Team: WeWorkOut

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WeWorkOut Website Report

Abstract

WeWorkOut is a website created to provide our users with a unique and valuable tool for tracking their fitness in both a convenient and easy-to-access fashion. This website will allow the users to establish goals for their exercise routines, select desired workouts, and track their progress by accessing our user-friendly interface. One of the most important features that WeWorkOut has available is the ability to allow the users to tailor their exercise journey to their individual tastes, allowing for a more intimate experience with the website while encouraging interactivity across several days at their own pace.

Our website allows the user to select from a number of prepared exercise routines and tutorials at the push of a button. Squats, Push-ups, and running workout guides are available on the website in an easy-to-access manner that allows any user to jump straight into planning how to begin their fitness journey. Most important amongst WeWorkOut's features its ability to track progress using multiple units of measure, dates, and exercise types to ensure that no matter who the user is or where they are from, they have an accessible tool for beginning their workouts.

URLs:

N/A

Introduction

WeWorkOut has a series of useful features ready to be accessed at the press of a button, all from the moment the user accesses the homepage of the website. Within seconds, the user can view their progress, set their goals, or record the data from their most recent workouts. Prepared routines available on the website come with detailed guides that encourage the user to jump straight into their exercise routine without any interruption or unnecessary information on exercises they don't want to focus on.

Prepared guides for exercise include squats, pushups, and running exercise routines. Each of these guides provide a series of easy-to-follow steps to begin their routine, with visual aids present to encourage proper form for added accuracy. Furthermore, users uncertain of whether or not they know how much or how long they should engage with a particular workout can obtain clarification by accessing these guides.

Each personal record page stores the data in a detailed line format that allows the user to both look back at their older exercises as well as add their progress on their own recent workouts. Our fitness tracker allows the user to input the duration of their exercises, how many repetitions, track their weight, and even monitor the distance or progress of that particular workout.

Accessing the goals menu can be done right from the home menu or from the records page to allow for quick verification for when the user wants to double check their progress. Should the user have no goals set, they can easily use the website to begin setting a goal for a particular workout or series of workouts to begin their workout journey. Records can be used and compared to the user's set goals to allow for a visible way of tracking their progress, possibly even encouraging further interactivity with the website as they become more confident with their fitness ability.

Convenience, accessibility, and interactivity each serve as the primary accomplishments of the WeWorkOut project. When the website was constructed, the primary objective was established to ensure that the user could create and access

records, designate exercise goals, and provide guides instructing proper fitness and form. This website accomplishes all of the desired team goals while providing a convenient fitness tool that one could use to observe workout goals in both a data and visual format. It is for this reason that WeWorkOut will encourage users to efficiently set their own pace on their journey to be in peak shape.

Feature Table

Feature Name	Scope	Primary Programer	Time Spent	File/Function	Loc
Database	DB	Team	2 hours	All modules	102
Seeded Database	DB	Alex	30 mins	DBInitializer.cs	62
Index record and goal	UI	Alex	1 hour 30 mins	Index.cs	23
Users added Added about page	DB and UI	Alex	2 hours	User scaffolding	156
Authorize	Back-end	Alex	30 mins	Goal/Record Controler	31
Switched User type	Back-end	Alex	1 hour 30 mins	???	98
Unit metric/imperial	Back-end	Alex	1 hour	_UnitsPartial.cshtml	160
Units tied to User	Back-end	Alex	1 hour	ApplicationUser.cs	110
AJAX for Goals	Back-end	Alex	2 hours 30 mins	goals.js	193
Home/Progres/Guide Pages	UI	Rachel	3 hours 30 mins	Index.cs ProgressController.cs	107
AJAX for Guide	Back-end	Rachel	4 hours	guide.js	135

Goal Fixes	UI/Back-end	Alex	2 hours 30 mins	GoalController.cs	98
Progress Controller Fixes	Back-end	Rachel	1 hours 30 mins	ProgressController.cs	54
Added Graphs on Progress	UI	Alex	6 hours	progress.js	253
Graph Clean up	UI	Alex	2 hours	progress.js	125
Graphs Fix	UI	Alex	3 hours 30 mins	progress.js	370
AJAX for Records	Back-end	Alex	3 hours	record.js	146

Unrecorded time 'Team' worked together: 16 hours

Individual Contribution

Team Member	Time Spent on Project	Lines of Code Committed
Alex	46 hours	1825
Rachel	32 hours	189

Alex: Spent a majority of time focusing on the goals, records and the graph for the progress page. Alex also seeded the database for all models. Both team members worked on the database planning and website alongside one another.

Rachel: Primarily worked on the home, progress and guide. Rachel additionally got the controllers for progress and guide up and working and did the AWS. Due to conflicts, this report was written by Rachel. As noted previously, both worked on the database planning and website together.

Summary

For the duration of this project the team met up twice a week and worked on things together. Unfortunately, things were difficult along the way and we were unable to match contribution levels in different aspects. As is seen from the Feature Table and Individual Contribution table, Alex took on a significant amount of programming time. This was due to personal time constraints Rachel encountered throughout the life of the project. The primary draft and editing of the final paper was done by Rachel after agreement by the team and due to unexpected complications on Alex's behalf. Rachel will be completing the AWS for the presentation next week.

Overall our team's performance was good in some aspects and reached the level of needing improvement in others. As a team we were able to add desired functions to the website such as; allowing the user to create goals, submitting records, providing guides to help the user, and creating progress charts to allow the user to see their progress. We were able to create a workout tracker that is simple but also allows the user to easily create goals and stay fit.