# IBALL APP

Exercise tracking app targeting players ages 10 - 18

# WHY BUILD THIS APP

- **Many athletes do better academically**
  Playing a sport requires a lot of time and energy. Some people may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning.
- **Sports teach teamwork and problem-solving skills**
  Fighting for a common goal with a group and coaches teaches you how to build teamwork and effectively communicate to solve problems.
- **Sports boost self-esteem**
  Watching your hard work pay off and achieving your goals develops self-confidence. Achieving a sport or fitness goal encourages you to achieve other goals you set.

# PROBLEMS TO SOLVE

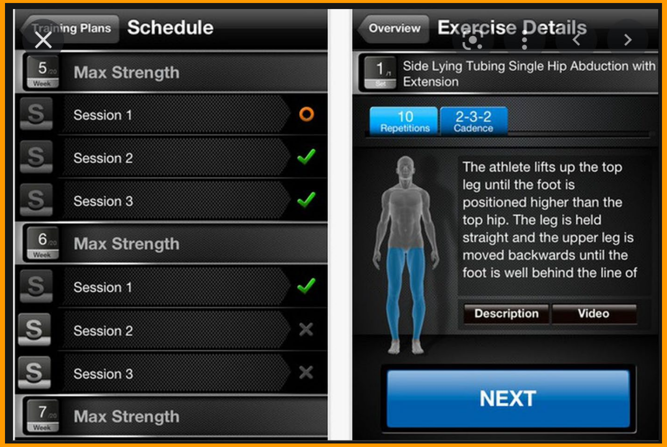
exercise progress can be tracked

user can search for exercise example videos

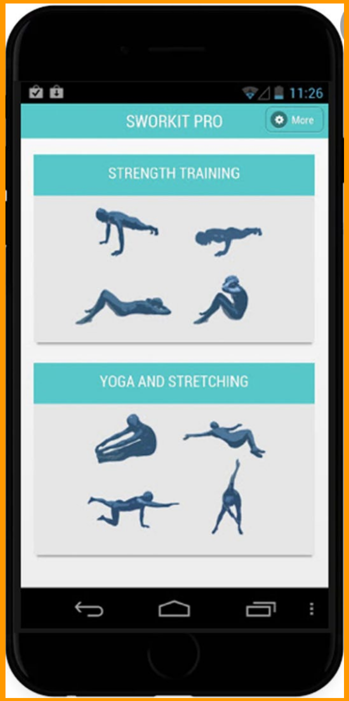
users can collaborate on exercises

