Iron Therapy

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Overview

- ❖ Simple and free fitness tracker

- ❖ Set your goals and get customized workouts

- ❖ Easy to use workout logger

- ❖ Analytics page to view progress

- ❖ History of previous workouts easily accessible

Current Progress

❖ Created higher fidelity wireframes for Iron Therapy

❖ Implemented project management through Github

➢ Github project for to do, in progress, and completed

➢ Each tag has an associated issue

❖ Created the static Angular frontend

Login Page

Features Wanted:

- Clean interface
- Simple to use
- Quick to process
- Scalable
- Sign up page
- Password recovery
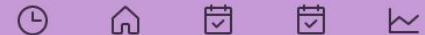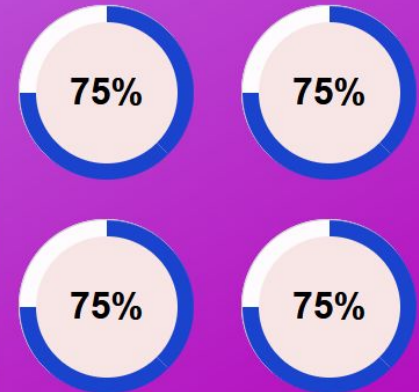- Marketing
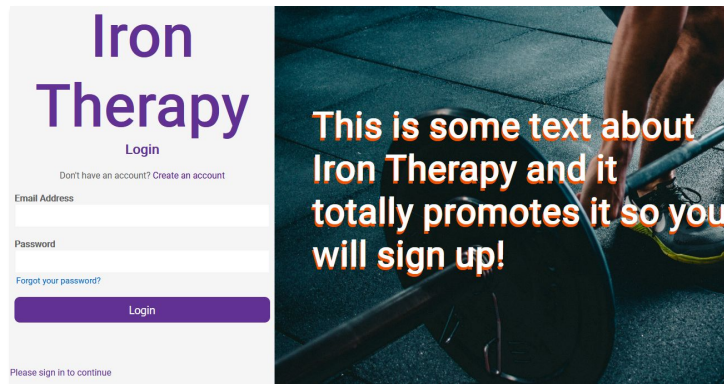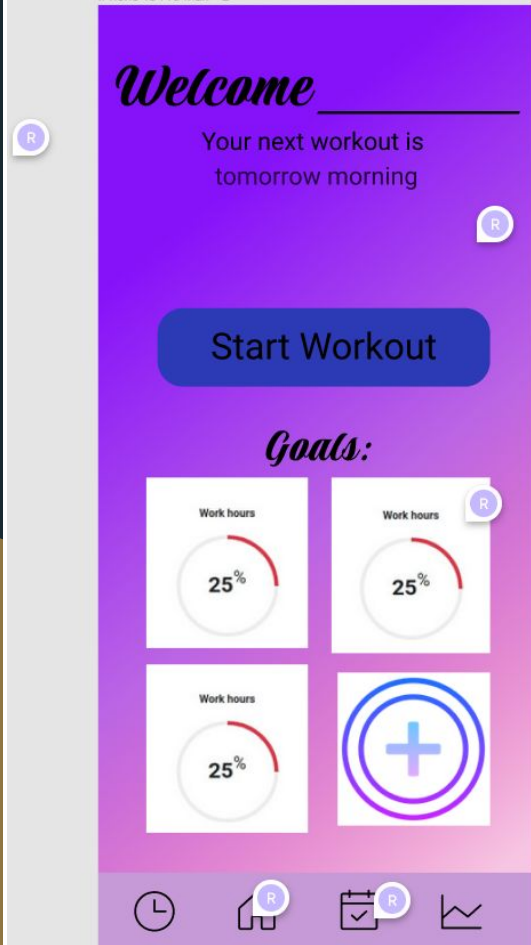
Homepage

Features wanted:
- Custom welcome message
- Time of next workout in sentence format
- Large start workout button
- Goals
  - Circle with percentage completed
  - Max of 4
  - Button to add more if < 4
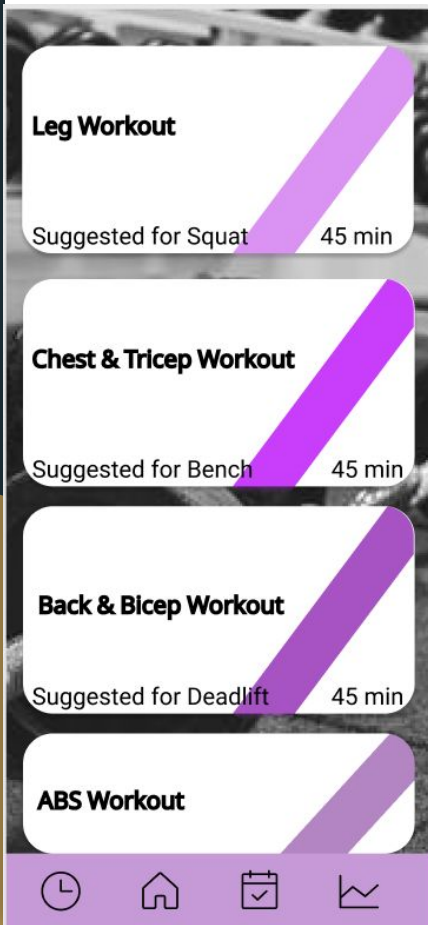- Designed for a quick glance of important information and personalized

