CMSC 436 Project Proposal: Workout App

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App Description:
This app will let a user keep track of their daily workout schedule, offering them the choice between workout regimens based on their exercise goals.

Minimal Goal:
- Allow the user to schedule different workouts for different days of the week.
- Automatically generate a workout plan for the user depending on the goals of the user. These are inputted upon first log in of the app
- The app will have 2 presets where the user will decide whether they want to lose weight or gain muscle
- The user will also receive notifications reminding them when to workout and will notify of any missing workouts
- There will be a friend functionality where you can share workouts, messages, and progress with other users on the app.
- Calendar functionality to plan their workouts for the week

Stretch Goals:
- Include informative videos/pictures for each exercise included for each day
- Ability to customize their workout schedule and/or add a search bar functionality
- Multiple user accounts on the same device
- Ability to share workout plans with others

Milestone 1:
- The ability to enter height, weight, age, gender, and select a workout regimen (3 possible types TBD)
- Calculate TDEE for person

Milestone 2:
- Display calendar of all workouts planned for the month
  - Will designate which day is targeting which muscle group
  - Mark workouts as complete; build a streak

Milestone 3:
- Send user notifications reminding you to workout on certain days
  - Gives user messages to encourage them to workout
  - "How many days has it been since you last used the app"