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CPS 3320: Final Project Proposal

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The social problem I chose to address is related to personal fitness. Many people want to stay fit but just don’t know the exercises to do so; even more so now during this global pandemic. Gyms are closed, but that does not mean you can’t still stay active while at home. There are many exercises that are easy to do at home that require minimal to no equipment. I know for myself I have some equipment at home and know a bunch of exercises, but tend to stick to the same ones all the time. Like many others I would be more motivated to workout if I had an exact list of exercises to do that offered variety, but that can be difficult to do without a personal trainer. I want to write a program that allows the user to input workout specifications and the program would give an output of a randomized list of exercises to meet the user’s specifications.

The program would store exercises into lists based on specific categories, for example: upper body, lower, body, chest, biceps, core, legs, glutes, full body etc. Based on the user input the program would pull exercises at random from desired lists and return to the user. This can help keep people motivated to workout because their workouts are always new and interesting.

**Safe Goal**

The safe goal would be to allow the user to enter a few general specifications like part of body and how many exercises they would like to complete. The program would run and give them a randomized output based on their input.

**Stretch Goal**

The stretch goal would be to read in the list of exercises from a file and then store them into lists, so that there is a general list of all exercises to reference. Also, giving the user more options regarding their workout. For example, giving the choice to choose intensity, multiple categories or more specific categories.

**Program Outline**

* Ask the user a set of questions regarding their workout and store their input into variables.
* Use a series of if/else statements to find category matching user input.
* Possibly create functions for types of exercises.
* Once category is found, a loop with run based on the number of exercises the user imputed.
* For each time the loop runs, a random exercise from the list will print/be returned to the user.
* Once the loop runs completely the user has their list of exercise for their desired workout.