

# Project-summer

Agora vai ficar sério

*(Now it will get serious)*

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# **App features:**

## **Exercise planning features**

- Calendar showing training history
- Calendar showing planned exercise set
- Push notifications for training day/time
- Training goal
- Burndown chart
- Exercise set creation
- Exercise customization
- Push notifications customization
- Information storage in the cloud

## **Exercising features**

- Exercise list
- Timer / stopwatch for resting / time-based exercises
- Manual count for set-based exercises
- Automatic count for set-based exercises

# Exercises:

## Default exercises

- Warm up (default: 2min)
- Indoor exercises:
  - Squats (default: 20)
  - Push ups (default: 10)
  - Walking lunges (default: 20)
  - Dumbbell rows (default: 10)
  - Plank (default: 15s)
  - Jumping jacks (default: 30)
  - Rest (default: 1min)
- Stretch (default: 3min)
- Outdoor exercises:
  - Time running (default: 30min)
  - Distance running (default: 2km)

The app doesn't need to discriminate indoor and outdoor activities

## Exercises rules

- A set of the same exercise cannot be done in consecutive days
- All sets must start with Warm up and end with Stretch
- Example of exercising set:
  - Warm up
  - 3 exercise sets containing the indoor exercises (rest included)
  - Stretch

- Example of goal:
  - 9 sets of indoor exercises (rest not included)
  - A goal is just a set of exercises with high load and no need of warming up and stretching

## App pages:

### Home Page

- Burndown chat
- Readonly calendar showing exercises and goal
- Planning button
  - suggested text: My planning
  - action: navigates to planning page
- Unplanned training button
  - suggested text: Start unplanned training
  - action: goes to unplanned training page
- Exercise of the day button
  - suggested text: Start exercise of the day
  - action: goes to training page
  - Disabled if there is no exercise planned for the day or it is already done
- Settings button
  - suggested text: Settings
  - action: goes to settings page
- About button
  - suggested text: About
  - action: goes to about page

## Planning Page

- Exercise button
  - suggested text: Manage exercises
  - action: goes to manage exercise page
- Exercise set button
  - suggested text: Manage sets
  - action: goes to manage exercise set page
- Goal button
  - suggested text: Manage goals
  - action: goes to Manage goal page
- Calendar section
  - Calendar cell click:
    - action: goes to calendar cell detail page

## Unplanned Training Page

- List of exercise sets, single selection enabled
- Start button
  - suggested text: Start
  - action: goes to training page
  - disabled if no item is selected in the list

## Training Page

- Sections with the exercises data and a button 'Done'
  - suggestion: enable the first section's 'Done' button and disable all the others. On its click, enables the next one and disables the first

- At the end, if training is unplanned and automatic save is off, ask if the user wants to save to calendar, and informs that it can be done automatically in the Settings page
- Well done message at the end

## Settings Page

- Send notifications [on / off]
- Send notifications at [ notification time ]
  - Disabled if 'send notifications' is off
- Automatic save unplanned trainings to calendar [on / off]
- Force warm up and stretch in sets [on (recommended) / off]
- Language [en / pt]

## Manage Exercise Page

- List of exercises, option to edit / remove exercise
- Add exercise button
  - suggested text: +
  - action: goes to new exercise page

## New Exercise Page

- Name
- Metrics
  - options: time, set
- Suggested load
- Save button

- suggested text: Save
- action: saves the exercise and goes back to the previous page

## Manage Exercise Set Page

- List of exercise sets, option to edit / remove set
  - If 'force warm up and stretch' is on, adds warm up at the start of the list and stretch at the bottom, both non-editable and non-removable
- Add exercise set button
  - suggested text: +
  - action: goes to new exercise set page

## New Exercise Set Page

- Name
- List of exercises or exercise sets in the set
  - Starts empty
- Dropdown list with all exercises and exercise sets
- Exercise load
  - Editable textbox
  - Disabled if no item is selected in the list of all exercises
  - Suggested exercise load appears in the list
- Add button
  - suggest text: Add
  - Adds the selected exercise and the load to the list of exercises in the set
- Save button
  - suggested text: Save
  - action: saves the set and goes back to the previous page



## Manage Goal Page

- List of goals, option to edit / remove goal
- Add goal button
  - suggested text: +
  - action: goes to new goal page

## New Goal Page

- Name
- List of exercises ~~or exercise sets~~ in the goal
  - Starts empty
- Dropdown list with all exercises ~~and exercise sets~~
- Exercise set load
  - Editable textbox
  - Disabled if no item is selected in the list of all exercises
  - Suggested exercise load appears in the list
- Add button
  - suggest text: Add
  - Adds the selected exercise and the load to the list of exercises in the goal
- Save button
  - suggested text: Save
  - action: saves the goal and goes back to the previous page

## Calendar Cell Detail Page

- List of events for that day, option to edit / remove event
  - Event = Exercise set or goal

- Add exercise set button
  - suggested text: +
  - action: opens modal to choose what type of event to be added:
    - Exercise Set button
      - suggested text: Exercise set
      - action: Open Add Exercise Set to calendar page
    - Goal button
      - suggested text: Goal
      - action: Open Add Goal to calendar page

## Add Exercise Set to Calendar Page

- List with all the exercise sets, single selection enabled
  - Add button
    - suggested text: Add
    - action: saves the selected item to the cell and goes back to the previous page

## Add Goal to Calendar Page

- List with all the goals, single selection enabled
  - Add button
    - suggested text: Add
    - action: saves the selected item to the cell and goes back to the previous page

## About Page

- Version
- Created by
- Please donate