

# FrogFit

**Version 3.0**



## USER MANUAL

Texas Christian University

May 5, 2015

## Revision History

The following is a history of document revisions.

<b>Version</b>	<b>Changes</b>	<b>Edited</b>
<b>Version 1.0</b>	Initial Draft	April 26, 2015
<b>Version 2.0</b>	Grammar and formatting fixes, initial "Installation and Setup"	April 27, 2015
<b>Version 3.0</b>	Completed "Installation and Setup", changes to "Prototypes", Remove .0	May 5, 2015

## Revision Sign Off

By signing the following, the team member asserts that he has read the entire document and has, to the best of knowledge, found the information contained herein to be accurate, relevant, and free of typographical errors.

Name	Signature	Date
<b>Bryan Kribbs</b>		
<b>Geoffrey Adams</b>		
<b>Matt Ratliff</b>		

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# 1 Introduction

## 1.1 Purpose

The purpose of this document is to provide the user guidance in navigating and using the FrogFit system. This document includes component overviews and walkthroughs of both the mobile application and web portal.

## 1.2 Project Background

Living a healthy lifestyle has become a major focus in today's society due to the rising number of Americans with conditions linked to obesity, over eating, and living an inactive lifestyle.

There are many thoughts and products on the market that are used to help with this so-called epidemic. One such workout routine recently turned sport, is called Crossfit. According to their site, "The aim of Crossfit is to forge a broad, general and inclusive fitness."

For the growing number of people participating in Crossfit, there are plenty of systems that can show athletes where they are excelling but there is not a system that can identify the area of fitness that an athlete is deficient and give them a single, comprehensive fitness score.

FrogFit is designed to fill this gap in the market by allowing athletes and coaches to collect workout data and compare it to individual benchmarks or to gym benchmarks and provide them with a fitness score that defines their strengths and weaknesses.

## 2 System Components

### 2.1 Mobile Application

The mobile application's primary role is to be an access point for athletes. The athlete can view personal, historical, and fitness level data. The mobile device provides the ability to maintain and view specific personal and workout data. Only athlete data and current fit score will be stored on the mobile device. All other data is accessed over the Internet in real time. The mobile device is responsible for translating raw scores into useable workout data. The mobile application was designed to run on an Android mobile device running Ice Cream Sandwich or newer.

### 2.2 Administrative Website

The administrative website's role is to serve as a hub for all administrative capabilities. The administrator is able to perform all mobile application tasks as well as maintaining all gym, personal, and workout data. The administrative website also provides an outlook at overall gym performance. The administrative website can be accessed using any modern web browser on an internet capable device.

### 2.3 SQL Database Server

The SQL database server is the primary storage location for all gym and athlete data. The database system is not publicly accessible and is only available to developers or system administrator.

## 3 System Requirements

### 3.1 Mobile App

- Android device running Ice Cream Sandwich (API 15) or above
- Valid internet connection

### 3.2 Web Site

- Installed internet browser (Firefox, Chrome, etc.)
- Valid internet connection

### 3.3 SQL Server

- Microsoft SQLServer 2012
- Microsoft SQLServer 2012 Management Studio
- Valid internet connection



## 4 Installation and Setup

### 4.1 Installing FrogFit (SQL Database Setup)

The FrogFit Design Document contains a database schema complete with all table names, column names, foreign and primary keys required to establish the skeleton database required for the use of FrogFit. The database must be constructed before the FrogFit system can successfully run. The following steps will provide successful setup of the FrogFit database:

1. On your server with SQLServer 2012 and SQLServer 2012 Management Studio installed, start SQLServer 2012 Management Studio.
2. Once SQLServer 2012 Management Studio is running, create a new instance of the CFData database using the schema found in the FrogFit design document.
3. Import the supplied .CSV file to the Workouts table using SQLServer 2012 Management Studio's import data function. All other data will be automatically managed through use of the application.

### 4.2 Installing FrogFit (Mobile App)

The FrogFit mobile application must be installed onto an Android mobile device before the athlete can utilize the FrogFit system. The mobile application can be installed by following the manual installation instructions below:

1. Connect your Android device to your computer via USB
2. (On your Android device) Go to Settings > Security
3. Select Unknown Sources and Verify Apps
4. (On your personal computer) Navigate to the FrogFit.apk which can be found on the project DVD.
5. Click the FrogFit.apk
6. Click Install
7. Enjoy

### 4.3 Installing FrogFit (Server Side)

Installing FrogFit onto a server requires the CBLDEV project directory from the project DVD, version 8 of windows web services, and a running machine with Microsoft Server 2012 or higher. The first step is to place the project directory in inetpub/wwwroot directory. Next we need to install web services. If IIS is already installed, skip to section B.

Section A: Steps for installing IIS including web services 8:

1. Open the Server Manager panel.
2. Launch the "Add Roles Wizard"
3. Click "Add Roles and Services"
4. Hit "next" and on the second panel select "Role Based server"
5. Hit "next" two more times to reach the "Server Roles" section

6. Select “Web Server IIS” in that panel to install web server services
7. Confirm and agree to the remaining screens and IIS will be installed

After IIS is installed now it’s time to configure IIS.

Section B: Steps for configuring IIS:

1. Open the “Internet Information Services Manager” program
2. Under the option “Connections”, right-click on “Start-Page” and choose “Connect to a Server”
3. In the popup panel type in “localhost” and hit “finish
4. Next, select the dropdown on the server on the left side and right-click “Sites”
5. Select “Add Website”, fill out the Site name
6. For the Physical path, navigate to directory where the project file is stored and choose the file
7. Finally fill out the rest of the binding and select “ok”

Now your site is being hosted and the installation of FrogFit is complete.

