

# LiftX

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# Concept



- Every January, resolutioners flock to the gym however for one reason or another by February they fall off track
  - 42% of Americans are obese - CDC
- Liftx is an app designed to help prevent this burnout by providing data-based tools to users
- Lift-progression tracking and visualization will be at the core of our web app
  - Overall lifting progress
  - Individual movement tracking
- Artificial intelligence integration will give weight suggestions to users as well as recommend movements they should incorporate into their routine.

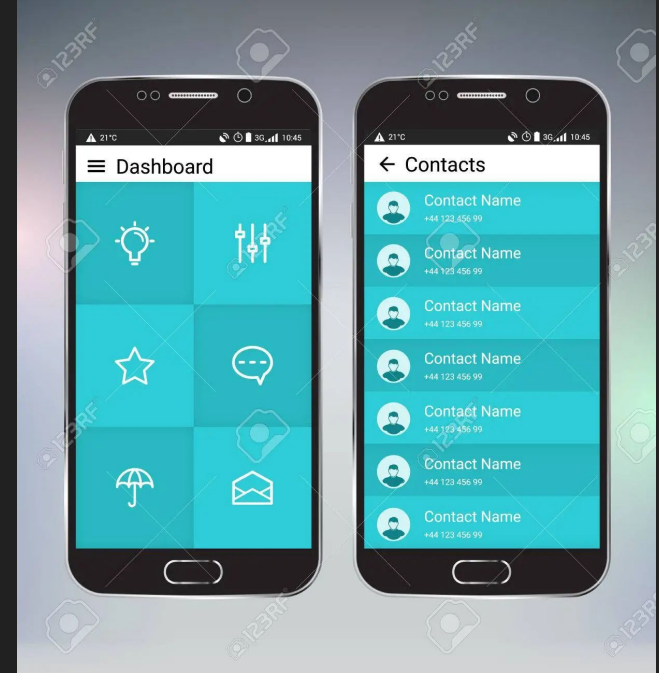
# Functional Requirements

- Home Page
  - The first page users will see. Will contain service marketing content and buttons for signing in and signing up
- Sign Up
  - On the homepage, new users will be able to sign up for the service with their email or phone number
- Log In
  - Users will login to the site with username and password
- Account Settings/Modification
  - Settings will allow users to change/update their personal account information and site setting such as notification and messaging preferences.




# Functional Requirements

- Push Notifications
  - Will provide users with up-to-date information on progress towards their goals
- Data Logging
  - Allows users to input the reps, sets, and weights of a particular workout
- Data Visualization
  - Allows users to visualize their progress towards their fitness goals
- Log Out
  - Allows users to logout with the aid of a button



# Non-Functional Requirements

- Automatic Password Reset
  - Users will have the ability to reset their password if unable to enter it correctly



**Forgot your password?**

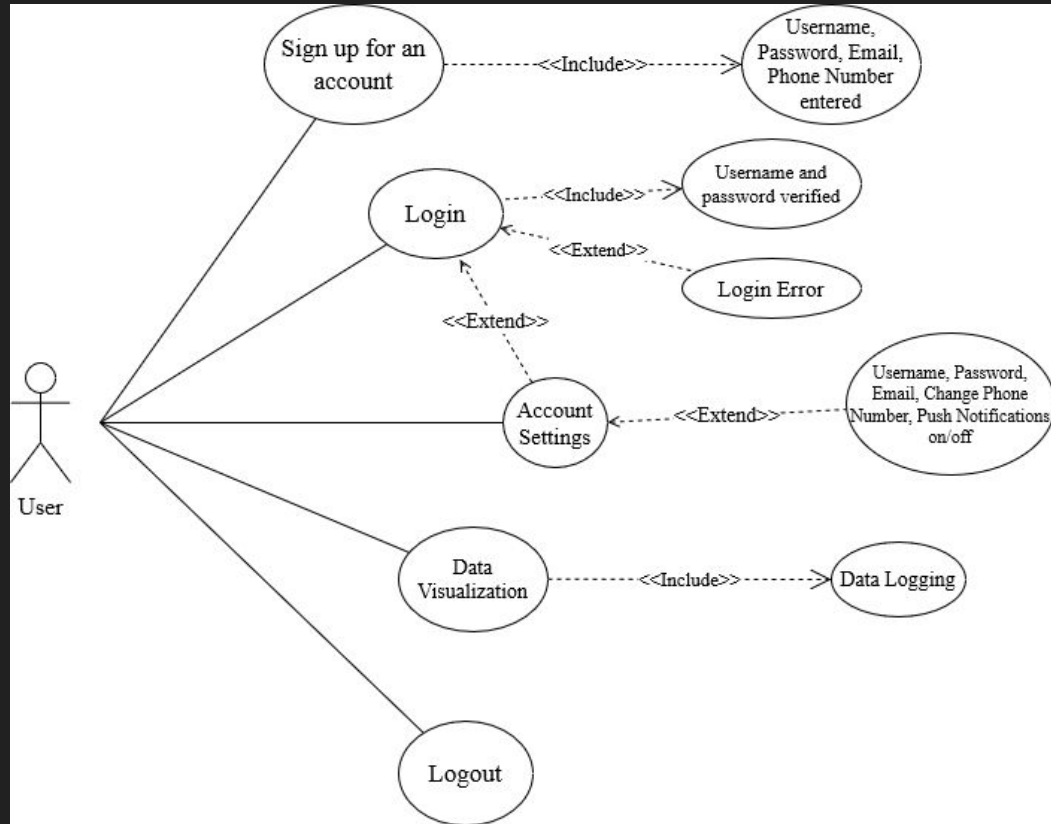
Tell us your email address, and we'll get you back on track in no time.

Email Address

[Reset Password](#)

[Back to sign in](#)

# Use Case Diagram



# System Constraints

- Tool Constraints:
  - Code Sandbox - frontend dev tool/environment
- Language Constraints:
  - Frontend:
    - HTML - Website structure
    - CSS - Website styling
    - Javascript - Website behavior/ interactions
  - Backend:
    - Java



# System Constraints

- Platform Constraints:
  - Web Browser
- Hardware Constraints:
  - Smartphone
  - Computer
- Network Constraints:
  - Network Connection





# System Constraints

- Transition and Support:
  - Version control through Github
- Budget & Schedule:
  - No budget
  - Must be completed by the end of the semester



Questions?