

MyWorkout App Blueprint

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MyWorkout Form

The screenshot shows the 'MyWorkout' application window. At the top, it displays 'Current Day Number: 6' and 'Current Week Number: 2'. Below this, there are three exercise entries, each in a yellow box with a blue border. Each entry includes the exercise name, weight, sets, reps, and a field for 'Last Set Reps'. At the bottom of the window is a 'Complete Day' button.

Exercise	Weight	Sets	Reps	Last Set Reps
Exercise 1: Bench Press	145	3	5	
Exercise 2: Barbell Rows	105	3	5	
Exercise 3: Squats	295	3	5	

Start Next Day

The screenshot shows the 'MyWorkout' application window after clicking 'Start Next Day'. It now displays 'Current Day Number: 7' and 'Current Week Number: 3'. The exercise entries have been updated: Exercise 1 is 'Overhead Press' (52.5 lbs), Exercise 2 is 'Chinups' (7.5 lbs), and Exercise 3 is 'Squats' (300 lbs). The 'Last Set Reps' field for each exercise now contains the value '5'. At the bottom of the window is a 'Start Next Day' button.

Exercise	Weight	Sets	Reps	Last Set Reps
Exercise 1: Overhead Press	52.5 lbs	3	5	5
Exercise 2: Chinups	7.5 lbs	3	5	5
Exercise 3: Squats	300 lbs	3	5	5

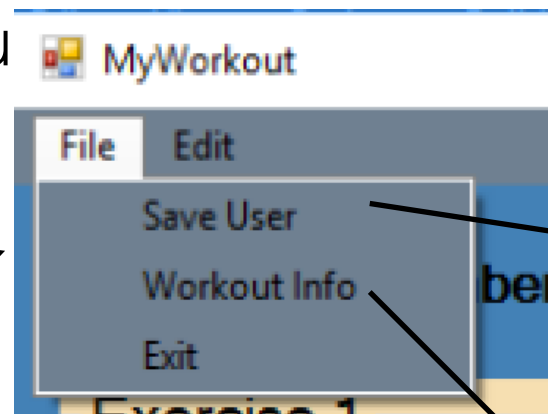
Popup Message

A small 'Message' popup window with a light gray background. It contains the text 'Successfully Completed Day' and an 'Ok' button at the bottom.

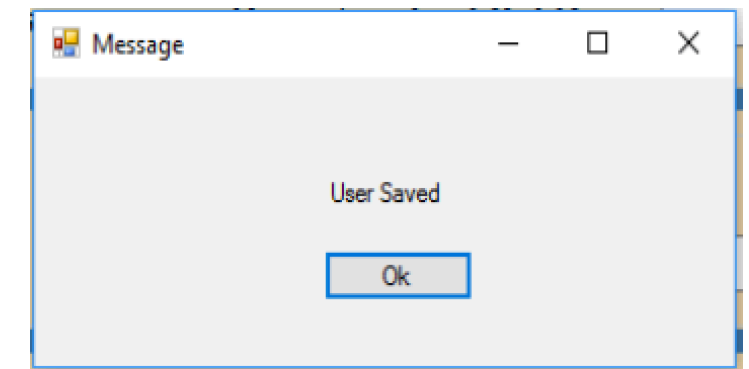
Popup Message

A small 'Message' popup window with a light gray background. It contains the text 'Starting next day!' and an 'Ok' button at the bottom.

MyWorkout Form File Menu



Popup Message

A screenshot of the main 'MyWorkout' application window. The title bar shows 'MyWorkout'. The interface has a blue header with 'Current Day Number: 6' and 'Current Week Number: 2'. Below the header are three exercise sections, each with a yellow background and a blue border. Each section contains the exercise name, weight, sets, reps, and a 'Last Set Reps' input field. At the bottom is a 'Complete Day' button.

Exercise	Weight	Sets	Reps	Last Set Reps
Exercise 1: Bench Press	145 lbs	3	5	<input type="text"/>
Exercise 2: Barbell Rows	105 lbs	3	5	<input type="text"/>
Exercise 3: Squats	295 lbs	3	5	<input type="text"/>

MyWorkout Form

WorkoutInfo Form

A screenshot of the 'Workout Info' application window. The title bar shows 'Workout Info'. The main content area has a light gray background and contains the title 'My Workout App'. Below the title is a paragraph of text explaining the application. It then lists the exercises for 'Week 1' and 'Day 1', and 'Day 2'. The text is right-aligned.

