

# MyWorkout App Blueprint

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# MyWorkout Form

MyWorkout

File Edit

Current Day Number: 7 Current Week Number: 3

Exercise 1

Overhead Press

Weight: 52.5 lbs Sets: 3 Reps: 5 Last Set Reps:

Exercise 2

Chinups

Weight: 7.5 lbs Sets: 3 Reps: 5 Last Set Reps:

Exercise 3

Squats

Weight: 300 lbs Sets: 3 Reps: 5 Last Set Reps:

Complete Day

Popup Message

Message

Successfully Completed Day

Ok

# Start Next Day

MyWorkout

File Edit

Current Day Number: 7 Current Week Number: 3

Exercise 1

Overhead Press

Weight: 52.5 lbs Sets: 3 Reps: 5 Last Set Reps:

Exercise 2

Chinups

Weight: 7.5 lbs Sets: 3 Reps: 5 Last Set Reps:

Exercise 3

Squats

Weight: 300 lbs Sets: 3 Reps: 5 Last Set Reps:

Start Next Day

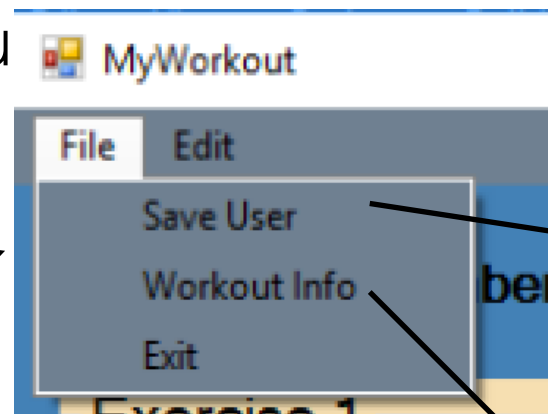
Popup Message

Message

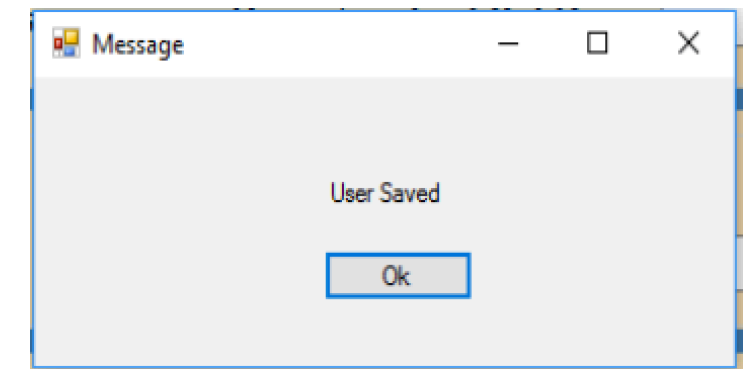
Starting next day!

Ok

MyWorkout Form File Menu



Popup Message

A screenshot of the main MyWorkout application form. The window title is 'MyWorkout'. At the top, it shows 'Current Day Number: 6' and 'Current Week Number: 2'. Below this, there are three exercise sections, each with a title, weight, sets, reps, and a 'Last Set Reps' input field. The first section is 'Exercise 1: Bench Press' with 'Weight: 145 lbs', 'Sets: 3', 'Reps: 5'. The second is 'Exercise 2: Barbell Rows' with 'Weight: 105 lbs', 'Sets: 3', 'Reps: 5'. The third is 'Exercise 3: Squats' with 'Weight: 295 lbs', 'Sets: 3', 'Reps: 5'. At the bottom, there is a 'Complete Day' button.

