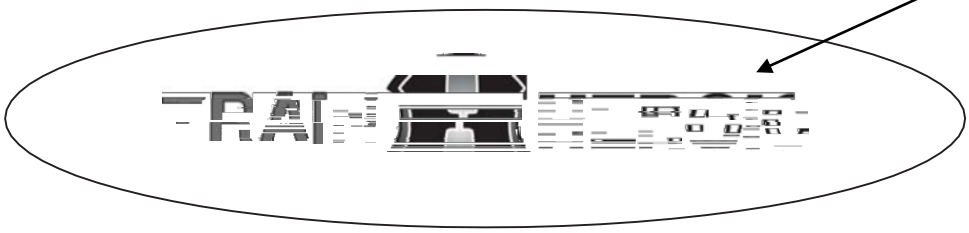
WELCOME SCREEN



All logos at the top of each page should be hyperlinked to the "profile" page – page 3

TRAIN HEROIC TRAIN.

TRACK. COMPETE.

(TEXT W/ TAGLINE AND GRAPHICAL OUTLINE OF UX)

There is no functionality to this text. Simply a description of the product.

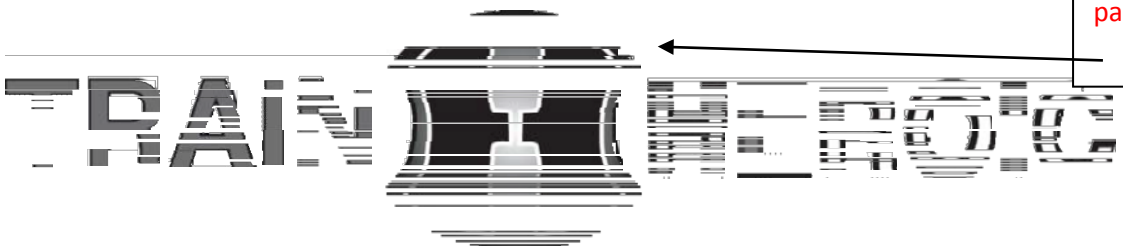
Should be a link to page 2.

CREATE ACCOUNT

LOGIN

When the user clicks this button, they should first be prompted to enter their email address. They should next be prompted to enter their password, all within this same button. To sign in with Facebook, user should be prompted to sign-in using their facebook criteria. If a user forgets their password, a link should be available and an email should be send to them with a new password. Only one account per email can exist.

CREATE ACCOUNT



All logos at the top of each page should be hyperlinked to the "profile" page – page 3

Should ask for a first name and last name

NAME

If a user enters an email address that is in use, they should be notified that "this email is already in use." And to use a different email address.

EMAIL

PASSWORD

Password must be at least 7 characters and cannot be their name or email address.

"Passwords do not match" error message if the password does not match.

CONFIRM PASSWORD

User must click this box and scroll through all 3 pages of the disclaimer to proceed. They also must check a box after they read the material. This button should be blinking if the user tries to "get started" without reading through the terms and conditions.

AGREE TO TERMS AND CONDITIONS

Sound effect should be played when a user clicks this link. Link to page

GET AFTER IT!
(GET STARTED)

Linked to Page 4

All logos at the top of each page should be hyperlinked to the "profile" page – page 3

HOME – Logo at top

PICTURE

NAME

HERO RATING

HERO RATING IS BOLD AND HUGE w/ TEXTURE, QUALITATIVE LABEL IS SMALLER AND NON-BOLD

EX) 96. 2 CHAMPION

Trend arrow is green and pointing up if an athlete's Hero rating has increased in the past 3 workouts. Trend Arrow is red and pointing down if an athlete's Hero Rating has decreased over the past 3 workouts..

Notification symbol is blinking – bright color when there are notifications: results that haven't been viewed, challenge alerts, or badge alerts. Clicking the notification "star" will link to the specific page's notification.

