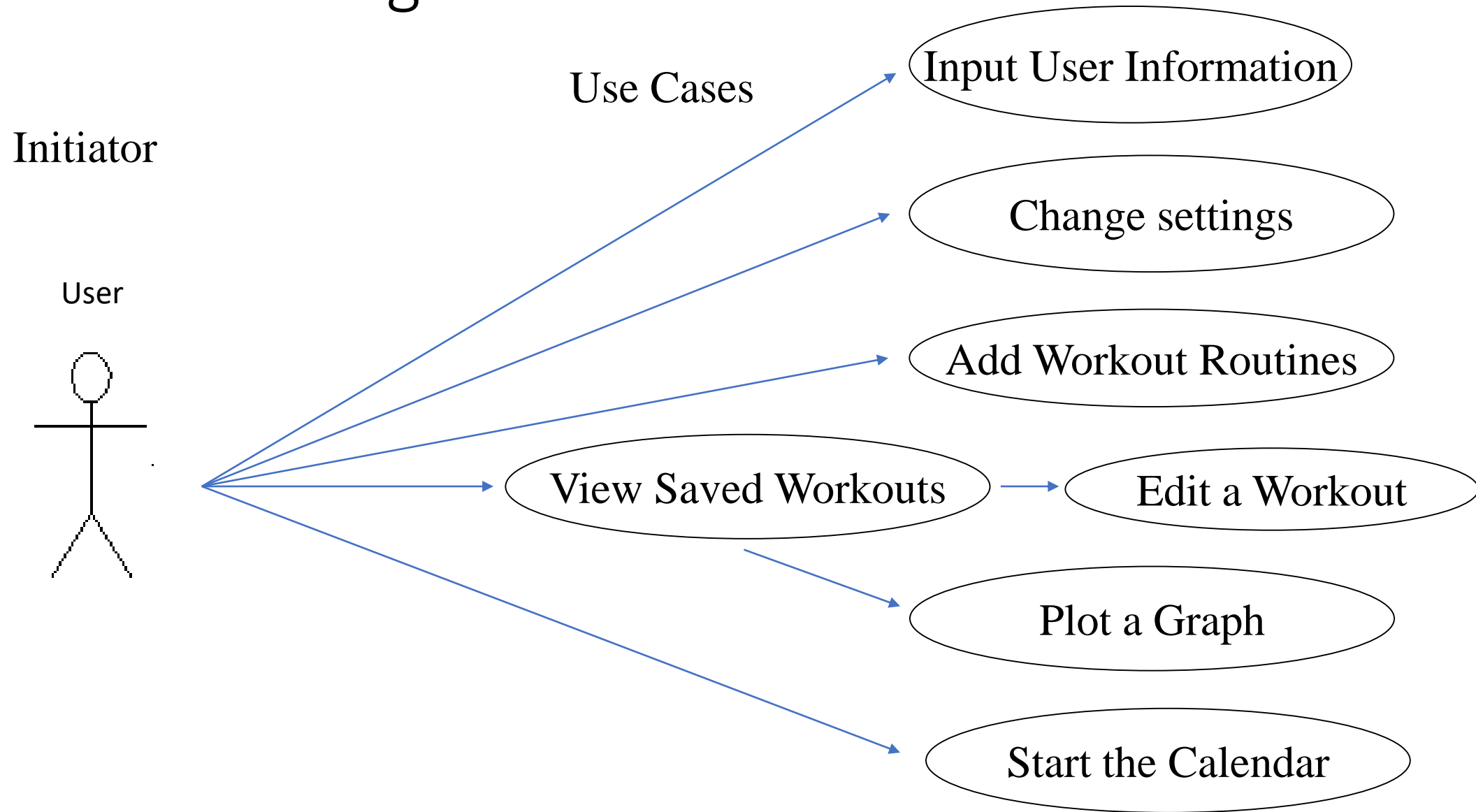
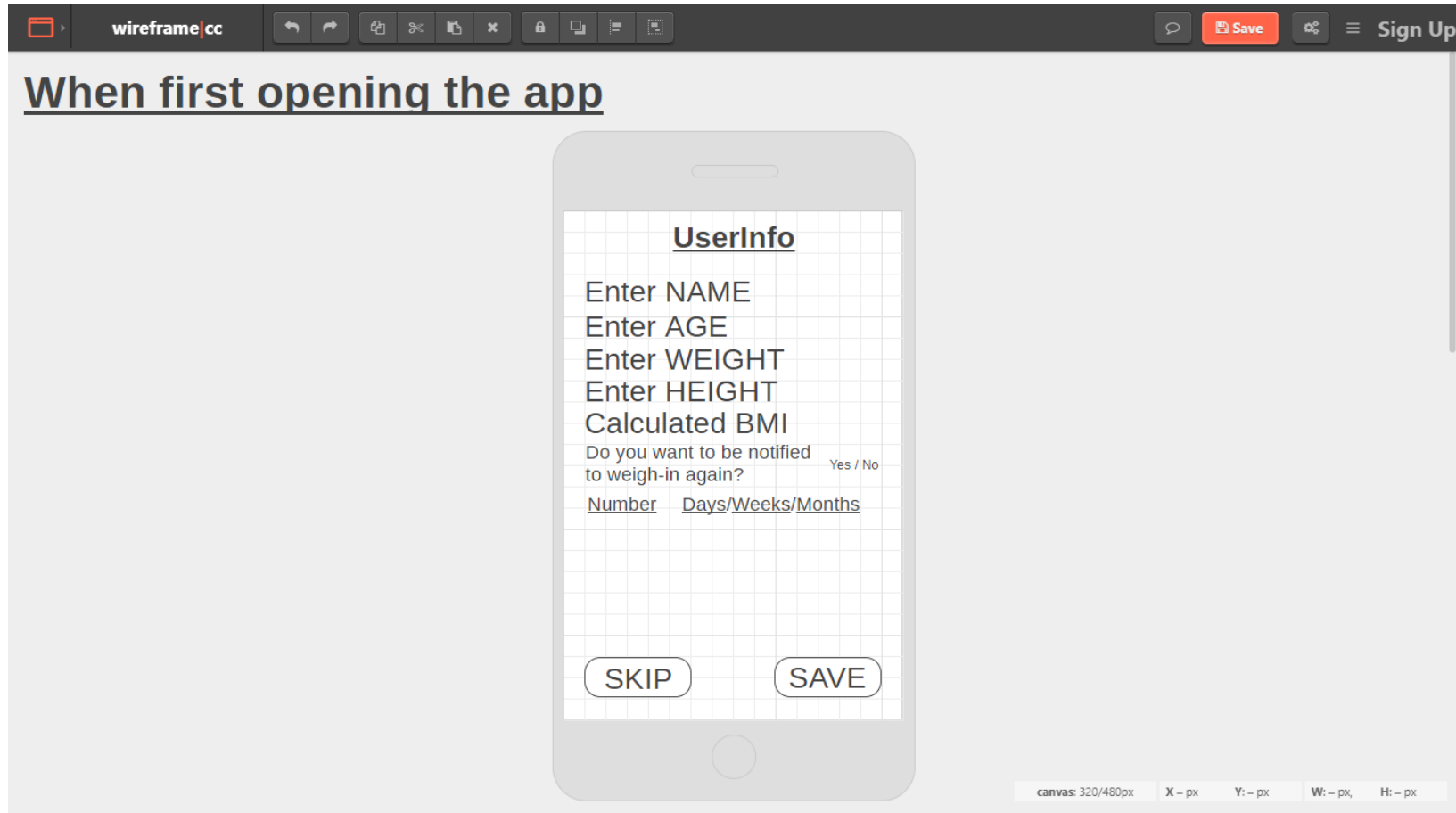


