Gymify – Workout Generator

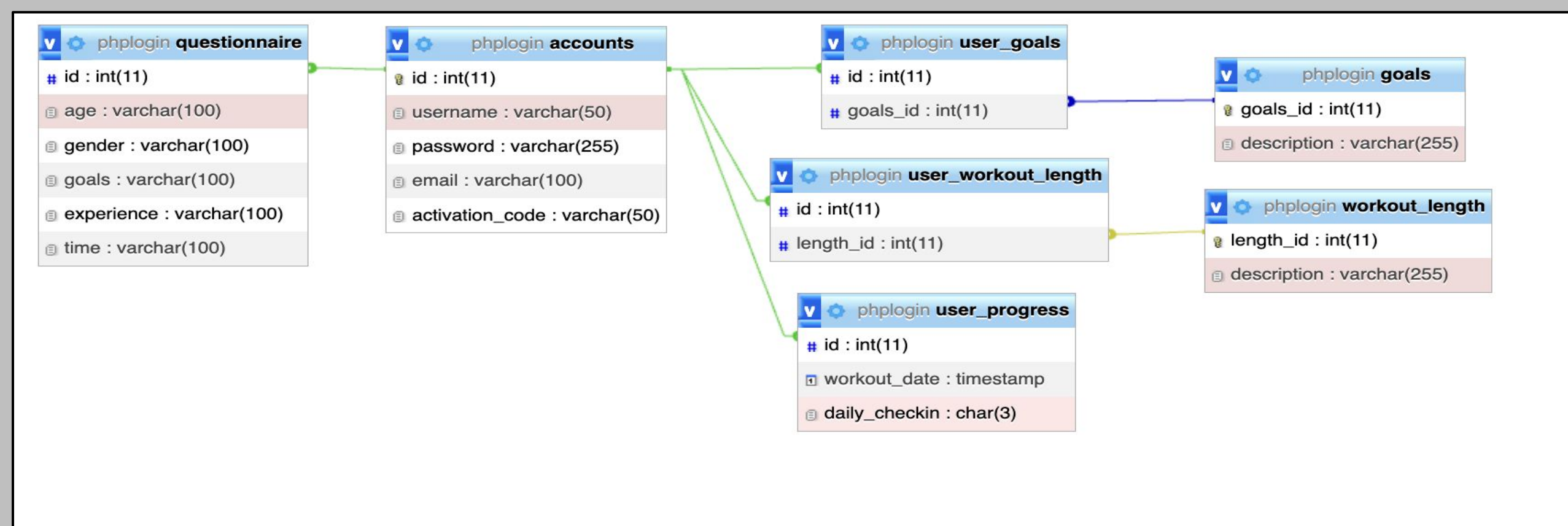Nancy Ambriz & Madelyne Lu • Dr. Brian Thoms • IT 499

Background

Working out can be intimidating, especially if you are beginning your fitness journey. Gymify is the solution to this by providing a complete workout routine tailored to meet user's fitness goals no matter their prior experience. Gymify solves the confusion beginners and even experienced gym goers can face throughout their fitness journey. Beginners usually have no prior knowledge of gym equipment, workouts, or which exercises target what muscle groups. Even some experienced gym goers do not follow a proper workout plan. Many fitness programs specific to certain goals are costly. Furthermore plans that are tailored to an individual's needs are even more expensive. Our solution is a free generator that is accessible to everyone no matter their budget. Our goal is to make forming a workout plan non intimidating, easy, and effective to help people start their fitness journey. It instantly provides the user with a workout plan that will fit their needs and introduce them to exercises that will fit their fitness goals. Gymify works by using questionnaire results to form a workout plan based on the user's fitness goals. The questionnaire asks questions such as age, experience, weight gain/loss goals, etc. With these results Gymify generates a workout plan tailored to the user using an exercise database. The user will be able to view their workout plan on their profile page and track their progress on the progress page. These features are created to motivate users to continue following their workout plan. Gymify takes the confusion out of exercising with a tailored plan that even the least experienced user can follow.

Design

Below are screenshots of our database structure as well as snippets of source code.

