

Weight and See

Many people don't know what kind of lifting program to use, how often they should lift, what muscle groups they should target, or how much they should increase their weight when lifting. The purpose of Weight and See is to provide novice lifters all the way to experienced lifters free personalized plans that fit their needs.

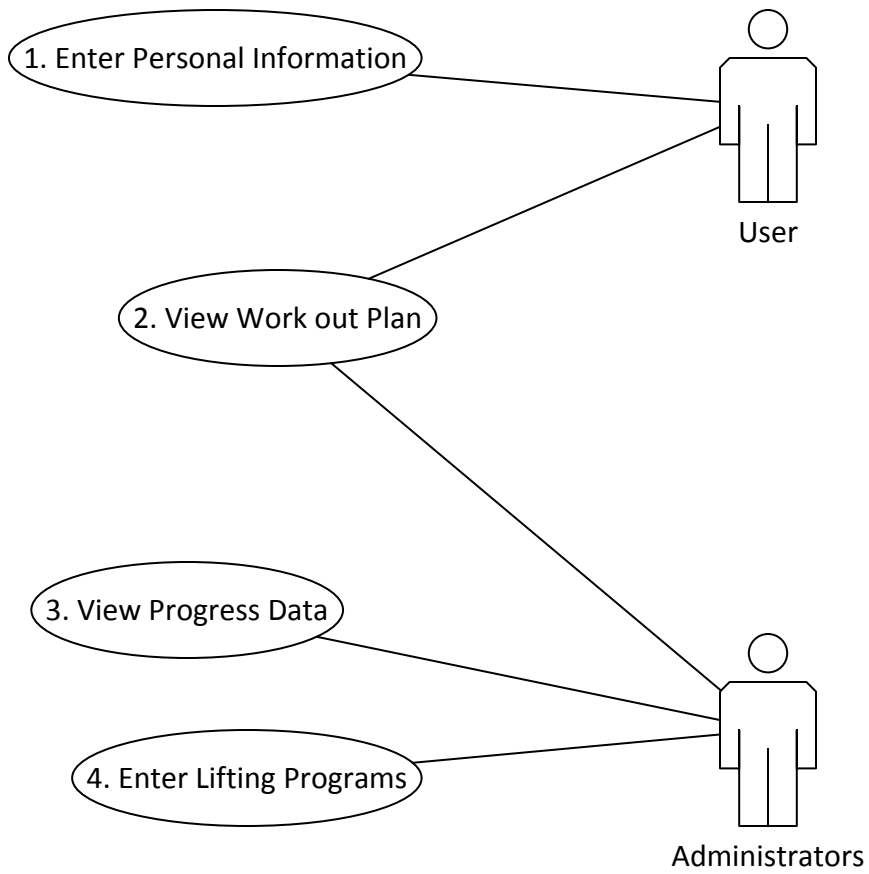
Users would input their name, gender, weight, and level of experience. After the user has registered they will be asked their personal records for the squat, deadlift, bench press, shoulder press, power clean, and snatch. The user has the ability to not enter any information or enter the data later if they do not know their personal records. The personal records will help create a basic base plan for the lifter.

