

Simple graph creation and trend prediction, as well as allow for users' individual past workouts for a specific date or date range, and display averages for specific key health metrics.

Users will be allowed to input, modify, retrieve, and delete their workout records. For inputting a workout, users will interact with a web form that will only allow valid inputs. If a user inputs data that is incorrect, they will be alerted of their mistake and prompted to edit their form. A successful data entry will add the new workout data to that users' records. For modifying an existing workout, users will be sent to the same web form only it is populated with the data entered from before. The process will follow that of adding new workouts.

In addition to basic database functions, users can see their exercise history in a graphical representation, enabling them to visually grasp their progress (or regress) for specific workouts. There are graphs for every type of exercise element tracked, i.e. running, biking, calories burned, active hours.

Only Track Runs & Bikes

index.html

Cerulean logo
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Home

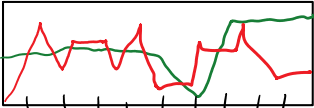
Workout Repo

New Workout

Avg Distance YTD:

Avg HR YTD:

Activities Over Time:



Days Active In Row:
69!

Footer

Workout Repository.html

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Home

Workout Repo

New Workout

Find a Workout!

Start Date

End Date

Workout Type

User

Distance ?/ ☐

Time ?/ ☐

Submit

Footer

new Workout.html

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Home

Workout Repo

New Workout

New Workout

Workout Type

Distance

Pace / Speed ☐ mph or min/mile

Max HR ☐

Min HR ☐

AVG HR ☐

Submit

Footer