Prototype Design

UML Use-Case Diagram



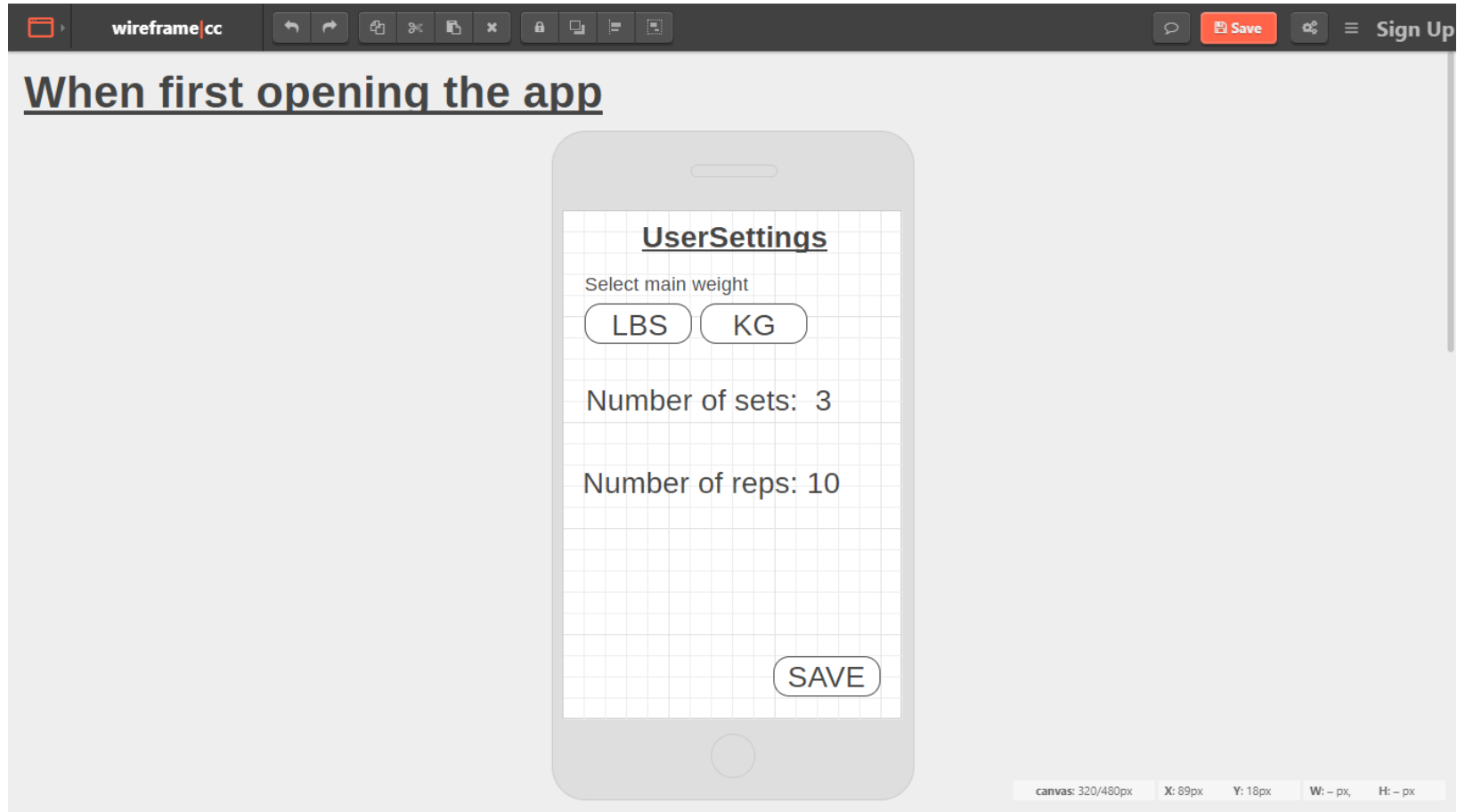
User Information



User Information Description

- The user can skip this section.
- User enters their details.
- When “weight” and “height” is entered, the BMI is automatically calculated.
- The user can choose to be notified to weigh themselves again every user-defined time period.
- The user can save any changes.