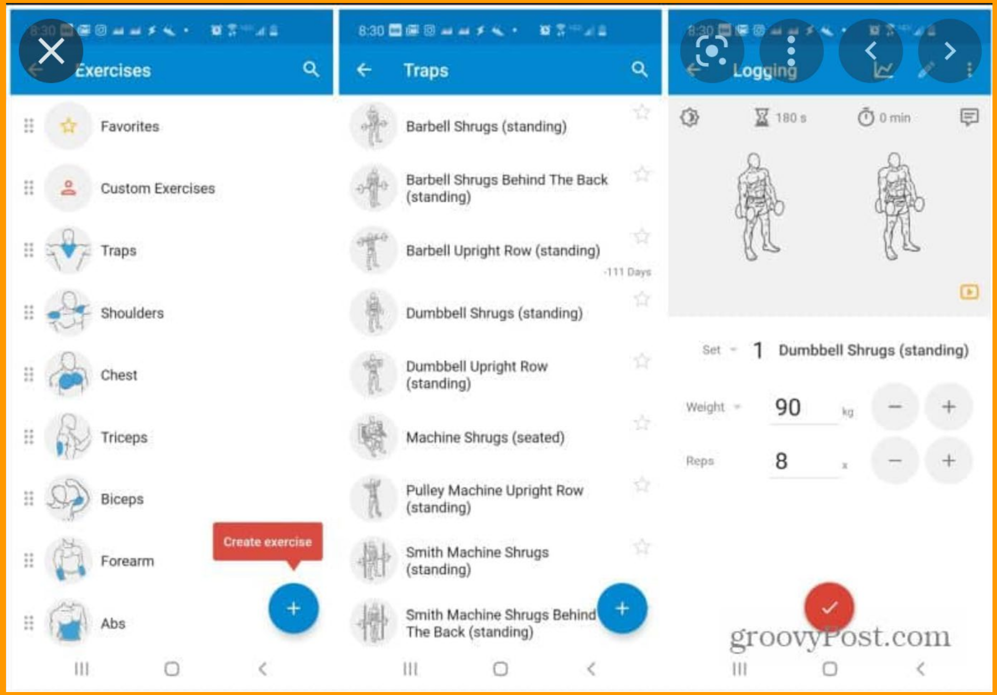
Awards for challenges

# RESEARCH



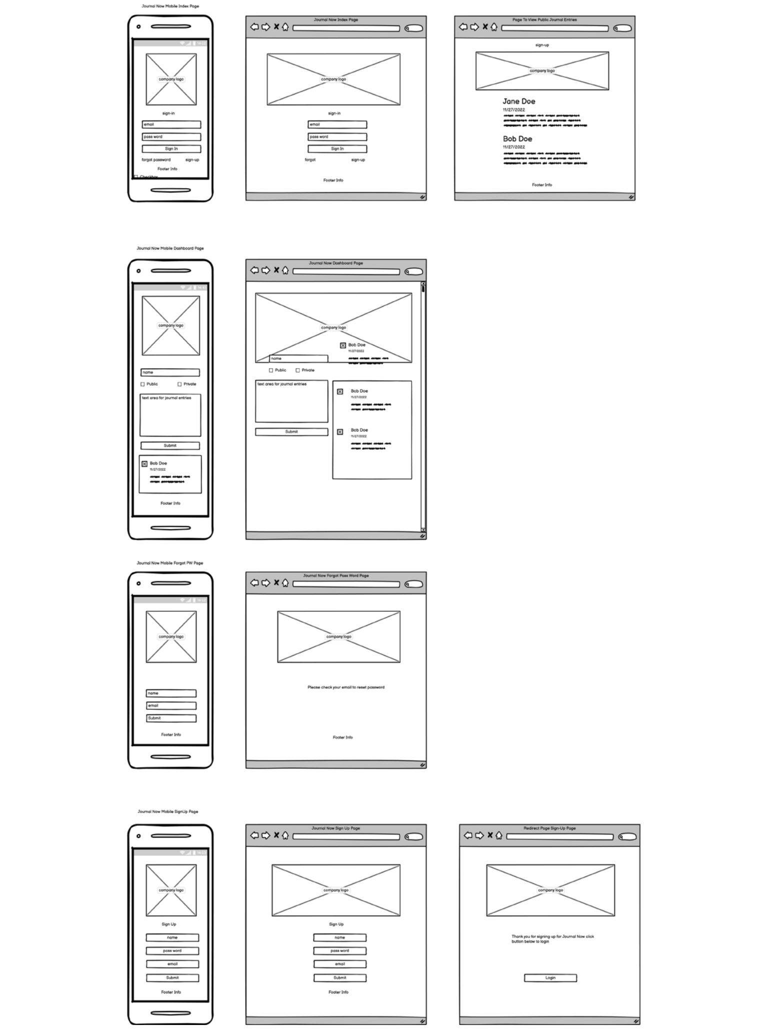
The athlete lifts up the top leg until the foot is positioned higher than the top hip. The leg is held straight and the upper leg is moved backwards until the foot is well behind the line of




8:30
Exercises
Favorites
Custom Exercises
Traps
Shoulders
Chest
Triceps
Biceps
Forearm
Abs
Create exercise
8:30
Traps
Barbell Shrugs (standing)
Barbell Shrugs Behind The Back (standing)
Barbell Upright Row (standing)
-111 Days
Dumbbell Shrugs (standing)
Dumbbell Upright Row (standing)
Machine Shrugs (seated)
Pulley Machine Upright Row (standing)
Smith Machine Shrugs (standing)
Smith Machine Shrugs Behind The Back (standing)
Logging
180 s
0 min
Set
1
Dumbbell Shrugs (standing)
Weight
90
kg
Reps
8
groovyPost.com

