

User story:

Individual: Let the user build their own workout schedule (for a week, in the future, will have the option to plan it indefinitely).

Everyone: Also let the community to add new workouts and description to the workouts in the data base

Home page:

- Log in function
- Short description of what the app does
 - This website lets you build and track your own workout schedule during the week..

header :

- workouts: showing all the workouts added
- Workout schedule: let users create their own workout list
- Add workout: let users add their workouts from the workouts page to their schedule
- Log out: log users out, only let the users to look at the workout files

Footer:

- Design by Patrick Tien

home/workoutplanner page:

Display the following:

- Muscle Group: from muscle group schema
- Workout group: from workout schema (embded within the muscle group schema)
- Add button
 - To add workout group and workouts to the schedule (from existing database)
- Delete button
 - To delete certain workouts
- Detail button <a>
 - To go in to the workoutplanner/:id page

home/workoutplanner/:id page:

Display the following (from workout schema):

- Workout name:
- Reps
- Sets
- Weights:
- Edit button:
 - Brings the user to home/workoutplanner/:id/edit page:

home/workoutplanner/:id/edit page:

- Can edit all the attributes (forgot the official name, documents?)
- Update button:
 - Redirect user to home/workoutplanner/:id page

home/workoutplanner/addworkout:

- Will have each muscle group (like planning page)
- Add the workouts per group on and show it on the page