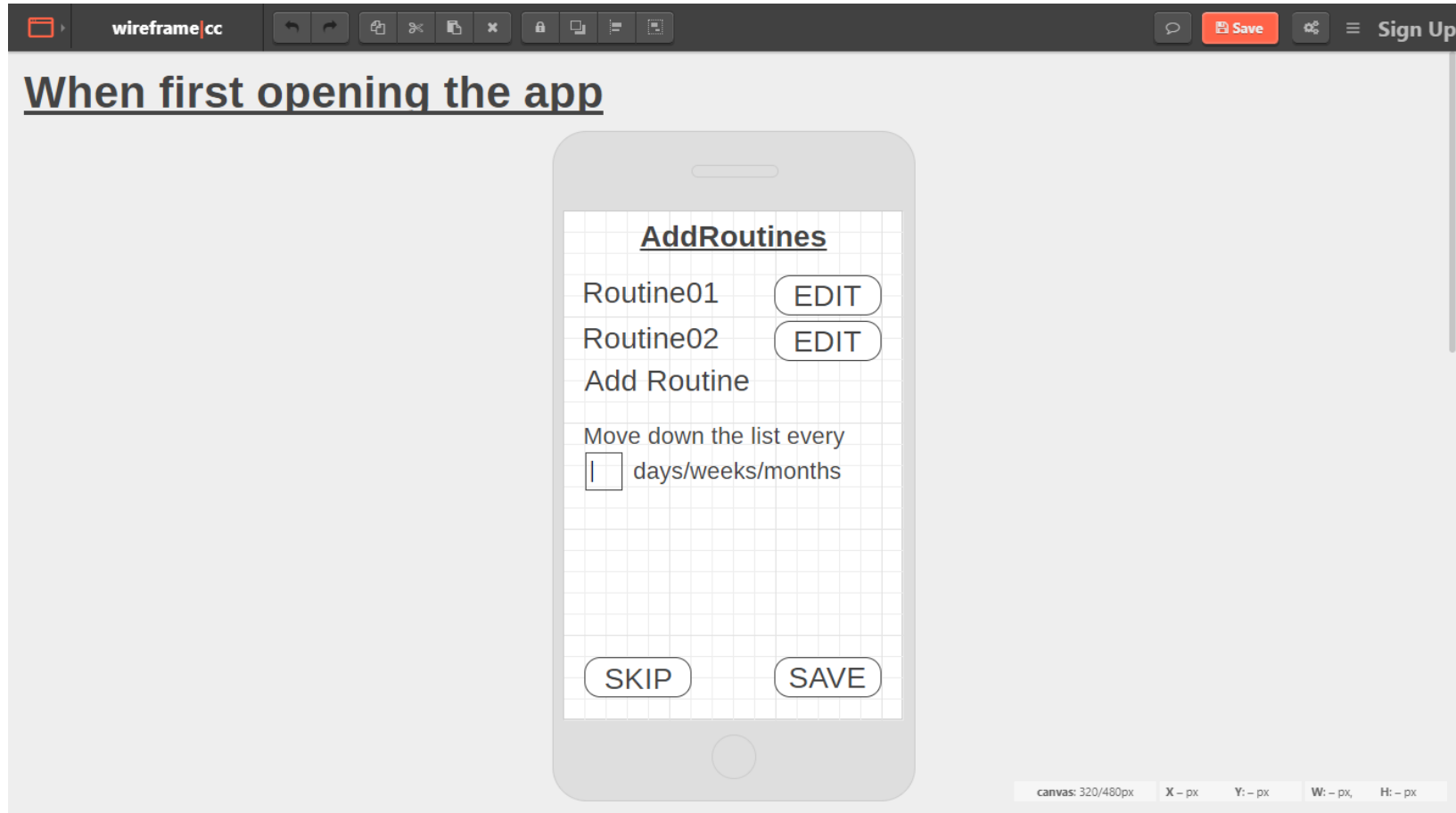
User Settings



User Settings Description

- The user can select their main weight unit. Later on in the app, the user can specify using the other unit, otherwise the default will be what the user selected.
- The default number of sets and reps is 3 and 10. However, the user can redefine the default numbers. Later on in the app, the user can delete the default number set in the cell and set a new number.
- The user can save any changes.

