subject: 100 hours project

concept: dance / workout platform where you can track the following:

- name of piece
- choreo inspiration
- music / lyrics
- ability to call out parts of the piece to outline either movement / note for improvement
  - + text for now
  - + future enhancements:
    - music/video timestamp

- name of workout
- target muscle groups
- improvements to note
  - + i.e. heels should remain planted
- modifications to movement
- progressions once you nail basic
- future enhancements:
  - + drawing on diagram

** Other considerations:

- login to track info
- "share" with other profiles for input
  - + i.e. with a trainer
- how the piece or exercise performed in the case of competition

inspiration: in competetive hula, the kūmu (teacher) presents the mele (dance) to the panel of judges, similar to how one would defend their thesis or dissertation in college. The dance piece is broken down from what the dancer is representing, the quality of their pronunciation, all the way to the color used for their costume. Every element is thoughtfully chosen. It is the job of the dancer to also study these elements with equal passion in order for the mele to bring the kūmu's vision to life.

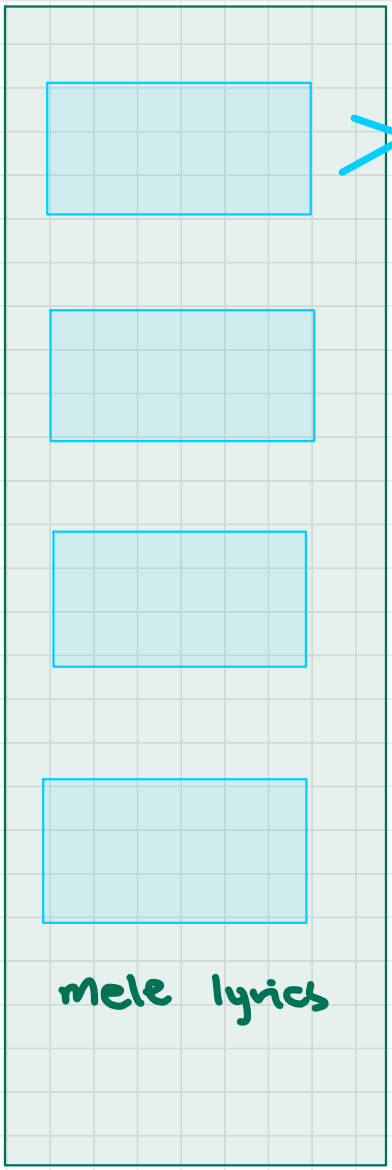
When I competed a few years ago, we studied and quizzed one another for hours and even kept detailed "hula binders". This project is aimed at making it easier to break this note process down to pinpoint areas of improvement. The platform could also translate to weight training (another passion of mine).

wireframes:

- basic dance
- advanced dance
- basic strength training

wireframe : basic dance concept

name of piece



- image of formation
- movement notes
- possible deductions/areas of concern

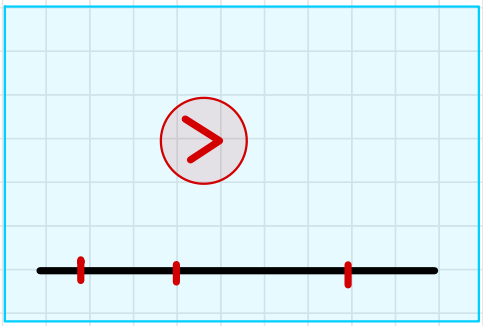
* Action:

1. user clicks on verse or line of mele
2. call out or input window appears @ right with relevant comments to that section
3. possible share for kumu to review & add notes

mele lyrics

wireframe : advanced dance concept

name of piece



possible enhancement?

formation diagram for that timestamp

Timestamp #1 :

Timestamp #2 :

Timestamp #3 :

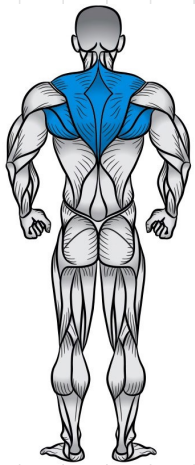
* Action :

1. user creates timestamp for their notes
2. listing for relevant comments per timestamp
3. possible share for kumu to review & add notes

Notes to user from self or from instructor / shared user

wireframe : basic strength training concept

name of exercise



muscle groups to focus on

how the exercise works

progressions on how to make the exercise easier or harder

future enhancements
share with trainer

if clicking the body part is difficult to implement, do dropdown or checkbox & the image will change to match

user input of injuries or modifications they need to make

video or gif of exercise by professional

-OR-

user video of them doing the exercise in order to comment on technique

notes on how to improve on the exercise moving forward