

CSCI 3308 - Lab 9

1. **Team Number:** 012 - 8

2. **Team Name:** Team Lift

3. **Team Members**

- a. Samuel Hagen, sagen704, Samuel.Hagen@colorado.edu
- b. Matthew Cooper, matthcopr, matthew.coope316@gmail.com
- c. Lana Reeves, LanaReeves, lare4241@colorado.edu
- d. Kirin Kawamoto, kika3780, kika3780@colorado.edu
- e. Ian Fischer, iafi3572, iafi3572@colorado.edu

4. **Application Name:** Lift Track

5. **Application Description:**

This application will feature a tailored experience for its users by requiring unique accounts, and a login. After the user has logged in, they will be directed to a home page where they will be provided with a snapshot of their next week, along with each daily schedule in each day. There will also be a workouts page where users can search for specific workouts and be provided with basic info on the workouts, such as what muscles they work and how to do them through videos.

There will also be a tracking page where the users can modify their current goals, see their personal records, and put in their reps and weight for each workout of the day. There will also be a my workouts page which will include presets for various workout types along with functionality allowing the user to choose from and create presets for different days of workouts which the user can assign to the schedule. These presets will include all the different workouts that person will do for that day. The my plan page will be where the user can assign different workouts to different days and fully modify their weekly/monthly schedule. We will be using a Youtube API and a Calender API to interact how we are going to have tutorials and schedules.

6. **Audience**

The target audience is gym goers of any experience. This application will solve the problems of creating gym workout plans, tracking of previous workouts, and obtaining accurate fitness information. This will make working out more accessible and easy for anyone who wants to participate, allowing our clients to have more time to workout and manage the rest of their busy lives.

7. **Vision Statement:** For gym-goers, who need a way to track and plan their workouts. The Lift Track is a website that will organize your fitness. Our product differentiates itself by providing more accessible instructions for your workout, helping gym-goers to workout safely and efficiently.

8. **Version Control:** <https://github.com/iafi3572/Team-Lift.git>

9. **Development Methodology:** We plan to use an Agile methodology. We will go through the phases of plan, design, develop, test, review, and then repeat from the beginning. We

will plan at our weekly meeting and then design soon after. We will then go through much of the development phases independently or by splitting into subgroups of the whole team. We will test our implementations independently, and then have them tested and reviewed by the whole team. Then, we will repeat the process again on a weekly basis. We will use scrum meetings to track the progress of our project.

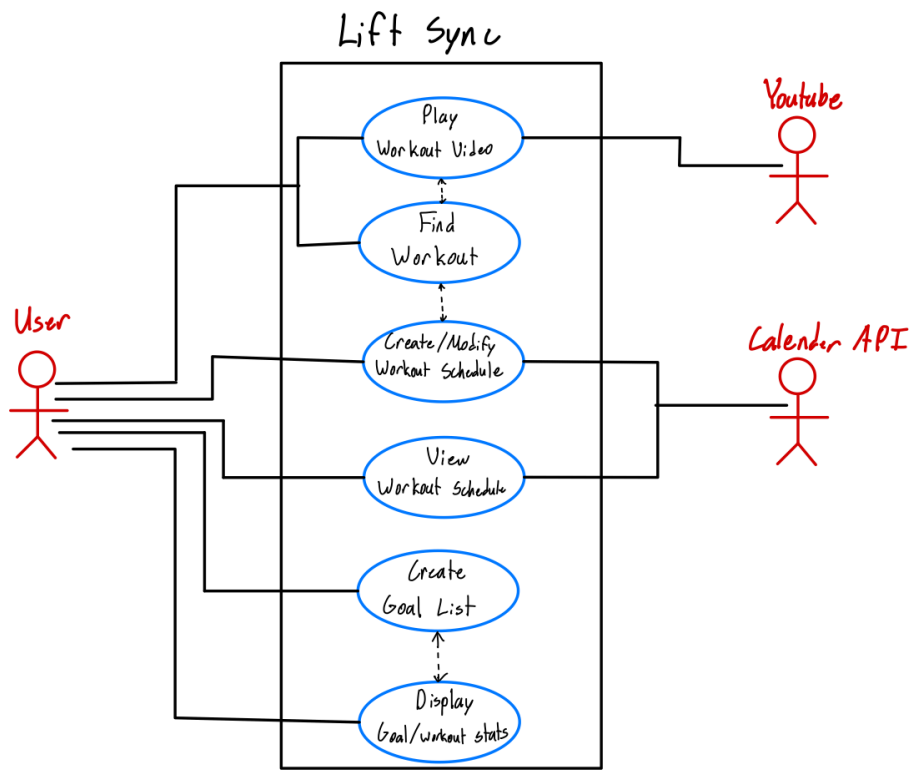
10. Communication Plan

- a. Our team will use Discord to communicate with each other. We will create different channels for various features/branches. The link is <https://discord.gg/fqdcjEyb>
- b. Discord usernames:
 - i. @crazymankirin#6469
 - ii. @masta_beef#4808
 - iii. @Sagen#1991
 - iv. @ianxfischer
 - v. @llreeves
- c. We also created a Teams group to communicate with the TA.

11. Meeting Plan

- a. Weekly team meeting
 - i. Date/Time: Friday 3:00 pm
 - ii. Mode: group video chat
 - iii. Location: Discord
- b. Weekly TA meeting
 - i. Date/Time: Wednesday 6:15 pm
 - ii. Mode: group video chat
 - iii. Location: Zoom

12. Use Case Diagram



13. Wireframes

Home exercise My fitness ↓ logout

Login

username

Password

Login

Home exercise My fitness ↓ logout

Register

username

email

Password

⋮


Register

Home exercise My fitness ↓ logout

You have been logged
out


Home exercise My fitness ↓ Logout

My Plan

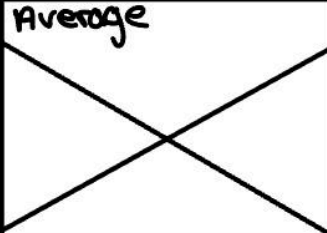
| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----|-----|------|---|-------|-----|-----|
| + | + | + |  Name — | + | + | + |

Home exercise My fitness ↓ Logout

Tracking/Analytics Page

goals 

Average



Today's Exercise

| | Reps | weight |
|--|----------------------|----------------------|
| | <input type="text"/> | <input type="text"/> |
| | <input type="text"/> | <input type="text"/> |
| | <input type="text"/> | <input type="text"/> |
| | <input type="text"/> | <input type="text"/> |
| | <input type="text"/> | <input type="text"/> |

Submit

Home exercise My fitness ↓ logout

My workouts

+

Name ____

Number ____

time ____

Name ____

Number ____

time ____

Name ____

Number ____

time ____

⊗

Name

Exercises ↓

submit

Name _____

Time _____

Exercises

Home exercise My fitness ↓ logout

Date

stats

To days workout

Home exercise My fitness ↓ logout

Workouts

legs

name

link

name

link

name

link

Chest

name

link

name

link

name

link

⋮

