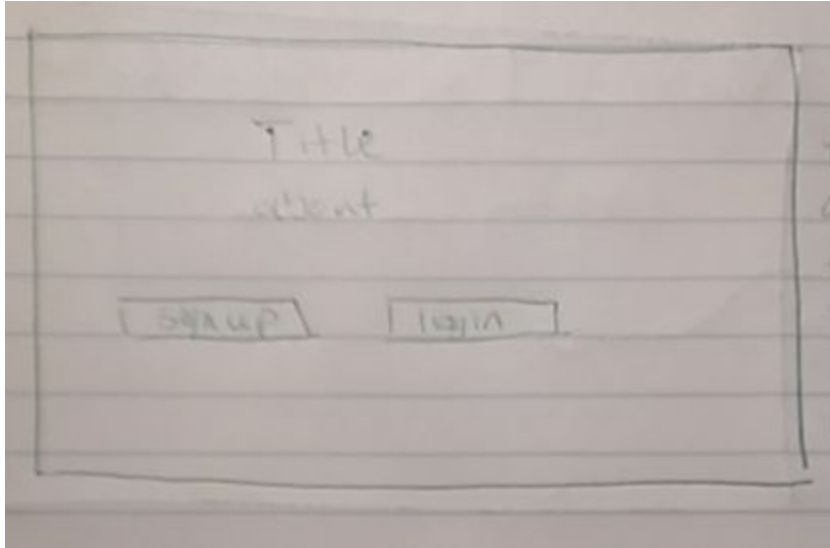


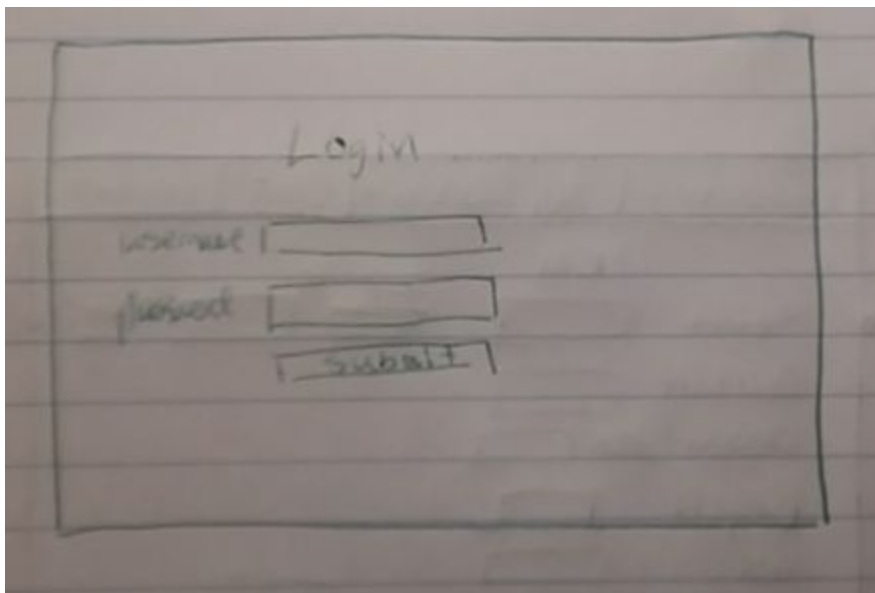
Personal Strength Trainer Proposal

Page 1 Home Page



This will be a simple home page explaining the training program that is gonna be used by this site, who it is for and what they can expect. There will be two buttons underneath one for the user to sign up and one for them to login.

Page 2 Login Page



Page 3 Sign Up Page

Sign Up

username

password

confirm

Standard sign up form with a password confirmation field.

User Home Page

New Workout | My Workout | Chat | Logout

Welcome _____

→

Users main view where they will have a nav bar at the top and if they have created a workout it will show the workout otherwise it will say "No Workout Created"

New Workout Page

Hand-drawn sketch of the New Workout Page. The page has a navigation bar with 'New Workout', 'My Workout', 'Chat', and 'Logout'. Below the nav bar, there are input fields for 'Squat', 'Dead Lift', 'Overhead press', 'Bench', 'sex', and 'weight'. There are also checkboxes for 'RM' and 'Zipcode', and a '+ for chat' button. A 'Submit' button is at the bottom right.

