

Hi, welcome to the demo of our product fitNUS. It is a product to help NUS students get started on their fitness journey and help plan their workout routines around their timetable. In addition, there is also a graph to show the user's calorie intake for the past week and allows the user to track his BMI.

Demo Exercise: To start off, I'll demonstrate exercise and its commands. Fitnus allows the user to add his own exercises. The user first sets the parameters such as exercise name and any optional tags, and then enters a command to record the exercise inside fitNUS. For example, when the user wants to add an exercise Bench Press, they can type `exercise_add e/Bench Press t/focus`. The app shows the exercise name Bench Press and the tagged item, "focus" below it.

Edit: The user can also choose to edit the exercise if he has made any mistakes. So for example,
`exercise_edit t/chest`

Find:
`exercise_find bench`

List :
`exercise_list`

Delete:
`exercise_delete 2`

Demo Routine:

Now, the user wants to add on his own Chest Workout routine on top of what fitNUS comes pre-installed with. The user can type `routine_create r/Chest Workout` to create his very own routine!

improve his existing routines and want to add Bench Press to his Chest Workout. He can type the following command : `routine_add_exercise r/Chest Workout e/Bench Press`

`Routine_delete_exercise`

`exercise_find`

`routine_list`

`view`

Demo Lesson:

Add: The lesson feature is very similar to the exercise feature. The parameters to include are the lesson name and any optional tags in order to add a lesson to fitNUS. For example, the user wants to add a new lesson to fitNUS, called CS2106, with the tag “core” to indicate that this lesson is a core module. He can type `lesson_add n/CS2106 t/core` to do so. As a result, a new lesson is now being added with the name CS2106 and the tagged item “core” below it.

Edit: Next, we have the lesson edit feature. Once a lesson has been added, we can edit the existing lesson. For example we can edit the first lesson MA1101R to CS2100 using `lesson_edit 1 n/CS2100`. As you can see, the first lesson has been successfully edited to CS2100.

Find: `lesson_find CS`, Finds all lessons whose names contain any of the specified keywords and displays them as a list with index numbers.

List: `lesson_list`, Displays a list of all lessons in fitNUS.

Delete: `lesson_delete 1`, Deletes the lesson identified by the index number used in the displayed lesson list. CS2100 is no longer displayed

Demo Timetable:

Add lesson: `timetable_add_lesson n/MA1102R D/monday T/1000-1200`

After the user enters all his chosen routines and lessons, he can then proceed to add them into his timetable. Let us now switch to the timetable tab where the user can view his timetable. Suppose the user has a lesson MA1102R on Monday from 10am to 12pm. To add this as a slot to the timetable, he can type the following command into the command line. Note that this slot has been added to his timetable, and it is extremely convenient to get an overview of his routines and lessons for the week.

Add routine: `timetable_add_routine r/upper body workout D/monday T/1400-1600`

Now, similar to adding lessons, the user can also add routines to his timetable. Suppose the user wants to add a workout routine called Upper Body Workout to his timetable on Monday from 2pm to 4pm. To do so, simply input the following command into the command line. Note that this slot is now added, and the slots are automatically sorted according to their timeslot.

Delete slot: `timetable_delete_slot D/monday T/1000-1200`

Finally, the user would like to delete the slot on Monday, from 10am to 12pm. To do so, input the following command into the command line. Note that the slot is now deleted.

Demo BMI:

Moving on, fitNUS also allows the user to store his height and weight. The purpose of this is to show the user's BMI which can help the user to track his fitness journey.

Add weight: weight w/85

Suppose the user would like to set his weight to 85kg. He can do so by typing the following command into the command line. Note that the weight is now edited, and the BMI is updated accordingly.

Height h/180

Similarly, now suppose the user would like to set his height to 180cm. He can do so by typing the following command into the command line. As such, the height is now edited and the BMI is again updated accordingly.

Demo calorie:

Lastly, fitNUS allows the user to track his calorie intake for the past week, as shown in the calorie graph.

