Capstone Planning

Project:

1. Fitness Activity Logger
   - Develop a site where users can log their daily fitness activities, set goals, and track progress over time
   - This will integrate with a fitness API for exercise data. Some free APIs include
     - https://api-ninjas.com/api/exercises (Exercise suggestions)
     - https://api-ninjas.com/api/caloriesburned (Calorie tracking if applicable)
     - https://github.com/exercism (Exercise routines, exercises)
     - https://rapidapi.com/naeimsalib/api/work-out-api1 (Exercises)
     - https://apilist.fun/api/wger (provided by Springboard)
   - Some features include
     - Activity Tracking
     - Goal Setting
     - Progress Charts
     - Workout Suggestions
     - Login
     - Data storage Firebase google
     - dribbble.com for design/template options

Notes from Mentor Session:

1. The app should be compatible with mobile devices and a website.
2. There should be a voice-to-text option to log your workouts.
3. Use gmail as the user login authenticator.
4. Use firebase google app integration for data. This will store it in the cloud. I could also consider storing data on local storage if I prefer. Either are okay as long as they work.
5. FitFlex Workout Tracker App from One Week Wonders serves as a solid template. Some features on its homepage include:
   - NavBar with Home, Progress, Tasks, Messages, Friends, and Settings
   - NavBar section 2 with Search and User Profile access
   - Main tiled section includes:
     - Progress Chart/Tracking History that can vary by today, this week, this month, this year, lifetime, weeks, months, years
     - Biometrics like Calories, Steps, & Heart Rate
     - Friends list that toggles between Grid and Stacked
     - Recent Activities section displaying the most recent workouts
     - FastFit for a quick workout option

You go to the website or app and the first thing you see is a login page. The login page has a place for your email address (which is your User Id), your password, and a "Login" button. Beneath these option is the "Sign Up" Button.

When you click "Sign Up," you will be directed to the sign up page. Here, you enter your first and last name, email address, enter your password, re-enter your password to confirm your password, and click "confirm." Password match and requirements passed are checked in real time and feedback is given.

Back-end now checks that this email is not already in existence. If it is confirmed to be a new email, then you are redirected to the login page. If the email already exists, a pop up will say "email already exists. Please use a different email." and all of the entry boxes will clear.

The login page will be reloaded. You enter your email and your password and click login. Upon clicking "login," back-end checks authenticates that you are a user. You are then directed to the home page.

Home page will have a navbar at the top of the website, and a navbar on the bottom of the mobile app. The web navbar will have various selectables, including Home, Progress, Log Workout, FastFit, Goals, Friends, Settings, and Logout.

1. Logout will (or won't) save current data and redirect you to the Login page.
2. Settings will take you to your user profile, where you can update your name, your email address, your password, your profile picture, and other options yet to be determined.
3. Friends will take you to a list of your friends, ordered by # of completed workouts, # of completed FastFits, Last workout logged by time, alphabetical by last name, most recent friends, oldest friends. You can also click the + button to add a friend by entering their email address, and the - button to remove a friend by entering their email address.
4. Goals will let you write down your weekly goals and the progress bar will track how many of your goals you've reached. Goal options include Distance (running, walking, biking, anything distance-related), Number of completed workouts (games/matches, gym sessions, yoga sessions, practice, anything that can be counted in an integer format), Time (anything you want to measure the length of, such as running or walking - perhaps this could be included for all workouts regardless),
5. FastFit will take you to a rapid workout game where you click start, and you get a new random exercise every 40 seconds for 20 minutes. that is 30 different movements. Upon completion of the game, you can click "Complete" or "Incomplete" if you didn't finish it. Both of these will redirect you back to the homepage. Complete will increase your FastFit total score by 1. FastFit is available every 4 hours. Once you start, there is no pause or cancel.
6. Log Workout lets you manually enter the name of your workout and any details you'd like to track. Reps/Sets, distance, time, and others not yet determined. This will include some type of voice-to-text option for a quicker log.

7. Progress will store your Logged Workouts and your FastFit completions, and show you graphically how your progress is. These are stored on a weekly basis, with old weeks being saved permanently.
8. Home refreshes the home page.

The navbar will only hold three items on mobile: Home, Menu, and Logout. Menu will hold Progress, Log Workout, FastFit, Friends, and Settings.

The navbar will hold all of these items on the website without a menu option.

The home screen itself will hold widgets that display your weekly progress, your fastfit score, your friends' weekly leaderboard, and your goals.