## 5 Prototypes

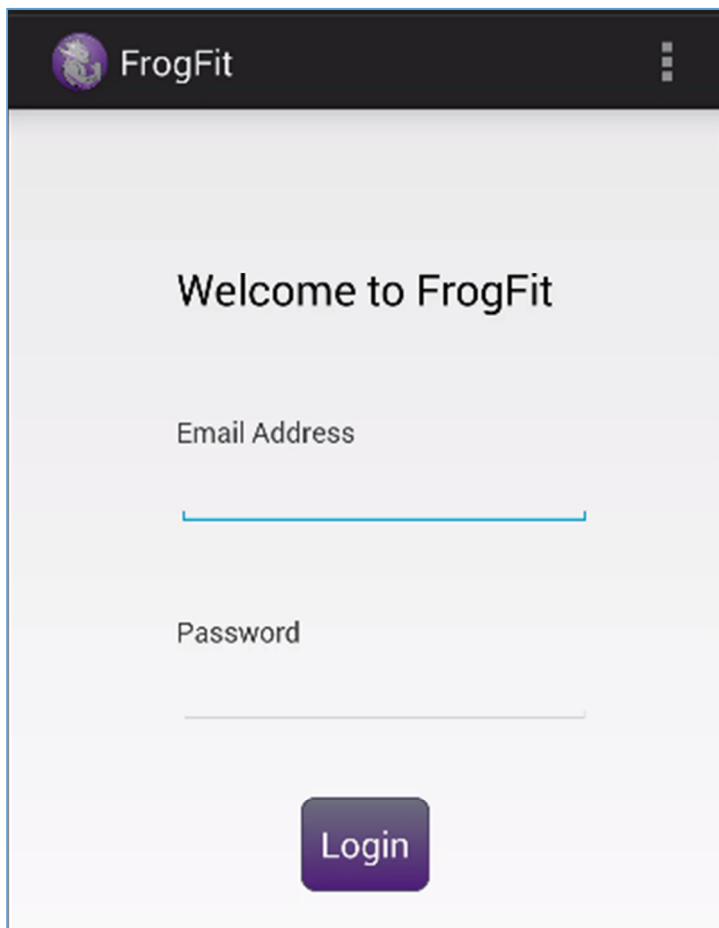
### 5.1 App Use

#### 5.1.1 Login

Start the app

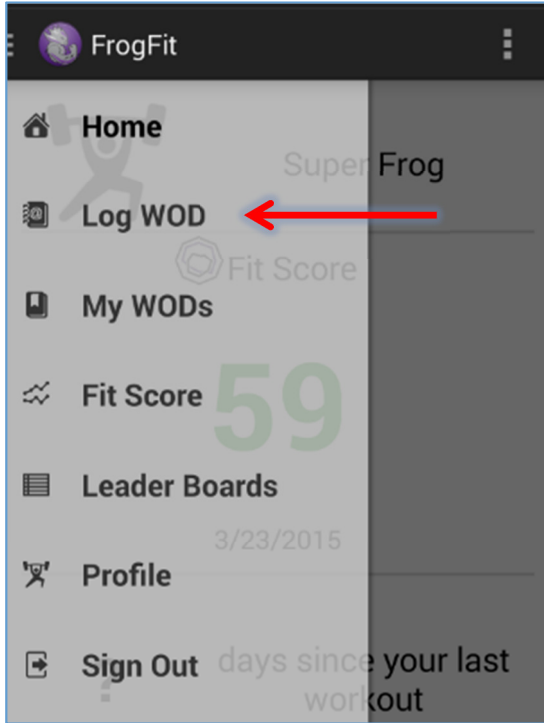


Use the email address and password provided by the gym administrator

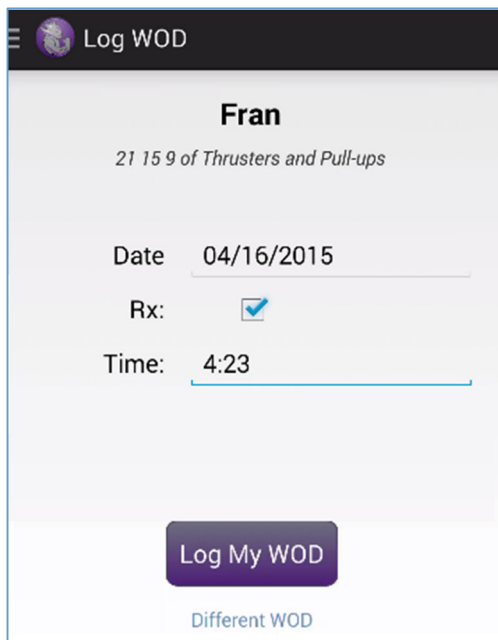


### 5.1.2 Log a Workout

Open the navigation drawer and select *Log WOD*.

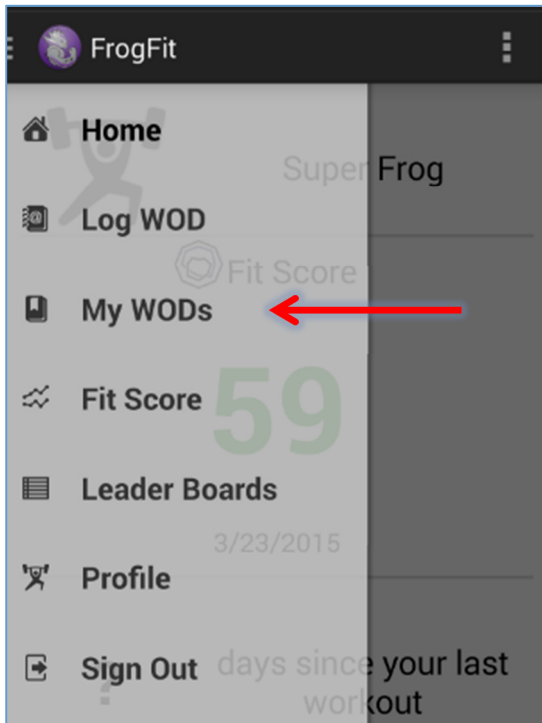


Enter the date, choose if the workout was completed as Rx, the results and click *Log My WOD*.