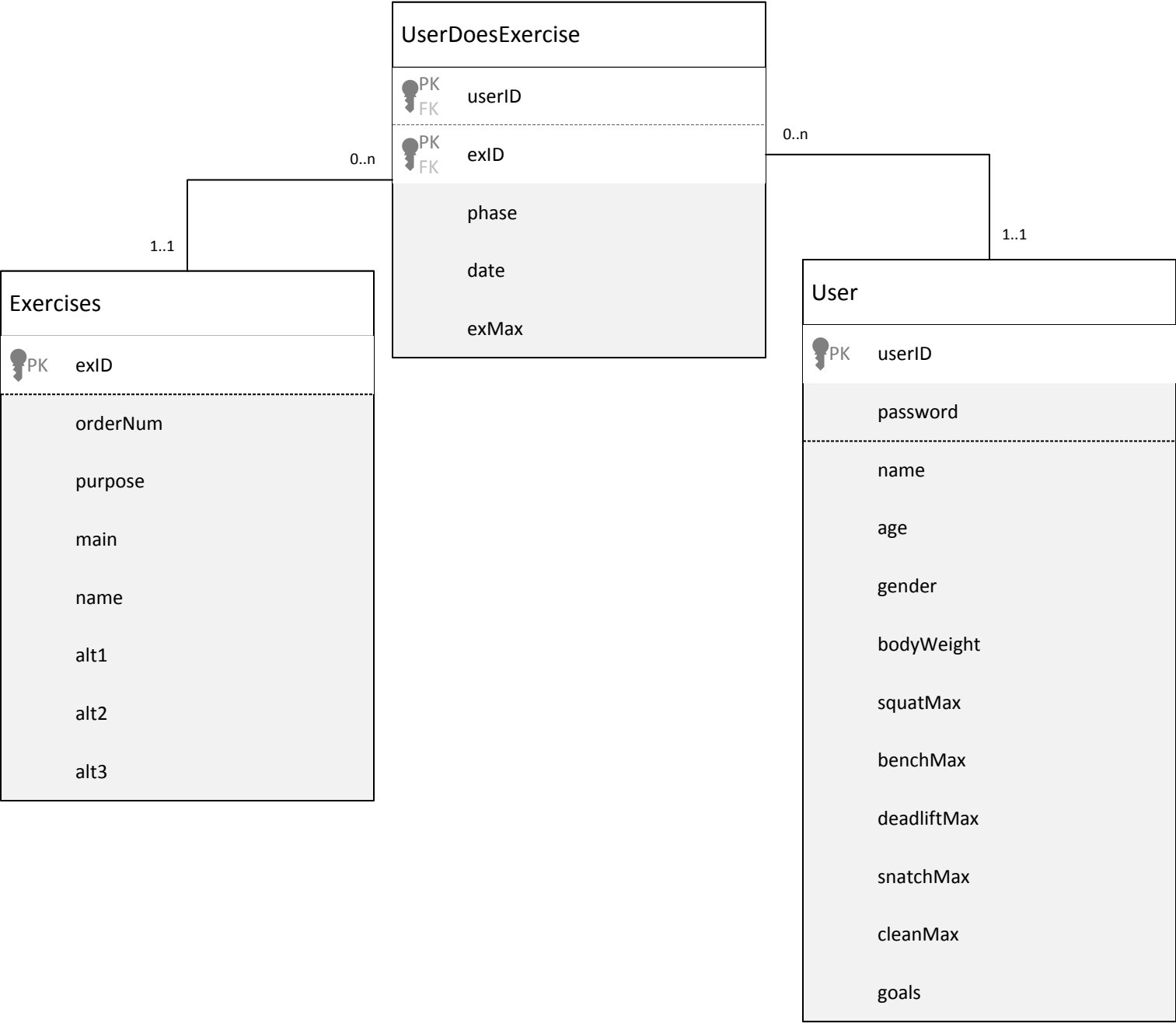
Once the basic plan is created, the lifter has the option to remove some of the basic lifts and swap out the supporting lifts for lifts that he/she can do. Some users may have injuries that may prevent them from doing certain lifts, so the program will be designed to adjust to their needs.

The user will complete the plan the program created for him/her for the week. Once the week has been completed, the user will need to provide feedback of their experience. The user will enter their progress information. The program will adjust to their feedback and create a new plan for the next week. Again, the user will have the option to make the necessary changes to their plan.

The administrators will insert all the main lifts and the possible supporting lifts into the database. The administrator will also be able to view the progress data that the users enter. This information will allow the administrators to add or remove lifts that may or may not be helpful. The administrators will also be able to view the user's data in order to compare the progress to the type of user level of experience.

Weight and See







Welcome to Weight and See!

The only weightlifting app endorsed by the Army Powerlifting Team!



