

App Idea

Overview

This app will be a gym - workout app. This will be a very lightweight app which allows users to enter in their own workout routines, and progress will be tracked so the user can see a graph chart of their own progression.

Currently, most gym apps are to help beginners start some default workout routines and has a lot of information, videos and descriptions of the exercise. However as someone who knows their routine and doesn't need the extra information, gym apps become very restrictive and bloated. Additionally, many of the android apps do not have a converter and their default weight is in pounds.

Users can provide personal details like their weight, height and Body Mass Index. Then the user selects which day or days they would like to work out and also have the option of switching between workout routines every two weeks or month or however long they select for: Workout Routine A for January, Workout Routine B for February, A for March, B for April, etc.

For each day selected, a new table will appear with as many columns and rows wanted. The only default value (which can also be changed globally) is the number of sets. An example table is shown below:

<u>Day</u>			
<u>No. of Sets</u>	<u>Repetitions</u>	<u>Exercise</u>	<u>Exercise Weight</u>
3			
3			
3			

As the user enters in their own values, the final save will set a baseline for each exercise entered, and then users will be able to copy exercise days or create entirely new ones. The purpose of syncing with the phone's time is so each time the user opens up the app, switching to the correct exercise day will be automatic and to record the daily data for each exercise.

When the user changes an exercise's number of sets, repetitions, weight, etc. the change is stored. Additionally, the user can select any two value headings to generate a plot graph, like user weight vs repetitions, or exercise weight vs time (date to date). For example – deadlifts is started off at 50kg and every two weeks, the user increases by 5kg. After two months, deadlifts will now be recorded at 70kg and the user can click to see the plot graph generated, showing their weight progression and days gone.

Requirements Analysis

Must have data tables for:

- User age, weight, BMI automatically calculated
 - Option to weigh self again with a reminder notification every month or etc.,
- In KG or Lbs, but can also change weight for a singular exercise if required
- Days going, and time on the day for notification reminder on that day
 - Notification reminder will have "yes" or "no". If "no", user can select which excuse like ill, lazy or enter their own excuse.
 - Syncing up with phone's time so user won't have to manually select the day
- Group several exercises together as a super-set

- Number of sets has a default value set and can be changed
- Number of repetitions can have a default value and can be changed
- Exercise name, weight
- Any cell can add time in seconds or minutes
- Option to checkbox the exercise.
 - Superset exercises count as one exercise, but can edit individually.
 - When all exercises are checked, a “done for day” button will appear. If clicked yes, the day is saved and recorded.
- Graph generation

Nice to have:

- If user enters in a time value, can start the timer right there. Timer will have initial five second countdown.
- When plotting the graph, the phone will be forced into horizontal or vertical view depending on how the graph is best viewed as
- Able to zoom into the graph, click on the data values and see which day it was
- Able to see gifs for a quick reminder of what the exercise is
 - For the most common exercises
- Signing in with Google/Dropbox/etc. so can export the data as CSV files for backup
 - Backup will sync automatically

Boundaries and Project Scope

Taking into consideration our skills and notional effort, the majority of the time will be making sure the graphs and notifications work. If those are done fairly quickly, the next major task will be local and online backup, since the database will fill up very quickly and take up a lot of space on the user’s phone if precautions are not put into place.