Database structure from MySQL

PHP code used to insert user's questionnaire answers into questionnaire database

PHP code used to insert user's daily progress answer into user_progress database

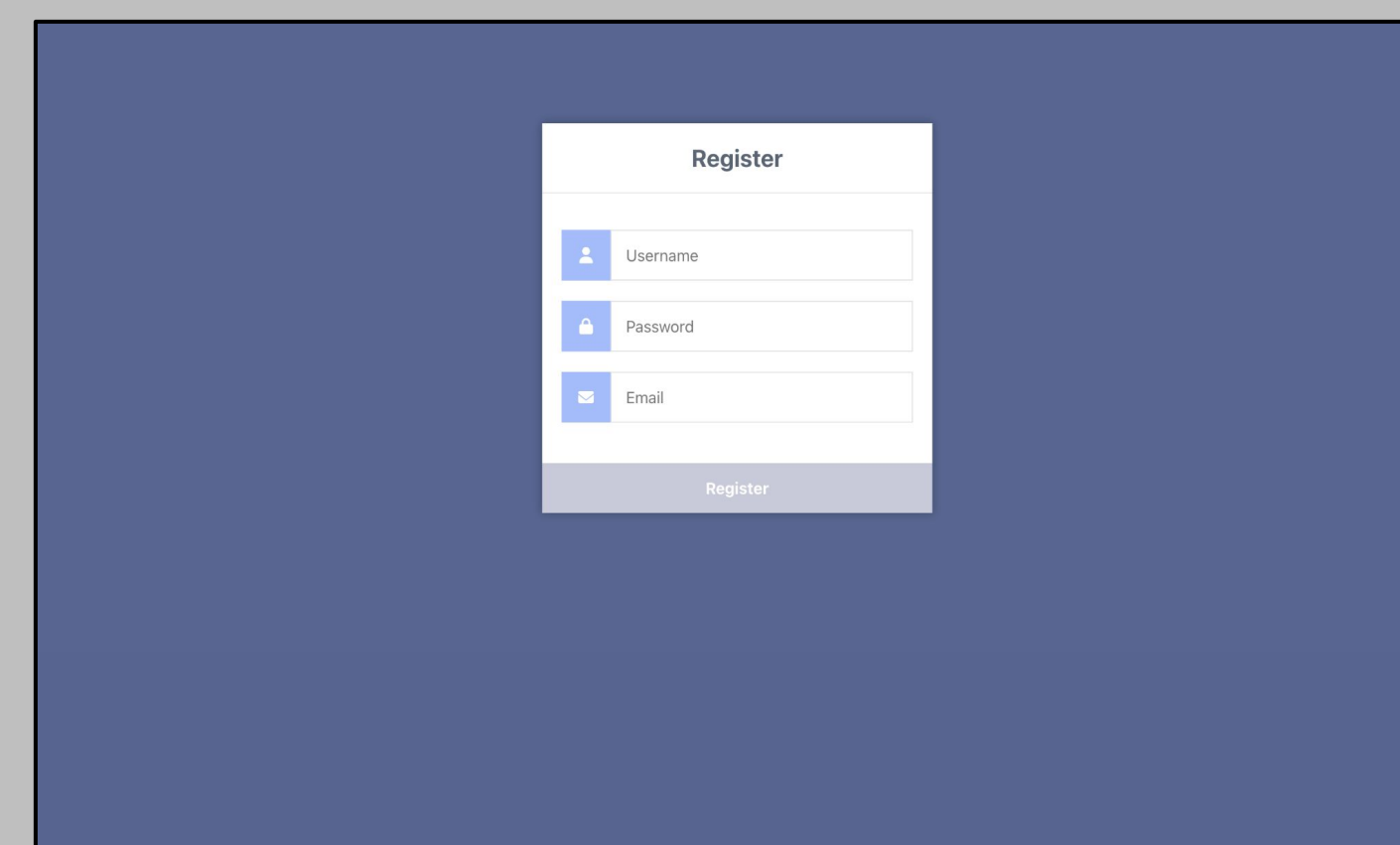PHP code used to grab user's goals and desired workout length from data gathered from the questionnaire
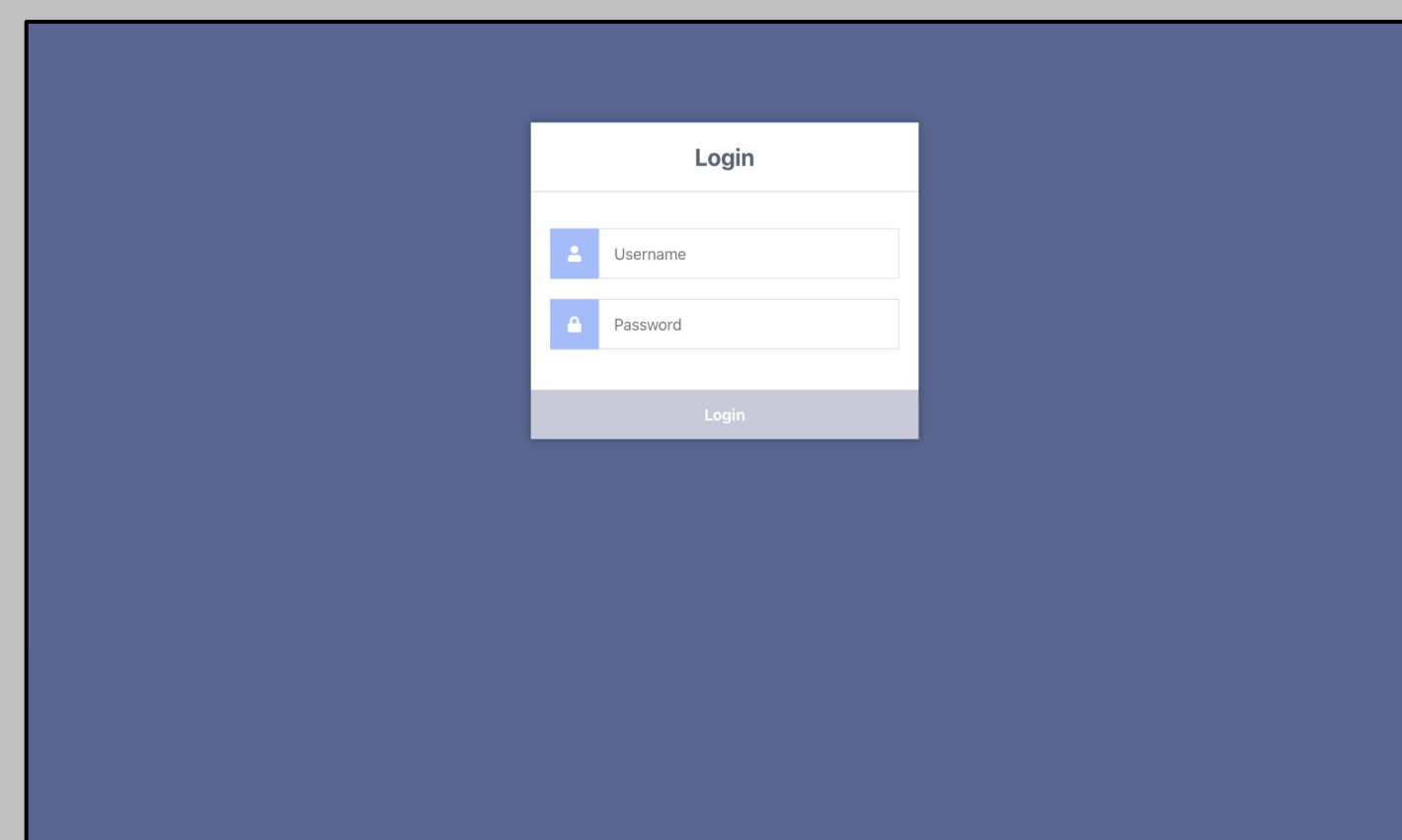
Implementation

