How to Use this Template

1. Make a copy [File → Make a copy...]
2. Rename this file: "**Capstone_Stage1**"
3. Replace the text in green

Submission Instructions

1. After you've completed all the sections, download this document as a PDF [File → Download as PDF]
2. Create a new GitHub repo for the capstone. Name it "**Capstone Project**"
3. Add this document to your repo. Make sure it's named "**Capstone_Stage1.pdf**"

GitHub Username: https://github.com/sohaib-alomari

Gym App

Description

My Gym App contains a list of exercises divided by the different body areas, such as chest, arms , shoulders, backs, and legs. My App lets you choose the exercise you want and shows you how to do it and then you can add it to a specific day of the week. Once you go to the gym and start your training it will start a timer with it for each exersice to ensure an optimal workout.

Intended User

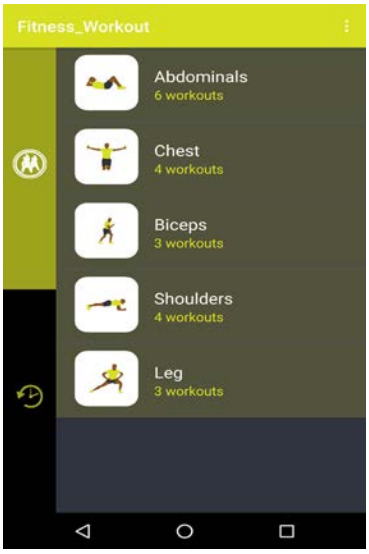
Any one interested in exercising .

Features

- List of all exercises.
- Ability to Add your favorite exercise to a specific Day of the week.
- Timer for each workout.
- Ability to share you accomplishment of completing an exercise with your friends.
- A Widget that provides the Exercises for each day.

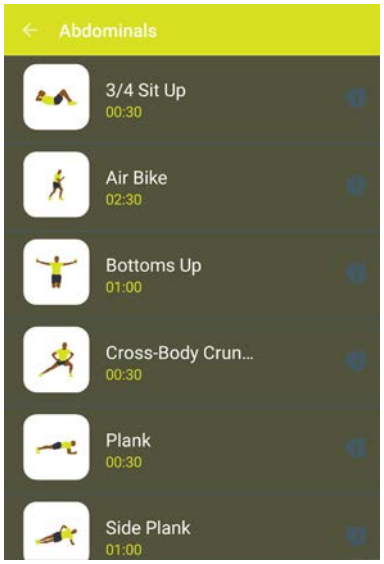
User Interface Mocks

Screen 1



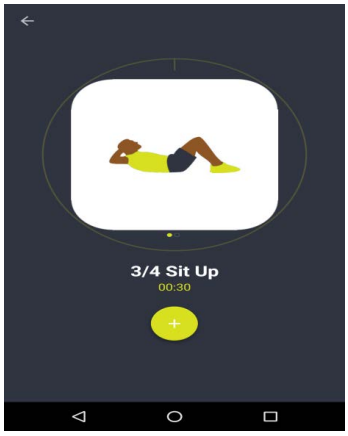
This is the main screen where you see all the different exercise area's that you can choose from

Screen 2



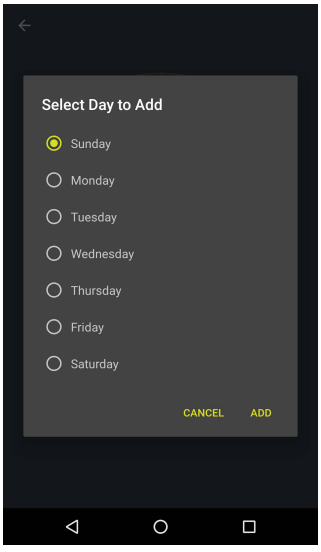
Let's say that you choose the Abdominals area, you will see all the exercises related to that area and the length of each one of them with an info button.

Screen 3



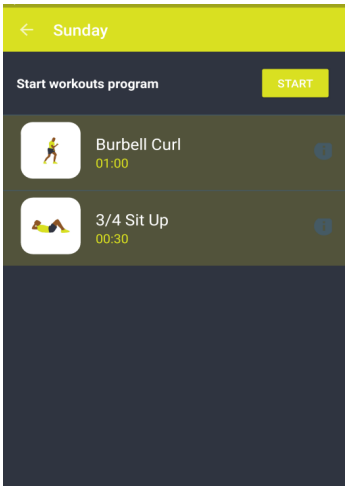
After choosing a specific exercise, you will see an animation plus a description text of how to do it, and the ability to click the add button to add it to any day of the week you like.

Screen 4



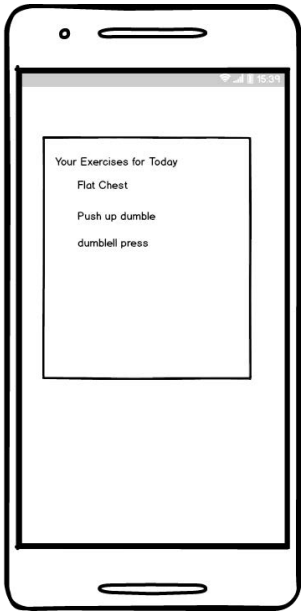
If you Click the + Button on screen 3, you will see a list of days to add the exercise to.

Screen 5



From the Main Screen if you choose your schedule, you can choose any day of the week and see your all of your exercises for that day.

Screen 6



This is how the Widget will look like on the home screen, with the exercises for that day displayed there.

Key Considerations

How will your app handle data persistence?

Data will be saved internally using Sql lite, and a content provider.

Describe any corner cases in the UX.

Describe any libraries you'll be using and share your reasoning for including them.

- Android Observable-ScrollView: library to observe scroll events on scrollable.

- `com.lsjwzh:materialloadingprogressbar: To get Stylezed progress bar.`
- `com.mikepenz:iconics: To use any icon anywhere easily, with out having trouble in resizing fonts or images.`
- `devlight.navigationtabbar:navigationtabbar: make Tabs slide vertically.`

Describe how you will implement Google Play Services.

- Admob : use banner ads.
- Firebase Notifications: give the user a motivational Statement to encourage him to work out.

Next Steps: Required Tasks

This is the section where you can take the main features of your app (declared above) and decompose them into tangible technical tasks that you can complete incrementally until you have a finished app.

Task 1: Project Setup

- Setup Gradle Dependencies.
- Update Andorid Studio to the latest Stable Version
- Search and setup libraries that may be required for development.

Task 2: Implement UI for Each Activity and Fragment

- Build a UI for each Activity.
- Design a Splash Screen.
- Build UI for Fragments(FragmentCatagories,Fragment,Programs).

Task 3: Implement Data Models and Content providers

- Create data model classes.
- Sqllite Database setup.
- Setup loaders and adapter.

Task 4: Designing for Tablets

● Design app for tablets
● Check compatibility with older phones

Task 5: Implement Google Play Services

● Add Admob to the app to generate revenue
● Add Firebase Notification to the app to send user motivational quotes to encourage him to workout.

Task 6: Testing and Debugging

● Design Test cases and perform test accordingly
● Analyze the bugs

Task 7 : Add Widget

•Setup Widget to display exercises for that day.
•Widget shows daily motivational quote.

Task 8: Retrieve a Quote

•Retrieve a quotes from http://forismatic.com API.
•Use Async Task to retrieve Task.