

- Title for the project

JBDRFI

- 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.

- Describe the solution you develop. Include what user interfaces that the solution is going to have.
- Preliminary ER diagram (see the next point).
- The technologies you will be using.