Get Started

User presses get started to enter information in register page



Weight and See

"Get Swole or Die Trying"

Username:

Age:

Gender:

BodyWeight:

UserLevel:

SquatMax:

BenchMax:

DeadliftMax:

SnatchMax:

CleanMax:

User Enter: user name, age, gender, body weight, user level, squat max, bench max, deadlift max, snatch max, clean max

Levels:

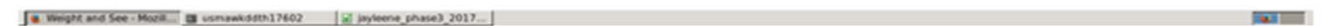
1. Beginner – never had experience with powerlifting before
2. Novice – has had some experience with powerlifting
3. Intermediate – has experience with powerlifting, you may even do it regularly
4. Advanced – very experienced powerlifter

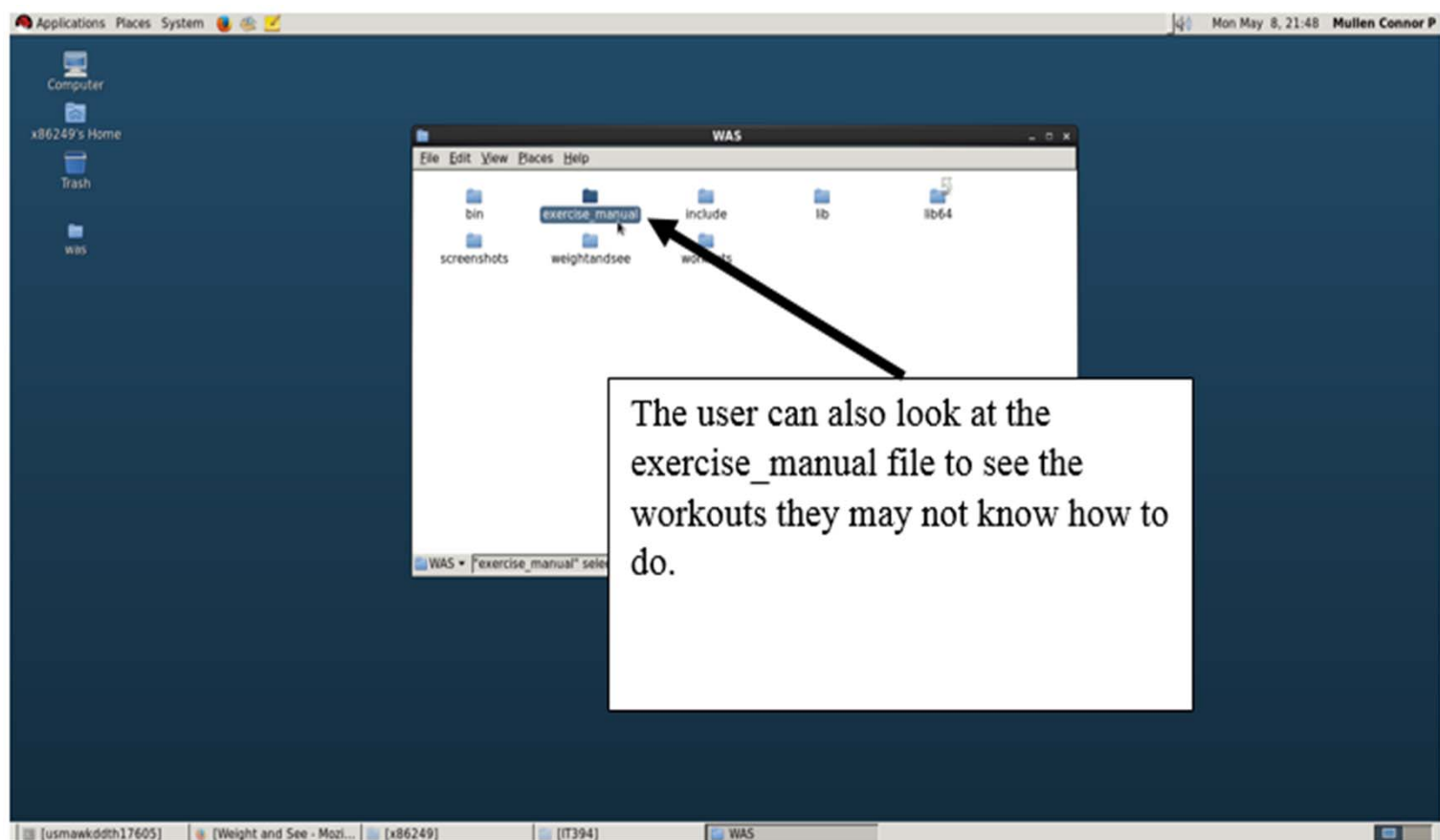
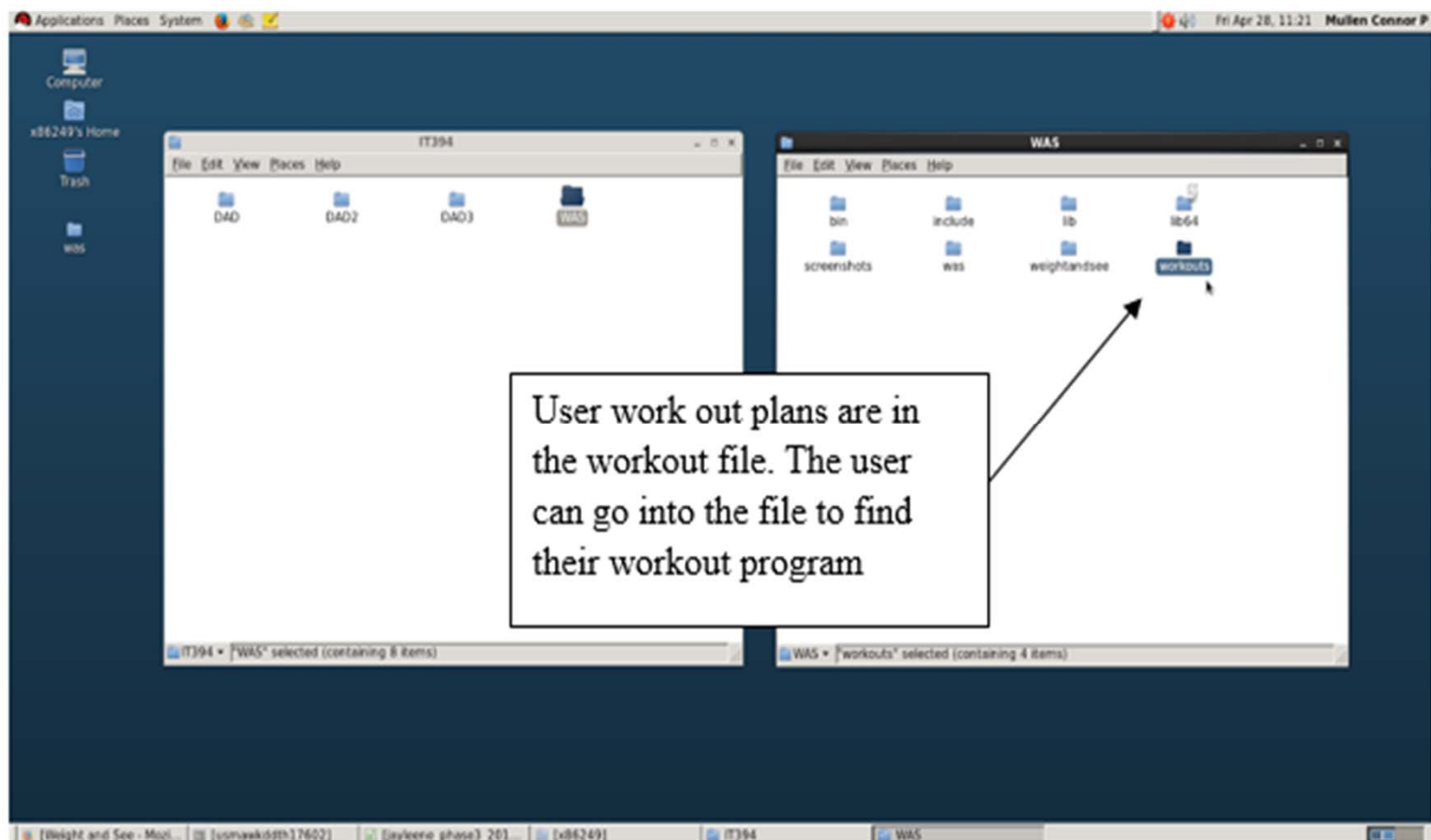