### 5.1.3 View Workout Data/FitScore

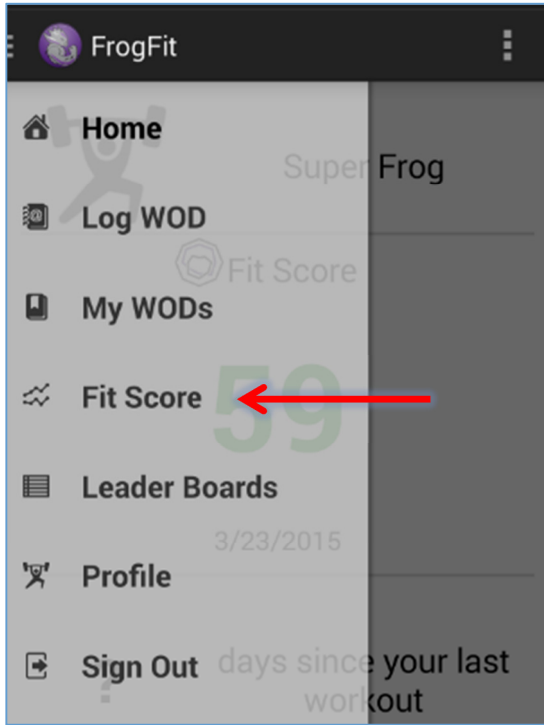
Open the navigation drawer



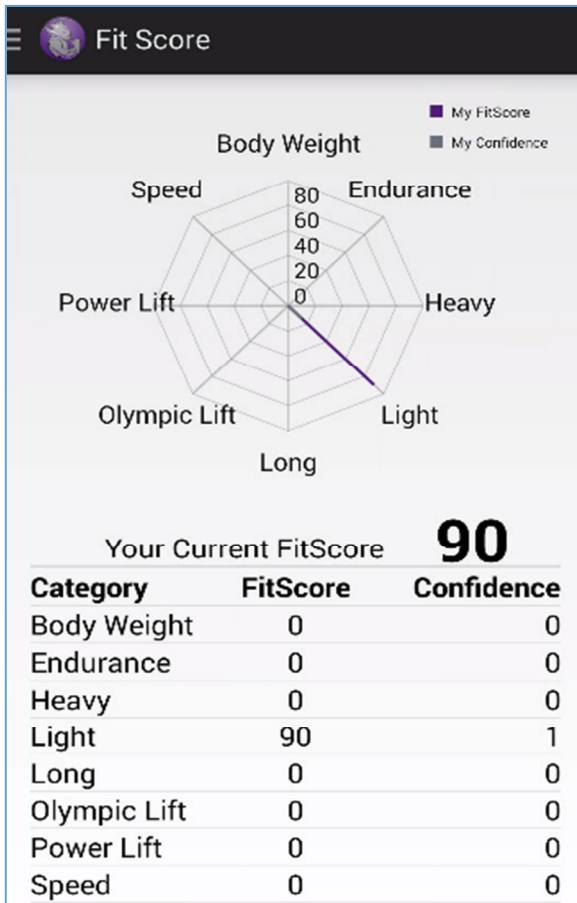
and select *My WODs*

Date	Name	Score
4/16/2015	Fran	4:23
1/01/2001	Elizabeth	0

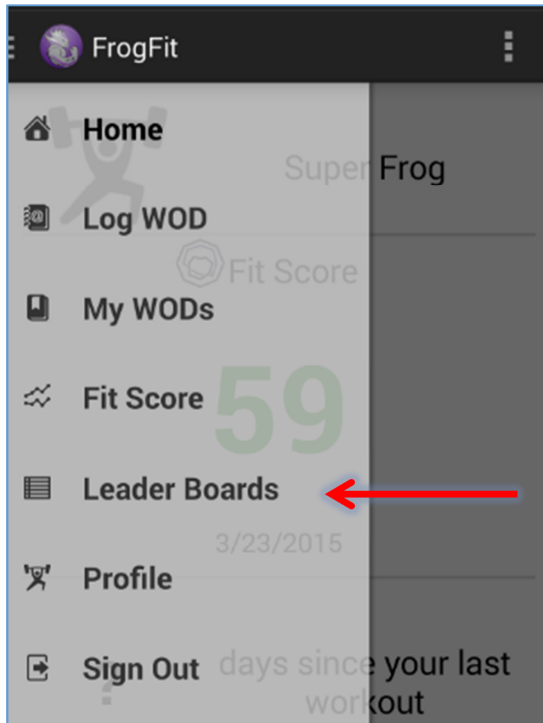
Or open the navigation drawer



and select *FitScore*



Or open the navigation drawer

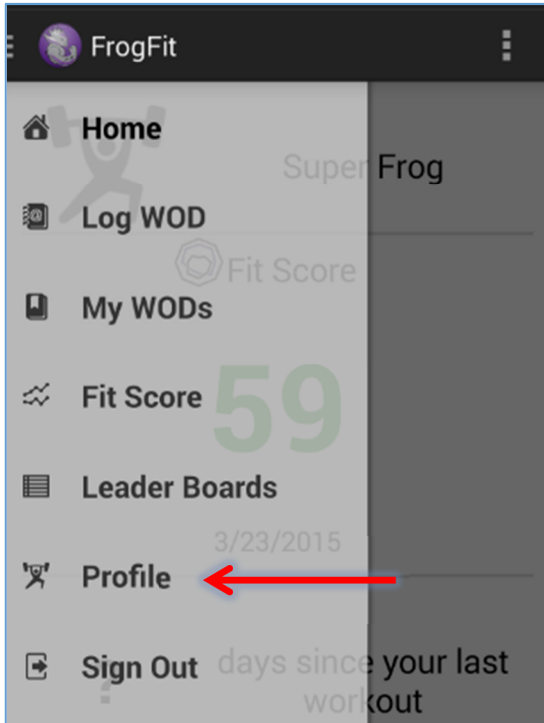


and select *Leader Boards*.