My Workout App

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.

Week 1:

Day1:

- Exercise 1: Overhead Press 3x5
- Exercise 2: Chinups 3x5
- Exercise 3: Squats 3x5

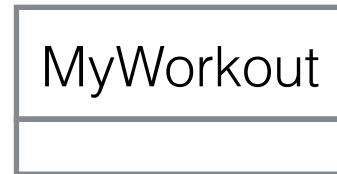
Day 2:

- Exercise 1: Bench Press 3x5
- Exercise 2: Barbell Rows 3x5
- Exercise 3: Deadlifts 3x5

Get User Use Case

Presentation

View



Uses

MyWorkout

constructor

getUser

Controller

Business

Layer Super Type



getService

Extends

User Manager

Facade

getUser

Service

Factory



getService

Services up

IService

Marker
Interface

Extends

IDatabaseService

Separated
Interface

getUser

Implements

Domain

Value
Object



Uses

SerializationScvImpl

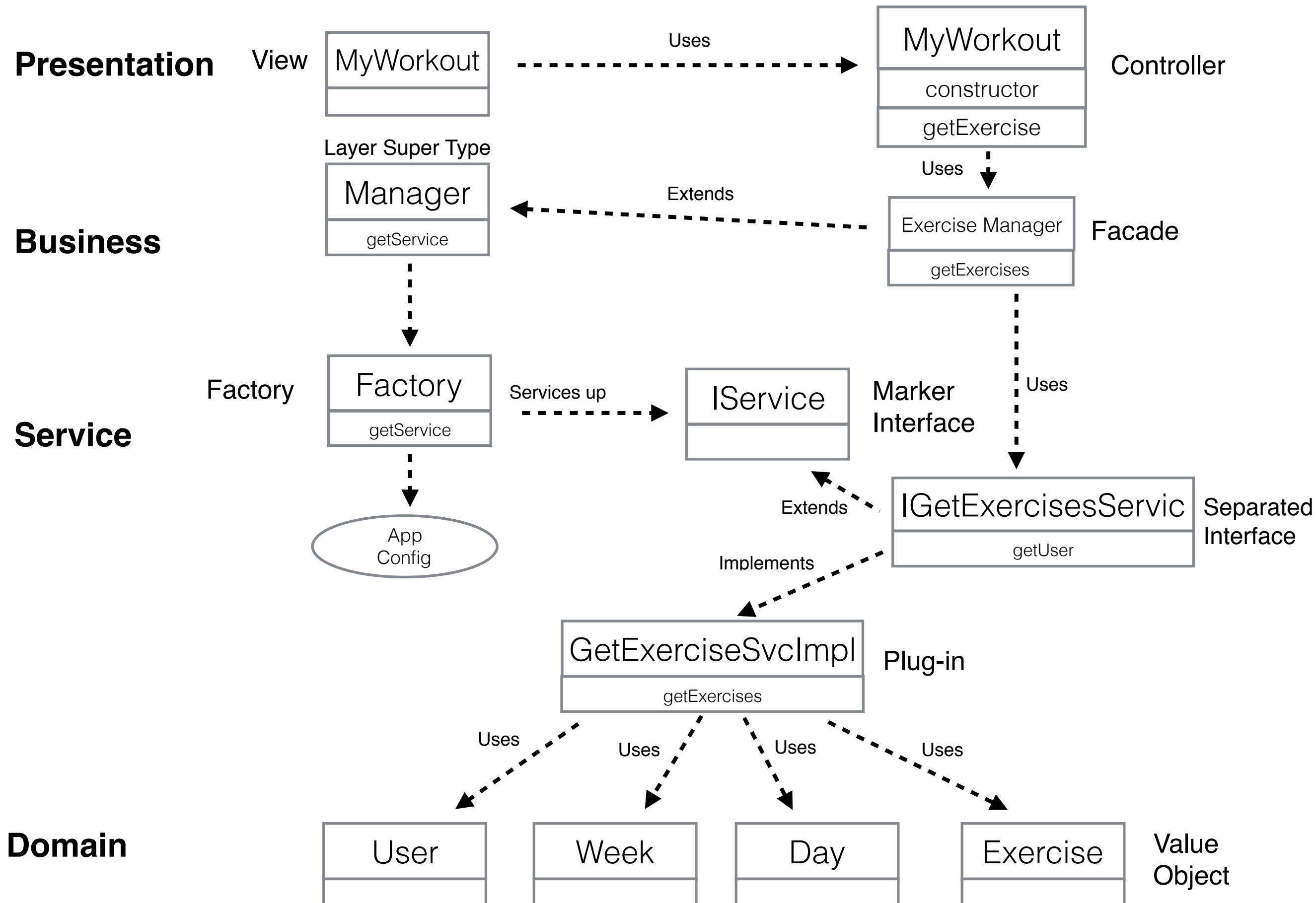
Plug-in

getUser

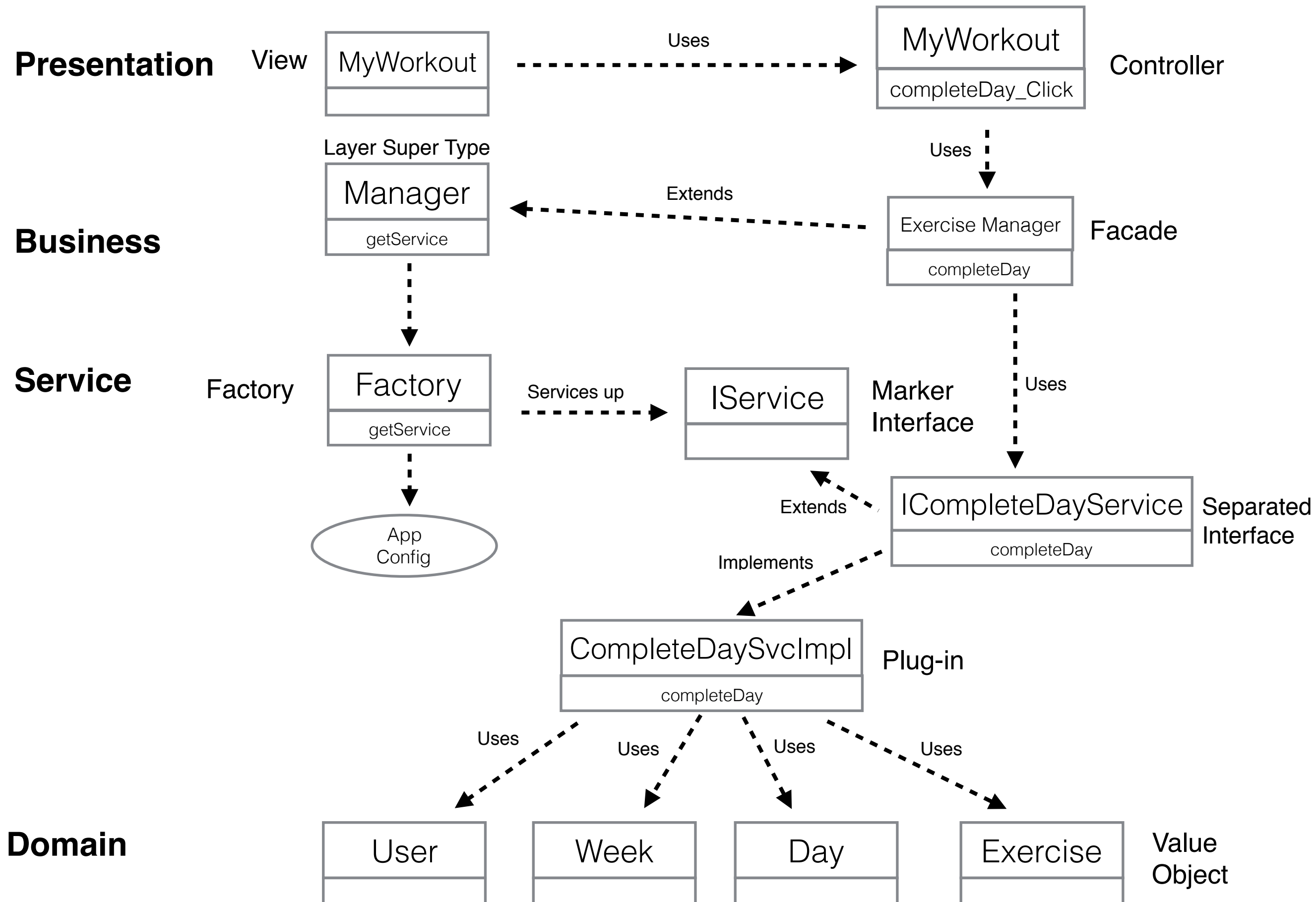
Retrieves from

user.txt

Get Exercise Use Case



Complete Day Use Case



Save User Use Case

