

Institiúid Teicneolaíochta Cheatharlach



INSTITUTE *of*
TECHNOLOGY

CARLOW

At the heart of South Leinster

Software Development 4th Year Project

Fitness Application and Website

Design Specification

Rónán Brennan

C00180359

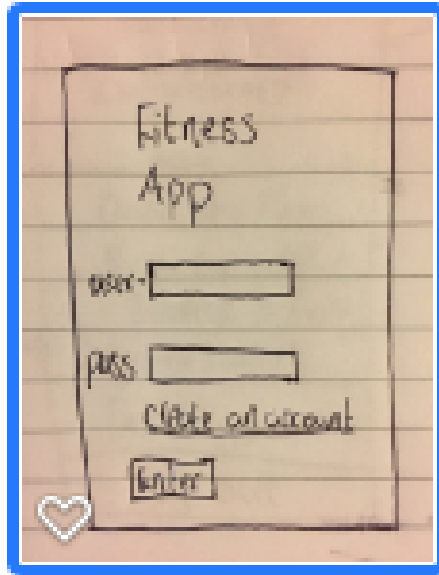
Supervisor: Paul Barry

1st November 2017

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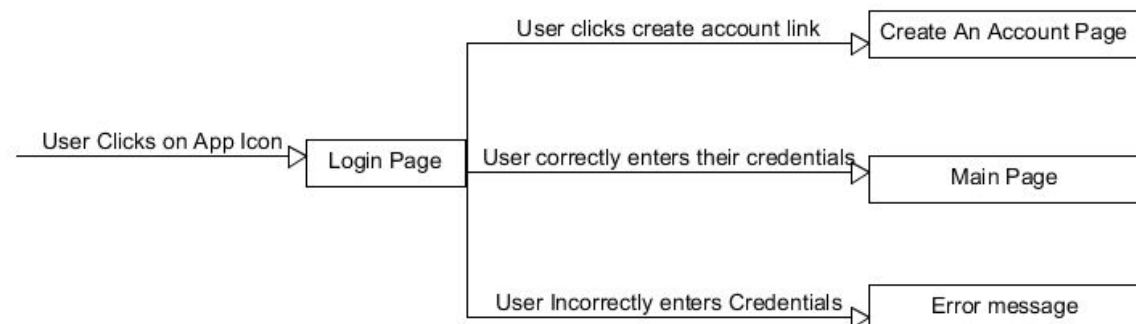
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Login Page

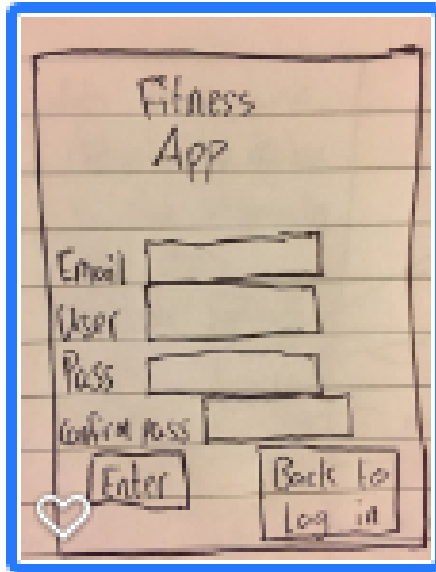


Users are first met with a login page requesting their username and password. If they do not yet have these credentials, there is a link to create a new account under the password box, which will take them to create a new account. The user will press the Enter button to enter the application. Fitness app will not be the name of the app but for now we will use it to give an idea of where the title will be. The app will have a colourful, friendly layout making the user feel welcome into the app. Users will first be brought to this page when they click the fitness application icon on the user's phone.

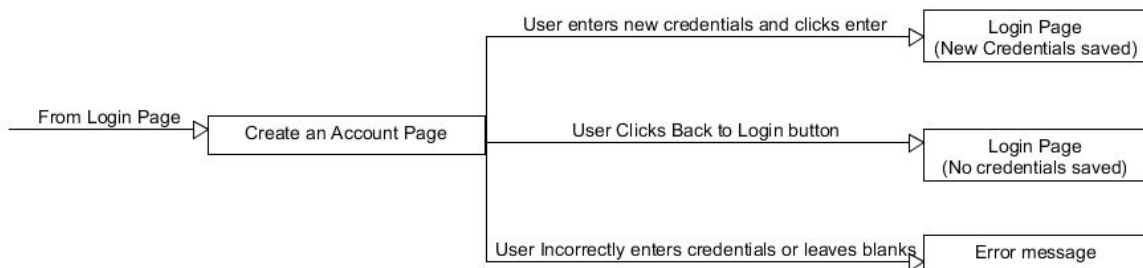
After the user enters their credentials they will be brought to the main page of the application. If they enter them incorrectly they will get an error message.