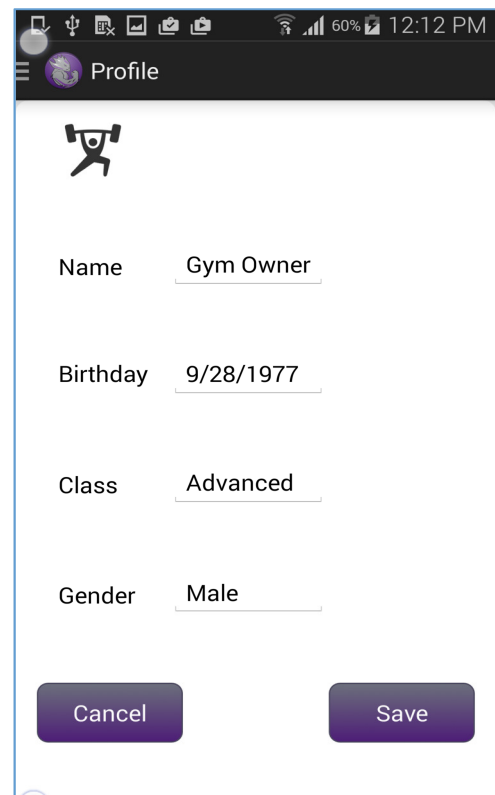
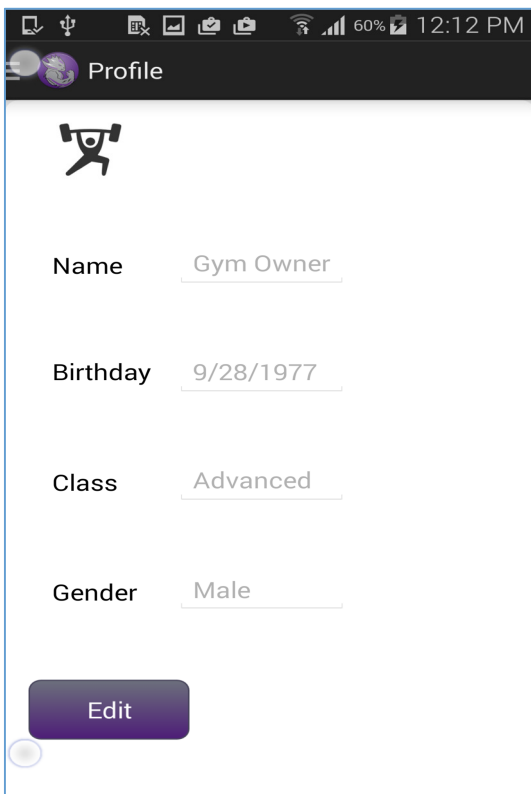
Name	FitScore
John Doe	90
Matt Ratliff	63
Gym Owner	63
Bryan Kribbs	56
Geoff Adams	50
Collin Duncan	40
Bryce Guy	5

### 5.1.4 View/Edit Profile

Open the navigation drawer and select *Profile*.



To edit the information touch the *Edit* button and touch *Save* when done.

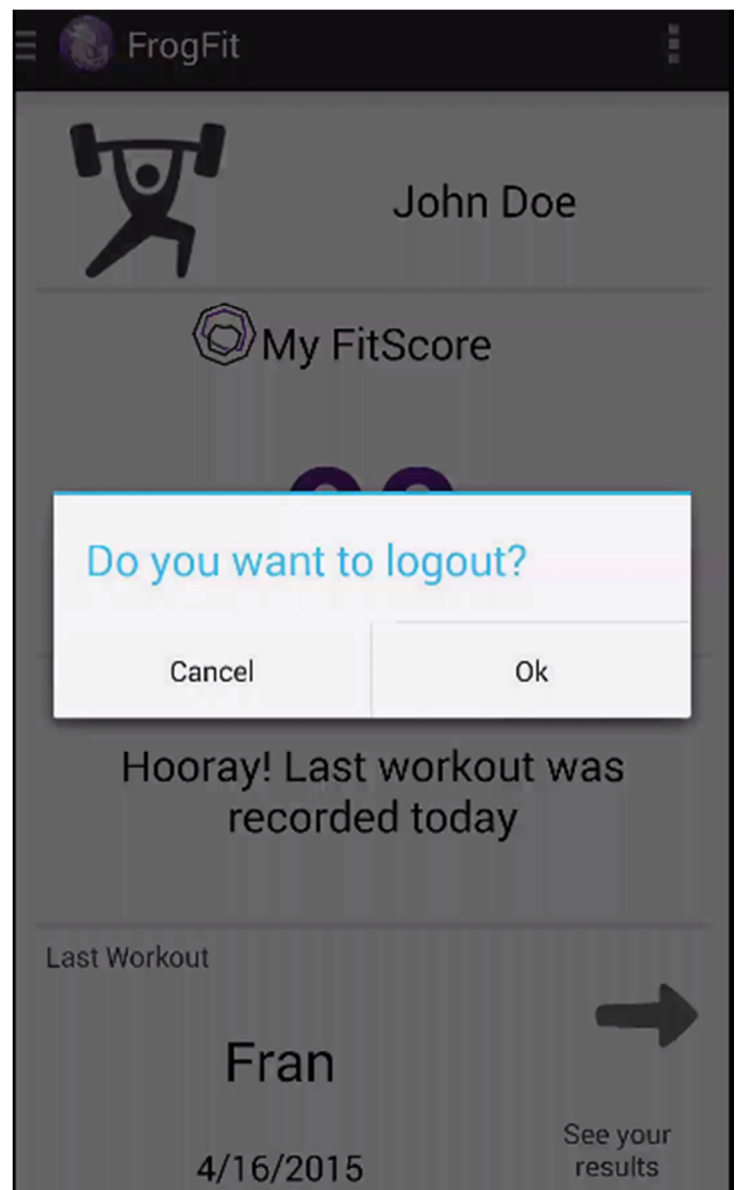
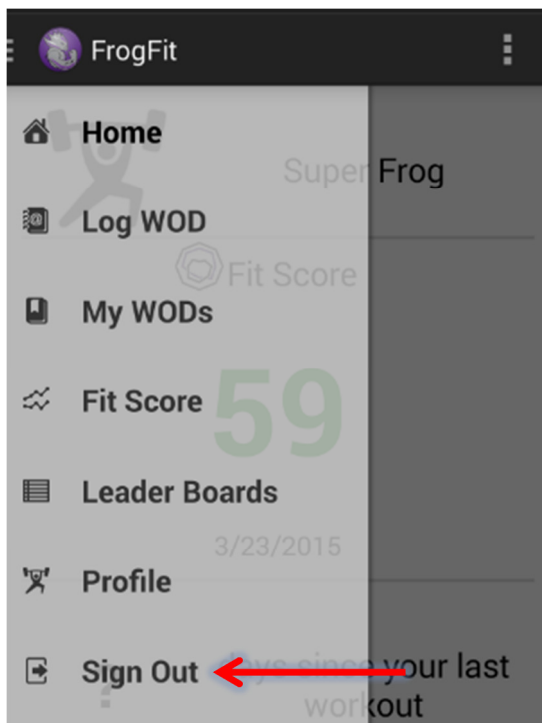




### 5.1.5 Sign Out

Open the navigation drawer and select *Sign Out*.