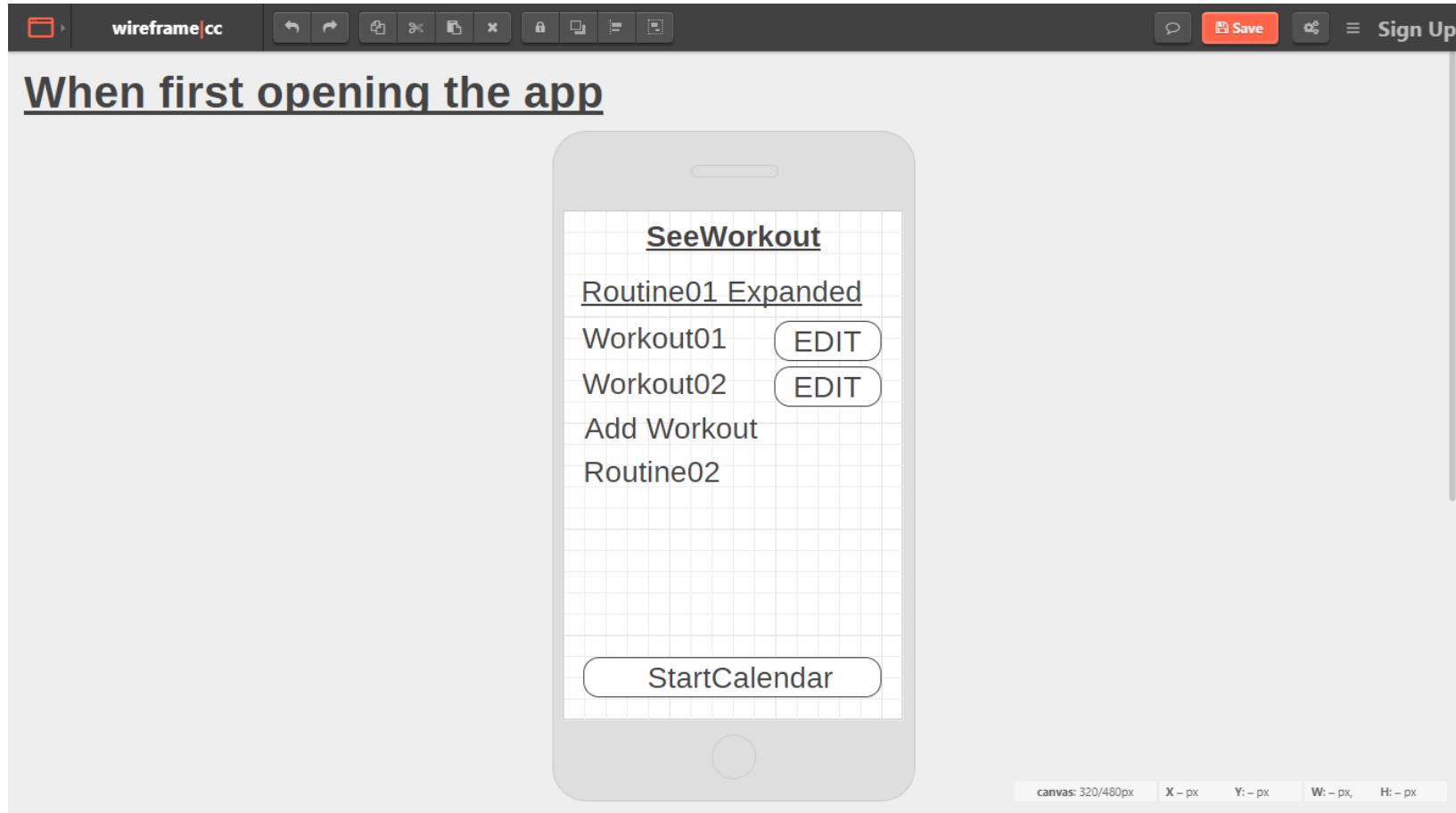
Adding Routines



Adding Routines Description

- The user can skip this section.
- If they do want to add a Routine, they press the “Add Routine” button. The minimum number of Routines is 2.
- After changing the name of a Routine, the user can “Edit” to move to the “View Saved Workout”.
- The user can then define how long the time period is after moving down the list of Routines.
- The user can save any changes.

