects of your project can you quantify to objectively measure success? * NOTE: Think in terms of your PROJECT, not in terms of this class |
| Create an interface that allows to keep track of their lifts and see what muscles they worked   * Also some type of history to see lifts done in the past/allow you to see progress * Work well as a team |

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| List of Required Project Resources and Materials |
| What resources (books, websites, data sets, problem domain information sources, software, etc.) will be / have been required to complete your project. |
| StackOverflow  Chat GPT  Professor Lampl  GitHub  YouTube  VS Code + Netbeans |