Then touch *Ok*.



## 5.2 Web Use

### 5.2.1 Login

After navigating to the appropriate web address, enter your login credentials and click *Login*.



Sign in to get Fit

Email:  
g.owner@ff.com

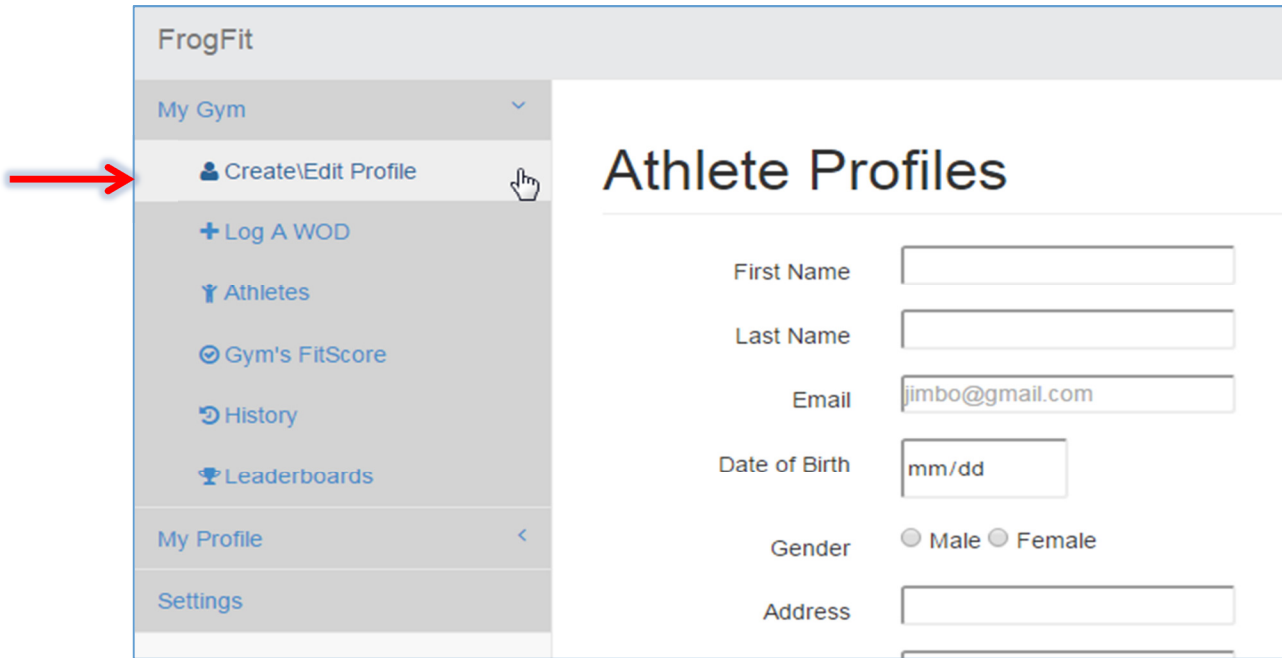
Password:  
...

