- Title for the project

  BoxCruncher

- Describe the problem and the domain.

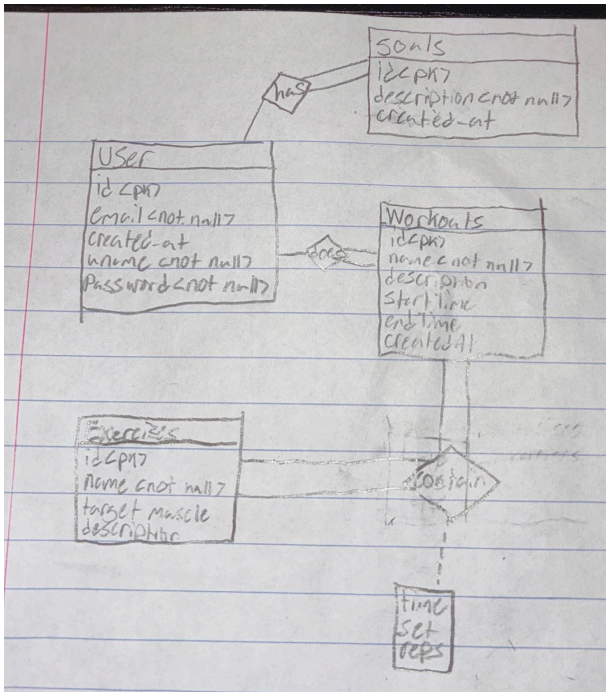
  People need a way to track their workouts, set goals, and see how they're progressing, but it's hard to do that on pen and paper. People are forgetful, and without something in front of them reminding them to get active, they can often forget or just put it to the back of their minds. There's several workout tracking apps available, but they're often expensive and very complicated. There's so many steps in creating workouts, and sometimes you can't find the exercises you do. What if everything was right there, easy to follow, and extremely customizable? This is the problem that our app goes to solve.

  The domain for this app is the fitness tracking and workout management domain. In this domain, a user can create personalized workouts, each can contain multiple exercises, and each of these exercises has different performance data, such as sets, reps, target muscle, and time taken. Users can also maintain goals, tracking their progress and guiding personal improvement. This domain captures the relationships between users and their workouts, workouts and their exercises, as well as exercises and goals / performance metrics.

- Describe the solution you develop. Include what user interfaces that the solution is going to have.

  The solution is to create a workout-tracking application that makes it easy for users to create workouts, add exercise, record their performance, as well as managing personal fitness goals through very simple interfaces. The app provides a screen for registering and logging in, workout creation, browsing and creating exercises, logging workouts, and creating/tracking goals. This makes it very easy and streamlined to create and manage workouts and stay on top of personal fitness goals.

- Preliminary ER diagram (see the next point).



- The technologies you will be using.
  We will be using Java, Spring boot, Spring Web, Maven, MySQL, Docker, Spring Data JPA, SQL, Git + GitHub, VS Code, Mustache Templates, JavaScript, HTML