NOTIFICATIONS

- ~~RESULTS FROM RECENT WODS~~
- CHALLENGE ALERTS
- BADGE ALERTS

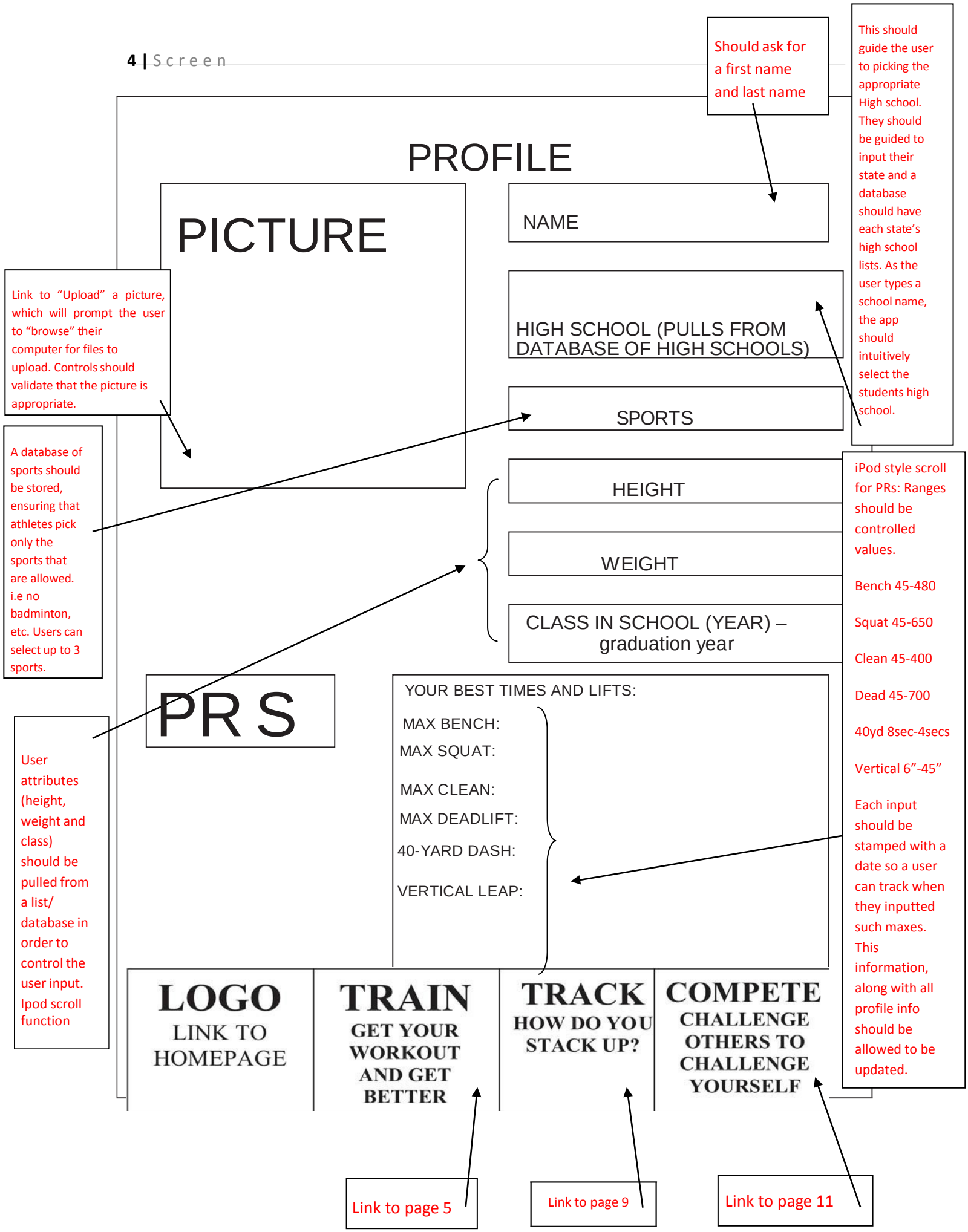
LOGO	TRAIN	TRACK	COMPETE
	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3

