

Project 3 for Group 17

I Architecture Overview

- For our project we are proposing a fitness journal program that would allow the user to track their workouts, water intake, mood, soreness levels, and log food.
- We will be using Javascript to create our program.

II Prototype features

- Main page
 - Shows the summary of the different logs, such as workouts, water and mood.
 - The different days can be selected to show more details of the logs.
- Workout log
 - Cardio
 - Tracks:
 - Specific workout
 - Total time
 - Average speed
 - Strength training
 - Tracks:
 - Specific workout
 - Number of repetitions
 - Uses a drop down list for user to select their workout
 - Has an option to add in their own workout
- Mood tracker
 - A pop up will appear when the user first opens the page that will ask for the user to select their mood and the level of their soreness.
 - These moods will be stored for each specific day.

III Final Program Features

- Water log
 - Users can update their water intake, which will be stored in each day's log.
- Nutrition log
 - Users can input a basic overview of their meals.
 - This will be a journal entry and will not track calories for them.
- Pre-made Workouts
 - A set of workouts pre-made for the user to select and enter their information for each individual workout contained within.
 - The user will have the ability to create their own pre-made workout
- Other features
 - Users will have the ability to add a to-do list to a specific's day's log.
 - There will also be a text box for users to add notes or journal entries to.

GTA signature:  Date: oct 18, 2021