Project Overview Hannah Mundt

1. Introduction

The app I am creating is called CustomWorkout30. The reason that is the name is because it creates custom 30 minute workouts for it’s users. In order for my app to be as useful as it can be to reach a variety of audiences, each user will be given a customized workout that incorporates 10 minutes of cardio, 10 minutes of weight lifting, and 10 minutes of yoga. The user will be able to select what body part(s) they would like to focus on during their workout. After that there will be another screen that will ask what level/intensity you would like to be at (beginner/intermediate/advanced). Then the workout will be made from there! The workout will be a list of different workouts selected from the previous options. There will also be check mark boxes next to each workout so after you are done with a part of your workout, you can check that off the list so you know what you have done/what you have left to complete. The workouts will be stored in a calendar in case you ever want to look back and see what you’ve done.

I am envisioning that there will be 4 main screens – the first one being a welcome screen, the second being the body part screen, the third being the intensity level screen, and the last being the customized workout. The option for looking back at your history will be on the main/welcome screen. The workout options will be stored in a local database that will in the end create the workout. The workout history will also be saved locally.

2. Motivation

Over the past few years, lots of people have been looking to improve their quality of life, and health is an important aspect of that. Beginners may not know where to begin. Similarly, once you start a workout, you may forget everything you wanted to do/what you have already done. I also am arguing that lots of people say they may not have enough time to fit in a workout because of a busy schedule, which is why I believe a 30 minute workout is a very reasonable amount of time. While looking at other apps in the app store and different websites that are similar to my app, most require that the user puts in their own information about a workout they completed, along with their diet for the day and how much water they drink, etc. My app is different in the sense that they will get the workout customized for them, and I really like that this idea could possibly improve the lives of people who are looking to become a healthier person.

3. Resources

* Android Studio
* Mobile Apps textbook
* Workout websites that will provide workout ideas
* Github

4. Skills

* Database knowledge
* Coding (specifically in android studio) skills
* Fitness knowledge – figure out best workouts to incorporate
* User interface (make user-friendly)
* How to make an android mobile app