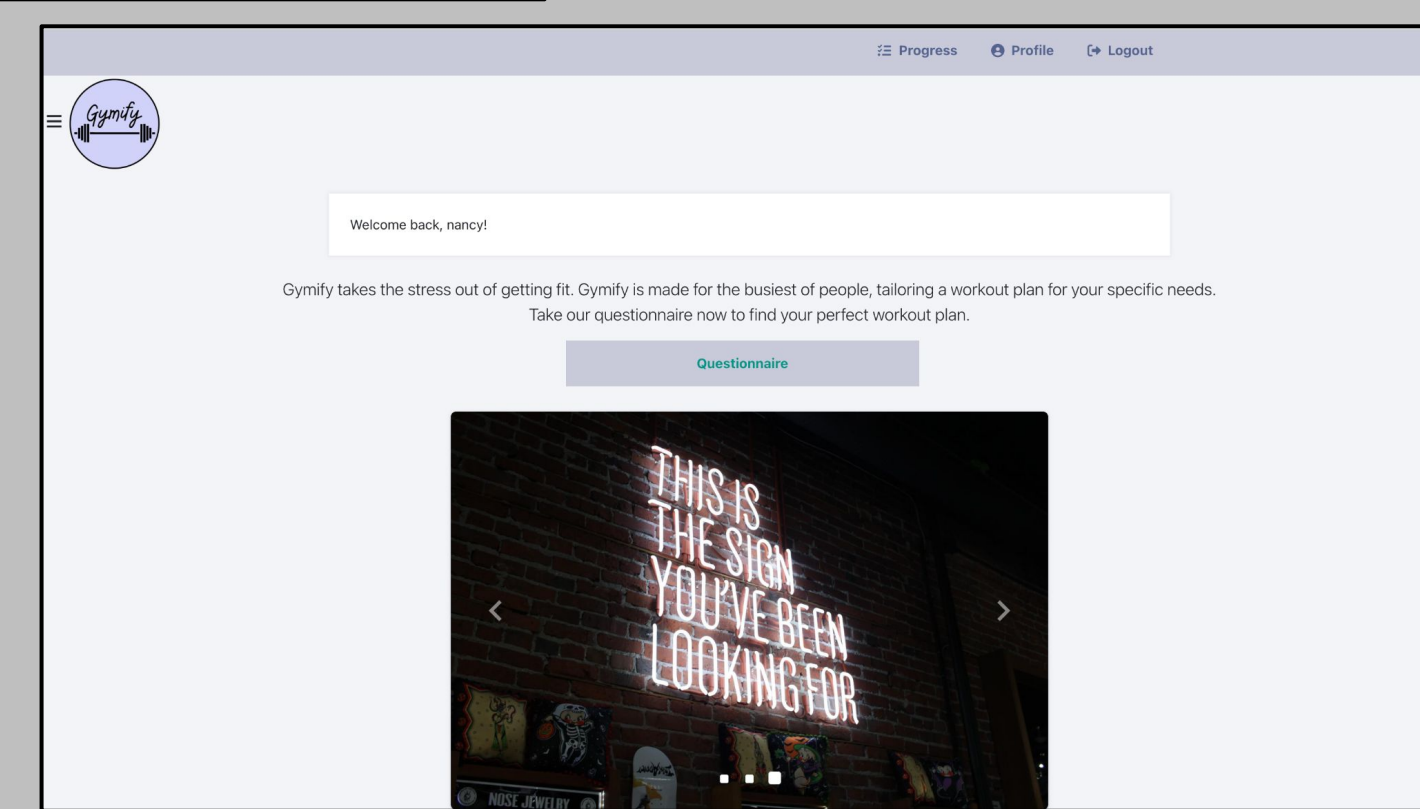Below are screenshots of the different pages throughout our website.
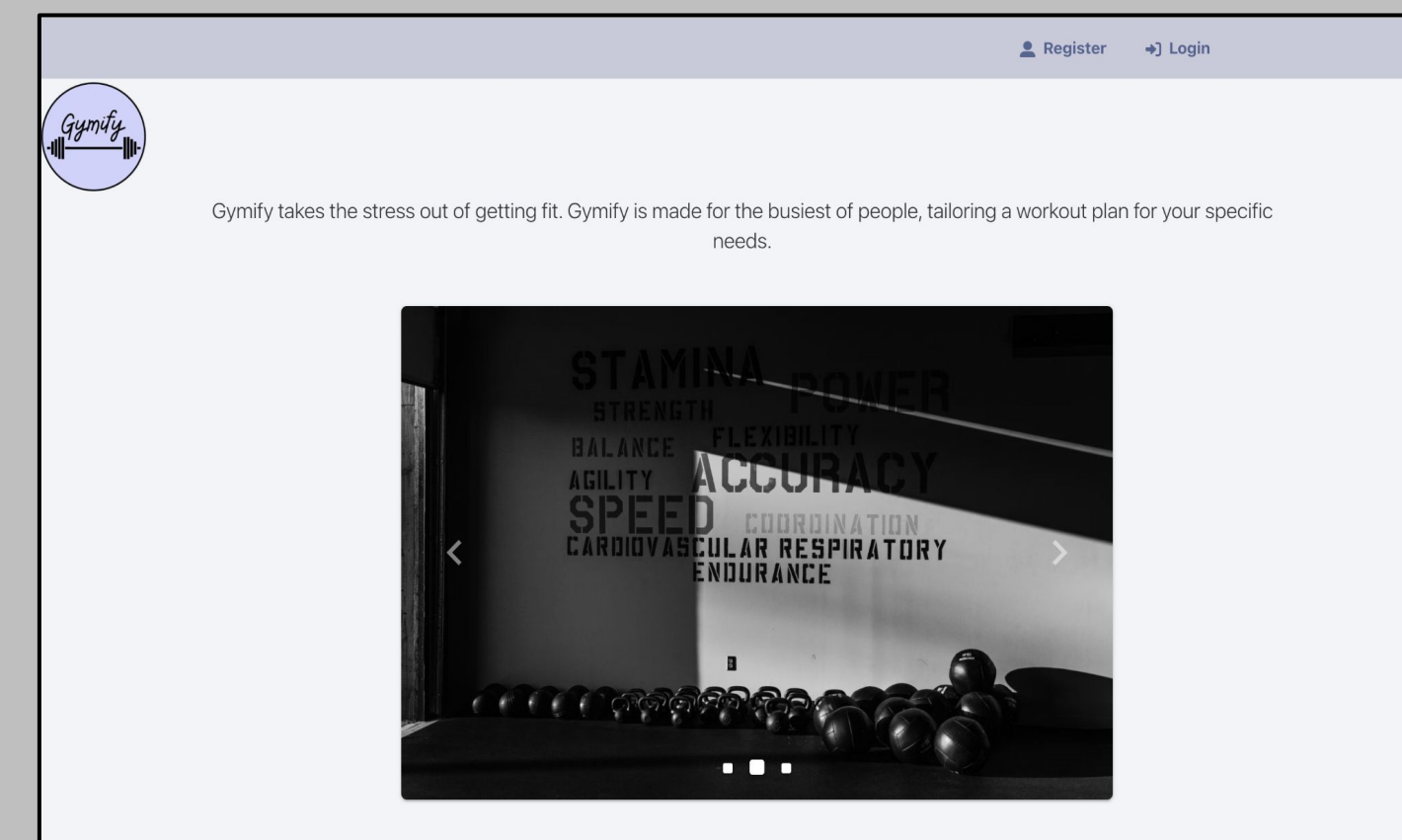