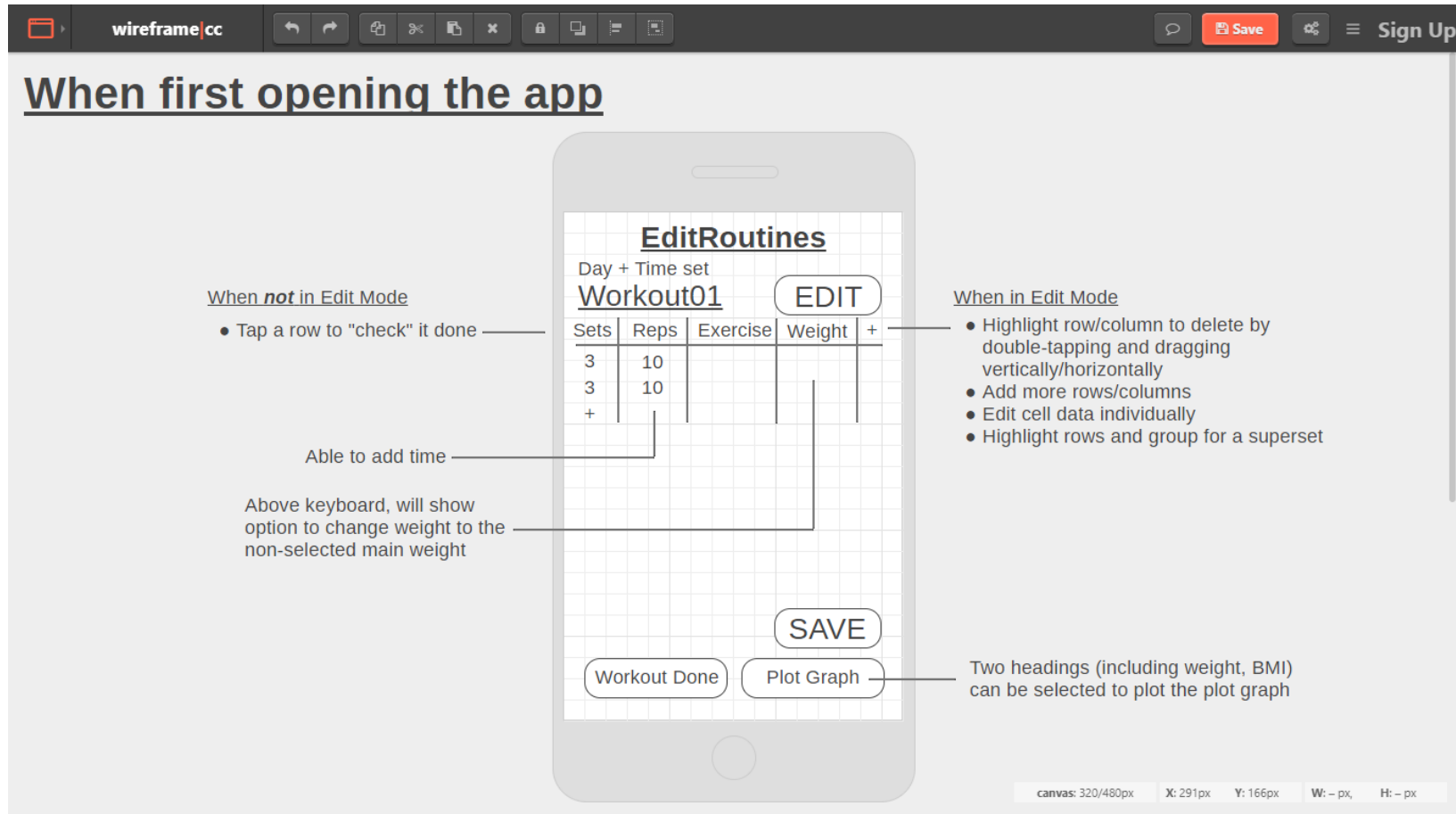
View Saved Workout



View Saved Workout Description

- If the user has made any Routines, the Routine names will be displayed in a collapsible menu.
- The user can open the menu and add Workouts to the Routine.
- If the user doesn't have any Routines, Workouts will just be displayed as a list.
- The can edit the name of a Workout, and press "Edit" to move onto "Edit Workout".
- When the user has all their Workouts made with days set for each one, the user can press the StartCalendar button.