Workout Plans

Features wanted:
- Clickable divs where each one links to a separate workout
- Can see the average time for the workout
- A way to see what workout improves what goal
- Goals:
  - Add clickable functionality
  - Takes to Exercise/Workout page where it auto fills out the page
- Designed to display all possible workouts that can be done by the user

History
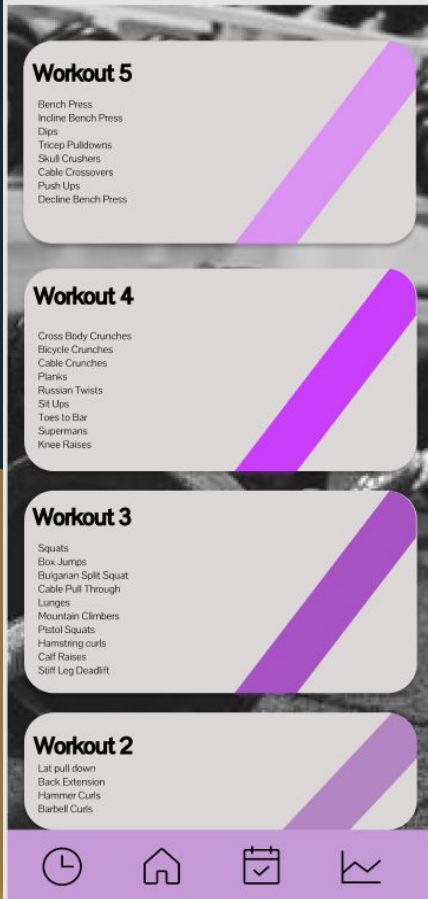
Features wanted:
- Able to see what workout you have done in the past
- A way to see what workout improves what goal
- Goals:
  - Add more stylistic aspects
- Designed to present user with previous workouts done in the app

Exercise/workout page

Features wanted:
- Stylistic page that maintains the theme of our app
- Easy to keep track of the weights and reps of their current workout
- Simple way to add new sets
- (Not shown in the wireframes) Simple way to delete a set
- Goals:
  - Add functionality
  - Buttons to add and remove an exercise
  - Button to edit an exercise
- This page is designed to help the user keep track of their current progress for each workout and allows for a more personalized experience

Workout 1 DONE

Exercise: Lunges

Sets	Pounds (lb)	Number of Reps
1	10	5
2	15	5
3	10	5

ADD A SET

Exercise: Curl Up

Sets	Pounds (lb)	Number of Reps
1	10	5
2	15	5
3	10	5

ADD A SET

Exercise: Bench Press

Sets	Pounds (lb)	Number of Reps
1	10	5
2	15	5

Exercise: Lunges

Set	Pounds (lb)	Number of Reps
1	10	5
2	15	5
3	10	5

ADD A SET REMOVE A SET

Exercise: Curl Up

Set	Pounds (lb)	Number of Reps
1	10	5
2	15	5
3	10	5

ADD A SET REMOVE A SET

Exercise: Bench Press

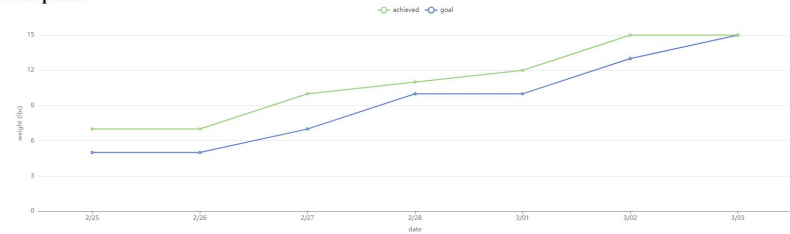| Set	Pounds (lb)	Number of Reps
1	10	5
2	15	5

Navbar/analysis page

- Parent-child communication using event emitters
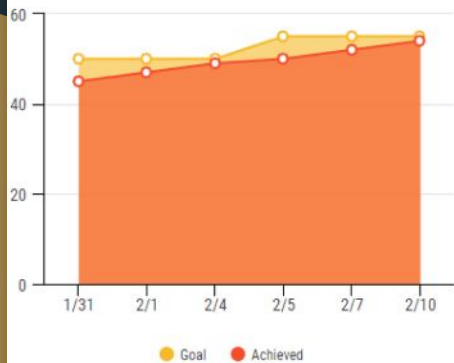- Easy to add/remove icons
- Styling still subject to change

DEMO TIME