Login

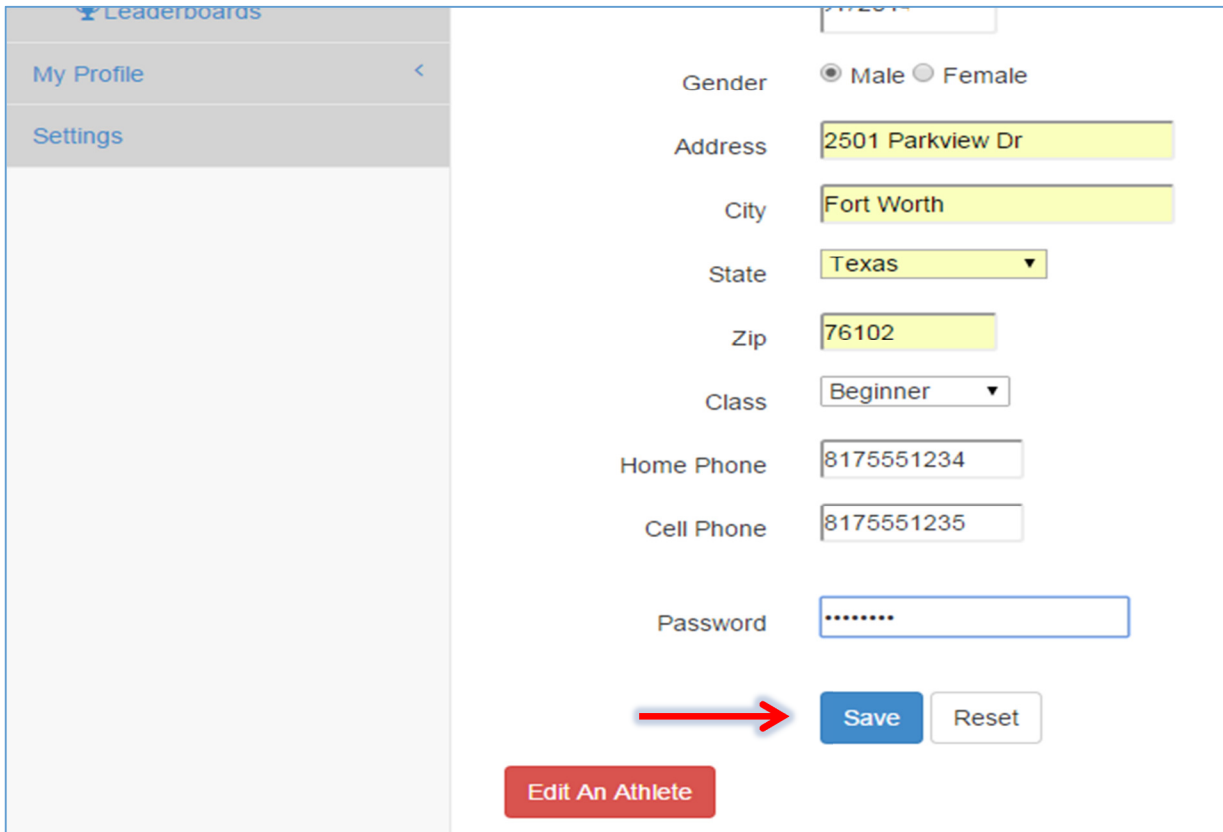
CHALK  
BUCKET  
LABS

### 5.2.2 Create/Edit Athlete Profiles

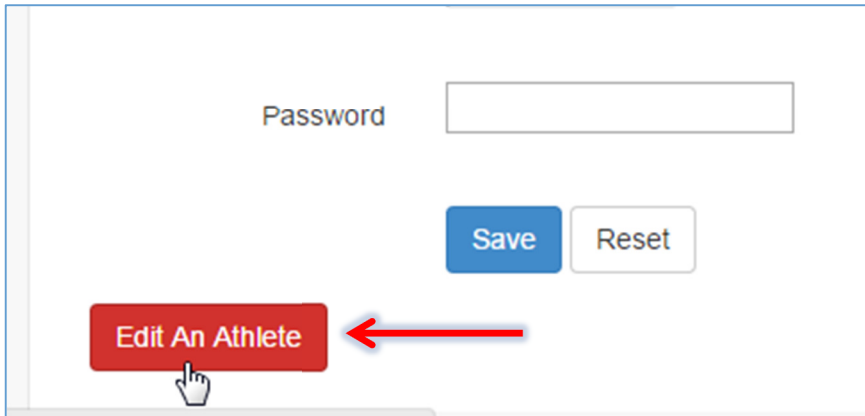
In the navigation panel, click *My Gym* then *Create/Edit Profile*.



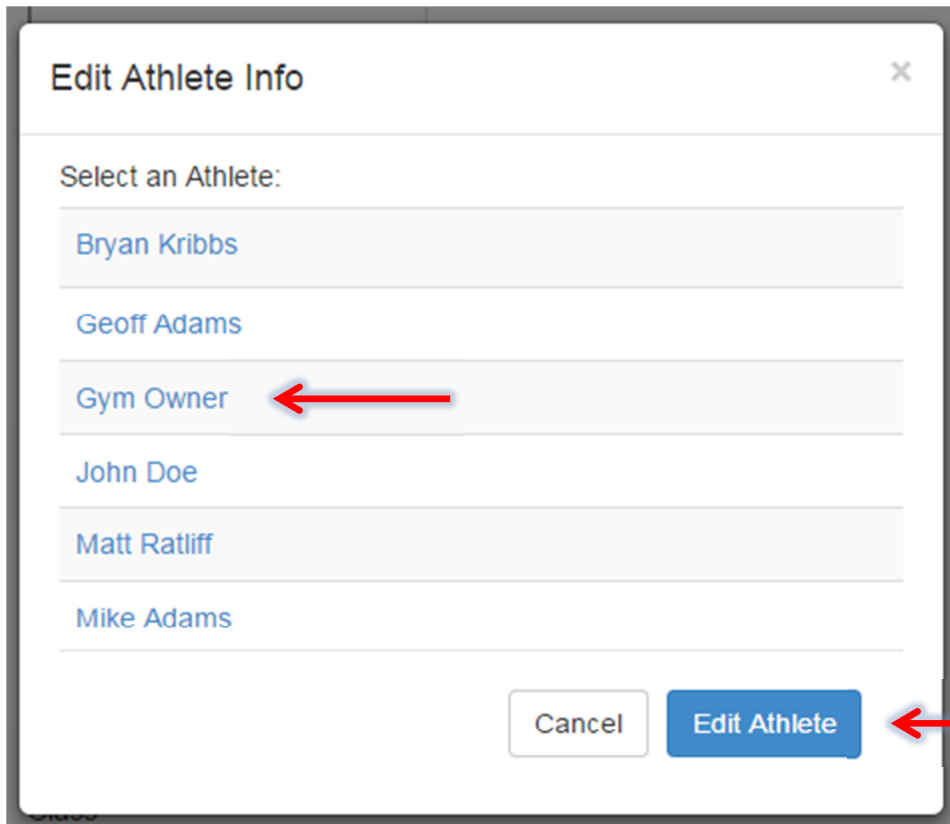
Enter the Athlete Information and click *Save*



Or to edit an existing athlete's information, click the *Edit An Athlete Button*



Select the athlete to edit and click *Edit Athlete*.



After making any necessary changes, click **Save**.

The screenshot shows a form with the following fields and controls:

- Zip: 76348
- Class: Advanced (dropdown menu)
- Home Phone: 6342278456
- Cell Phone: ###-###-####
- Password: .....
- Buttons: Save (blue), Reset (white)
- Red arrow pointing to the Save button.
- Hand cursor over the Save button.
- Red button labeled "Edit An Athlete" in the bottom left corner.

### 5.2.3 Log a Workout

In the navigation panel, click *Log A WOD*.  
Enter the information and click *Log*.

FrogFit

My Gym

- Create/Edit Profile
- + Log A WOD**
- Athletes
- Gym's FitScore
- History
- Leaderboards

My Profile

Settings

## Log A WOD

Date Completed: 4/26/2015

Select Athlete: 47 - John Doe

Select WOD: 301 - Fran

RX:

Score: 12:23

**Log** Reset

### 5.2.4 Athlete Information

In the navigation panel, click *Athletes*.

The screenshot shows the FrogFit interface. The top header includes the logo and a welcome message for 'g.owner@ff.com'. The left sidebar contains navigation options: 'My Gym', 'Create/Edit Profile', 'Log A WOD', 'Athletes' (highlighted with a red arrow), 'Gym's FitScore', 'History', 'Leaderboards', 'My Profile', and 'Settings'. The main area is titled 'Athletes' and contains a table of 'Gym Athletes'.

