

PHP Project Proposal: P90X3 Web App

Sam Wagner

Project description: For every P90X3 workout, there's a workout sheet. My web application will allow the user to create a profile, start a workout program, and track his or her workouts. The audience is anyone who is following the workout program on his or her phone or laptop.

Design Overview: My program will save people from having to find a pen, print out workout sheets, and bring those worksheets wherever they workout.

Database: The application will have several types of data.

Entity: *User*

Properties: *Name (string), Username (string), Password (string)*

Entity: *Workout*

Properties: *WorkoutTitle (string), Exercise (string), Reps (int), Weight (int)*

Entity: *Schedule*

Properties: *NumberedDay (int), WorkoutTitle (string)*

Database Retrieval: The user will be able to see past workouts alongside the current workout they are doing.

Database Update: The user will be able to add Reps and Weight they complete for each exercise. I will limit the Reps and Weight fields to numbers to maintain integrity.