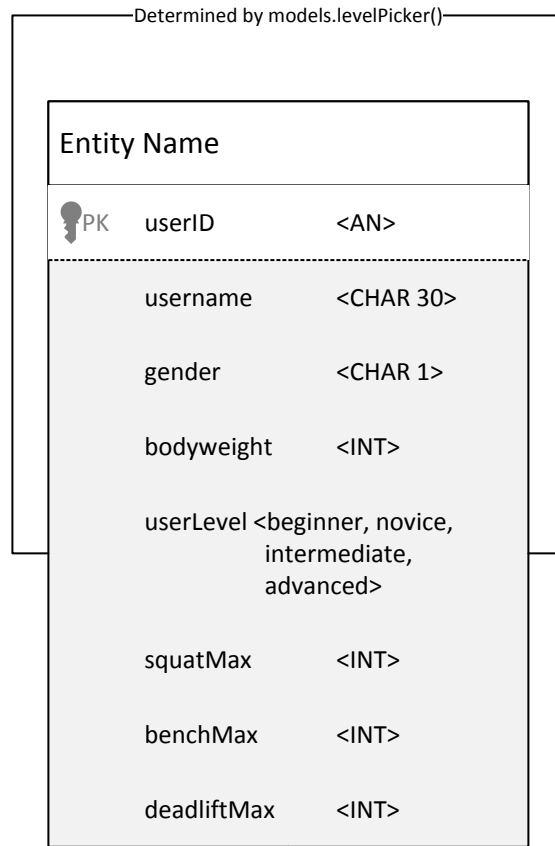
Submitted!

You're on your way to lifting like a champ

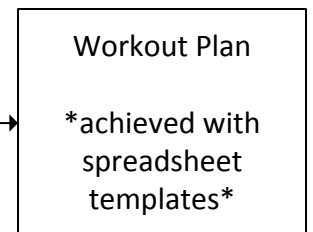
Please check your computer's WAS folder for the .xls workout plan with your name, phase, and today's date.



