This week I’ll be starting step two of the application project. This step would be considered the part where we need to find our resources on creating this. The application I will be creating will be the fitness app. In this phase I will be discussing some of the implementations of the program. Discussing how the user is going to want to interact with this application, along with the details on how that will be achieved.

To start of this application will be covering weight lifting exercises. Users will be able to create their own accounts to store personal information if they so wish. Creating an account is not required to view workouts. This application will serve as a platform for people who want to create their own workout routines, find workouts, track their progress, and share with others their progress and routines.

When the application is first opened it will ask the user to sign in, create an account, or continue without an account. Users will be able to check a box called always use without an account so they can bypass the first screen if they never want to create an account. These accounts will be stored inside of a database to be easily retrieved. If the user decides to create an account, they will be prompt to create a unique ID so no one user has the same ID. During account creation most of the account information will be optional, can be filled in later or never if they so choose. Though user name and password will be required, the additional information will consist of personal attributes such as age and gender. Users will have the ability to fill out their fitness goals here as well. Once the account is created it will redirect them to the main menu. On the main menu it will have the categories on the left-hand side stacked vertically. These category buttons will be Muscle Groups, Routines, Exercise Library (Favorites), Custom routines, Shared Routines, Journal, Profile, Find Users. The right-hand side of the screen could show stats, charts, or even newly shared routines from other users (a feed).

Once the user clicks the Muscle group button it will take them to a new page, which will show a selection of more categories going down vertically. These groups would be chest, back, shoulders, biceps, triceps, forearms, abs, glutes, legs, calves, and all muscle groups. The user will then select what group they would like to view. Once selected it will show a list of different workouts the user can do. The user will be able to click on these workouts for further details. The exercises will have a written description on how to do the lift, show pictures, even possibly have a video showing how. Also, while inside the details page they can add this exercise to a custom routine or add to their favorite’s library.

Moving into the Routines section, this is where premade plans will be for the user to select from. To begin with there will be three categories consisting of beginners, intermediate, and advance. Once selecting the difficulty, it will bring the user to another screen with routines to select from that are 3 days a week, 4 days a week, or 5 days a week. From there they select which will bring them to another menu of routines to view. The user can view these routines which will then show the specific workout within them with the sets and reps for each lift. The user will also be able to add this routine to their workout library. Within the routine category, users can rate the workout routines for other users to view and help determine if it was a good or bad workout routine.

The Exercise Library will have three categories that include saved workout routines, saved workout routines from other users, and saved individual muscles group lifts. The custom routines will have its own button on the main menu for users to easily find and get to it quicker. Inside the custom routines category, users will be able to click the create new routine button. Once clicked it will bring the user to a screen that looks similar to the Muscle Groups category on the main page. From here they can choose a muscle group and then a lift they would like. Once the lift is chosen the user can then set the reps, sets, and the amount of weight for tracking purposes. These fields will be optional for those who want a quick lift add to their custom routine. Once the routine is created the user will be able to go back and edit or update their routine whenever. The user will also be able to share this routine publicly by clicking the share button.

In the Journal section this is where the user will be able to track all of their stats and progression. The first button the user will see is the Add/update goal button which will load a page asking the user what kind of goal, lose/gain weight, percent body fat, and the amount of weight they want to be able to lift. These stats will then be track on a graph, but the user will need to update the tracking of their goal in order for the graphs to actually show any data. The next button the user will see is the view charts button, within this button the user will be able to view the data and progress of their set goals. Following the chart button, there will be a Picture button where the user can upload pictures of themselves showing the progress they have been making. The Final button will be Notes, this is where the user can type anything they want, something to remind themselves about, or could just type about their journey and share it with others.

Now onto the profile section of the application. Users will be able to share as much content as they would like or keep it private. The profile can show their personal information such as age, location, etc. It can also display their graphs, goals, routines, how much they can lift and so on. While viewing someone’s profile the user can follow the other user’s friend’s list and select routines they like. Then the final button in the application will be the search feature. Users will be able to search routines and other users.