WorkoutInfo Form

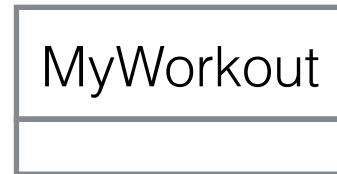
A screenshot of the 'Workout Info' form. The window title is 'Workout Info'. The form has a title 'My Workout App' and a paragraph of text: 'This is a C# workout application that will be used to track your workout. It is made up six workouts you complete every other day. Each exercise is composed of three exercises. The first two exercises alternate from day to day. The third exercise alternates day to day but resets each week. The weight you use is based off the number of reps you completed on your late set of the workout.' Below this, it lists 'Week 1:' with 'Day1:' and three exercises: '-Exercise 1: Overhead Press 3x5', '-Exercise 2: Chinups 3x5', and '-Exercise 3: Squats 3x5'. Then it lists 'Day 2:' with three exercises: '-Exercise 1: Bench Press 3x5', '-Exercise 2: Barbell Rows 3x5', and '-Exercise 3: Deadlifts 3x5'.

MyWorkout Form

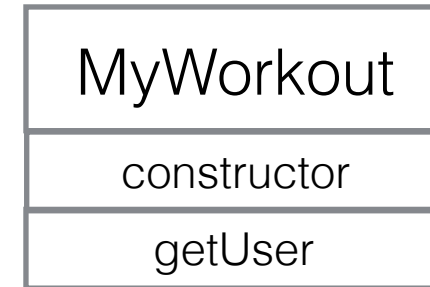
# Get User Use Case

## Presentation

View



Uses



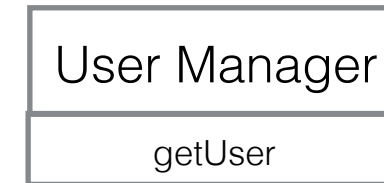
Controller

## Business

Layer Super Type



Extends



Facade

## Service

Factory



Services up



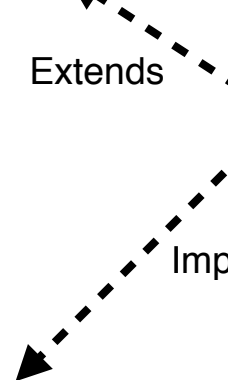
Marker  
Interface

Uses



Separated  
Interface

Extends



Implements

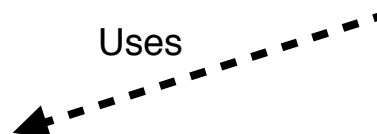


Plug-in

Retrieves from



Uses



Value  
Object

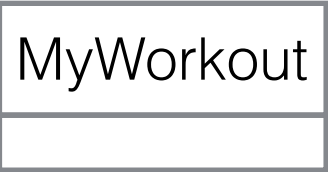


## Domain

# Get Exercise Use Case

**Presentation**

View



Controller

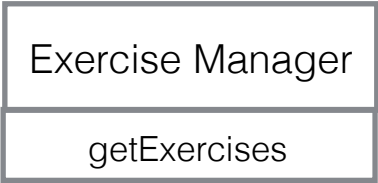


**Business**

Layer Super Type



Facade



**Service**

Factory



Services up

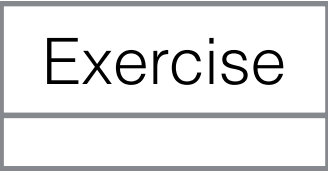
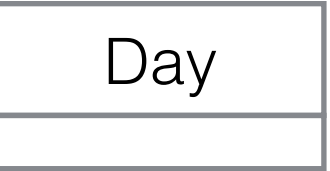