Name	Class	Age	FitScore
<a href="#">Bryan Kribbs</a>	Intermediate	23	57
<a href="#">Collin Duncan</a>	Advanced	22	58
<a href="#">Geoff Adams</a>	Intermediate	22	50
<a href="#">Gym Owner</a>	Advanced	38	63
<a href="#">John Doe</a>	Masters	23	95

To view a specific athlete's information, click the name of the athlete.

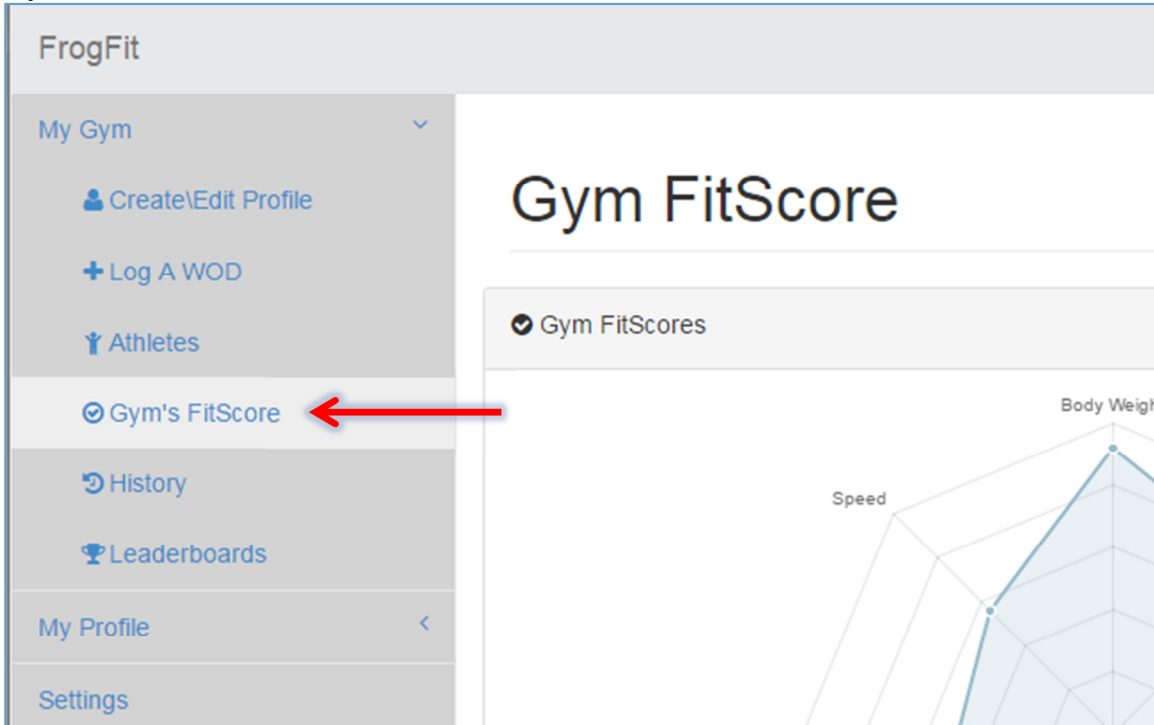
The screenshot shows the profile page for 'Gym Owner'. The left sidebar is partially visible with 'My Gym', 'My Profile', and 'Settings'. The main content area features the name 'Gym Owner' and a red 'Delete Athlete' button. Below the name is a silhouette of a person and a list of attributes:

- Age: 38
- Last Workout Date: 4/8/2015
- Gender: Male
- Last WOD Completed: Bench Press
- Class: Advanced
- Best FitScore: 80

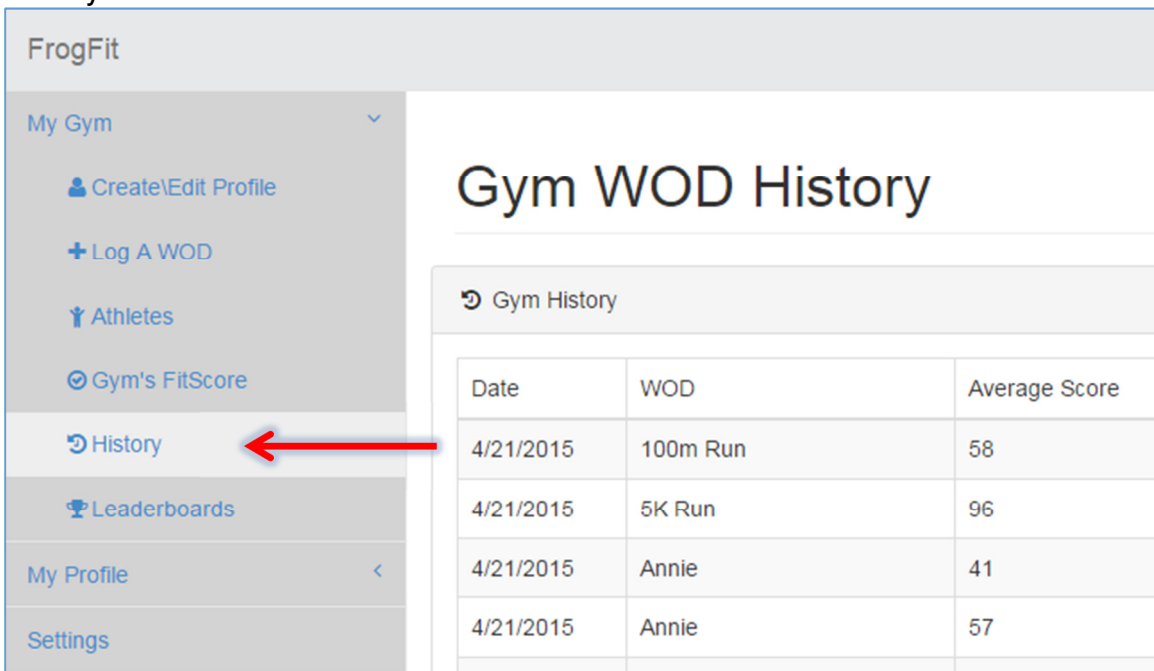
### 5.2.5 Gym Statistics

Gym statistics is broken into three pages; *Gym's FitScore*, *History*, and *Leaderboards*. Each of them can be found in the navigation panel.