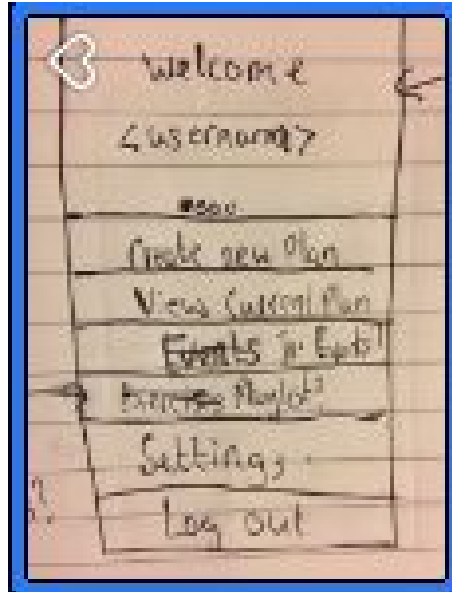
Create An Account Page



Here the user will be allowed create a new account for themselves for the application. The credentials they will need to enter are their email, a username, a password and a confirmation password. The user will hit enter and their account will be created. If they went to the create an account page by accident they can hit the Back to Login page to go back to the login page. It is the typical layout of most create account pages and no additional information is needed until later into the application. If all credentials are entered and the user hits enter they are brought back to the login page where they can login with their new credentials. If they don't enter all the credentials before hitting the enter button they will get an error message. Finally if they hit the Back to Log in button they will return to the Login page without any credentials being saved.

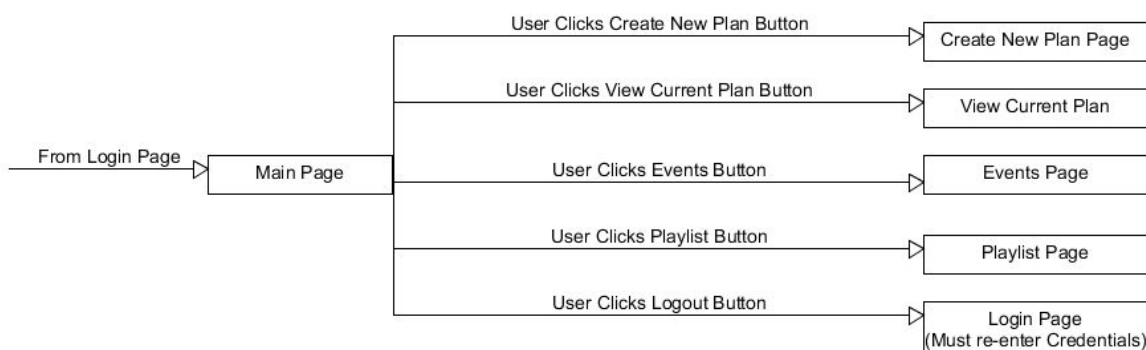


Main Page

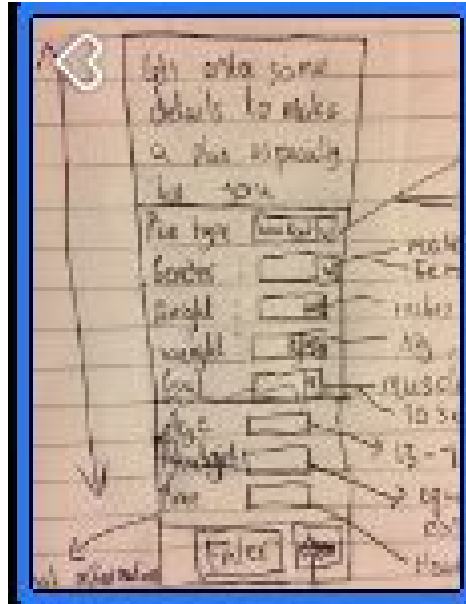


The main page will contain links via buttons to create new plan, view the current plan, events, playlists (although I have not settled on that idea yet) and a logout button. I may decide to only allow a user to create one program at a time and the create new plan button may disappear or not be clickable until the current plan is deleted. This prevents a user from creating too many plans for themselves. It is better practise to have one plan and fully focusing on it than having multiple ones where the user's focus is split amongst them.

Welcome username panel will scroll to show current day's workout and diet plan along with workout/meal of the day/week and ingredients for next week's diet plan(shopping list).This can be scrolled through by the user and I may also let it scroll through by itself over time.The buttons will be differentiated from each other using a colour scheme. The buttons will stretch the length of the screen.



Create New Plan Page



This is the page where the user will enter their details to generate a workout and/or diet plan for themselves. The user will enter their details within the boxes provided.

Create plan has many list options.

Plan: Workout, Diet, both.

Gender: Male, Female.

Height: In inches or in feet

Weight: In kg or stone

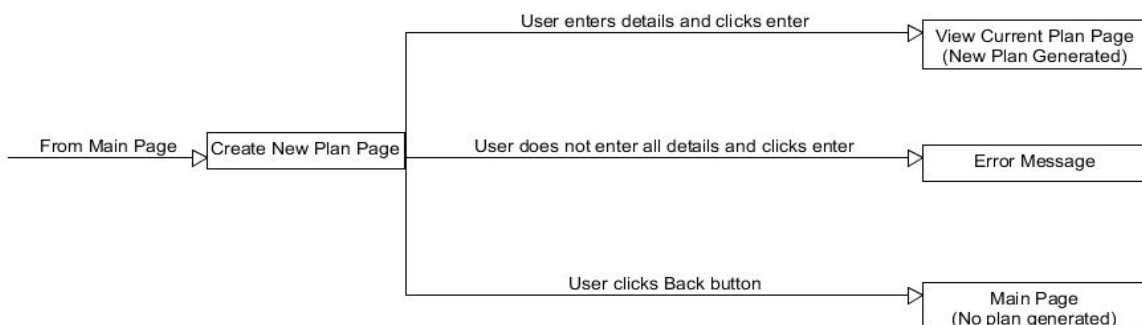
Goals: Muscle gain, Weight loss, Improve fitness etc.

Age: N/a

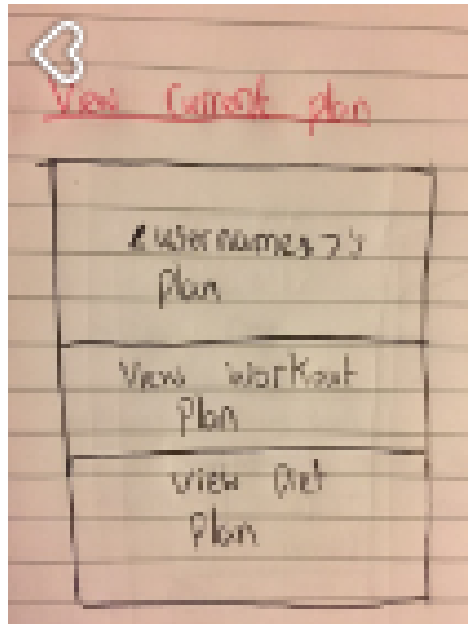
Budget: Euros.

Time: How many minutes/hours per day/week?

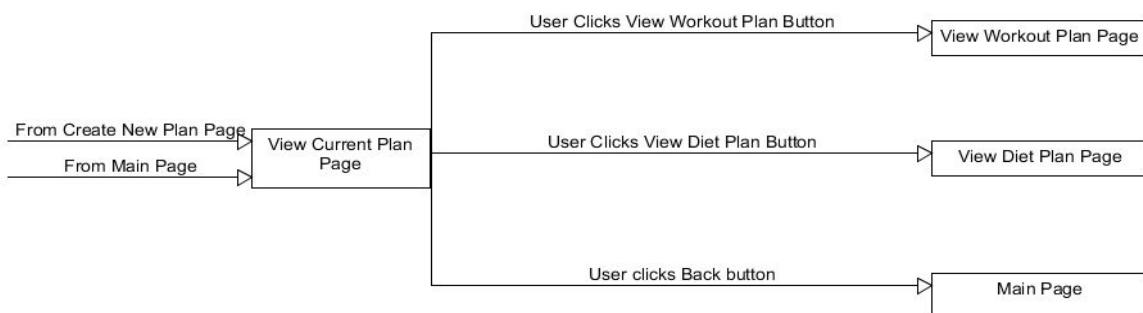
Potential additional information: Duration of plan etc.



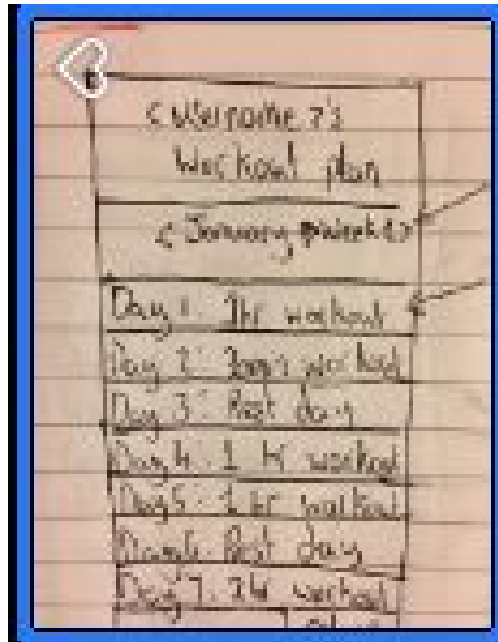
View Current Plan Page



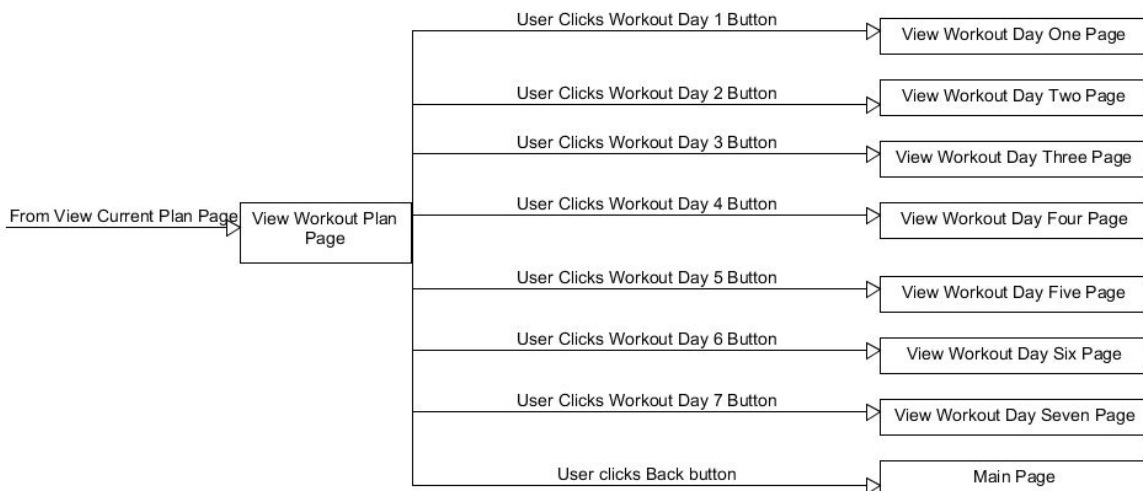
This is a simple page to allow a user to view their workout plan, by clicking the large view workout plan button, or their diet plan, by clicking the view diet plan button.



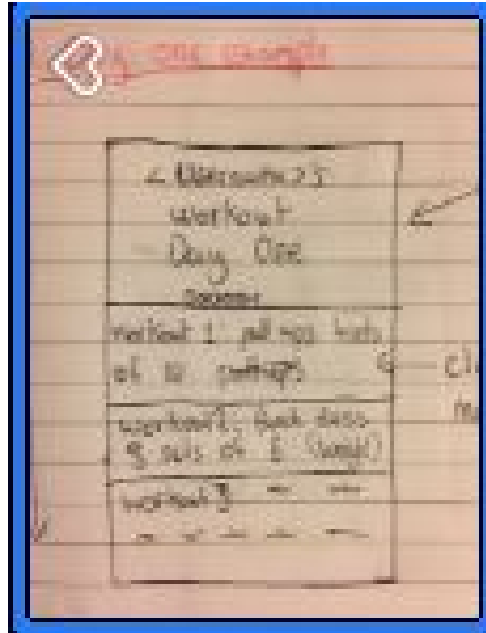
View Workout Plan Page



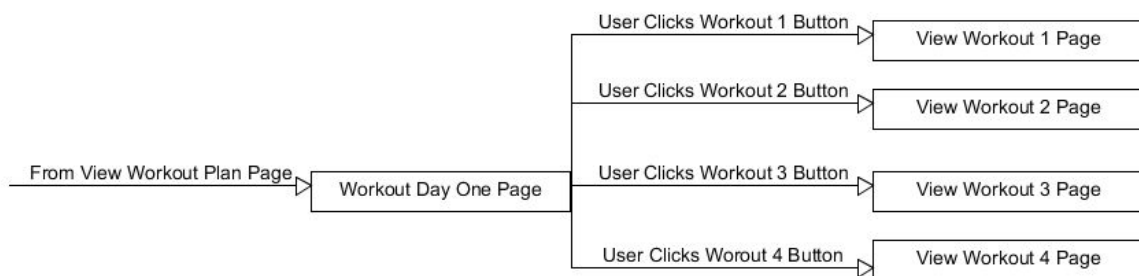
After clicking the workout plan page the user is brought to their workout plan page. Here the user can view their weekly workout plan. Each day has the amount of expected time that the workout should take. The user can only view the current week and will only unlock the next week when they complete all of the workouts.



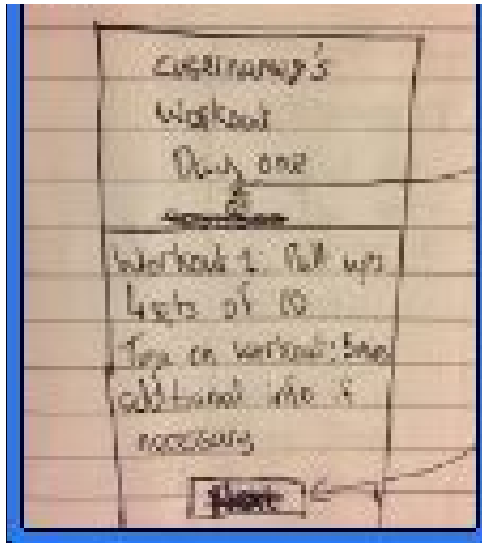
Day One Example Page



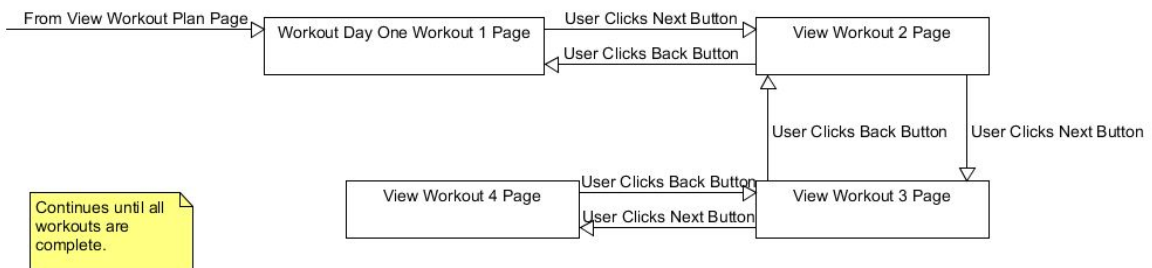
This page shows the list of workouts for the day in order of when the user should do it . It provides the workout name and number of reps to do. I will put an option that allows them to tick a box or press a button when the workout is done, making the workout box green and allowing the user to move onto the next workout. The user can scroll down to view all the workouts for the day. The box at the top will also contain video or text tutorials on how to do a particular workout.



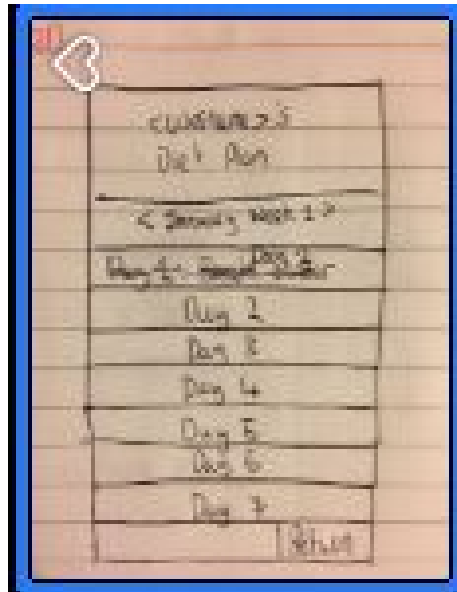
OR



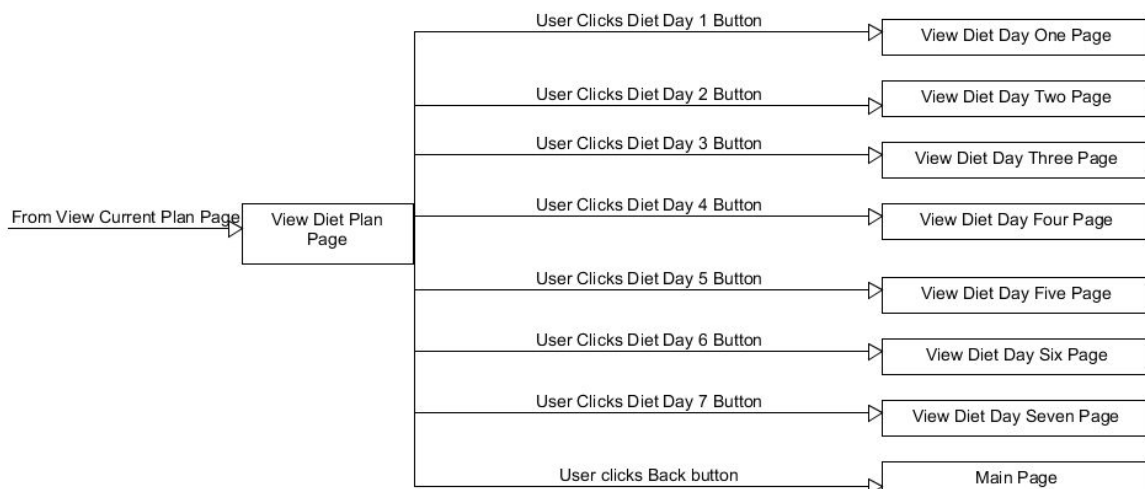
In this option, the user will be brought to a page containing only one of the exercises within the workout. Here more details is given on the workout including time taken per set and rest period etc. The box at the top will also contain a video or text tutorial for the particular exercise on the page. The next button is clicked to bring the user onto the next workout.



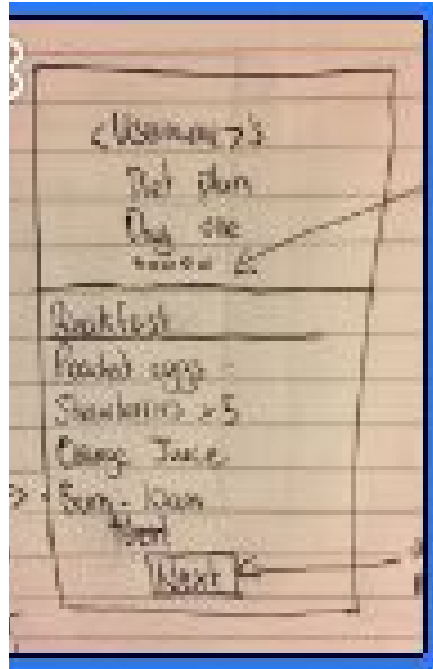
View Diet Plan Page



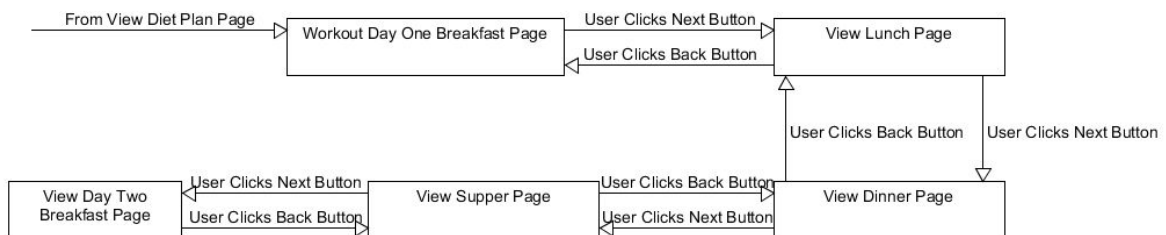
After clicking the diet plan button the user is brought to their diet plan page. Here the user can view their weekly diet plan. They can scroll through the weeks as well using a button with an arrow indicating the direction in which they can scroll. To view the diet plan for a particular day, such as the current day, they can simply click that day and it will bring them to a page showing the diet plan for that particular day. The top box will also include the ingredients needed for the week ahead.



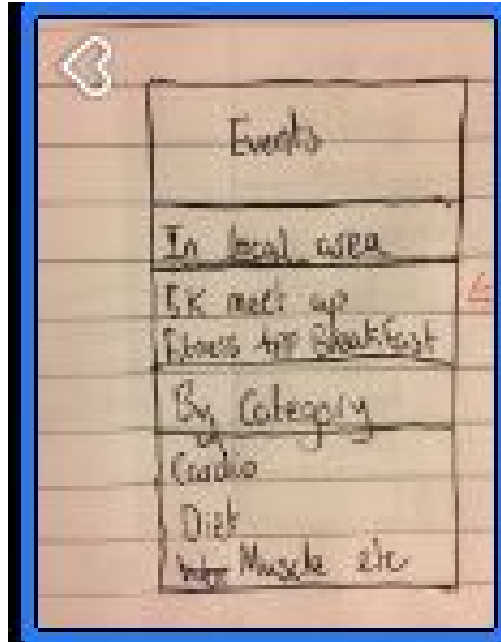
Day One Example Page



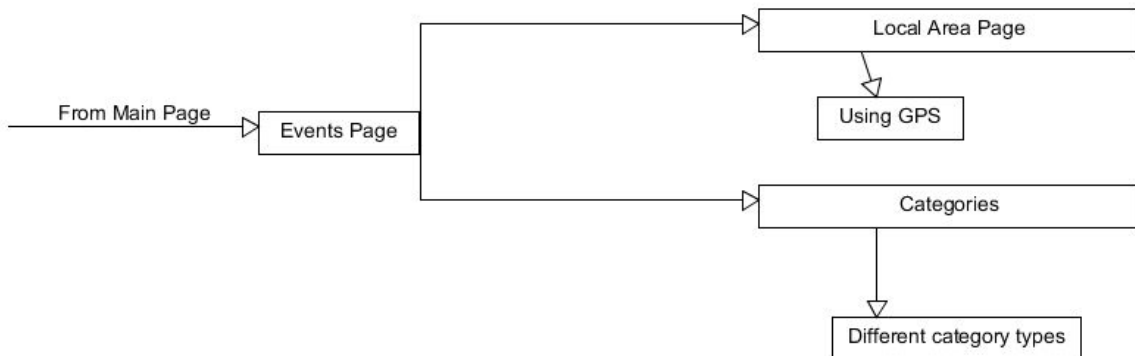
This brings the user the diet page for the first day in this example. The user will be shown their plan for breakfast. They can scroll through the meals for the day in the top box (breakfast, lunch and dinner). Once the user has completed their breakfast, they will hit the next button and be brought onto the next meal of the day, which will have the exact same layout. I will consider putting a time frame in for the user e.g Breakfast 7-10am, in which the user should be having their food within that particular time.



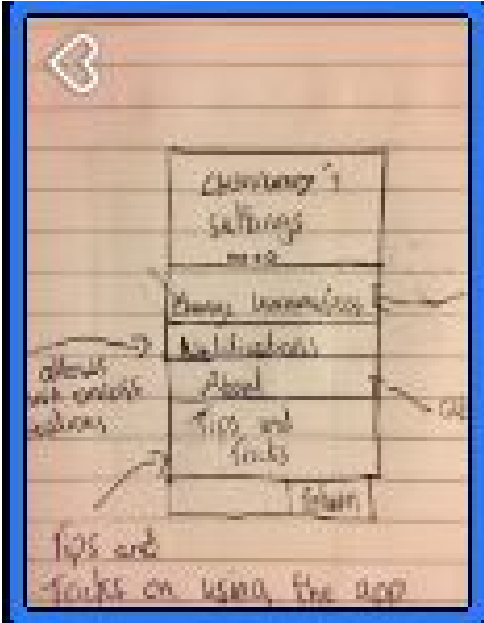
Events Page



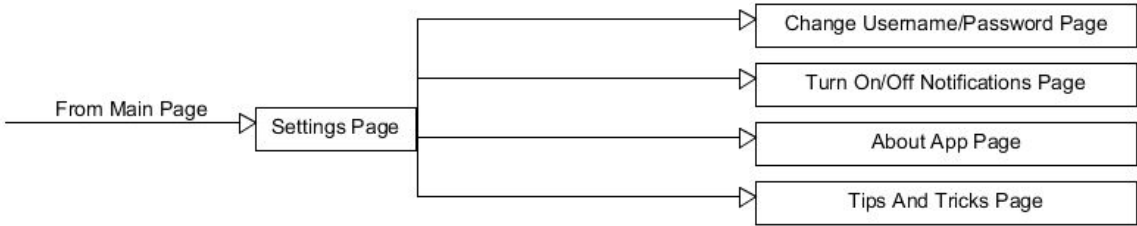
I'm not sure if I will include this page yet but If I do it will contain events in the local area, using GPS, to which the user can attend or the user can view events by category. This may benefit the user as they will meet other people trying to achieve similar goals. Here, they can share tips and motivate each other.



Settings Page



- Allows user to change Username/ Password. (operates like Create an account page)
- Allows user to turn notifications On/Off.
- About the app.
- Tips and Tricks on using the app.

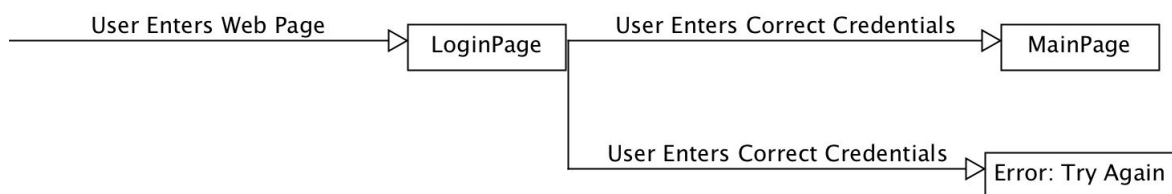


Website

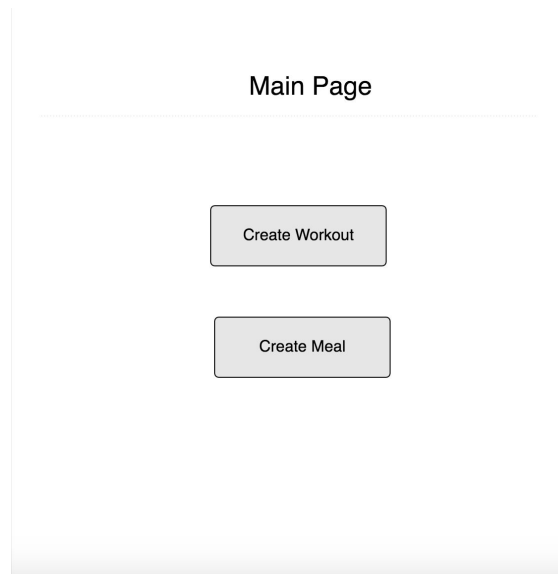
Login

A screenshot of a login form. At the top, the word "Login" is centered. Below it, there are two input fields: "Email:" followed by a text box, and "Password:" followed by a text box. At the bottom of the form is a button labeled "Login".

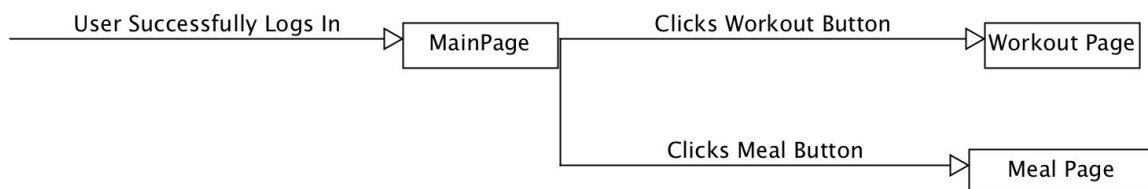
User can enter their credentials and log into their account.
They can also create an account from this page.



Main Page



Session created and welcomes user. Click workout button to allow user to enter a workout into the database. Click meal button to allow user to enter meal into the database.



Workout Page

Workout Page

Username:

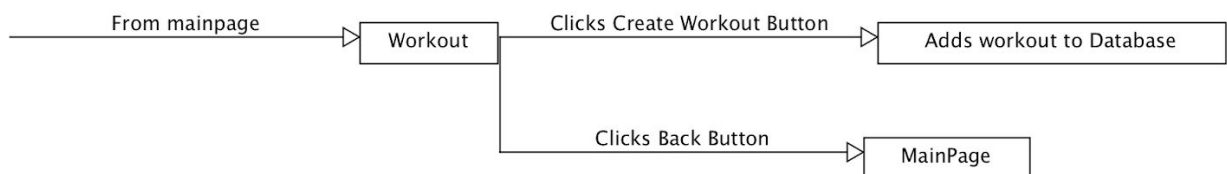
Workout:

Experience:

Equipment:

Goal:

User is brought to the workout page. Here they can enter details of a workout into their respective boxes and save the data to a database by clicking the Create Workout button or go back to the main page by clicking the back button.



Meal Page

Meal Page

Username:

Meal:

Ingredients:

Time:

Nutrients:

User is brought to the meal page. Here they can enter details of a meal into their respective boxes and save the data to a database by clicking the Create Meal button or go back to the main page by clicking the back button.

