

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
 - 50% of all new gym members quit within the first 6 months
 - 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.

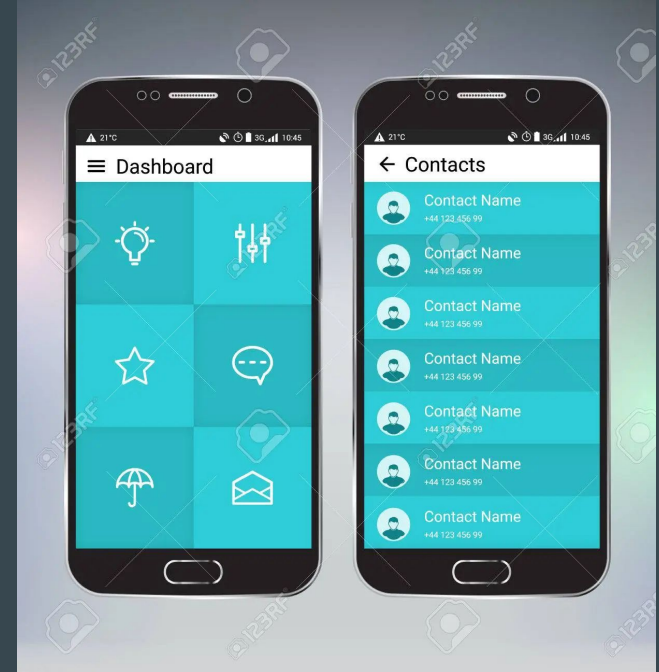
Functional Requirements

- 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

- 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
- Push Notifications
 - Will provide users with up-to-date information on progress towards their goals
- Portability
 - Users will be able to access a mobile compact version of LiftX through a web browser on their smartphones.



Forgot your password?

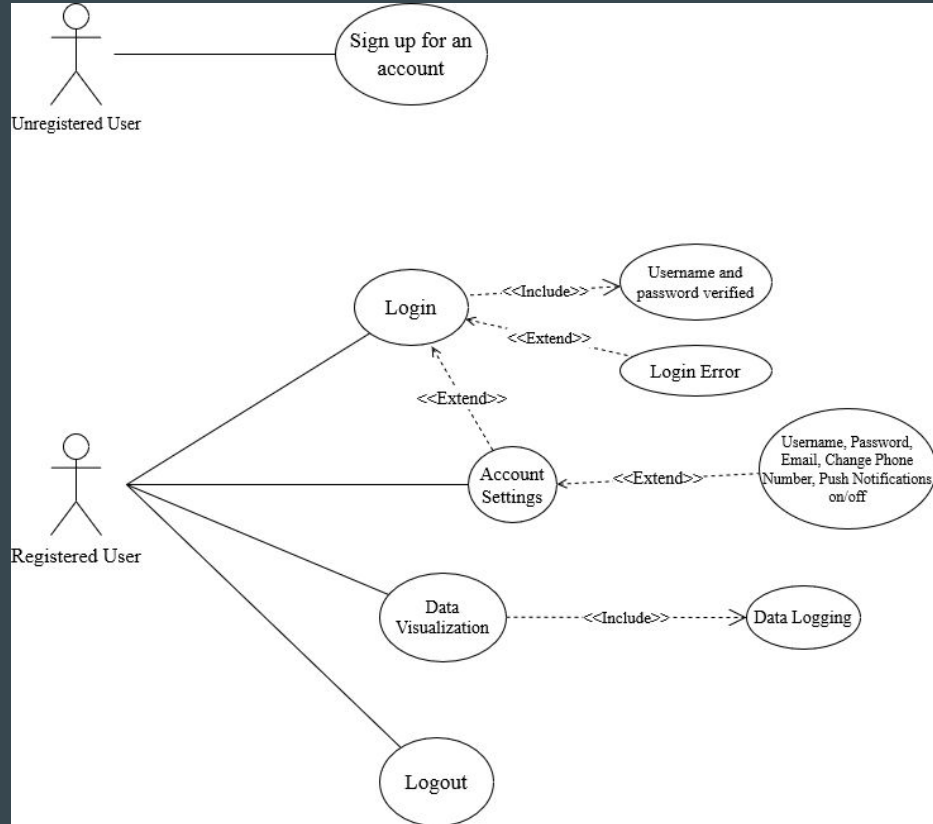
Tell us your email address, and we'll get you back on track in no time.

Email Address

Reset Password

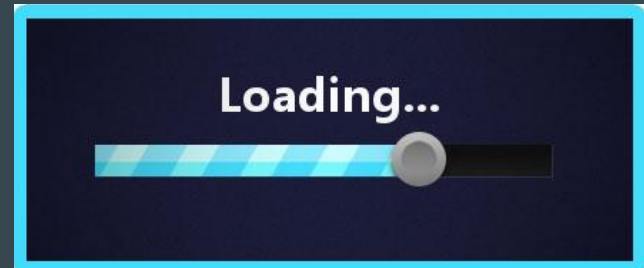
[Back to sign in](#)

Use Case Diagram



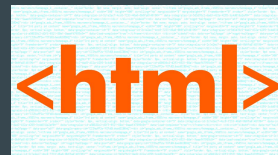
Evolutionary Requirements

- Refinements regarding Data:
 - Data Logging
 - Data Visualization
- Speed for loading Data Visualization
- Encryption of User's Account Information:
 - Password
 - Email
 - Phone Number



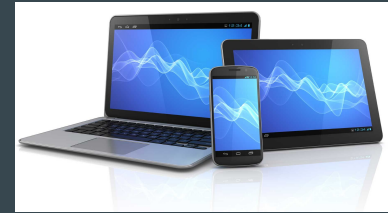
System Constraints

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



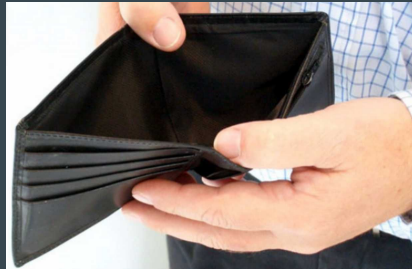
System Constraints

- 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?