#### Gym's FitScore



#### History





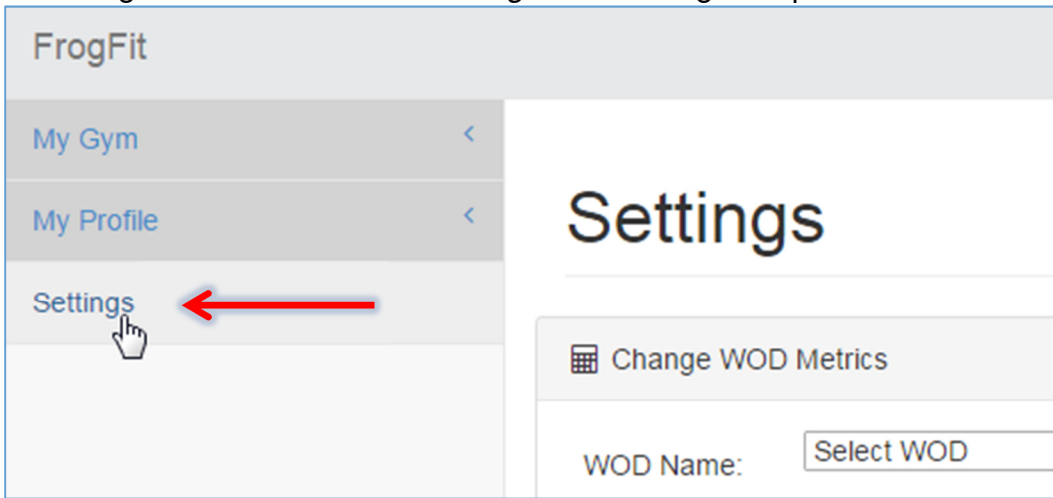
## Leaderboards

The screenshot shows the FrogFit application interface. On the left is a sidebar menu with the following items: 'My Gym' (with a dropdown arrow), 'Create/Edit Profile' (with a person icon), '+ Log A WOD', 'Athletes' (with a person icon), 'Gym's FitScore' (with a target icon), 'History' (with a circular arrow icon), 'Leaderboards' (with a trophy icon and a red arrow pointing to it), 'My Profile' (with a left arrow), and 'Settings'. The main content area is titled 'Leaderboards' and features a section 'Leaders of the Day' with a trophy icon. Below this is a table with two columns: 'Name' and 'Date'.

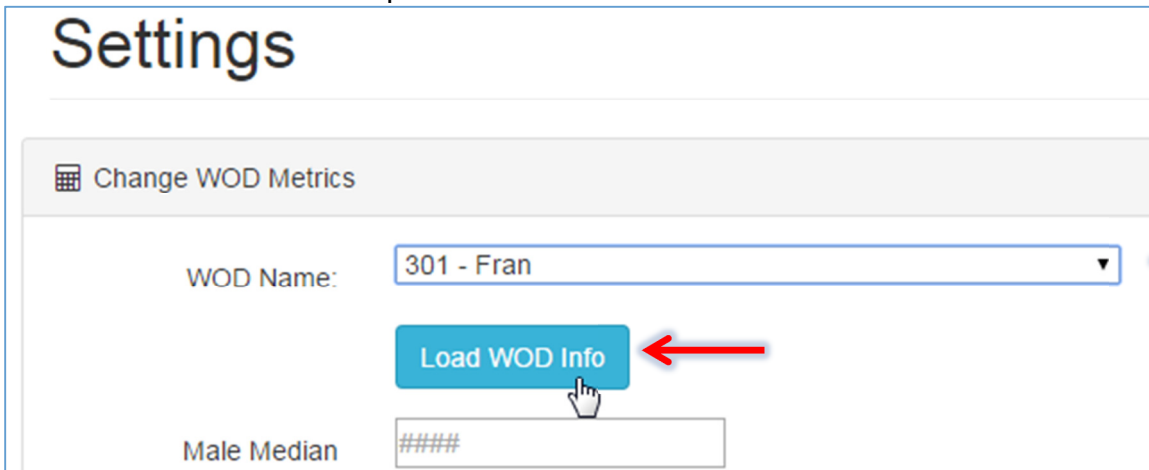
Name	Date
John Doe	4/21/2015
Gym Owner	4/15/2015
Matt Ratliff	4/16/2015
Collin Duncan	4/21/2015

### 5.2.6 Gym Data Setting

To change workout data click *Settings* in the navigation panel.




Select a WOD from the drop down list and click *Load WOD Info*.



Change the required information and click *Update*.

## Settings

 Change WOD Metrics


WOD Name:


Male Median

Male Standard Deviation

Female Median

Female Standard Deviation





## 6 Glossary of Terms

**Administrative Web Portal** - Internet web page that gym owners/managers use to update the content on their FrogFit site.

**Android** - An open-source operating system used on mobile devices.

**ASP.NET MVC** – Open source web application framework used to create applications.

**Benchmark Workout** – Workout designed to measure and benchmark an athlete’s performance and improvements through repeated and irregular appearances in a workout of the day. Benchmark workouts can be in one of the categories; Girls, Heroes, Notables.

**Categories** – There are eight fitness categories that are considered when creating an overall fitness score.

- Body Weight
- Endurance
- Heavy Weight
- Light Weight
- Long
- Olympic Lift
- Power Lift
- Speed

**Class** – Classification system for athletes. The classifications include Beginner, Intermediate, Advanced, and Master.

**CoRD** – A remote desktop application used on Macs.

**Crossfit** - Strength and conditioning program that is by design broad, general, and inclusive.

**Microsoft SQL Server** - A relational database system designed for business or enterprise environments.

**Remote Desktop Connection** – is one of the components of Microsoft Windows that allows users to take control of a remote computer or virtual device over a network connection.

**Rx** – When a workout is completed “as prescribed” by the coach. This includes doing the correct movements, weight, and rounds. Also known as, Rx’d.

**Web API** – An application programming interface for both the webserver and web browser that allows retrieval of structured data.

**WinSCP** – is a secure FTP client for Windows with features that include FTP, SSL/TLS, SFTP via SSH, and HTTP/HTTPS support.

**WOD** – (Workout of the Day) A set of movements that athletes will complete for a given day.