

App: cct: on: Lift Log

Concept: I've been using goggle sheets to track my weight lifting progress. Although it works, it is certainly not perfect. The problems I have with it are

- massive amounts of scrolling to move around
- Really only like to store last set on the sheet
- Ugly & clunky

With lift log I hope to create a simple user interface that will track an individual's sets & reps for a certain exercise over a period of time.

Eventually, I would like to add functionality for the checking & exportation of App sets.

General flow / Structure

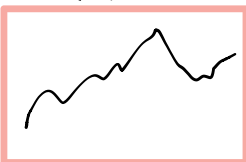
- Create & Name grouping: users should be able to make simple groupings for exercise such as muscle group or training day.
- Create & name exercise: users should be able to create & name exercises from within the grouping
- For each exercise users can
 - Add a set with weight & reps
 - See a power of their previous 5 sets
 - See the entire set history if desired.
 - See some kind of graph showing progress over time...

List of all sets
beginning chronologically

Set #	Date	Set
55	2020-11	SSx12
54		
53		
.		
.		
.		
.		

Display for a
particular lift

Progress graph



1. weight reps
2. ↓
3.
4.
5.

All sets Add set

Add set
screen

New Set

W / R

Groupings screen

My Lift groups

Back

close

etc... etc

Add grouping

List of lifts in group

Barbell

Twinline

Fly ... etc

Add lift

Add group screen

Add new group

Group Name

Add lift screen

Add new lift

Lift Name