This is the main landing page where a user can either register an account or login
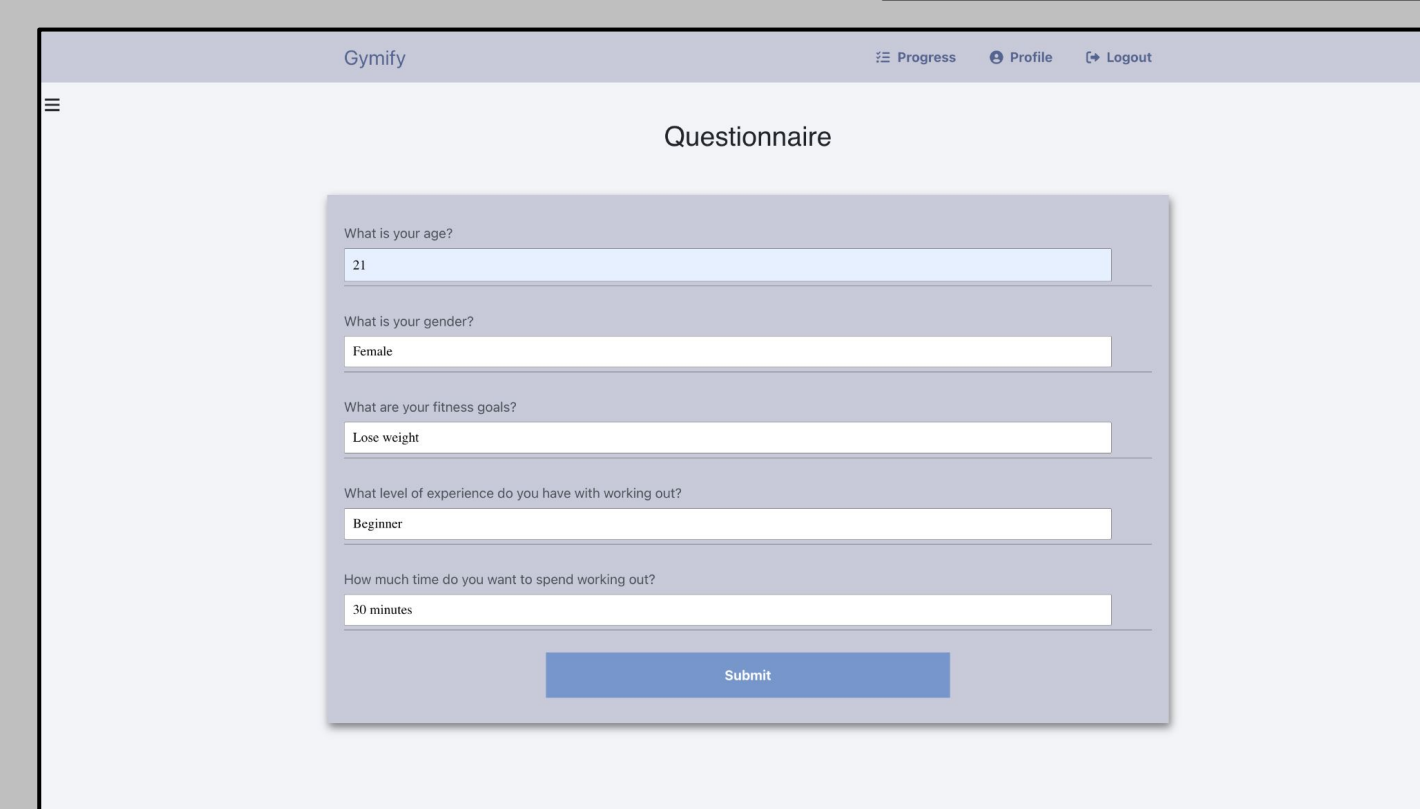