Add calorie: calorie_add c/1500

Suppose the user had just eaten and wants to input his calories for that day. He can do so by typing the following command. Note that this addition is reflected in the graph above.

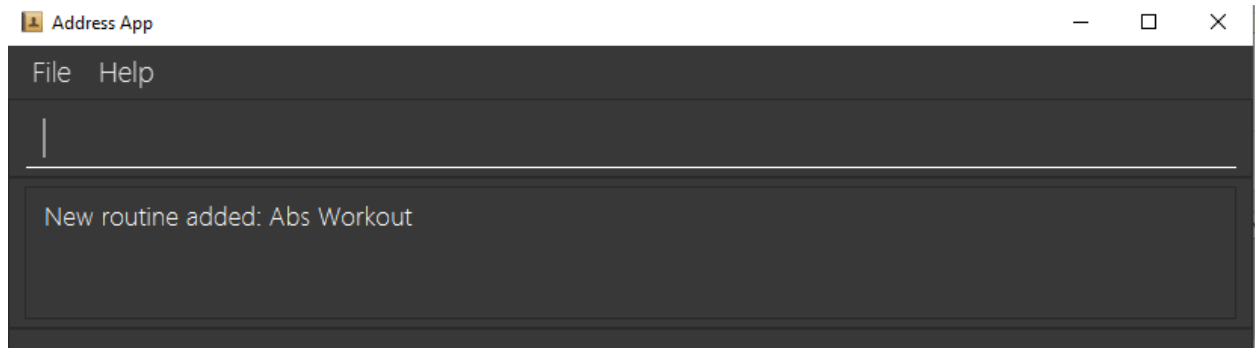
Deduct calorie: calorie_minus c/500

Similarly, suppose the user had finished a workout and wants to deduct calories. He can do so by typing the following command. Note that the graph again reflects this change and updates his current total calories for the day.

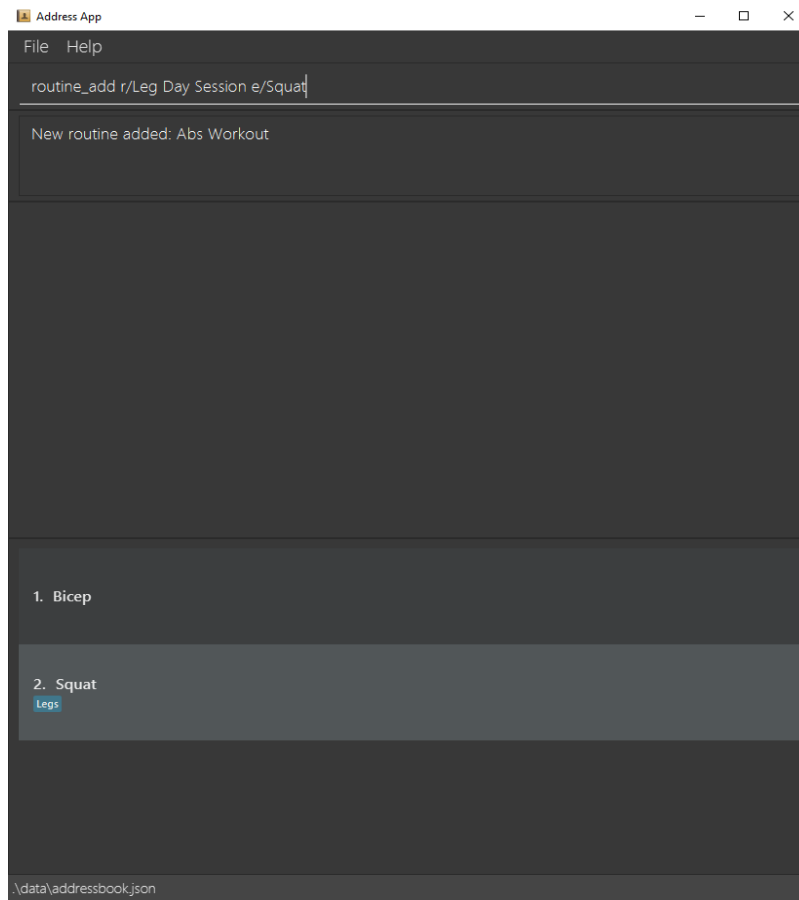
Routine features:

1. Creating Routine object

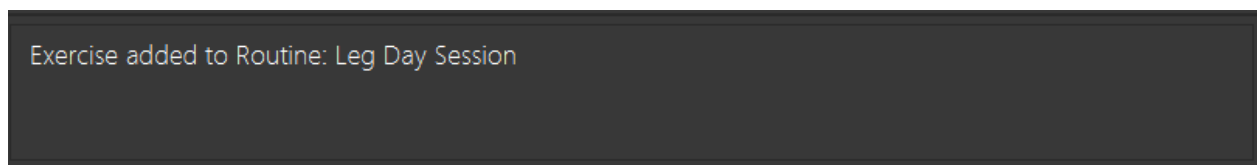
```
routine_create r/Abs Workout
```



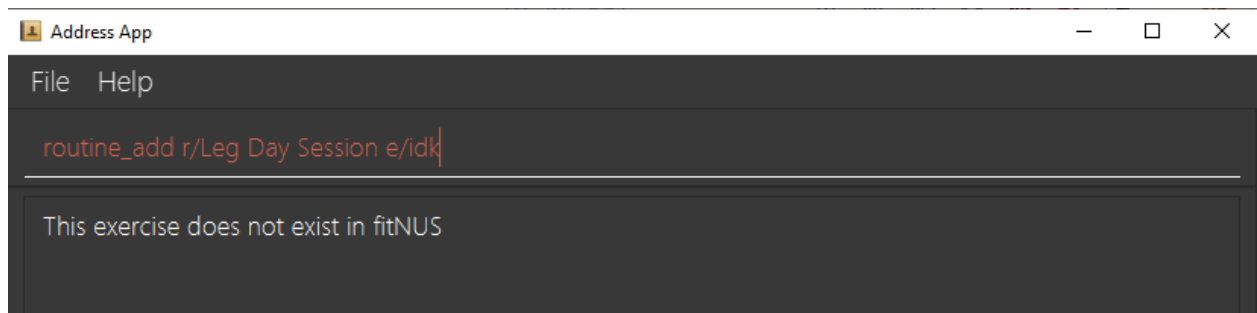
2. Adding an existing exercise to Routine

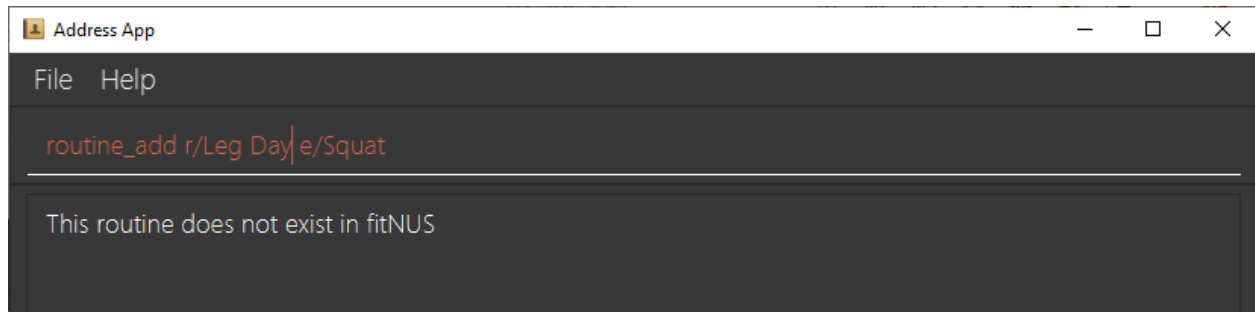


Success message:

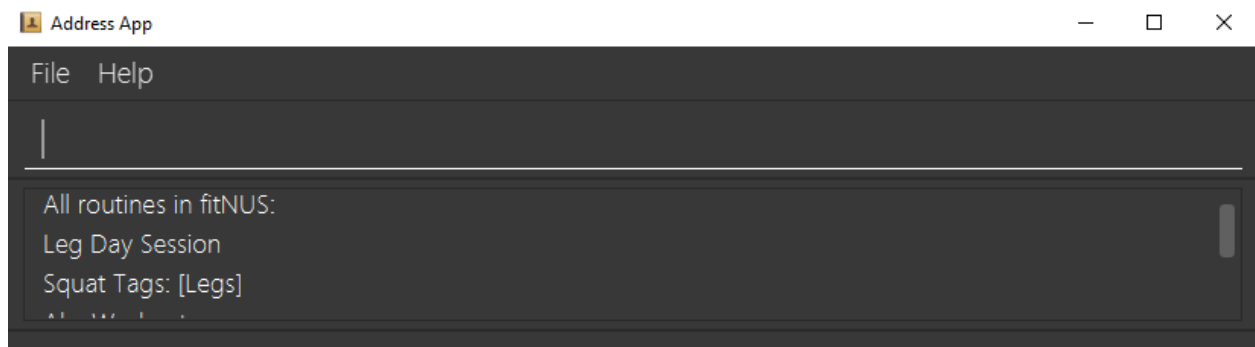


Fail cases:

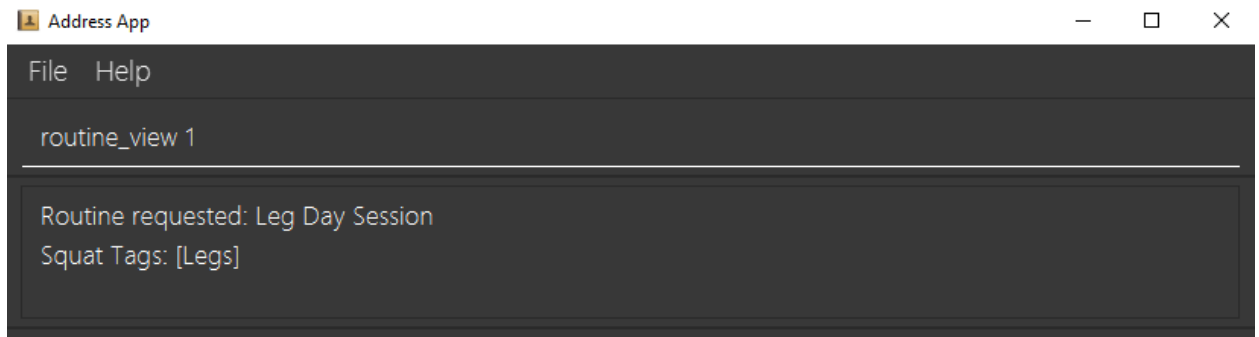




3. List out all routines in fitNUS with their exercises:

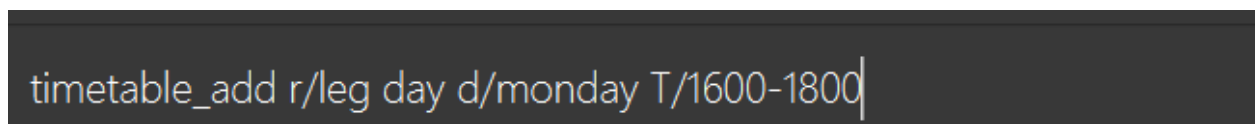


4. View a specific Routine:



Timetable Features:

1. Add routine to timetable



Slot added to Timetable: leg day on monday from 16:00 to 18:00

Fail cases:

```
timetable_add r/idk d/monday T/1600-1800
```

This routine does not exist in fitNUS

```
timetable_add r/leg day d/anyday T/1600-1800
```

Day should only be one of the following: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

```
timetable_add r/leg day d/monday T/1630-1730
```

This slot overlaps with another slot in your timetable

CS2103T Team Project

Idea 1: Fitness tracker

Project Direction:

1. Fitness tracker - input calories, workouts. Maybe also timetables and we can choose a workout timing for them. (can add graph illustrations to show calorie intake etc)

Target Audience:

1. Busy university students that need help to plan workout around their schedule

Problem Addressed:

1. Fitness tracker
 - a. Ensures that university students can follow a balanced workout routine despite their busy schedules.

