Criterion A – Planning

The Problem:

‘Our Gym’ is a business that curates gym workout plans for each of their clients according to the client’s needs and results of the fitness test, activeness and their workout goal. Our gym currently uses manual and conventional, i.e. paper-based, methods to conduct and record the fitness test results and share the workout plans made by the coaches to clients. Each month, coaches at Our Gym trainers builds a new training plan to fit the client’s progress, fitness, activeness, goal and schedule. So every month information about the client has to be updated manually, i.e. storing the new paper based plan and fitness test in a file that has been assigned to each of the clients. This method is not only a waste of time and resources but it is impractical in the long term as the number of clients increases. Moreover, data loss is a significant threat for a number of reasons.

Additionally, as I am one of the clients at Our gym, carrying a paper around the gym to follow a workout is very inconvenient. And what if the paper is lost? The gym management will have to make the plan again on a new set of paper, which might be time consuming and inefficient.

Hence, Our Gym’s request to make a software application that allows them to perform all the tasks mentioned above without wasting time and resources.This software will be able to recommend fitness plans according to the fitness goals and activeness selected by the user in the application. Which makes Our Gym’s work simpler and they can focus on their core business activity. Moreover, the clients will be able to track their progress and consistency using the software. Along with this the client will have an option to create a customized plan that will give flexibility to Our gym’s client. The customization option was inspired by clients who have been working out at a gym for a long time and prefer to follow self-.made plans.

Rationale

As Our Gym needed a portable and personalized solution, I felt that an Android app would match their and their client’s needs the most. Gym Trainer App is an open online platform where any user can register first and use all the services. This product provides a full list of workouts with reps count & time. It has so many features such as BMI Check, auto generated workout list for selected type of body, customization option and more. Moreover, the user can make a custom workout list according to his/her need. Users should press the start button before starting workout, then counting starts automatically. At end of the session date and time stored into database. User can track all workout activities and view all previous stats of training.

For making the app, I have chosen native app language java and firebase database connection. The reasons for this choice are:

1. Java has powerful Android libraries that allow harnessing of native features.
2. Integration with Android Studio, allowing a faster development time without sacrificing the features of the app
3. Firebase connection libraries with Java; no need to write extra code.
4. The Object Oriented Programming (OOP) nature of Java will increase code reusability as frequently used code will be divided into modules and object classes.

Success Criteria:

1. Sign up screens for a new clients and account to be created with validations to ensure that each username is unique
2. Validations in place for all input fields to ensure none are left blank or improperly filled
3. Simple registration form. ( No multiple Registration with single Email Address. Input validation on all necessary forms.
4. Users should view all predefined workout lists according to their body & workout type.
5. Users should make their custom workout plans.
6. Users should change their workout plan at any time if they need to.
7. Workout tracking makes the user fast approach to reach their goal.
8. Counter can be start and stop manually between workouts
9. The program will be free from all bugs

Word Count: 669