# WIREFRAME

Balsamiq Prototype

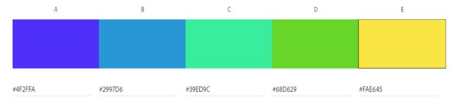


# ASSETS

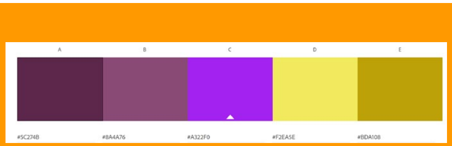
BALL WORK
ball work for life

## Color Palette

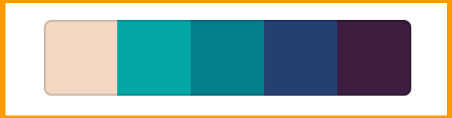
- Paletton
- Adobe Color CC
- ColoRotate
- Mudcube Color Sphere



| A | B | C | D | E |
|---|---|---|---|---|
| #4F2FFA | #2997D6 | #39ED9C | #68D629 | #FAE645 |

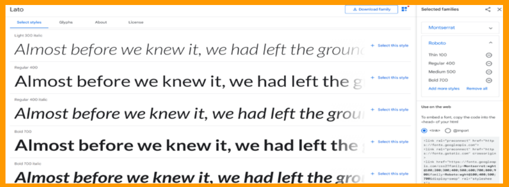


| A | B | C | D | E |
|---|---|---|---|---|
| #5C274B | #8A4A76 | #A322F0 | #F2EA5E | #BDA108 |



## Fonts

- fontpair.co
- Adobe Fonts
- Google Fonts



Light 300 italic

*Almost before we knew it, we had left the groun*

Regular 400

Almost before we knew it, we had left the g

Regular 400 italic

*Almost before we knew it, we had left the grou*

Bold 700

**Almost before we knew it, we had left the**

Bold 700 italic

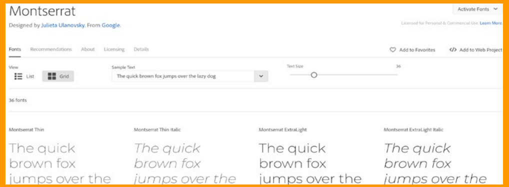
***Almost before we knew it, we had left the gro***

Thin 100
Regular 400
Medium 500
Bold 700

Use on the web

To embed a font, copy the code into the <head> of your html

```
<link rel="preconnect" href="http
s://fonts.googleapis.com">
<link rel="preconnect" href="http
s://fonts.gstatic.com" crossorigin
>
<link href="https://fonts.googleap
is.com/css2?family=Montserrat:wght
@100;200;300;400;500;600;700;800;9
00&family=Roboto:wght@100;400;500;
700&display=swap" rel="styleshee
```



Montserrat

Designed by Julieta Ulanovsky. From Google.

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Sample Text: The quick brown fox jumps over the lazy dog

36 fonts

| Montserrat Thin | Montserrat Thin Italic | Montserrat ExtraLight | Montserrat ExtraLight Italic |
|---|---|---|---|
| The quick brown fox jumps over the | *The quick brown fox jumps over the* | The quick brown fox jumps over the | *The quick brown fox jumps over the* |

