

Final Project Proposal:

Fitness Planner

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For my final project, I thought I'd further the Fitness Planner application I made, but from the ground up. It will implement a schedule (based simply on the day of the week) that is editable by the user and can send notifications. It will allow the user to pick which groups of exercises to do for each day of the week, and on that day, display all the highest rated exercises for that muscle group. This will be more of a weightlifting-centric app, and cardio and proper diet will be left to the user to manage.

The application should be set-and-forget, customization wise. The user will enter what he wants to do for each week in the foreseeable future, and can change it whenever they would like their weekly schedule to change. One goal of this project is to have a webview for each exercise, because BodyBuilding.com has a nicely laid-out mobile site for many different exercises, and it would be the best way of showing the exercise information.

Another goal is to be able to show the specific exercises and their numbers for each day, or to let the user assign specific exercises on a per day basis, and then check them off as they do them. What will really make me want to use this app is to get some sort of satisfaction from checking off each exercise for the day; perhaps the entire view will turn a light shade of green once all exercises are checked off.

A final extra the app can do is have a static "break" timer, one that will continue running in the background while the user browses his other apps (like SoundCloud and Facebook) and then can come back to it to see if his break is up. This way, there won't be extremely varied break times, and the lifting should be more efficient.