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Weightlifting Tracker

Problem Statement

Many weightlifting tracking apps are paid for or include advertisements. I have a structured workout that I follow that doesn't require all the features of a paid app, but I often forget what I did last time and it's a pain to calculate what weights to be lifting in each session.

Solution

The Weightlifting Tracker will be used to be able to record the result of workouts and retrieve the next workout I'm due to do.

Introduction and Goals

The Weightlifting Tracker records successful workouts, and computes the next workout to be completed based on a steady progression to help the user incrementally gain strength across a number of exercises. The primary goal is to have a dynamic progressive weightlifting plan without having to remember previous workouts and work out the next one to do.

Requirements Overview

ID	Name	Description
R1	Get next work-outs	View the next workout that is due to be completed, based on incremental progression and lowering weight when there hasn't been a recent success
R2	Record work-out result	Store the success of a workout

Quality Goals

| ID	Quality	Description
Q1	Correctness	The correct workout details will be returned, following an incremental progression with weight removed as the time between successful workouts increases
Q1	Cost	The solution should cost a minimal amount to develop and run, as it does not generate any revenue
Q2	Clarity	The system may go long periods of time without being worked on, it should be easy to come in fresh and understand it
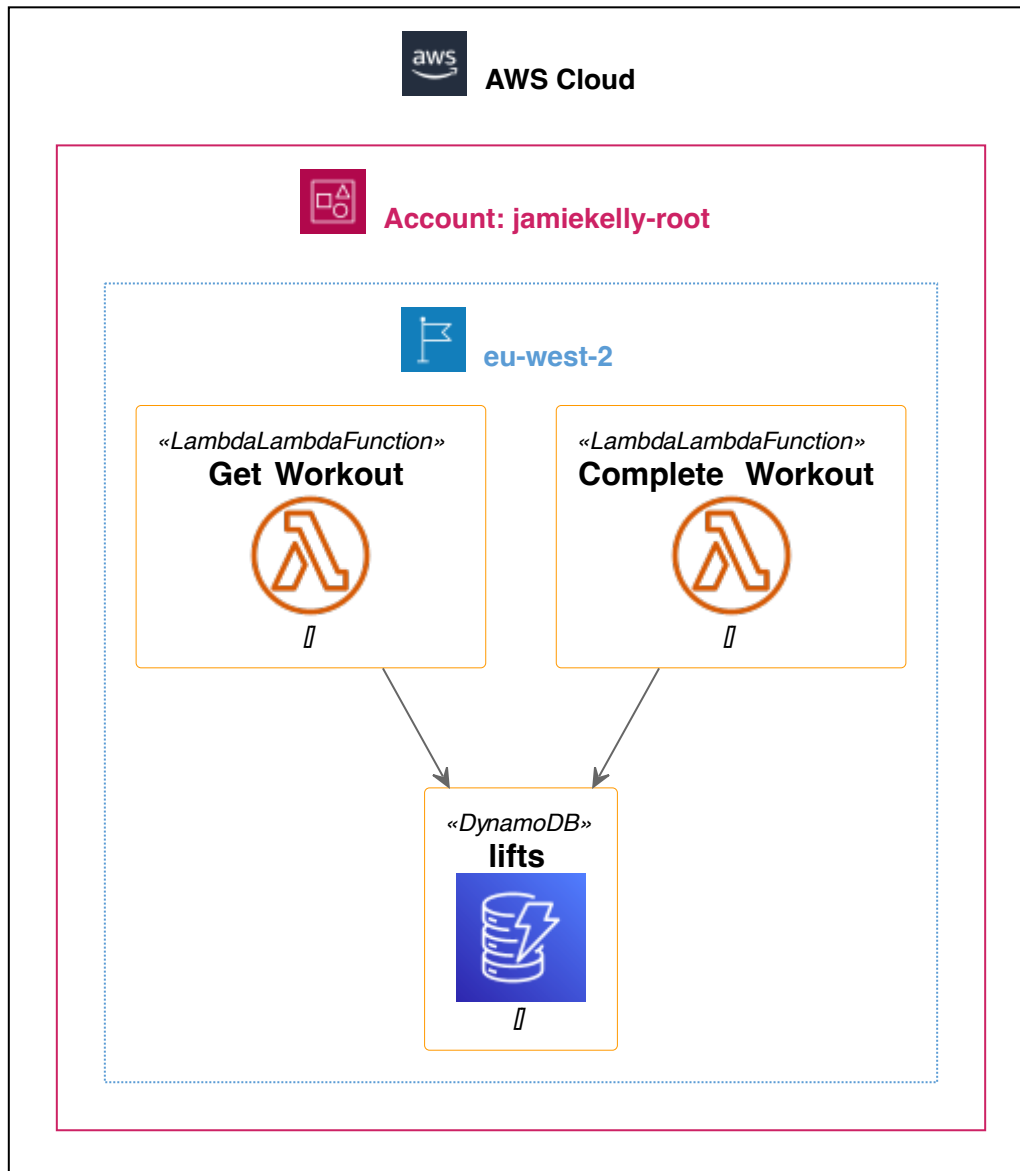
Figure 1: System Context Diagram
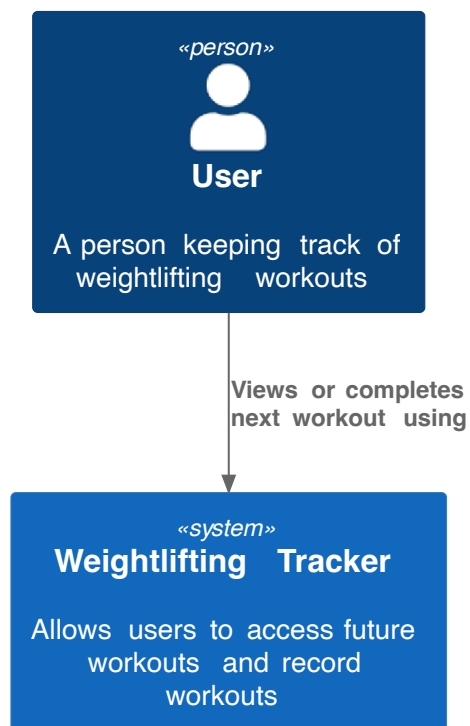
Figure 2: System Context Diagram

Stakeholders

Role	Name	Expectations
Everything	Jamie Kelly	The project is cheap, produces the right output, and is easy to understand