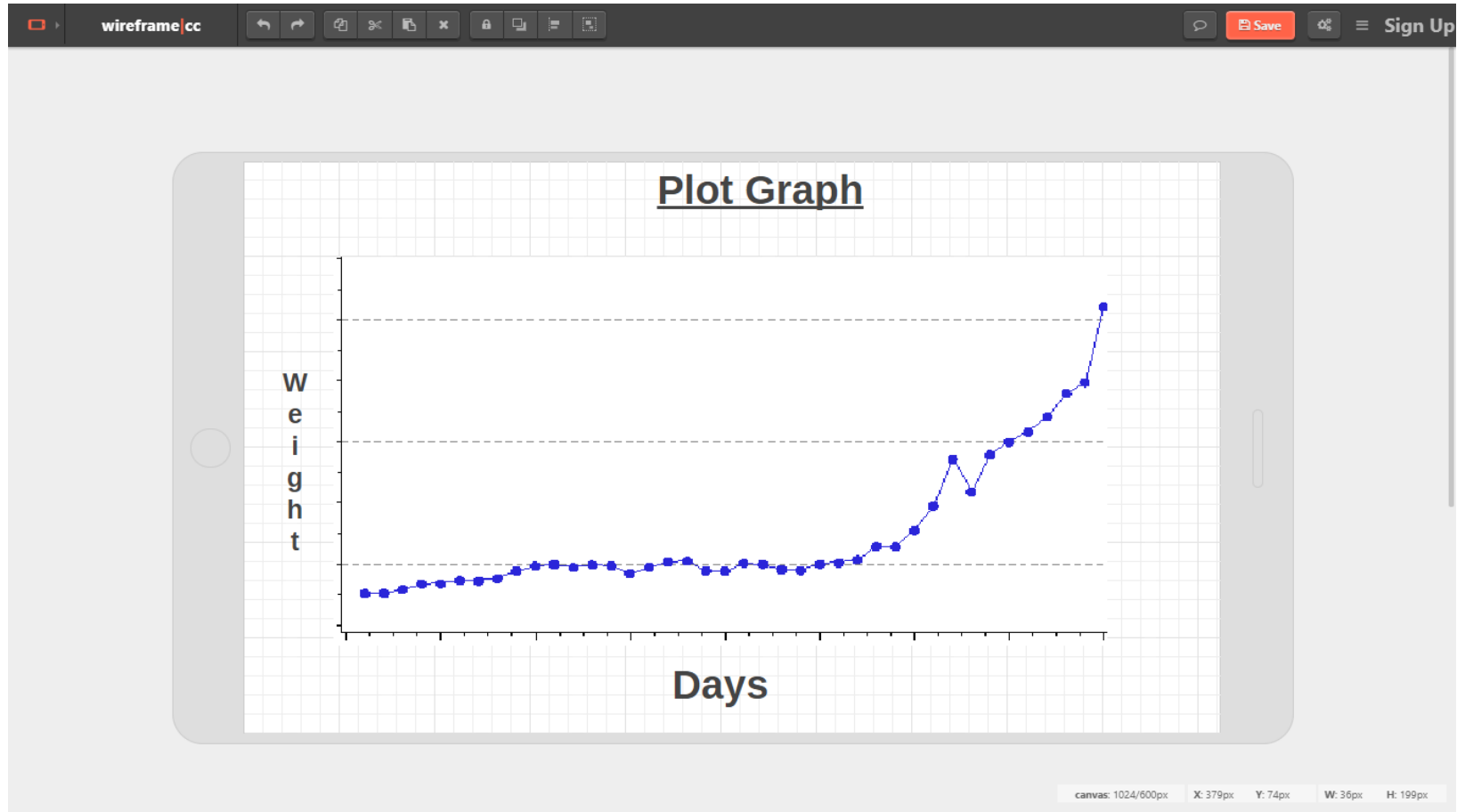
Edit Workout



Edit Workout Description

- The user will see the name of the Workout.
- The user can set a day and time for this Workout to be notified.
- A pre-defined table will be set, and after entering “Edit Mode” with the Edit Button, any cell data value can be changed to suit the user’s requirements.
- In any cell, time (minutes, seconds) can be added. After all changes have been saved, the user can start the timer for a countdown to begin.
- When the user is not in “Edit Mode”, the user can select a row to “check” that it is done. The user can also press the “Workout Done” button to “check” all of the Workouts.
- When the user is not in “Edit Mode”, the user can select the “Plot Graph” button. The user can then select any two table headings for the x and y axis and move to the “PlotGraph” page.