# CREATE GIT REPOSITORY

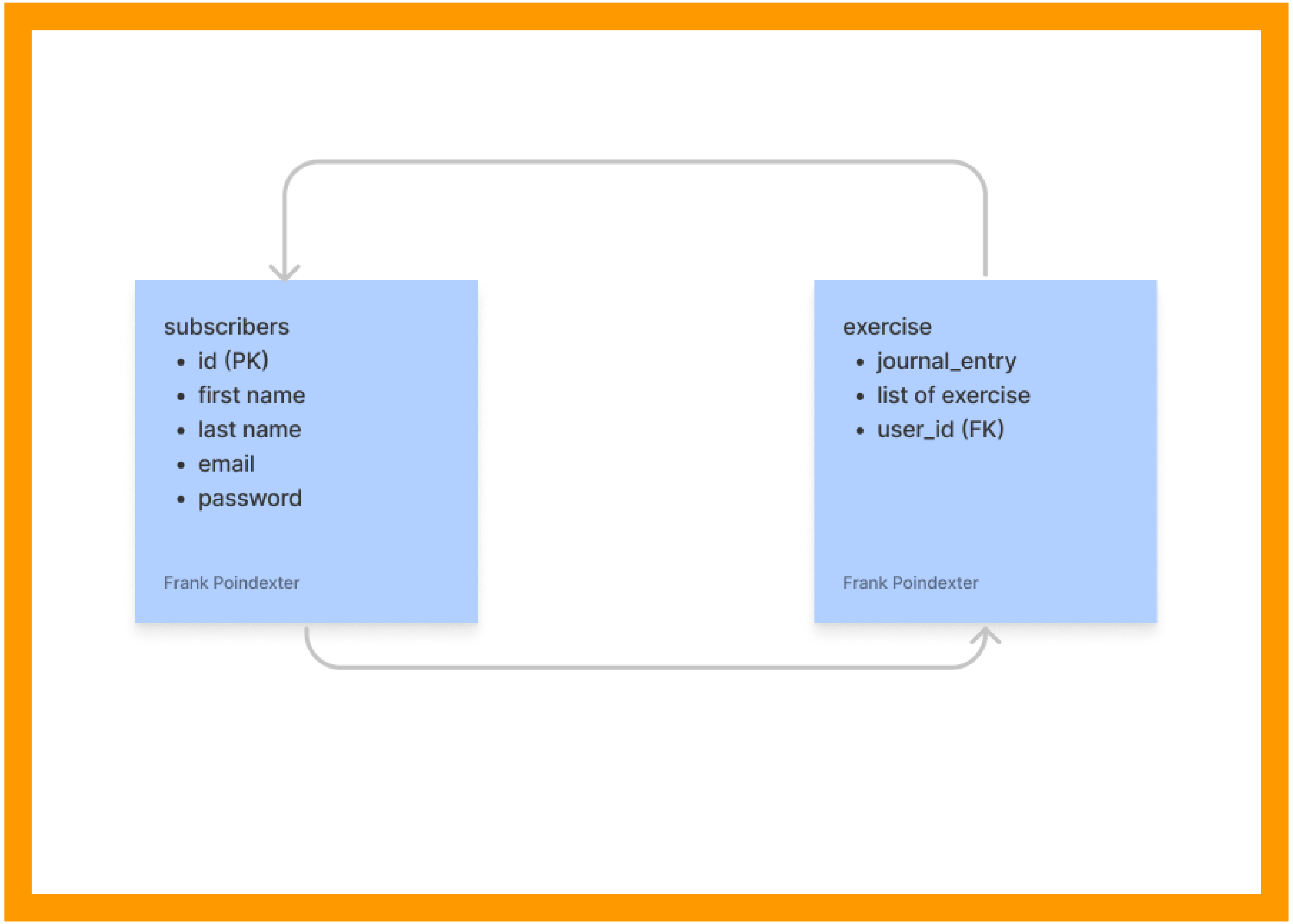
- **Git** is a DevOps tool used for **source code management**. It is an open-source version control system used to handle small to very large projects efficiently. Git is used to tracking changes in the source code, enabling multiple developers to work together on non-linear development.

# HTML

- PhpStorm is an **IDE (Integrated Development Environment)** for PHP and web developers, which is engineered by JetBrains

# TAILWIND CSS

A utility-first CSS framework for rapidly building custom designs. Tailwind CSS is a highly customizable, low-level **CSS framework** that gives you all of the building blocks you need to build designs without opinionated styles you have to override.



subscribers

- id (PK)
- first name
- last name
- email
- password

Frank Poindexter

exercise

- journal_entry
- list of exercise
- user_id (FK)