Primary Features:

1. Displays your daily calorie intake
 - b. Keep track of daily intake of calories, plot a weekly graph?
 - c. BMI
 - d. Workout programmes, suggest popular programmes?
 - e. Daily motivational fitness quotes
2. User input the type of exercise/workout they want to do
 - a. Choice to input workout date/time
 - b. If user input specific timing, simply store the date into calendar
 - c. Else, suggest time slots for users to choose and then store.
 - d. Can check which muscle groups an exercise trains
 - e. Input muscle group to train and suggests type of exercise for user

Idea 2: Exchange helper

Project Direction:

1. Module mapping helper - Input modules you want to take, and it will display relevant modules from Partner Universities (PU). Then maybe for universities with a lot of modules that can be mapped over, it will suggest those PUs.

Target Audience:

1. University students who are planning to go on exchange

Problem Addressed:

1. A more convenient and efficient way for students to map out their modules.

Primary Features:

1. Show verified partner unis and filter by cost of living or region
2. Search multiple modules you wish to take and output suitable PUs.

User Stories

1. As a busy student, I want to add workout routines into my busy schedule so I have time to exercise.
2. As a student, I want to delete a workout routine so that I can keep my schedule up-to-date.
3. As a NUS student, I want a way to easily plan my workout sessions so that I can just follow it without much thought.
4. As a NUS student who cares about my health, I want to keep track of my calories intake so that I have a healthier lifestyle.
5. As a student that has problems sticking to a certain training schedule, I want a way to easily track my progress, so that I can be motivated.
6. As an athlete, I want to be recommended workouts that do not repeat muscle groups over consecutive days so that I can have a balanced workout.
7. As a student who has no knowledge of workout, I want to view what exercises the application has so that I can pick for myself.
8. As an athlete, I want to know how many calories I have burned from the workout.
9. As a student looking to improve my health, I want to be recommended workout programmes so that I can jump right into the exercises.
10. As a student looking to improve my fitness but have no access to a gym, I want to be recommended home workouts or exercises not at the gym.
11. As a forgetful student, I want an easy way to log my training so that I can look back at them.
12. As a forgetful student, I want a way to log what timings did I go to the gym so that I can remember if the gym was crowded
13. As an experienced athlete, I want to be able to customise my workout routine so that I can better target my needs
14. As someone who loses motivation easily, I want easily understood graphics on my fitness application so that I can continue to stay motivated.
15. As a NUS student, I want to be directed to the nearest gym from where I am, so that I can save time to study!!
16. As a NUS student, I want to know which bus I should take to get to the nearest gym.
17. As a student with a fixed workout schedule, I want to be able to easily add recurring workouts so that it saves me the trouble of adding in every week.
18. As a student who may be tired from school, I want to be able to customise the intensity of the workouts so that I will be more likely to complete them.
19. As a freshman in NUS, I want to easily locate the nearest gym from my location so that I do not get lost.
20. As a NUS student, I want to be able to see my timetable in whatever fitness application I am using, so that I can slot my workout sessions in with ease.