Link to page 5

Link to page 9

Link to page 11


Should ask for a first name and last name
This should guide the user to picking the appropriate High school. They should be guided to input their state and a database should have each state's high school lists. As the user types a school name, the app should intuitively select the students high school.
PROFILE
PICTURE
NAME
HIGH SCHOOL (PULLS FROM DATABASE OF HIGH SCHOOLS)
SPORTS
HEIGHT
WEIGHT
CLASS IN SCHOOL (YEAR) – graduation year
Link to "Upload" a picture, which will prompt the user to "browse" their computer for files to upload. Controls should validate that the picture is appropriate.
A database of sports should be stored, ensuring that athletes pick only the sports that are allowed. i.e no badminton, etc. Users can select up to 3 sports.
iPod style scroll for PRs: Ranges should be controlled values.
Bench 45-480
Squat 45-650
Clean 45-400
Dead 45-700
40yd 8sec-4secs
Vertical 6"-45"
Each input should be stamped with a date so a user can track when they inputted such maxes. This information, along with all profile info should be allowed to be updated.
PR S
YOUR BEST TIMES AND LIFTS:
MAX BENCH:
MAX SQUAT:
MAX CLEAN:
MAX DEADLIFT:
40-YARD DASH:
VERTICAL LEAP:
User attributes (height, weight and class) should be pulled from a list/ database in order to control the user input. Ipod scroll function
LOGO
LINK TO HOMEPAGE
TRAIN
GET YOUR WORKOUT AND GET BETTER
TRACK
HOW DO YOU STACK UP?
COMPETE
CHALLENGE OTHERS TO CHALLENGE YOURSELF
Link to page 5
Link to page 9
Link to page 11

All logos should be a link to Page 3

"TRAIN" MAIN PAGE

WOD

Monday 12.15.11

"BALLS TO THE WALL"
25 WALL BALLS
400M SPRINT
X 4 ROUNDS

each exercise should be a link to a description, video/pictures of the exercise, and some pointers on how to do the exercise correctly. External links until internal videos are produced. Link to p. 6

Sound effect should be played when a user clicks this link. Link to page

Link to page 7.

START WORKOUT

PRINT WOD

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3

Link to page 5

Link to page 9

Link to page 11

Should lead the user to a "print" screen. Only the middle box "workout of the day" should be printed. Print area should be set to ½ page. Large bold font.

All logos at the top of each page should be hyperlinked to the "profile" page – page 3

EXERCISE DEMO PAGE

Quick video auto plays when link on page 5 is selected. Replay option and "Back to Workout" option pops up auto after each demo. "Back to workout" will link to page 5. Replay, simply replays that video.

VIDEO DEMO

(NATIVE OR LINKED?)

Exercise Description from the selected link on page 5. Ex. "25 wall balls" selected, description = Wall balls.

CLEAN AND JERK

"Key points" database for each workout created and linked to whichever exercise is displayed on page 6, while video is playing and afterwards.

KEY POINTS:

- KEEP WEIGHT TIGHT TO BODY
- SHRUG, JUMP, FAST ELBOWS

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3

Link to page 5

Link to page 9

Link to page 11

All logos at the top of each page should be hyperlinked to the "profile" page-3

IN WORKOUT PAGE

"timed" workouts will prompt the "timer." To be displayed on this page – 7. Timer should record seconds. Ex. 2 minutes reads 120 seconds. Some workouts will require the clock to countdown instead of counting up.

Green button, large and easy to press. When clock is active, button to turn red and read "stop."

TIMER:

00:00

GO

iTunes playlist functionality not in the MVP version. Exclude from Wireframe development.

PLAYLIST
(PULL FROM ITUNES LIBRARY)

iPod style dial that allows easy input – scrolling. Time is recorded in seconds. Weight is recorded in reps, rds, etc.

ENTER RESULTS

This will be a time, a # of rounds, a weight used, or a number of reps

A warning response will ask the user "Are you sure?" when submitting results. Notification to pop up "Great Work" when a user completes a workout.

SUBMIT RESULTS
(links to post workout page)

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3 | Link to page 5 | Link to page 9 | Link to page 11

Once results are submitted, a user is redirected to page 8. Their Hero score should be updated, along with their trend arrow. If the workout resulted in winning a challenge, a message should pop up "You Beat (Insert User Name), Congratulations" and their wins/ losses should be updated too.

