1. Abstract:
For my senior project I’ve created a website for athletes, more specifically rowers, to document their workouts and track their progress. Athletes will be able to join their team, e.g., the Trinity College Women’s Rowing Team, and record their workouts. There are two places where a user can record information: on the team page and on their personal page. The team calendar will consist of workouts that its members have deemed ‘public.’ If a user chooses to make a workout ‘private’ it will only be visible on his/her personal calendar. In other words, a public workout will be visible on both calendars, whereas a private workout will only show up on the user’s personal calendar. Users can choose to be notified by text, email, or both about certain information. My project is implemented using Ruby on Rails. The two main models in my project are ‘Exercise’ and ‘Calendar.’ To update the calendar, the user can pick from a list of exercises. The user inputs information about their workout in these tables and the information is displayed on a calendar with the help of ruby gems. To track progress, the user can compare a current workout to one completed a week, a month, or a year ago.

2. Inspiration:
So far, there are no convenient ways to store data from rowing workouts. Rowing is a sport that involves a lot of data. Having a place to properly store the data would drastically change the way the data is used. Below are three of the ways the team stores data currently. (From left to right: excel doc, screen shot of ergometer monitor, email with attachments.)

3. Approach and Design:
I spent time thinking about the design and flow of the web application – and what would make the most sense to a seasoned athlete and a new one. I pictured a basic layout with a welcome/home page. A new user will see the option to search for and join a team. When a user wants to add a workout they navigate to their calendar. The user clicks on the day they would like to edit. The user will be directed to a new page where he/she will select the type of workout that they completed. In rowing, there are several ways to describe a workout on an ergometer: single distance, single time, intervals distance, intervals time, variables distance, variables time, and just row. Example of this view can be seen above. For anything that does not fit into those categories, there is an option to create a new type of workout.

4. Implementation:
- Implemented using Ruby on Rails, also referred to as, ‘Rails’
- Rails uses MVC (Model-View-Controller) to organize programming
- Application uses snippets of HTML, javascript, and css
- Main models in project include ‘Exercise’ and ‘Calendar’
- Models map to a database and a corresponding table so information can be pulled easily
- Project uses gems found in the Ruby Gems Toolbox

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