21. As a meticulous student, I want to be able to record notes after each workout to track how each workout went.
22. As a gym goer, I want to know how much I have improved on workout in terms of the weight I have lifted.
23. As an organised athlete, I want a timer to keep track of how long I have been working out, to know how long each routine takes.
24. As a meticulous student, I want to be able to export my workout/calorie log from the app so that I can save them elsewhere.
25. As a student, I want daily motivational fitness quotes so that I can keep myself motivated when working out.
26. As a forgetful student, I want to be able to receive reminders and alerts about my upcoming workouts so that I do not miss my exercise sessions.
27. As a gym goer, I want to know the current capacity of the gym so that I don't go on busy timings.
28. As a student, I want to see my Body Mass Index (BMI) so that I get a good gauge of my fitness progress.
29. As a serious athlete, I want to be informed on how much protein I need to intake so that I can gain muscle efficiently.
30. As a student who hates to remember things, I want simple and easy commands in my fitness tracker so that I will not forget them.
31. As a newbie, I want to receive routines with good progressions so that I can train more efficiently.

Feature list:

_____ As a student, I want to see my Body Mass Index (BMI) so that I get a good gauge of my fitness progress.

As a student who has no knowledge of workout, I want to view what exercises the application has so that I can pick for myself.

As a busy student, I want to add workout routines into my busy schedule so I have time to exercise.

As a student, I want to delete a workout routine so that I can keep my schedule up-to-date.

As an experienced athlete, I want to be able to customise the workout plans, so that I can choose which muscle groups to target.

1. Workout

- a. Add workout routine in application
- b. Delete workout routine in application
- c. View recommended workout routines suggested by the application

2. Nutrition

a. View Body Mass Index (BMI)

User guide:

This program allows the user to create customised workout routines, by having the flexibility to add individual exercises to routines that they have created. Furthermore, to aid users in planning workouts around their busy schedules, users have the option to add in their timetable and the program will suggest routines of a suitable duration which slots nicely between their lessons.

Features:

1. Create new routine (Licheng)

- Creates a new routine by the given routine name

Format: `routine create r/ROUTINE_NAME`

Example: `routine create r/Leg Day Session`

2. Delete routine (Licheng)

- Deletes an existing routine corresponding to the given index.

Format: `routine delete INDEX`

Example: `routine delete 10`

3. Add exercises to routine (Licheng)

- Add a new exercise to a specific routine.

Format: `exercise add r/NAME_OF_TARGET_ROUTINE e/EXERCISE_NAME`

Example: `exercise add r/Leg Day Session e/Squats`

4. Delete exercise from routine (Licheng)

- Deletes an exercise from a specified routine.

Format: `exercise delete r/NAME_OF_TARGET_ROUTINE e/EXERCISE_NAME`

Example: `exercise delete r/Leg Day Session e/Squats`

5. List current routines Jing Qian

- Lists all routines that user have created

Format: `routine list`

6. View routine details Jing Qian

- View the details of the routine such as all exercises it contains, and how long is the routine, which muscle group it covers etc.

Format: routine view INDEX

Example: routine view 9

7. Add routine to schedule (**Nicholas**)

- Add a complete routine into the application's schedule.

Format: schedule add r/ROUTINE_NAME d/DAY_OF_THE_WEEK t/TIMING

Example: schedule add r/Leg Day Session d/Monday t/1600-1800

8. Delete routine from schedule (**Nicholas**)

- Delete a routine from the application's schedule.

Format: schedule delete d/DAY_OF_THE_WEEK t/TIMING

Example: schedule delete d/Monday t/1600-1800

9. Input height and weight

- Add height and weight in centimetres.

Format: height h/HEIGHT

Format: weight w/WEIGHT

Example: height h/170

weight w/72

10. Edit height and weight

- Update your new height or weight in centimetres.

Format: height h/HEIGHT

Format: weight w/WEIGHT

Example: height h/171

weight w/74

11. View BMI

- Calculate your BMI based on the application's logged height and weight.

Format: bmi

12. Add lesson into timetable

- Add your lesson into the application's timetable.

Format: timetable add l/LESSON_DESCRIPTION d/DAY_OF_THE_WEEK
t/LESSON_TIMING

Example: timetable add l/CS2103T d/Thursday t/1600-1800

13. Delete lesson from timetable

- Delete an existing lesson that you have in the timetable.

