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Ultimate Fit

Description

You want a better physique? You want to personalize your training plan or you want to customize plan for your trainee? Try Ultimate Fit app!
The Ultimate Fit app will help you to create your detailed training plan from a list of exercises provided. You can add your own rep range, your own number of sets, super sets, and tri-set. Also, it will help you to record your performance by saving the number of rep and weight for each of your set. There will be step by step instructions on how to do the exercise along with video illustrated. Besides, if you are personal trainer, you can customize the whole training plan for your customer with side notes on how to perform each exercise.

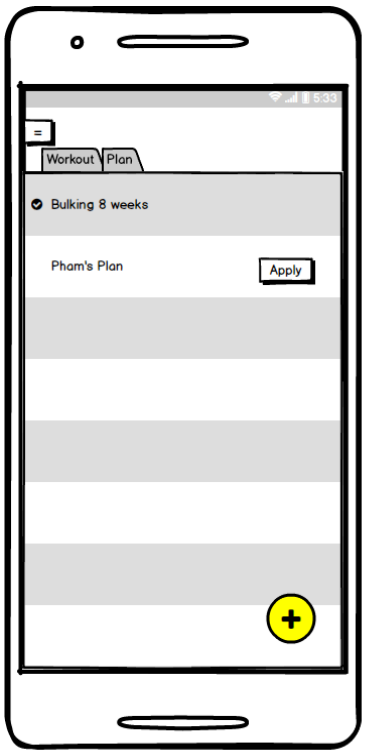
Intended User

People who want to track their workouts or follow a training plan. Personal Trainer and clients.

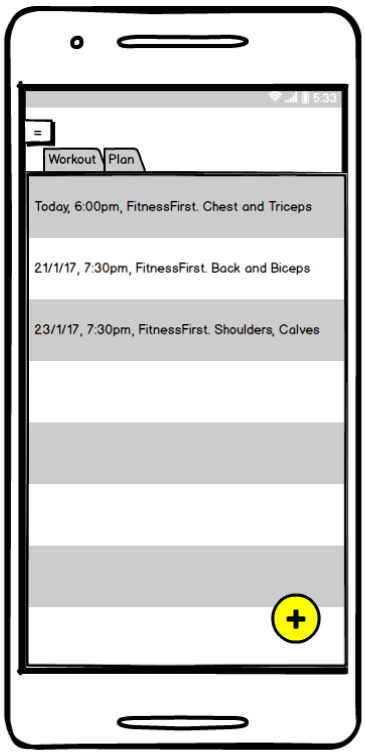
Features

- Create training plan with detailed set and rep
- Track a workout with time, set, rep and weight
- Step by step instructions in text and video
- Personal Trainer creates custom training plan for clients