Marker Interface



Separated Interface

**Domain**



Value Object



Plug-in

Uses

Uses

Uses

Uses

Uses

Extends

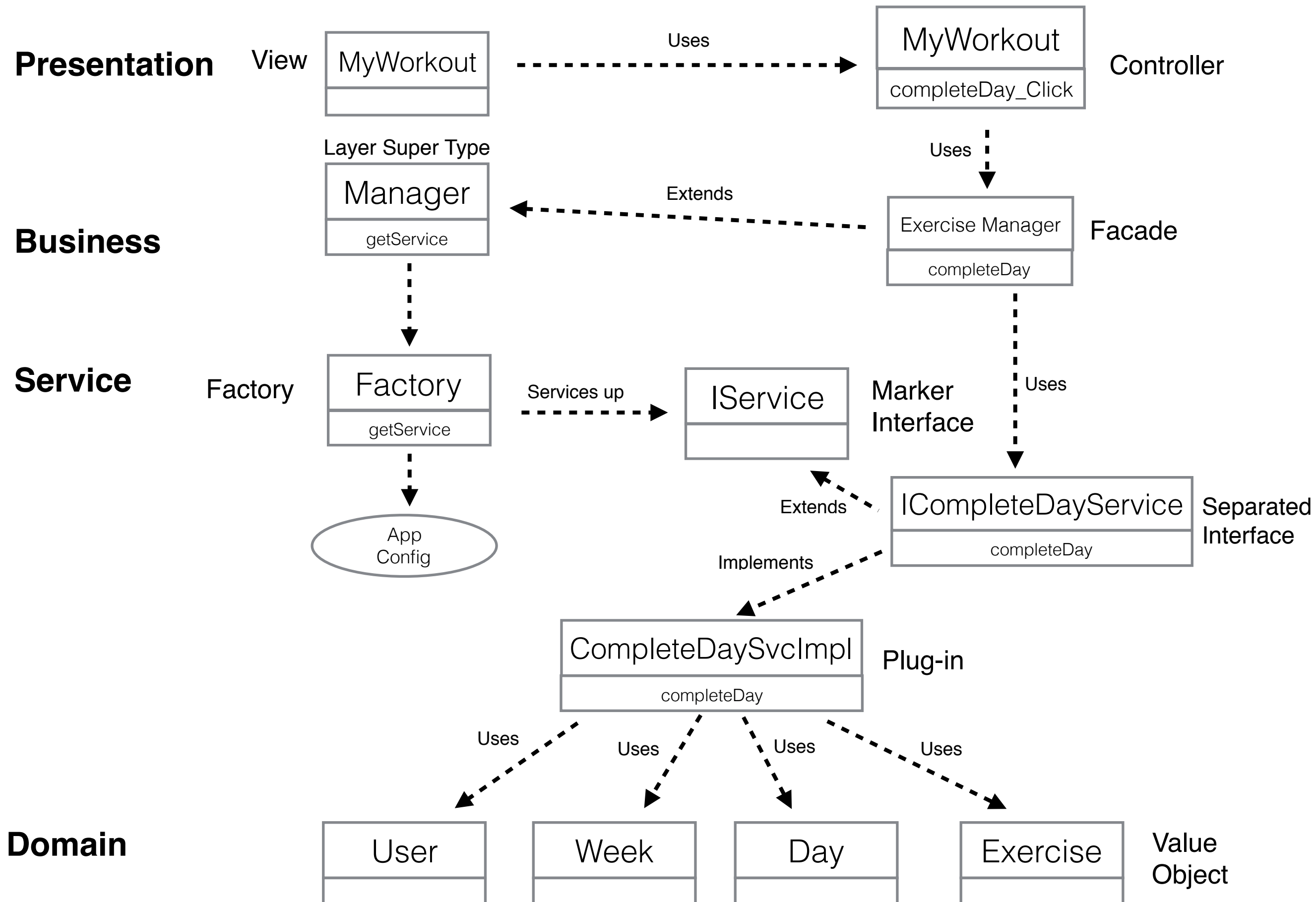
Uses

Uses

Extends

Implements

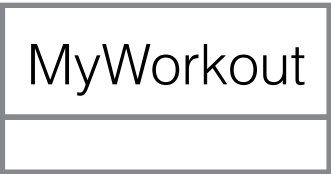
# Complete Day Use Case



# Save User Use Case

**Presentation**

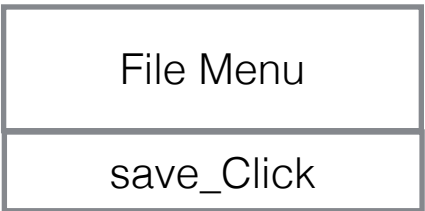
View



Uses



Uses



Controller

**Business**

Layer Super Type



Extends



Facade

**Service**

Factory



Services up



Marker Interface

Uses



Separated Interface

Extends

Implements



Plug-in

Saves to



Uses

**Domain**



Value Object