The registration page allows a user to register and create an account.

This page allows the user to login with the account that they created.
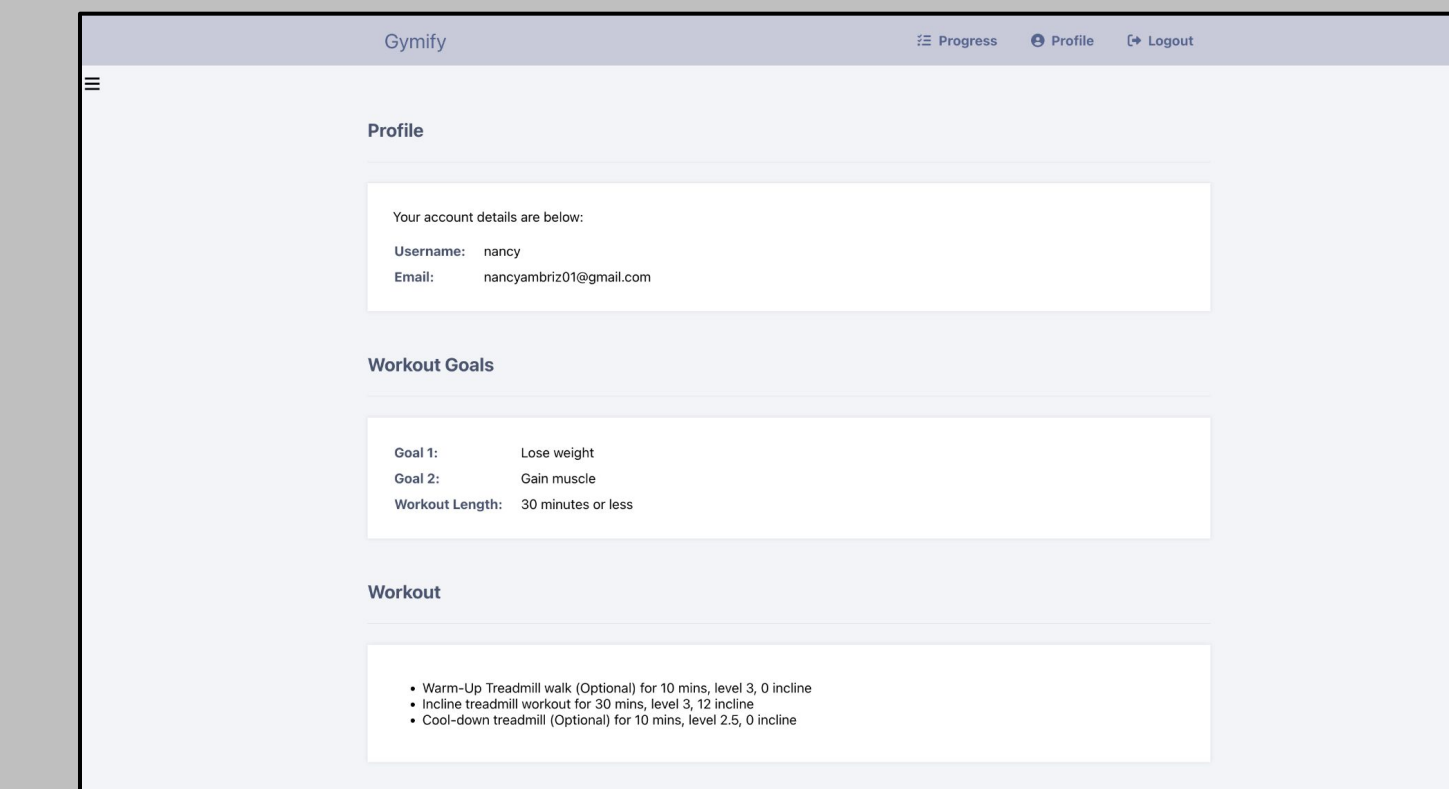