Format: `timetable delete d/DAY_OF_THE_WEEK t/LESSON_TIMING`

Example: `timetable delete d/Thursday t/1600-1800`

14. Get a workout recommendation that suits user's schedule

- Based on the timeslot that you want a workout, get a recommendation.

Format: `routine suggest d/DAY_OF_THE_WEEK t/DURATION_IN_MINUTES`

Example: `routine suggest d/Thursday t/55`

V1.3 features demo

Add height:

Height added: 170.00 cm

height h/170

Add weight:

Weight added: 70.00 kg

weight w/70

View BMI:

Keep grinding! Your BMI is 24.22

bmi

Add calories:

Calories successfully added: 1350

Today's calories are: 1440

calorie_add c/1350

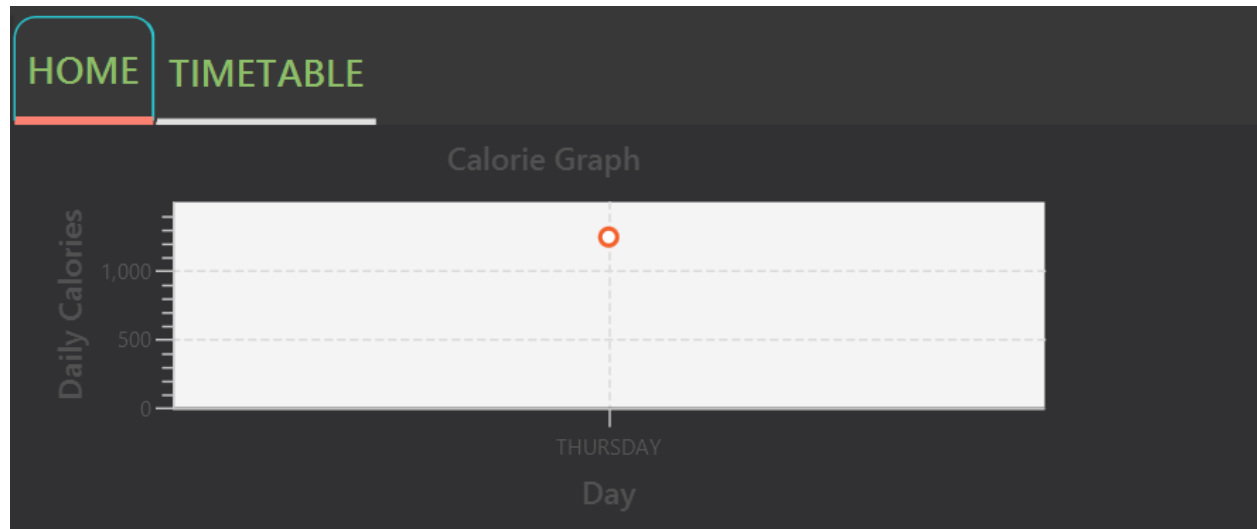
Minus calories:

Calories successfully deducted: 200

Today's calories are: 1240

```
calorie_minus c/200
```

Calorie graph GUI:



Add lesson:

New lesson added: GER1000 Tags: [tutorial]

```
lesson_add n/GER1000 t/tutorial
```

Delete lesson:

Deleted Lesson: GER1000 Tags: [tutorial]

```
lesson_delete 2
```

Edit lesson:

Edited Lesson: CS1231 Tags: [revise]

lesson_edit 1 n/CS1231 t/revise

Find lesson:

2 lessons listed!

lesson_find CS

List lessons:

Listed all lessons

list_lesson

Lesson GUI:

Exercises:	Routines:	Lessons:
1. Leg extensions quads 2. Lunges	1. Leg sesh Leg extensions Lunges 2. Arms sesh	1. CS1231 revise 2. CS2030
Listed all lessons		
list_lesson		

Timetable GUI:

1. CS2103T
11:00 - 12:00

Listed all lessons