Workout Log

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# Overview

Many sports teams and clubs are in need of a tool to allow them to track athlete workouts and progress as well as provide players with information to help them in their daily training. Some primal versions of such a service exist on the web, but we aim to provide a cleaner, more intuitive means of logging workouts and providing athletes with schedules and videos. Workout Log will provide a user oriented solution to track individual and team progress all in one place.

Github Link: <https://github.com/mattkgross/WorkoutLogger>

# Users

Athletes of all ages whose teams focus on planned workouts and schedules. If you are a part of a team and you do workouts as a part of your regimen with them, this is the site for you.

# Scenario 1

An athlete would like to track their workouts and log their progress. Upon encountering Workout Log, they want to be able to sign up to use the services. After signing up, they sign in and start entering their workouts.

# Scenario 2

A user wants to be able to view workouts from past weeks as well as edit existing workouts in case of mistakes. This is all able to be done on the same workout log page, so that context is not lost.

# Scenario 3

A user wants to be able to access training regimens, instructional videos, and workout advice from his coach. He is able to do so by visiting the workout page – the hub of information sharing for all things workout related.

# Scenario 4

Rather than being in a single team, a member wishes to join a workout log for another team that they are a member of. They do say and may separately log their workouts there.

# Responsibilities

## Matt Gross

Back end MySQL tables and PHP scripting along with API routes – he’s the handy man.

## Matt Bubernak

Designing, planning, and implementing the group aspect of the API and databases.

## Derek Baumgartner

Front end UI and beautiful graphics. Derek is the master of Bootstrap – so we are putting him at work with what he does best.

# Milestone 1 (3/31)

By this point, we hope to be to the point where users can register, log in, and submit individual workouts. Ideally, they should also see the workouts of fellow team mates – this is a stretch goal and will be pushed to the second iteration if needed.

# Demonstration 1

The will be proved via screenshots and live URLs.

# Milestone 2 (4/6)

By this point, we hope to definitely have all teammates’ workouts showing on the same log as a user so that they can compare workouts. We also hope to implement the ability to navigate through past weeks to view those workouts and the ability to edit workouts on the log page – seamlessly.

# Demonstration 2

The will be proved via screenshots and video.

# Milestone 3 (4/13)

At this juncture, we hope to add a page for workout advice, videos, and news for players on a tean, so that they may access all of these resources at one centralized hub.

# Demonstration 3

The will be proved via screenshots.

# Milestone 4 (4/20)

This final milestone is our biggest stretch goal and most likely the most challenging. We hope to wrap all of the content that we have developed to this point into team-based packages. This is to say that members’ logs will be sorted by team and all members should be able to join new teams, leave one, and view all logs owned for each team.

# Demonstration 4

This will be proved via screenshots, video, and a finalized, live set of URLs.