Frank Poindexter

# DATABASE

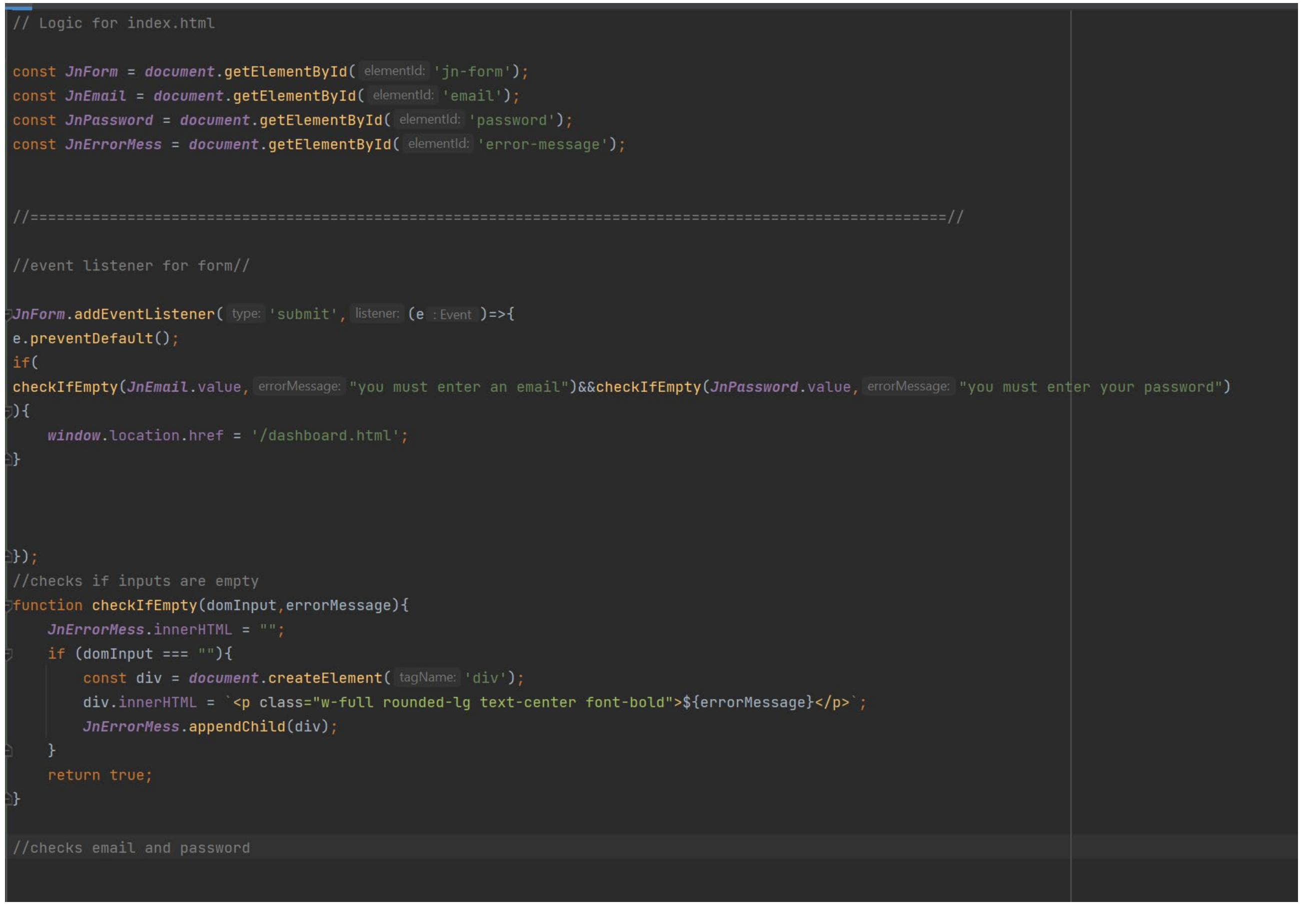
- 1.Supabase to create database
- 2.Copy the relevant database info (url, key, ect)
- 3.Copy database info (port, data base name, host)
- 4.Create data base tables
- 5.Test database in browser

# JS CODE/REACT

- Logic
- Set variables for elements
- functions for logic
- Use Fetch(), .Then(), .Catch()  server data api
- Add event listeners
- Employed filter(),map() to manipulate the js object

# REACT

- JAVASCRIPT
- Created js. folder
- Created first js. File app.js for index page
- Created second js. File dashboard.js
- Validated inputs for app.js file
- Created event listener for the index page sign in form directing user to dashboard page
- Validated inputs for dashboard.js
- Created event listener for the dashboard form which enabled user to add their story to company intranet



```
// Logic for index.html

const JnForm = document.getElementById( elementId: 'jn-form');
const JnEmail = document.getElementById( elementId: 'email');
const JnPassword = document.getElementById( elementId: 'password');
const JnErrorMess = document.getElementById( elementId: 'error-message');


//========================================================================================================//

//event listener for form//

JnForm.addEventListener( type: 'submit', listener: (e : Event )=>{
e.preventDefault();
if(
checkIfEmpty(JnEmail.value, errorMessage: "you must enter an email")&&checkIfEmpty(JnPassword.value, errorMessage: "you must enter your password")
){
    window.location.href = '/dashboard.html';
}



});
//checks if inputs are empty
function checkIfEmpty(domInput,errorMessage){
    JnErrorMess.innerHTML = "";
    if (domInput === ""){
        const div = document.createElement( tagName: 'div');
        div.innerHTML = `<p class="w-full rounded-lg text-center font-bold">${errorMessage}</p>`;
        JnErrorMess.appendChild(div);
    }
    return true;
}

//checks email and password
```