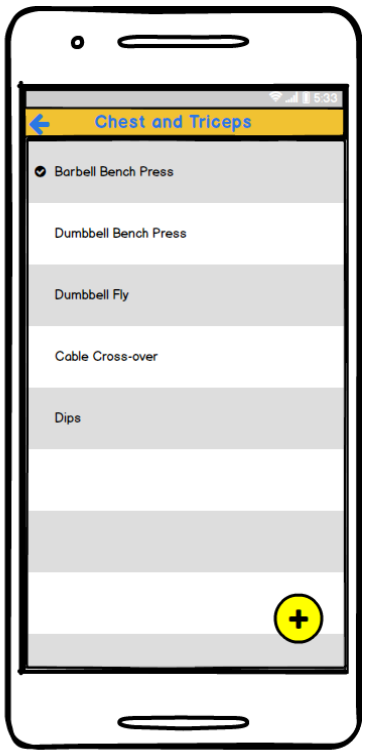
User Interface Mocks



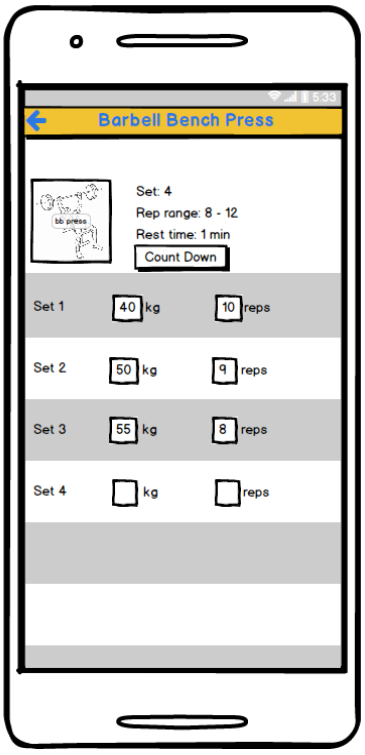
Plan Screen



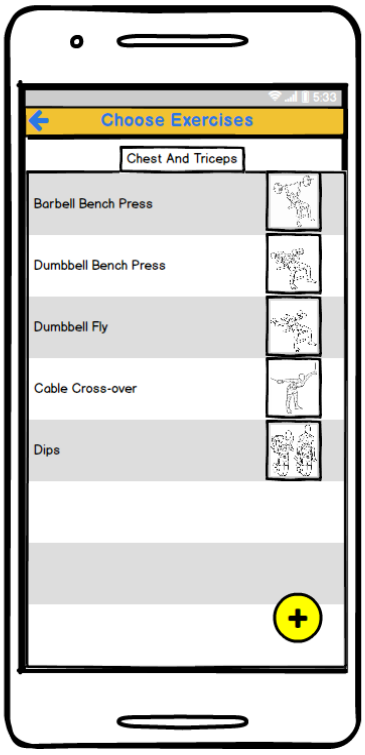
Workout Screen



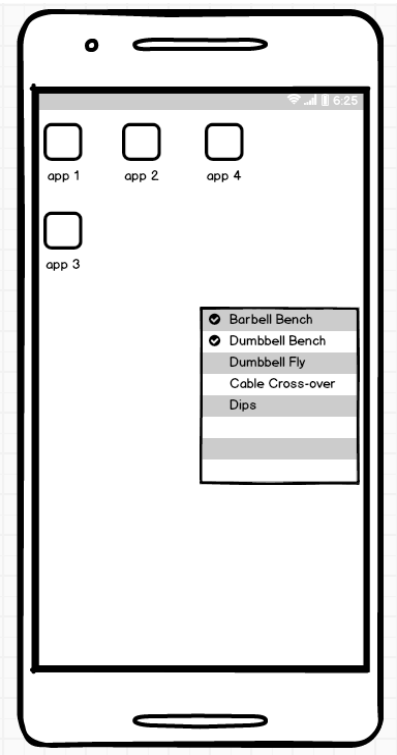
Detail Workout Screen



Exercise Screen



Choose Exercise Screen



Widget

1. In tab plan, user can see list of plans he can apply. He can also create one to use. When user chooses a plan, the list of workouts will be automatically generated.
2. When User chooses a specific workout, he will see a list of exercises. He can also add more exercises into the workout.
3. When User chooses an exercise to perform, there will be number of rep and weight for user to fill in. There is a countdown clock for user to check his rest time. After filling in all the sets, user will be navigated to next exercise.
4. Application widget for user to see which exercises have been done

Key Considerations

How will your app handle data persistence?

Content Provider backed by SQLite will be used to store the data. Content Providers will be generated by using Schematic Library

Describe any corner cases in the UX.

When in exercise screen, user can hit back button and come back to the workout screen

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

1. Picasso to handle the loading and caching of images.
2. Schematic for Content Providers
3. ButterKnife for Field and method binding

Describe how you will implement Google Play Services.

1. Google Play Service admod for monetizing
2. Google FireBase to sync data with online database

Next Steps: Required Tasks

Task 1: Project Setup

1. Determine Columns for database.
2. Configure SQLite and Schematic to make Content Provider
3. Configure Picasso

Task 2: Implement UI for Each Activity and Fragment

- Build UI for Main Activity with tab view
- Build UI for Plan activity
- Build UI for Workout activity
- Build UI for Exercise activity
- Build UI to add new workout
- Build UI to add new exercise

Task 3: Functionality

- Integrate database with activities
- Apply Loader to load data from a content provider to views
- Make an API and use AsyncTask to retrieve exercises from an online database

Task 4: Handle Error Cases

- Handle Error Cases – adding, editing, deleting and displaying
- Handle Screen Rotation and state changes

Task 5: Enable Google Service

- Enable Admod on Screens
- Final touches and Code Cleanup