FITNESS DATABASE PROJECT PROPOSAL

Background

For this COMP 3005 course project, I would like to propose on building a database based on fitness. It's an enormous industry with a lot of individuals of all ages that take part in fitness related activities. As per the fitness trend these days, using the gymnasium, having self-progress logs and keeping track of progress of certain exercises and personal goals is very much on the hype. Personally, I was motivated to work on such a topic, because fitness is something I've always been immensely passionate about. Since I started working out and logging progress in note books and following routines, it's become hard to keep track, trace and look up my own progress, through all those pages. Thus I thought having this opportunity; I could work and merge my idea and passion, through a means of making a personal logging database on my fitness routines.

Initially the database will be something that individuals could use to keep track of their fitness progress. Where they would be able to add themselves to a profile, follow routines, perform exercises in those routines and log how they performed. When required after a certain period of time, at their will, they would be able to query their logs and witness their desired progress for over a period of time, either for certain exercises or just their personal goals.

Application Requirements

R1.1) Clients can add themselves with a ClientID being unique to each client. They can add their personal details to their profiles, like age, weight, goal weight, and training type etc.

R1.2) Clients would be able to log their weight training logs, keep track of how far they have reached in their weight training over a period of time.

R1.3) This project could also be investigated to be incorporated into being used as a webapp or a mobile phone app making it convenient for users to use.

R1.4) Retrieving data by querying information that clients would want to view for comparison and progress reports. They would be able to view from multiple tables and it would be convenient for them to view their progress via this database.

R1.5) Having tracked their progress, clients would have a better understanding on how to approach and accomplish their desired results. They would be able to trace mistakes and improvements over time, in areas of interest.

Due Diligence

CPY 1.1) Fitness Industry being a giant competitive market has loads of big companies with similar apps. Since the database proposed for this project is based on users being able to view and track their fitness progress from data logged over a time period. This could be an issue with some apps out there that deliver somewhat of a similar result for their client, with hints of modification.

CPY 1.2) A lot of exercises and joined movements could have been introduced by individuals, and have the exercise named after them. This might be an issue trying to propose such movements on this database.

CPY 1.3) Combined exercise and suggested group sets could have been viewed and picked up from celebrities that belong to big fitness corporate agencies. Having followed these online tutorials and incorporating it in my workouts could be a problem without crediting them on their work.

Sample Documents

This is a sample on how the data will be logged and how the clients will log their progress and time taken

Client Name	Age	Weight (lbs)	Target Weight
Moe	22	200	180
Tom	35	190	200

Routines	Body Part	Time Required
Routine1	Chest	1hr
Routine2	Bicep	55min
Routine 3	Back	1hr 25min

Body Part	Exercises	reps
chest	fly	8
	press	12