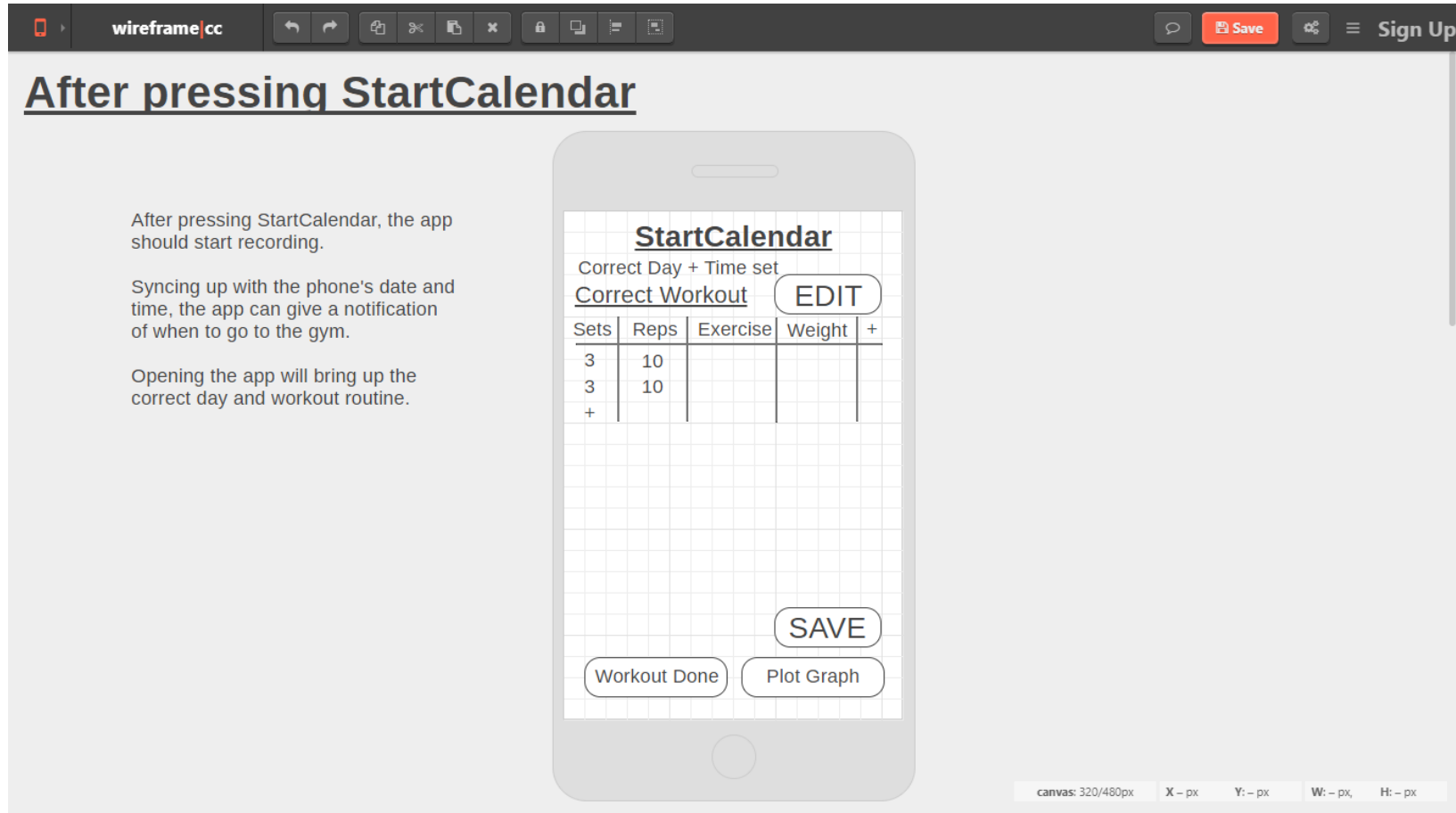
Plot the Graph



Plot Graph Description

- After the user has selected two table headings, a plot graph will be generated.
- This is to give a visual representation of the user's progression.

Start the Calendar



Start Calendar Description

- After the user has all their Workouts made with days set for each one, the user can press the StartCalendar button.
- This will make the application read the phone's day and time and jump to the correct Workout.
- Every time the application is reopened, the correct Workout for that day will be displayed. This is so the user does not have to manually select the Workout.
- If the user has made any Routines, the application will read the date so the Routines and Workouts will update correctly.

Use-Case Diagrams

LaunchApplication
ID: 01
Actors: User
Preconditions: Application installed.
Flow of Events: <ol style="list-style-type: none"> 1. User taps on Application icon. 2. Application loads. 3. <<include>> UserInfo. 4. Use-Case Ends.
Post Conditions: UserInfo is displayed

UserInfo
ID: 02
Actors: User
Preconditions: Application launched.
Flow of Events: <ol style="list-style-type: none">1. Phone displays UserInfo.2. Can skip.3. Can enter in age, weight and height. BMI is automatically calculated.<ol style="list-style-type: none">a. Choose to be notified when to be re-weighed.b. Choose number + Days, weeks, months.4. Save.5. Use-Case Ends.
Post Conditions: Proceed to UserSettings

UserSettings
ID: 03
Actors: User
Preconditions: UserInfo skipped or saved.
Flow of Events: <ol style="list-style-type: none">1. Select main weight unit: lbs or kg.2. Change default number of sets from 3.3. Change default number of reps from 10.4. Save.5. Use-Case Ends.
Post Conditions: Proceed to AddRoutines

AddRoutines
ID: 04
Actors: User
Preconditions: UserSettings saved.
Flow of Events: <ol style="list-style-type: none"> 1. Can skip 2. Can edit name of Routine01 and add Workouts. 3. Can edit name of Routine02 and add Workouts. 4. Add new Routines and change its name. 5. Change the number of days/weeks/months for the rate to progress through the routines. 6. Save. 7. Use-Case Ends.