All logos at the top of each page should be hyperlinked to the "profile" page-3

Will post to a Facebook user's Friends' news feed that user scored "x" in Train Heroic's workout of the day! Linking "Train Heroic" to page 1.

POST WOD PAGE

Will send a that they scored "x" in Train Heroic's workout of the day! Linking "Train Heroic" to page 1. Not in MVP Application development.

Post to facebook | Tweet | Send challenge

Scores should cascade, large and easy to toggle through. Similar to albums in iTunes. The current day workout should be largest and up front. The previous days should be behind it. Link to "flip" the score will display the workout routine on the back of it.

TITLE OF WOD

82.4
78.6
68.1

(score for the day)

Link to page 11 to challenge – based on the workout that is being viewed. Challenging a user post workout will send a notification to that user that you are challenging them to beat your score of "X" on today's WOD. If the user has already completed the workout, no challenge can be sent or accepted. Challenging for future workouts will notify a user that they are being challenged on that specific date by a user.

Link to page 10. Filtered by team, conference, and state. Top Hero shows first, in decending order.

TEAM | CONFERENCE | STATE

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

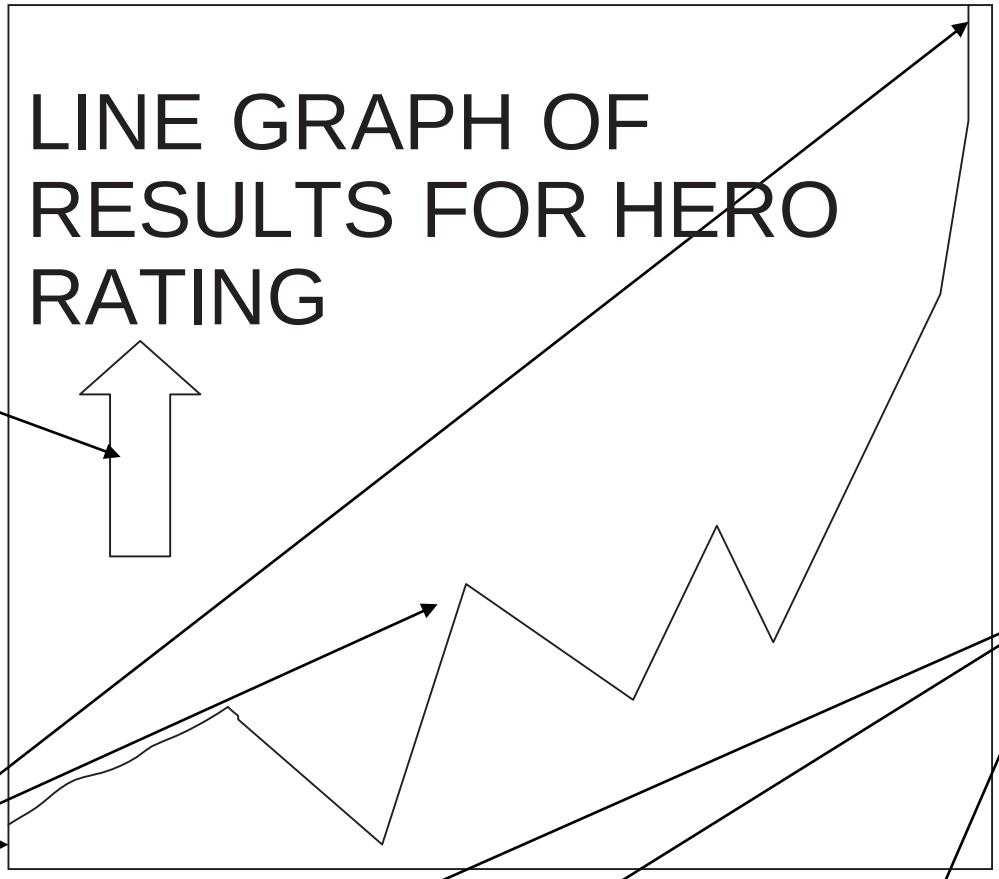
Link to page 3 | Link to page 5 | Link to page 9 | Link to page 11

All logos at the top of each page should be hyperlinked to the "profile" page-3

"TRACK" MAIN PAGE

Trend arrow is green and pointing up if an athlete's Hero rating has increased in the timeframe selected. Trend Arrow is red and pointing down if an athlete's Hero Rating has decreased over the timeframes selected.

