**Project description**

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# Background description

Our client, known as Dave, is the head of an old fitness branch. Right now, the client has multiple fitness trainers that train their clients. Due to the size of the fitness branch, he is not able to hire a lot of trainers meaning that the clientele will also diminish. The rival fitness branches around his own have recently gone through the same dilemmas and have grown more because of their change to the digital platform.

Dave was having doubts about moving in the same direction because of his values of having face-to-face contact with the clients so they feel more comfortable, and their mistakes can be corrected upon. The issue with sticking to these values can be that the clients will move to other, more modern, fitness branches.

The fitness trainers come up with workouts that are needed for each training session with their clients. For creating workout plans for their clients they use excel or word to plan out sessions that the clients have without their trainer. This method has many disadvantages such as that they are not able to show how to do the exercises or the clients may lose the plan. This method is outdated compared to their competitors.

Clients have been asking for information on how many calories does each exercise burn. The fitness trainers are not able to give the information to their clients since each client is different, and they can burn different number of calories.

Dave is looking for a software that satisfies the needs of both their clients and their trainers. He wants a program that allows the clients to create their own workouts or use workouts that fitness trainers have created. Trainers and users should be able to create workout plans. Dave also wants a calorie burner counter for each workout in the application and a difficulty level indicator.

As a user they should be able to create their own profile that would store their information for the calorie burner calculations and their workouts. Trainers should be able to assign workouts or workout plans to their clients.

Additionally, Dave wants the software to be ready for possible growth of his clients, meaning the software should be scalable. The client also wants to reduce potential downtime to minimum.

# Definition of Purpose

The purpose is to provide Dave with a jump into the digital world of fitness by giving his clients and trainers a way to record and optimize their workouts instead of relying on the outdated methods.

# Problem Statement

Currently, the exercises are created by the trainers manually and the clients cannot be sure about their calorie count without a way to record it.

1. Who will be able to use the system?
2. How many user roles will the system have?
3. How will the system keep the user information?
4. What information will affect the calculations?

# Delimitation

1. We are not able to implement a secure log-in.
2. The system will not be available as a mobile app

# Choice of models and methods

To make our project development as efficient as possible we will be using Scrum as we did in our previous project.

Scrum is a framework that helps teams and organizations address complex problems step by step, while delivering products. It is used by teams, which consist of a Product Owner, Scrum Master, and Developers[[1]](#footnote-2). (Scrum.org, What is Scrum?, 2022)

For developing the project, we will be using Visual Studio code, Ridder, IntelliJ, and DataGrip. For documentation we will be using Word. Astah Professional for creating design of the program. For version control we will be using Git with GitHub.

# Time schedule

We have an expected workload of 28 hours per ECTS point per student, which adds up to 280 hours per student, 840 hours in total.

A picture containing graphical user interface

Description automatically generated

Figure 1 - Calendar for this semester

# Risk assessment

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Risks | Likelihood  Scale: 1-5  5 = high risk | Severity  Scale: 1-5  5 = high risk | Product of likelihood and severity | Risk mitigation e.g., Preventive-& Responsive actions | Identifiers | Responsible |
| The client goes out of/closes the business | 2 | 5 | 10 | Search for a new client with the same/similar needs | The client contacts us | Arturs Silins |
| A team member drops out | 1 | 4 | 4 | Good communication and elimination of unnecessary tasks | The team member is unresponsive | Ondrej Klimek |
| New technologies are released and requested by the client | 3 | 4 | 12 | Staying up to date with the newest technologies | The client contacts us | Everyone |
| The client requests more features | 3 | 2 | 6 | The price increases, deadline is extended | The client talks about changes | Maximillian Wallin |

Table 1 - Risk assessment

# Resources

<https://www.scrum.org/resources/what-is-scrum>

1. [↑](#footnote-ref-2)