Samuel Meyer Project 2 Proposal

**Idea:** I want to build a swim workout tracker that will keep a log of your workouts. My idea will hopefully include a place where the user can enter their workouts and drop down menus for each stroke and distance, and a place to enter your time intervals. It will start with a quiz for the user to input the user’s current times for each stroke so the app can tell you where to start in terms of intervals. It will have a page that will display a log of all of your previous workouts and for new workouts determine a good interval for each distance and repetitions. Also it will keep a graph of your intervals and best times, if you want to keep track. If not, the graph will be empty. (Future use could be to develop it to house multiple sports as well).

**Target Audience:** Swimmers of all ages. (Future: other athletes for different sports)

**Problem:** Really a workout tracker isn’t new. However all of the ones I have used never give you a way to predict the best interval for the next workout you do. Not only that, but it’s hard to push yourself to get better if you always choose the interval. Also, most exercise trackers only track one sport. Theoretically I would like to develop this to help track other sports and maybe weight lifting as well.

**Goal:** To provide a service that will not only track the user’s athletic stats but also provide data so they can improve.

**User stories:**

* As a user, I am able to input my work out after I have completed it, and the app keeps track of what I have done in the past so I can look back and see if I am improving.
* As a user, I am able to visually see a workout-by-workout graph to see how fast I was swimming over time and if I could push myself more.
* This app helps me to predict what kind of interval’s I should be swimming at for the next workout so I can improve upon my times and fitness.

**Nice to haves:**

* Visual Graph
* Other sports
* Interval times for the next workout.
* Workout generator