Workout Tracker

D&D

Description

We choose a mobile application because we were both interested in creating a mobile application.

Why we chose this idea or application is because David wanted it. I wanted a easy to use application that is customized to me, can track my work out and show my progress.  This will replace writing down my work out on paper and will automatically do calculations.

Idea

It is an application that tracks your workout by day and will show the user their progress. For each day you can add a record of what type of workout or lift, amount of weight you are lifting, and the number of repetitions. The user is allowed to edit old records in case they made an error.

Functional

* User shall be able to calculate their BMI (body mass index) and FFMI (Fat free mass index).
* User can check the BMI and FFMI record in progress chart.
* User can click on certain day calendar to edit/add workout record..
* User sets up alarm/alert to notify user’s goals.
* User can sync data.

Non-functional

* The app will be available on Android system.
* The web service will be created in C#/Go.
* The database will be built in MySql.
* User data is saved locally and online.
* User can only access his/her own data.
* The app will be user friendly.
* The app will be easy to maintain.