

Project-summer

Agora vai ficar sério

(Now it will get serious)

Table of Contents

App features:.....	3
Exercise planning features.....	3
Exercising features.....	3
Exercises:.....	4
Default exercises.....	4
Exercises rules.....	4
App pages:.....	5
Home Page.....	5
Planning Page.....	5
Unplanned Training Page.....	6
Training Page.....	6
Settings Page.....	6
Manage Exercise Page.....	6
New Exercise Page.....	7
Manage Exercise Set Page.....	7
New Exercise Set Page.....	7
About Page.....	8

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 day:
 - Warm up
 - 3 sets of indoor exercises (rest included)
 - Stretch

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
- Calendar page
- Goal 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

- 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

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 button
 - suggested text: +
 - action: goes to new exercise set page

New Exercise Set Page

- Name
- List of exercises in the set
 - Starts empty
- List of all exercises, single selection enabled, option to edit / remove
- 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

About Page

- Version
- Created by
- Please donate