The homepage once a user is logged in allows a user to take the questionnaire, view the profile page, progress page, as well as logout.
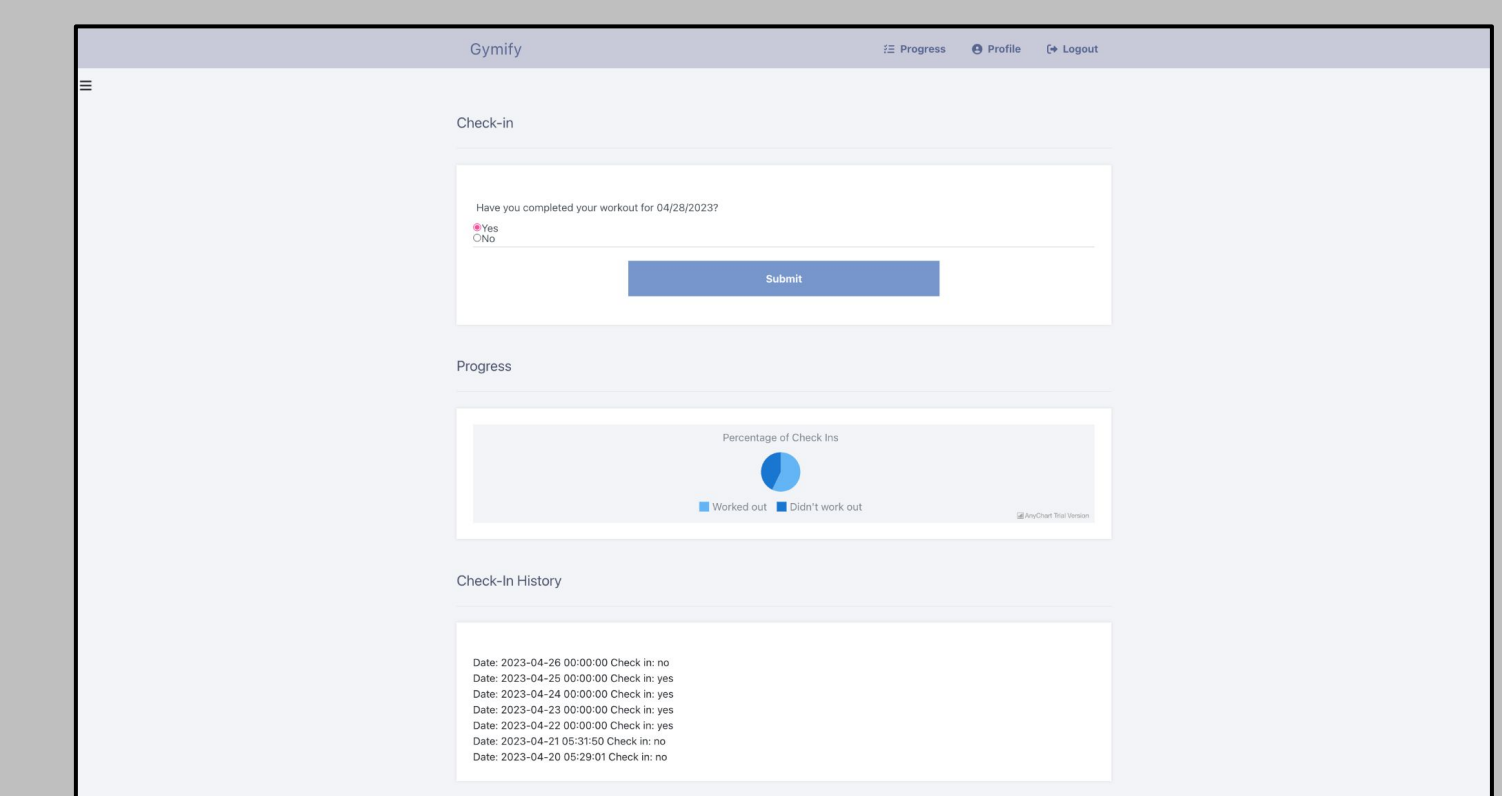

