**Bases de Dados 2018**

**Home Gym**

A mobile application for

workout challenges

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07 – Março - 2018

**TODO : Index**

**What is home gym?**

**Home Gym** is a mobile application for challenging other people to do workout with you in a fun and interactive way. You get rewards by completing challenges and get feedback on how well you did, to help you improve for next time!

Our idea with this project is to create a **Data Base** to manage all the user and app information, keeping track of all the user’s statistics, all on-going challenges, types of exercises, user reviews, and others (this subject will be specified in the following chapter).

**Project’s Specification**

Any person using the application is a **User**. The user connects to the app with its facebook account, being characterized by its facebook ID, personal name and by score, calculated from the scores from all the challenge’s the user has participated in.

A **User** can be participating in more than one **Challenge** at a time, a each Challenge is composed by an ID, by a start and an ending date and information about if the challenge is public (1) or not. In each challenge there can be 2 or more participants. When the Challenge is created, there are also specified in which **Week days** the **Exercise Plan** associated to the Challenge should be executed (e.g. , the Challenge consist in completing an exercise plan every Monday, Wednesday and Friday from 15-03-2018 to 20-04-2018).

Associated to each challenge the user is participating in, there are stored its **Participation Details**, composed by the user’s score in that challenge, the rating the user chooses for that Challenge (after challenge is completed / after the user gives up) and the various **Executions** related to that Challenged (a step of the challenge), consisting in the date the user completed a step, and the duration of that step (so that the user can keep track of improvements).

An **Exercise** **Plan** is composed by it’s unique ID, a recommended cooldown (number of days that are recommended between Exercise Plan executions) and by its difficulty (calculated by the average difficulty of the **Exercises** that compose the Exercise Plan). An **Exercise Plan** can be a **Default** **Plan** (created by the application) or it can be a **Custom Plan** (created by an User). A Custom Plan can be public (1) or not and saves information about the last time it was used.

An **Exercise** is composed by its unique ID, by a description, by an image (that visually describes the exercise), by a link to a vídeo that explains how the exercise should be executed, by its difficulty (rated from 1 to 5) and its **Exercise Type**, which can be Endurance, Strength, Flexibility or Balance

An exercise can be associated to many different exercise plans, and an Exercise Plan is composed by one or more Exercises. For each Exercise in an Exercise Plan, there are **Exercise Parameters**, that is, the number of repetitions and number of sets for that Exercise execution (e.g. , 3 sets of 10 repetitions of push-ups , 3\*10 = 30 push-ups).

An **Exercise** can, simillarly to an Exercise Plan, be a **Default Exercise** (created by the application) or it can be a **Custom Exercise** (created by an User). A Custom Exercise can be public (1) or not.

(1) – public : visible to other Users