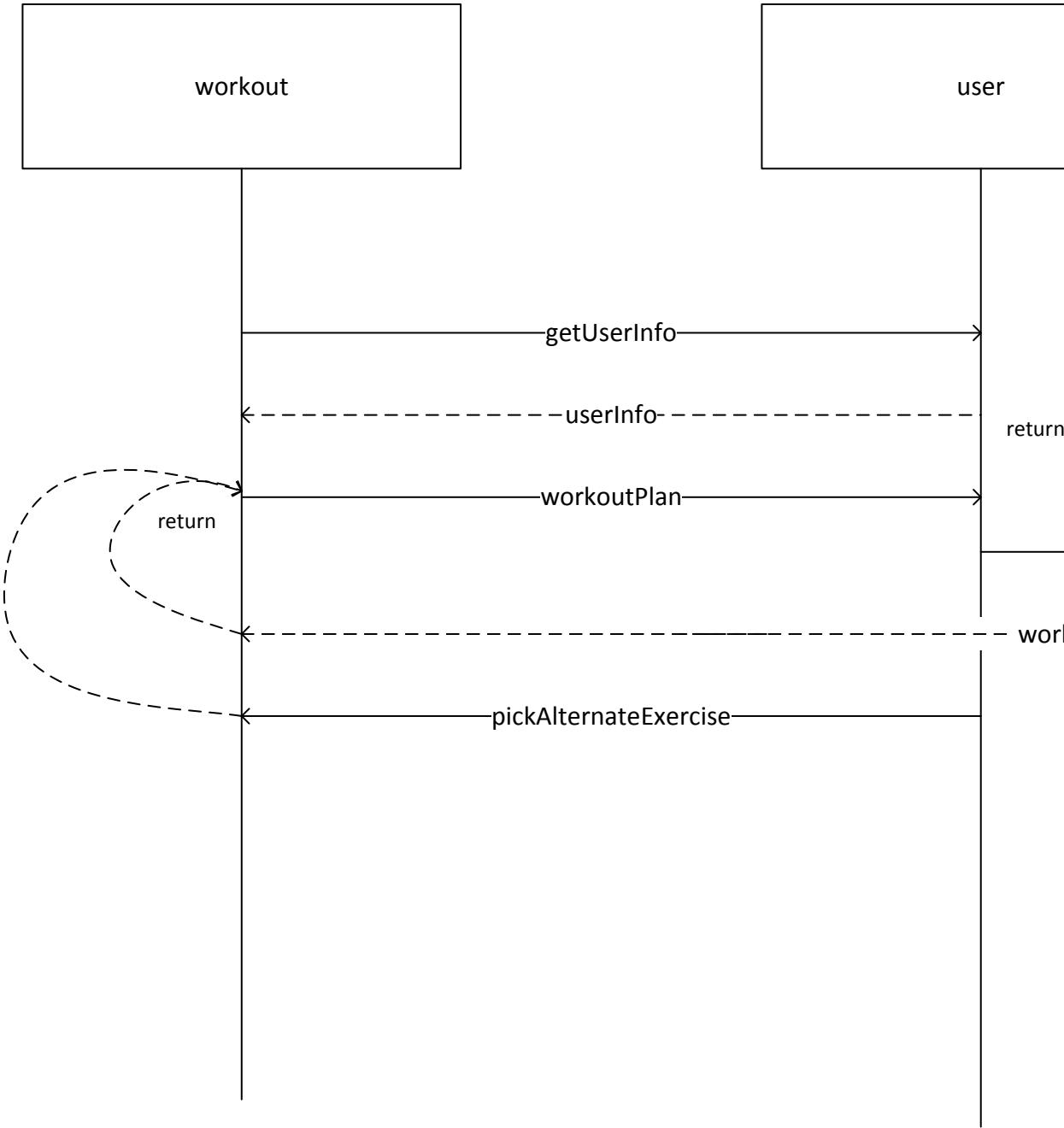




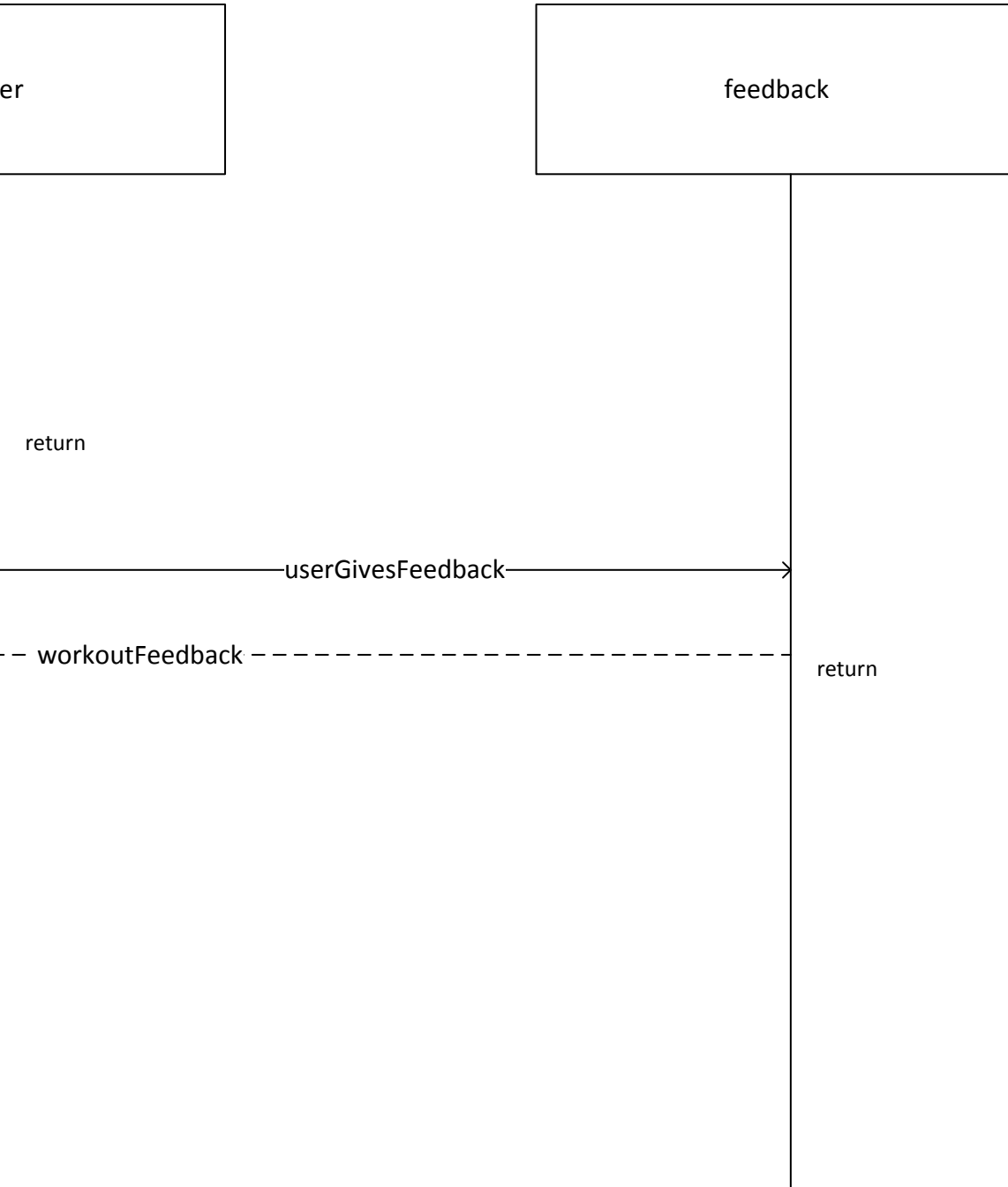
Output workout plan with models.excel()



Sequence Diagram



UML Diagram





Priority	Type/Source	Product Owner	Status	Dependencies
1	Models.py/ creating database	Jay + Connor		Python Modules, power.py
2	Tests.py	Pat + Connor		Models.py
3	Power.py	Pat		None
4	HTML	Hunter		Models.py
5	Storage of excel files on <u>Github</u>	Pat + Connor		None
6	Deployment of app to <u>Heroku</u>	Jay		None



Weight and See Test Plan

For our test plan, we intend to first get all functionality up and running on a local server before deploying to Heroku. Following our backlog, we intend to give all boxes a 'go' and then test based on different use cases. Our first test case is a user creating an account with our app and having the user show up in our database. Once that is complete and we can see that user's information, we move on to taking that user information and putting it into a spreadsheet with the workout. We must test that the app can retrieve and write to the file containing the workout plan. Once it does, we can go ahead and write the user's information to the workout plan. We do this with users who would fit into each one of the four workout plans to verify that the spreadsheets function properly. Following successful writing of information to the excel files, we have users navigate to and open up their workout plan to interpret what their program will consist of.

We conduct similar tests after we deploy the app to Heroku, and then work out any bugs or issues with reading/writing files. Once the user tests that he/she can go ahead and create and access a workout plan saved to his/her local file system from the internet, we push our project code to Heroku and say the project is complete.

Code Management Plan

For our code management plan, we plan to utilize the centralized shared repository model. Our team feels that the centralized model allows for better control and flow of code and information. This works best if one or two people are assigned to a single file. They can edit the file and commit it to the GitHub repository, and then other teammates can read through and check the file and notify the “owner” of the file if he/she needs to make a correction. Then the owner would modify the file and recommit it to the team repository. If a teammate needs to modify a file that he/she is not the owner of, then he/she must communicate to the team that the file is getting pulled down and edited so there are not two different people working on the same file at the same time. We believe that this will be most effective at dividing up project work, keeping track of who is doing what, and being able to track those changes in real time.