LINE GRAPH OF RESULTS FOR HERO RATING



Graph and trend arrow should be predicated on the sample size that is chosen. Dynamic, changes as the user selects.

The graph should include numeric measures for specific dates or the past ten workout. The vertical axis should have Hero score marks. Graph should be scaled.

MY PROGRESS MY TEAM ALL CONFERENCE ALL STATE ALL AMERICAN

Links should direct user to page 10. Dashboard View of "My Team" "ALL Conference" ALL STATE" "ALL AMERICAN"

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3

Link to page 5

Link to page 9

Link to page 11

Track and Dashboard (Page 9 & 10) should be one page. Track page should have options: "My Progress" "My Team" "All-Conference" "All-State" "All-American" – "My Progress" shows the graph and trend arrow. "My Team" "All Conference" etc. clicks will yield the dashboard view.

Selecting a user's name should allow any user to view the selected user's profile picture, name, and hero rating.

DASHBOARD

TOP PERFORMERS

Selecting a criteria. Should, by default, sort the results in decending order, based on that criteria:my progress, team, conference, etc.

NAME CLASS POS HIGHSCHOOL STATE

1. JOSH SUTCHAR SR. RB – BARTLETT HIGH, 97.7
2. BEN CROOKSTON SR. QB- GLENBARD WEST, IL 97.5
3. JAY CROOKSTON JR. LB MATHER HIGH, IL 97.3
4. RICHARD DAVEY SO. DB MATER DEI, CA 97.1
5. SOLOMON SUTCHAR SR. TE BARTLETT HIGH, 97.2

Selecting a criteria. should sort the results in decending order, based on that "class", "position", "high school."

Clicking these items will auto sort in descending order.

SEARCH

Allows for a user to search based on name, school, etc. to find themselves, friends, etc.

"My Progress" should yield line graph of individual progress – page 9

MY PROGRESS MYTEAM ALLCONFERENCE ALLSTATE ALL AMERICAN

LOGO	TRAIN	TRACK	COMPETE
LINK TO HOMEPAGE	GET YOUR WORKOUT AND GET BETTER	HOW DO YOU STACK UP?	CHALLENGE OTHERS TO CHALLENGE YOURSELF

Link to page 3 | Link to page 5 | Link to page 9 | Link to page 11

A user can only receive 5 challenges per workout – to protect against the top users from being discouraged to accept too many challenges

Selecting each group will yield a view of that particular group – just like the dashboard page-10. Clicking on a user will prompt a message: "Challenge "Brian Urlacher" in 6.15.12 WOD ?– or whichever workout is next. If the user confirms, a "notification" will be blinking on the challenged user's main page -3. By clicking that link and accepting, a notification will be sent to the Challenger, notifying them of the acceptance. Once both users have logged their workout, a "You win!" message will pop up and your wins-losses will be saved. If you loose a message "Keep working hard!" will pop and your record will be updated

"COMPETE" MAIN PAGE

COMPETITION BREEDS EXCELLENCE

ATHLETES NAME **96.4**

WINS – LOSSES – TIES

W/L STREAK (Ex. W5) ⇧

When a user selects to challenge via Facebook: A list of their friends' names pop up – with a search bar option. A friend is selected and a post is posted on that user's wall requesting that they have been challenged to do Train Heroic's WOD. Clicking the Hyperlinked post will lead the user to page 1 of the app. A notification will be waiting for the user once they signup – with the option to accept the challenge invitation.

CHALLENGE A TEAMMATE

CHALLENGE MY CONFERNCE

CHALLENGE MY STATE

CHALLENGE NATIONWIDE

CHALLENGE VIA FACEBOOK/TWITTER

Users Name and Hero Score should be posted at the top along with their overall record and win streak. If they are on a winning streak – trend arrow is green an upward pointing. If they are on a losing streak – trend arrow is red and downward pointing.

LOGO	TRAIN	TRACK	COMPETE

Link to page 3 | Link to page 5 | Link to page 9 | Link to page 11