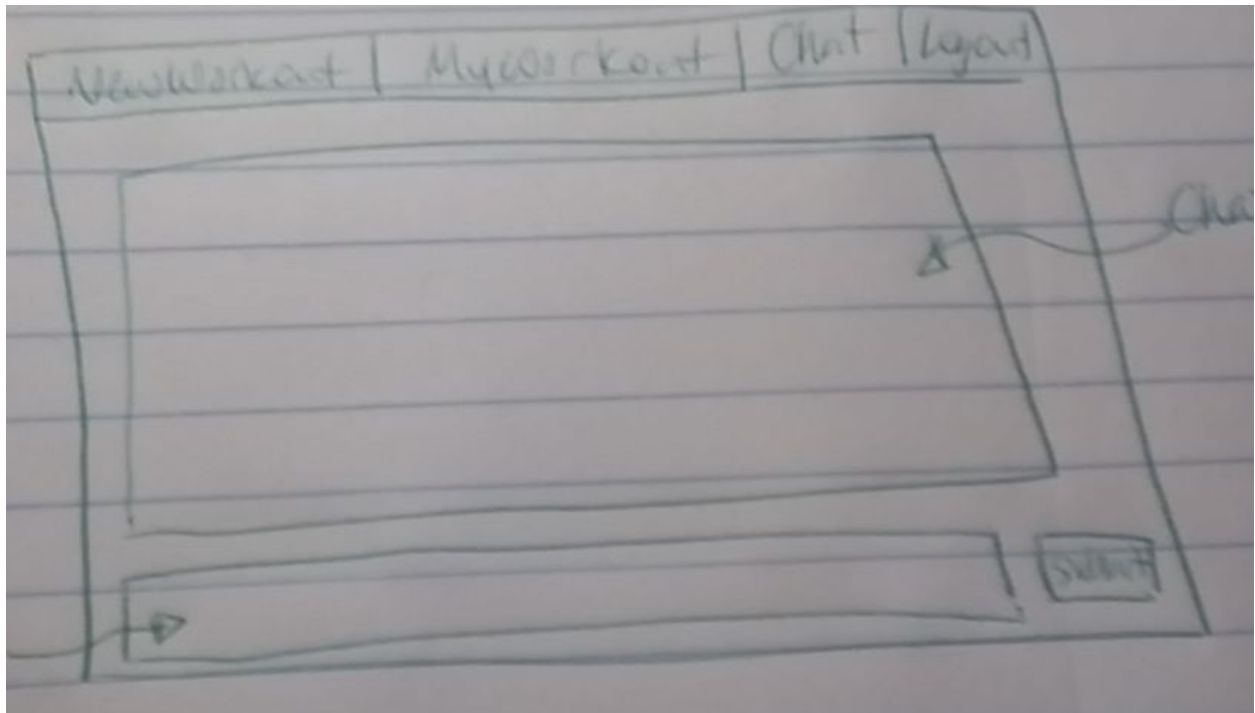
User will again have the nav bar to navigate the site and on this page they will enter some basic information about them to create a personalized workout schedule. * Zip code will be collected for live chat.

User Home Page with Workout

Hand-drawn sketch of the User Home Page with Workout. The page has a navigation bar with 'New workout', 'My Workout', 'Chat', and 'Logout'. Below the nav bar, there is a 'Welcome' message. The main content area shows four columns for 'Week 1', 'Week 2', 'Week 3', and 'Week 4'. Each column has four rows representing workouts.

Same as User Home Page but now there will be 4 weeks of workouts with 4 workouts per week. The cells for the workouts will display the suggested weight and rep ranges for the major lifts and a button to mark the workout complete

Chat Page



Here users will have a live chat room where they can talk to users in the same zip code as each other with the idea of helping to find workout partners or talk about workout topics.

Timeline (Plan of Attack)

1. User Authentication system (New and Existing)

a. Sign Up form

- Page where new users can register for the site

b. Login

- Page where existing users can login to their accounts.

c. User Data Model

- User model that will hold user info new workout info, and have references to workoutweek rows.

2. Home Page No Workout

- Create welcome page
- Create Nav bar, and wire up logout.

3. New Workout Page

- Form that will allow users to create a new personalized workout
 - Update the user model to have personalized workout info
 - With their entered information calculate workouts for them and store information in a workoutweek model that the user model will have a reference too.

- iii. A workoutweek model that will hold data about the a workout week.

4. Home Page With Workout

- a. Update HomePage view to show weeks 1 - 4 of personalized workout schedule. With each workout having a button to mark as done (mark as done updates data in workoutweek model).

5. Chat Page

- a. Create a chat view
- b. Create a chatViewAPI to get new chat data
- c. Use Vue.js to refresh the chat view.

Project Goals:

Create a website that allows users to track their 5-3-1 workouts online, create new 5-3-1 workouts, and chat in real time to other locals that are using this site.

Stretch Goals:

- Create a feed of relevant blog posts or articles on the homepage pertaining to working out.
- Schedule workouts online with other users