The questionnaire page allows Gymify to gather user's fitness goals to generate a workout plan that fits their needs.
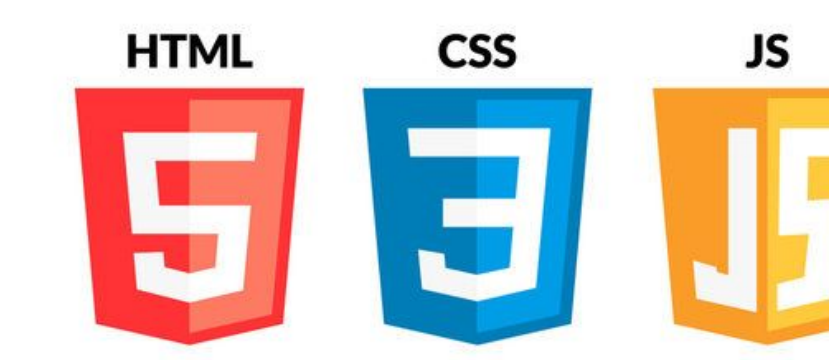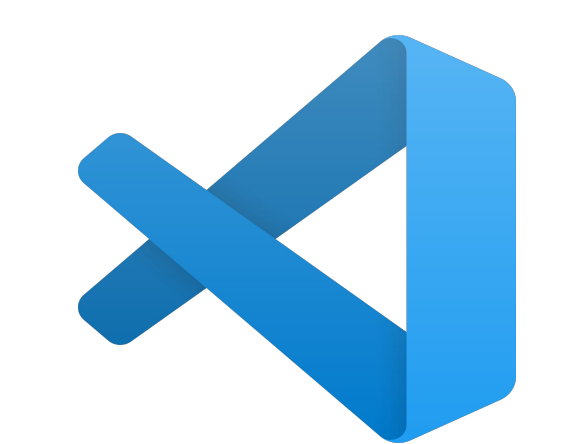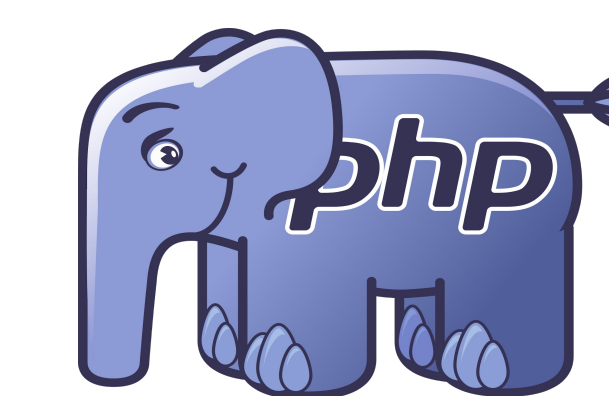
Implementation

The profile page allows a user to view their account details, workout goals, as well as their workout plan.

The progress page allows the user to check-in and view their progress of how many workouts they've completed via a pie chart of their workout ratio.

Tools

Conclusions

We started this project with the idea to make choosing a workout plan less complicated and take the planning away from the user. Throughout our project we learned that technology can be used in countless different ways to output material useful for users. This project was just the beginning of our generator and it can be improved from every aspect to bring users more aid in their fitness journey. Technology has transformed the way people approach fitness with wearables, apps, and websites. In the following years it will continue to enhance our fitness journeys in ways unthinkable today.

Acknowledgements

We would like to acknowledge our capstone advisor Dr. Thoms for assisting us in our planning, execution, and debugging. Also our Web Development courses and CSUCI Web Services team for expanding our knowledge of html, css, and user interfaces. Our previous course Database Theory & Design was also helpful in setting a foundation to database creation, structure, and connections.

Future Work

- Add more workout plans and goals
- Add a calendar for the progress page
- Make the platform customizable so users can edit their workout plans