Post Conditions: Proceed to SeeWorkout

SeeWorkout
ID: 05
Actors: User
Preconditions: AddRoutines skipped or saved.
Flow of Events: <ol style="list-style-type: none"> 1. If Routines <ol style="list-style-type: none"> a. See Routine names b. Click to expand Routine to see Workouts. 2. See Workouts with day and time. 3. Select Workouts. <ol style="list-style-type: none"> a. <<include>> EditWorkout. 4. Can add Workouts. 5. Can press the StartCalendarButton when user finished editing everything. 6. Use-Case Ends.
Post Conditions: Proceed to EditWorkout or StartCalendar

EditWorkout
ID: 06
Actors: User
Preconditions: Workout selected or new Workout to add.
Flow of Events: <ol style="list-style-type: none"> 1. See what Routine this Workout is in. 2. See Workout table. 3. Can Edit <ol style="list-style-type: none"> a. Select days(s) and time of Workout, option for alarm notification. b. Edit name of Workout. c. See pre-generated table of sets, reps, exercise and weight. d. Can enter new cell data. <ol style="list-style-type: none"> i. Keyboard will pop-up for data entry. ii. Property cells above keyboard select to add time or change weight unit. e. Can group rows to create superset. f. Can remove columns/rows. g. Can add more columns/rows. h. Save. 4. Can tap row to “check” the Workout is finished. 5. Can click to start any timers. 6. Can click for graph. <ol style="list-style-type: none"> a. Select value headings to be plotted against each other. b. Confirm and generate plot graph. 7. Check to complete Workout day. 8. Use-Case Ends.
Post Conditions:

StartCalendar
ID: 07
Actors: User
Preconditions: Application installed and launched. UserInfo skipped or saved. UserSettings saved. AddRoutines skipped or saved. StartCalendarButton pressed.
Flow of Events: <ol style="list-style-type: none"> If Application launching after exiting. <ol style="list-style-type: none"> Read system time and application's calendar. Jump to correct (Routine and) Workout day. <<include>> EditWorkout. Use-Case Ends.
Post Conditions: