


Fitness Plus

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CMPE/SE 131

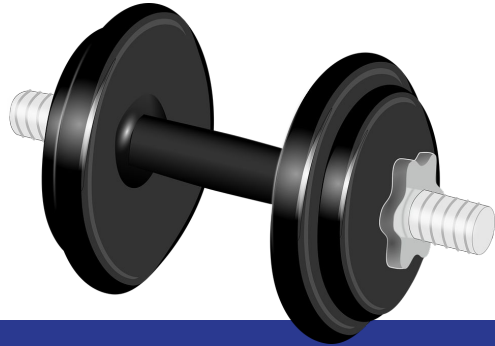


Problem Statement

- Seasoned athletes need to continually modify workout routines to remain competitive and achieve goals.
 - Gym users need a convenient way to track their workout progress.
 - People who lack time and experience need help developing a basic workout routine.
 - Most workout websites do not have all desired resources in one convenient place
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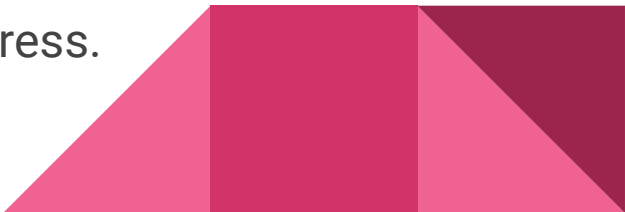
Objectives

1. To provide users with access to resources to aid and inform on common gym exercises.
2. To generate and update suggested workout routines based on user input and progress.
3. To keep track of the user's performance via visual aids and graphs.



Solution: Fitness Plus

Fitness Plus is a free workout application that allows users to:

- Have access to a variety of informative workout videos and articles.
 - Receive personalized workout plans after inputting their age, weight and workout goals. These workout plans are updated as the user progresses in order to match their fitness level.
 - Input their performance after completing a workout video in order to track their progress.
 - View graphs and other visual aids that show their progress.
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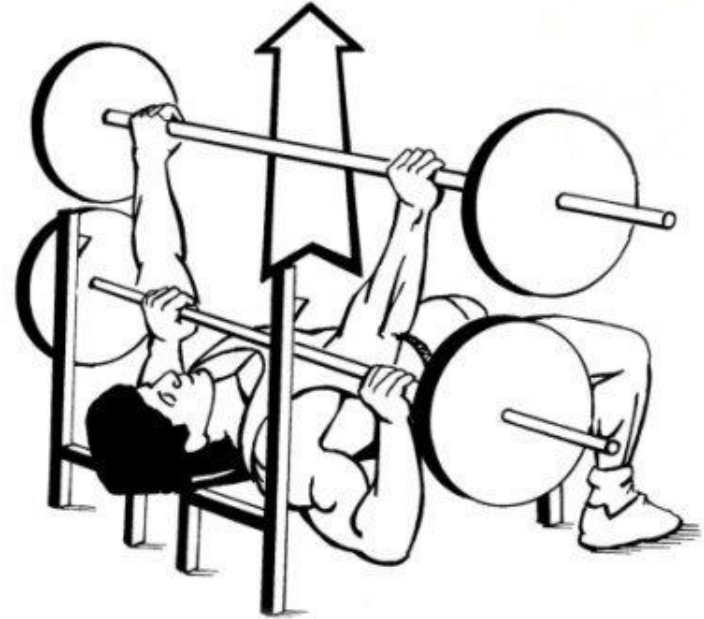
Major Features

- Custom workout routines generated based on user's personal information and input
 - Choice of chest, abs, arms, shoulders, back, and leg exercises.
 - Application will generate custom workouts based on user's selection.
 - Insights from personal trainers to improve workout design and exercise selection.
 - Suggested number of repetitions, sets, and weight for each exercise based on user's personal information and performance.



Major Features (Continued)

- Links to external webpages and videos
 - Fitness Plus users who are new to the gym need exercise guidance.
 - Videos and webpages will show users proper form and safety.
 - Beneficial for experienced athletes who have reached a plateau and want to improve.



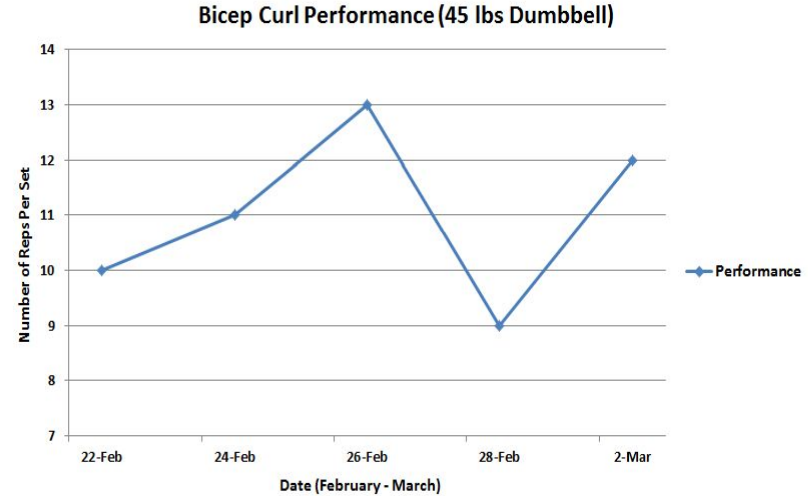
Major Features (Continued)

- Ability to gather information from users on workout performance to help Fitness Plus evolve
 - Option to input the number of repetitions, sets, and weight for each exercise that the user completed.
 - Fitness Plus will store each user's workout performance in its database.
 - Application will learn from user's inputs and create better customized workouts.
 - Fewer number of repetitions, sets, and weight for exercises that users struggle with.
 - Increased performance goals for exercises that users perform well on.



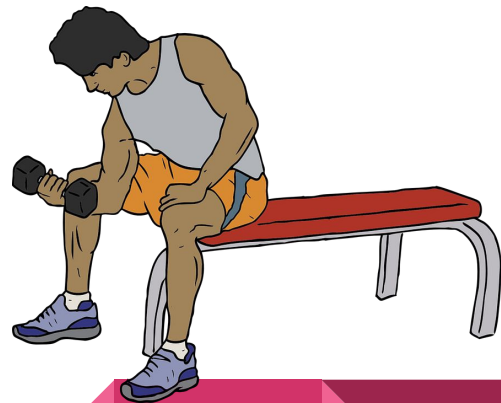
Major Features (Continued)

- Graphs and visual tools to help users visualize their performance
 - Graphs showing user's performance in the gym vs. time.
 - Quickly gauge what exercises users are doing well, and what exercises they need to focus on more.
 - Easily spot trends and patterns in their workout routines.
 - Help track short-term or long-term gym performance.

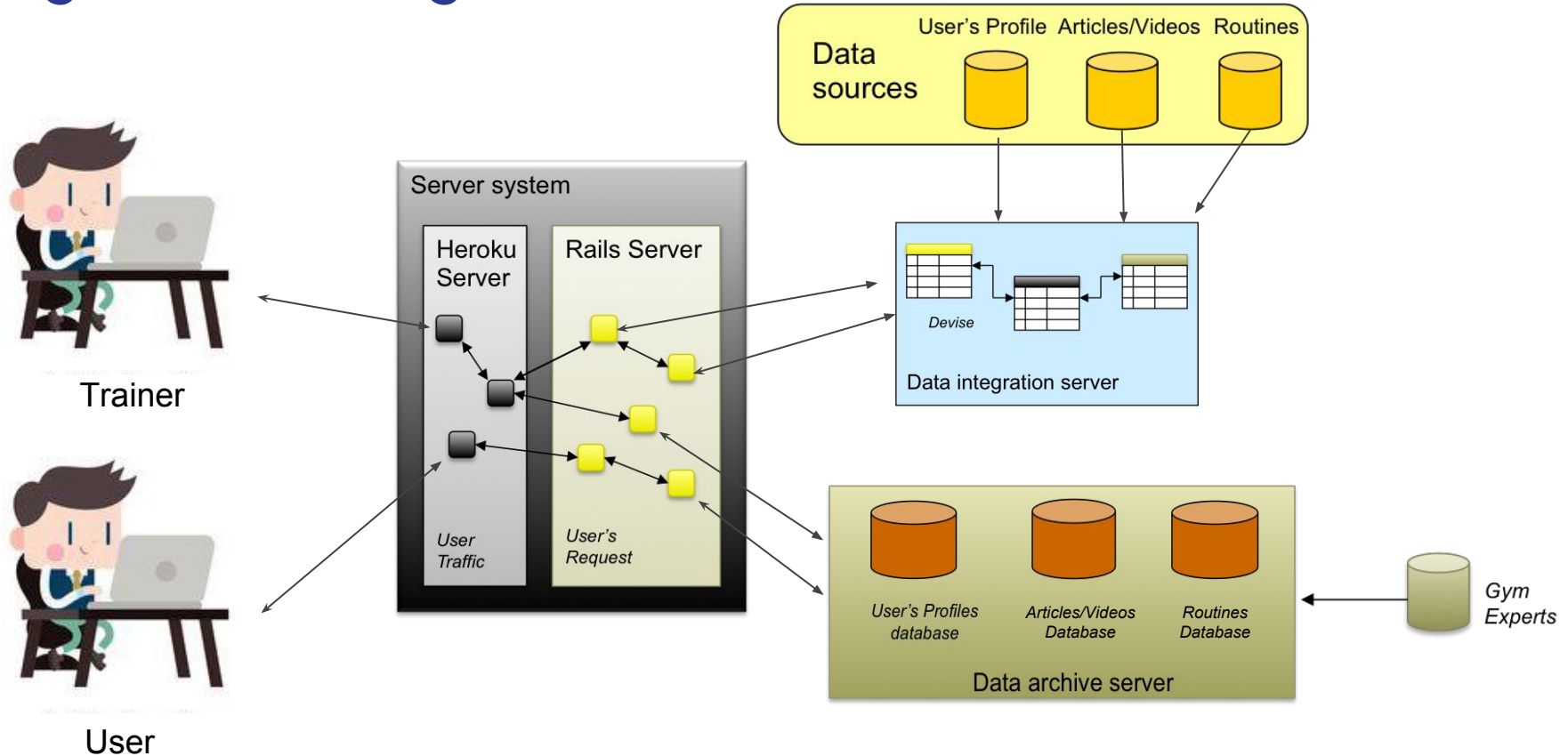


Major Modules

1. Database of user's profiles (username, password, exercise performance).
2. Database of external articles and videos for workout instruction.
3. Database of exercise routines.
4. Heroku web servers to handle user traffic.
5. Application server to respond to user's requests.



High-Level Diagram



Fitness Plus Use Case

Name: Create User Account.

Goal: Creates a profile for the user.

Summary: The user must be able to access a personal account, of which he or she can record his or her performance.

Actor(s): The user.



Fitness Plus Use Case

Preconditions

- The server has been started up.
- The web application is running.
- The database is connected to the application.



Fitness Plus Use Case

Primary Sequence


Trigger: The customer selects the “Register” option.

1. The application prompts the customer for first name, last name, email address, and password.
2. The application prompts the user to input his or her body weight, height, and gym experience.



Fitness Plus Use Case

Primary Sequence (Continued)

3. The customer chooses to insert the information or to skip the process.
 4. The customer confirms his or her account by pressing on a link sent to his or her email.
 5. The application displays the profile web page with the customer's basic information when the link is pressed.
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Fitness Plus Use Case

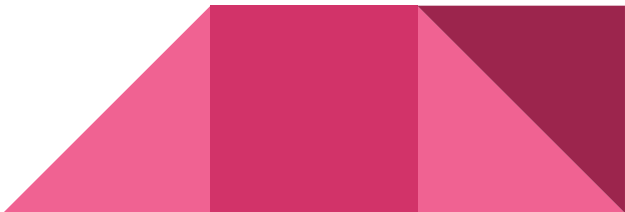
Primary Postconditions

- The customer has a permanent account with Fitness Plus, of which he or she can update the amount of information on the account at any given time.
- The customer is able to access the same profile again at a later time by logging in (inputting the correct email address and password).



Fitness Plus Use Case

Alternate Sequences

1. The application prompts the customer for first name, last name, email address, and password.
 2. The customer enters an email address that is not available.
 - The application displays “This email address is not available.”
 - The application prompts the customer for a new email address or to log in.
 3. The application prompts the user to input his or her body weight, height, and gym experience.
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Fitness Plus Use Case

Alternate Sequences (Continued)

4. The customer chooses to insert the information or to skip the process.
5. The customer confirms his or her account by pressing on a link sent to his or her email.
6. The application displays the profile web page with the customer's basic information when the link is pressed.



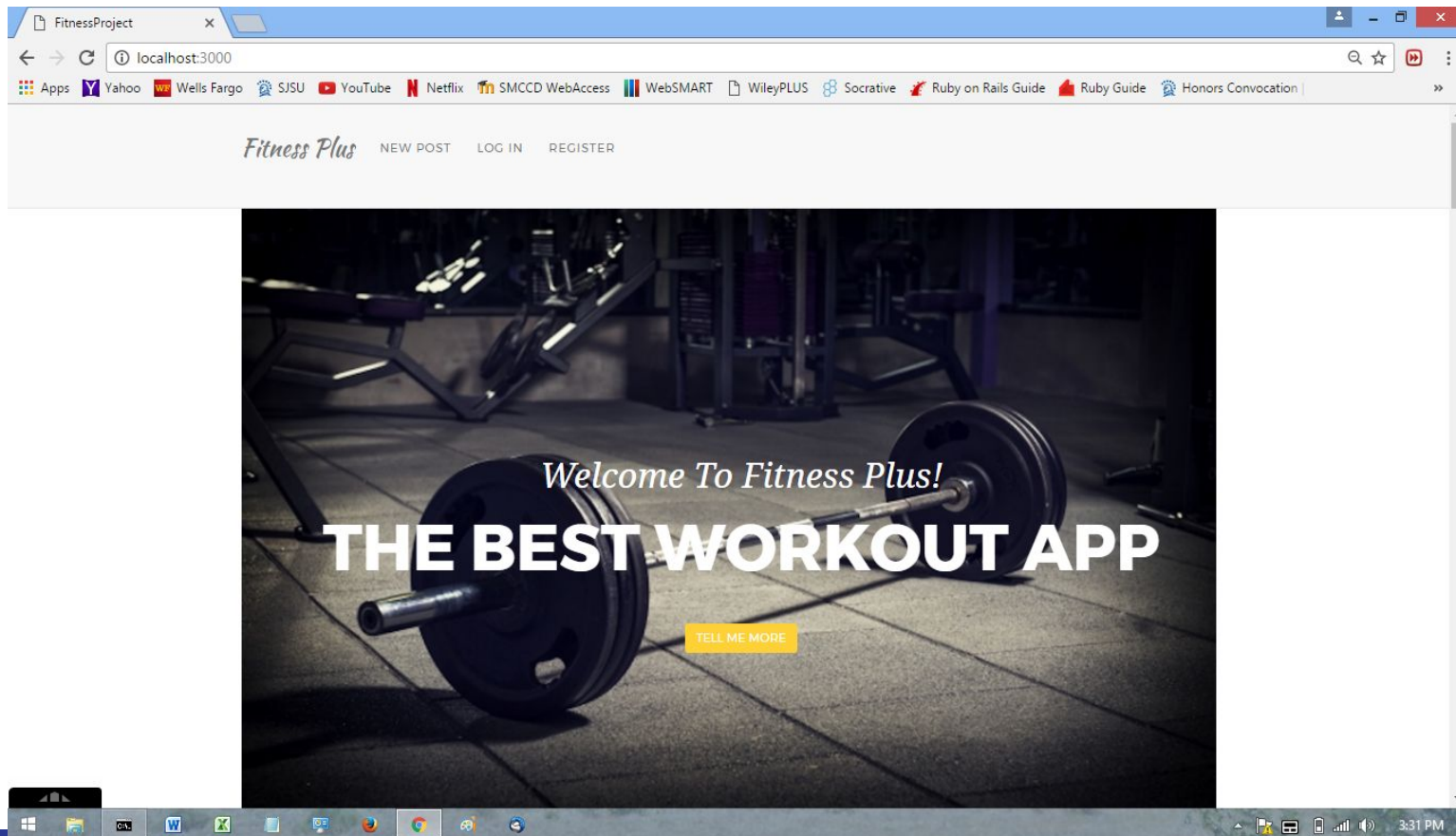
Fitness Plus Use Case

Nonfunctional Requirements

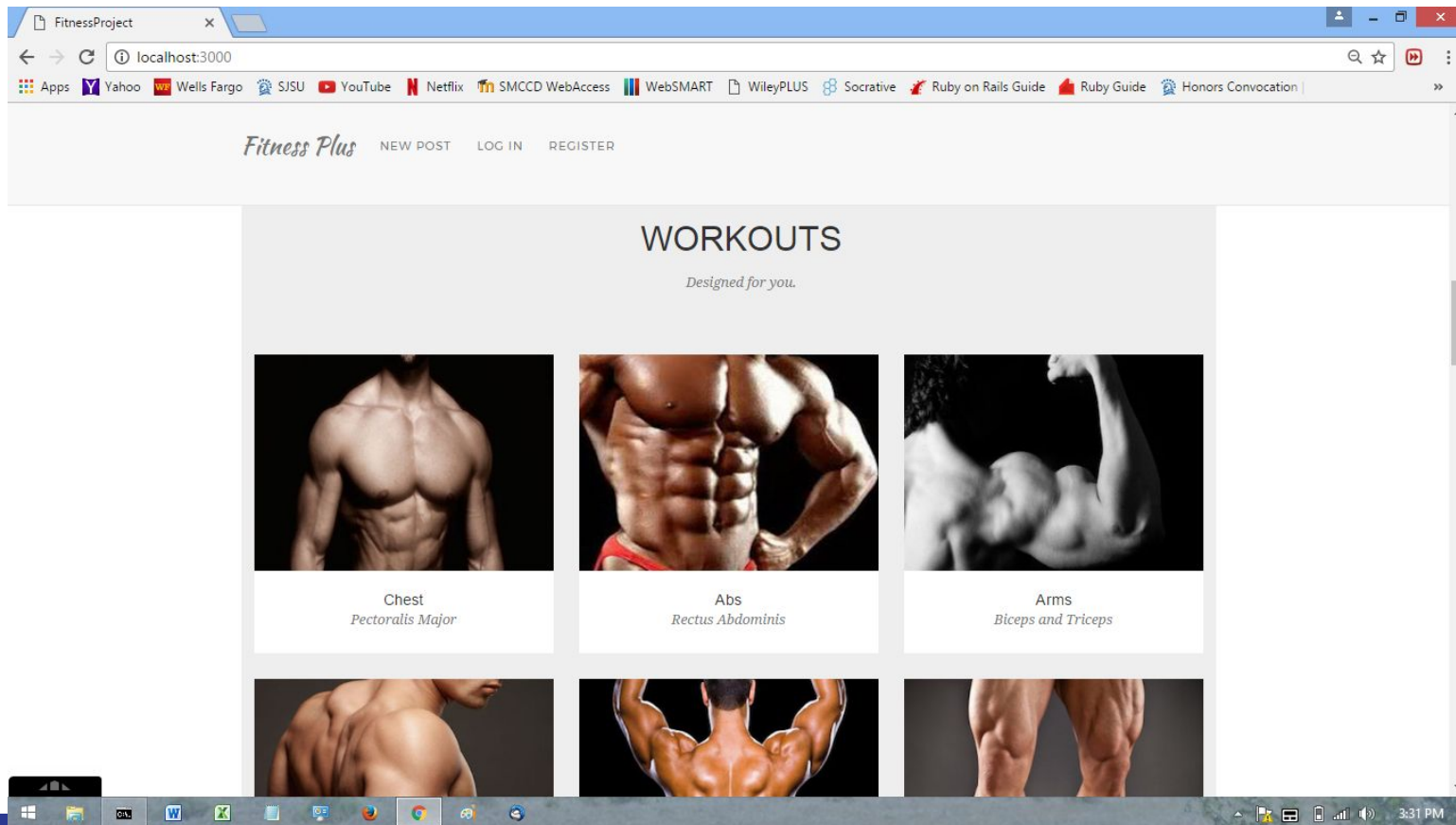
- System responds to each customer confirmation within ten seconds.
- The system displays messages in English.
- The system will operate on Mac, Windows, and mobile platforms.



Fitness Plus Demo (Homepage)



Fitness Plus Demo (Homepage)



Fitness Plus Demo (Creating User Account)

FitnessProject

localhost:3000/users/sign_up

Apps Yahoo Wells Fargo SJSU YouTube Netflix SMCCD WebAccess WebSMART WileyPLUS Socrative Ruby on Rails Guide Ruby Guide Honors Convocation

Fitness Plus NEW POST LOG IN REGISTER

SIGN UP

Email

email@email.com

Password (6 characters minimum)

Password confirmation

Sign up

Log in

3:32 PM

Fitness Plus Demo (New User Confirmation)

