CAPSTONE ONE – PROJECT PROPOSAL

**LET’S GET PHYSICAL!**

**GOAL**

The goal of Let’s Get Physical is to provide an online resource for users to create a workout plan that can be done at the gym or at home. Users can choose exercises of a particular muscle group, a specific type of exercise or a certain difficulty level and add them to their plan.

**TARGETED USERS**

The target demographic is any man, woman or young adult that likes to exercise and is looking for ideas/suggestions on exercises that target certain muscle groups or are included in specific types of exercise.

**DATA**

The data I plan to use will come from the <https://api-ninjas.com/api/exercises> API which includes the names and types of exercises, exercises that focus on a specific muscle group, the difficulty level of an exercise and instructions on how to perform an exercise.

**APPROACH**

The database will include a ‘users’ table with user data that is retrieved when a user registers. The ‘users’ table will have a many-to-many relationship with the ‘exercise’ table as one user can choose many exercises and one exercise can have many users. The ‘exercise’ table will hold exercise data retrieved from the API. Finally, there will be a ‘users\_exercise’ table that connects the user\_id to the exercise\_id and will include other fields like date and comments.

**POTENTIAL ISSUES WITH API**

* 50,000 API calls free/month

**SENSITIVE INFORMATION TO SECURE**

* User password
* API key

**FUNCTIONALITY**

* Register and login each user
* Authenticate username and password
* Ability to choose exercises based on user’s criteria
* Adding exercise to user’s workout page

**USER FLOW**

Users will first need to register and login. Users will then be presented with a form with drop down menus to choose a name of an exercise, a type of exercise, a muscle group and exercise difficulty. Any or all choices may be selected where upon a list of 10 exercises fitting the user’s criteria will show on the page. A user can then click on any exercise to see the specific details about that exercise. If a user wants to add any of those exercises to their workout plan, they can click the checkbox and that exercise will show up on the user’s workout page. A user’s page will display their workout history (all exercises chosen as well as a comment block next to each one) in order of the date each exercise was selected.

**FEATURES MORE THAN CRUD**

Possibly adding images for each type of exercise