IDEA - <u>I</u>nnovative <u>D</u>esign for <u>E</u>xtreme <u>A</u>thletes

CrossTrack - <u>An App For Any Smartphone Driven by Android</u>

Team Members

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IDEA - Innovative Design for Extreme Athletes

Note

This is a giant wish list, and our app may not implement everything here.

Workouts

WO1 - Finding WODs

As a User, I want to search through the Benchmarks efficiently before a workout.

WO2 - Viewing WOD Information

As a User, I want to be able to view the information about a particular Benchmark before selecting it for a workout.

WO3- Weights Usage History

As a User, I want to be able to recall the weights I last used for specific exercises.

WO4 - Customized Workouts

As a User, I want an option to let me design workouts.

WO5 - Timing

As a User, I want my CrossTrack® application to time me when I'm doing WODs.

WO6 - Timing Options

As a User, I want the app to be able to switch from using a countdown timer to a stopwatch.

Statistics

ST1 - Recording WOD Information

As a User, I want my CrossTrack® application to prompt me to record my information upon completing a WOD.

ST2 - Viewing Personal WOD History

As a User, I want to see a history of the WODs that I have completed.

ST3 - WOD Progress Tracking

As a User, I want to able to track my progress with WODs over time.

ST4 - Weight Record

As a User, I want to record my weight and see how it changes over time.

ST5 - Body Mass Index

As a User, I want to be able to record and track my BMI.

ST6 - Graphing my Progress

As a User, I want to be able to visualize my progress in graphs that are easy to interpret.

ST7 - Personal Best Times

As a User, I want to be able to see my personal best times.

ST8 - Personal Best Repetitions

As a User, I want to be able to see my personal best repetitions on benchmark workouts.

Health and Safety

HS1 - Health Records

As a User, I want to keep a record of unsafe incidents.

HS2 - Injuries

As a User, I want to keep track of past injuries.

HS3 - Safety

As a Crossfit trainer, I want my clients to be aware of the health and safety concerns prior to their work out.

Screen Access

SA1- Platform Compatibility

As a User, I want to have my CrossTrack® application on my Android device.

SA2- Launching the Application

As a User, I want to be able to start my CrossTrack® application easily with the touch of an icon on my phone screen.

SA3 - Ending the Application

As a User, I want it to be easy to close my CrossTrack® when I've completed a session.