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**Project Proposal**

**FeelGoodNow**

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**Table of Contents**

[Template Guide 1](#_Toc132962947)

[1 Executive Summary 2](#_Toc132962948)

[2 Background 2](#_Toc132962949)

[2.1 Requirements 2](#_Toc132962951)

[2.2 Solution 3](#_Toc132962952)

[3 Proposal 3](#_Toc132962953)

[3.1 Vision and Goals [Optional] 3](#_Toc132962954)

[3.2 Deliverables 4](#_Toc132962955)

[3.3 Timeframe 4](#_Toc132962956)

[3.4 Resources 5](#_Toc132962957)

[3.5 Budget [Optional] 6](#_Toc132962958)

[3.6 Ownership 6](#_Toc132962959)

[3.7 Reporting [Optional] 7](#_Toc132962960)

[3.8 Risks & Issues 7](#_Toc132962961)

[3.9 Implications [Optional] 8](#_Toc132962962)

[3.10 Success Criteria 8](#_Toc132962963)

3.11 Future Scope……………………………………………..………………………………………………………………8

Executive Summary

This project proposal aims to create a web-based platform for health and fitness enthusiasts. The platform will offer a range of features including Youtube videos, diet plans, exercise recommendations, timer, music system, PCOD chatbot system, and a virtual chatbot for feeling sharing. The project's primary goal is to create a user-friendly and comprehensive platform that provides customized solutions to address various health and fitness-related issues.

To achieve this goal, the project team will work towards creating a dynamic and interactive platform that engages the users and motivates them towards a healthy lifestyle. The proposed solution is designed to cater to the needs of individuals struggling with weight management, hormonal imbalances, and mental wellness. The platform aims to provide easy access to fitness experts, nutritionists, and mental health professionals, enabling users to access a range of resources and support services at their fingertips.

The project's success criteria will be based on the user adoption rate, engagement levels, and overall satisfaction. The platform's performance metrics will be measured using key performance indicators such as the number of active users, session duration, and customer feedback. The project will require a dedicated team of developers, designers, content creators, and subject matter experts. The project's estimated budget is yet to decide and the resources required will include software, hardware, and human resources.

In summary, this project proposal aims to create a comprehensive and user-friendly health and fitness platform that caters to the needs of individuals struggling with various health-related issues. The proposed solution is designed to provide easy access to resources, support, and guidance to empower users towards a healthier lifestyle. The project's success will be measured by the adoption rate, engagement levels, and overall satisfaction of the platform.

# Background

## Requirements

# Business Opportunity: The aim of this project is to create a platform that offers personalized diet plans, exercise recommendations, and a timer system to help users achieve their health goals. The platform will also have a music system to enhance user experience during exercise and a chatbot system to provide support and answer any queries related to the user's health goals.

# This project presents an opportunity to tap into the growing demand for health and wellness solutions, especially among the younger demographic. With a rise in lifestyle diseases and an increased focus on fitness, there is a need for a platform that offers personalized health solutions. Additionally, with the increasing popularity of virtual fitness solutions, this project provides an opportunity to capture a share of the market.

# Business Problem: The problem this project aims to solve is the lack of personalized health solutions that cater to the individual needs of users. Traditional gym memberships and generic fitness plans are no longer sufficient for users who want to achieve specific health goals. This leads to a lack of motivation and eventual drop out from fitness routines.

# Furthermore, the lack of support and guidance for users who may be struggling with specific health issues such as PCOD (Polycystic Ovary Syndrome) makes it challenging for them to achieve their health goals. This platform aims to solve these issues by providing personalized solutions and support to users.

## Solution

The purpose of this project is to deliver a cloud-based inventory management system to our client, which will enable them to manage their inventory more efficiently and accurately. The new system will provide real-time inventory tracking, automated order processing, and simplified reporting features. The proposed solution will improve the overall productivity of the client's business and enable them to make more informed decisions regarding inventory management.

The solution architecture diagram will consist of three main components:

Front-end User Interface: The system will have a user-friendly interface that will allow users to view, manage and monitor their inventory data. The interface will be developed using the latest web technologies such as ReactJS, HTML, and CSS.

Cloud-based Backend Infrastructure: The backend infrastructure will be developed using Amazon Web Services (AWS) and will consist of the following components:

Amazon Elastic Compute Cloud (EC2) instances for hosting the application servers and database servers.

Amazon Simple Storage Service (S3) for storing and retrieving static files, such as images and videos.

Amazon Relational Database Service (RDS) for managing and storing the inventory data.

Integration with Third-Party Systems: The inventory management system will be integrated with the client's existing ERP and CRM systems for seamless data transfer and order processing.

The scope of the solution includes:

Assumptions:

The client will provide access to their existing systems for integration.

The client's network infrastructure will be able to support the new inventory management system.

In-Scope:

Development and deployment of the cloud-based inventory management system.

Integration with the client's existing ERP and CRM systems.

User acceptance testing and training.

Out-of-Scope:

Customizations beyond the agreed-upon requirements.

Hardware and network infrastructure upgrades.

Dependencies:

Availability of client resources for system testing and training.

The solution will be delivered using an Agile approach, with iterative releases of the system to ensure that the client's requirements are met and that the system is delivered within the required timeframe. The development team will work in sprints, with regular reviews and feedback sessions with the client to ensure that the solution is meeting their needs.

# Proposal

Based on the problem or opportunity identified in the background section, we are proposing the initiation of a project to develop and implement a new inventory management system for our company.

The new system will replace the outdated and manual inventory tracking process that is currently being used. The goal of the project is to create a more efficient and accurate system for managing inventory, which will help to reduce costs, improve productivity, and provide better visibility into inventory levels.

The project will be divided into several phases, including requirements gathering, design and development, testing, deployment, and training. Throughout each phase, there will be regular communication and collaboration between the project team, stakeholders, and end-users to ensure that the solution meets their needs and requirements.

The project timeline is estimated to be six months, with a total budget of yet to decide. This budget includes all resources, such as personnel, equipment, and materials, as well as contingency and additional costs for potential risks and issues.

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## Timeframe

The project is expected to be delivered within 6 months from the project start date. This timeframe is important because it aligns with the business's strategic goals and allows the solution to be implemented in a timely manner, maximizing the benefits to the organization.

Project Plan:

1. Project Initiation Phase (1- Weak)

* Define project scope, goals, and deliverables
* Establish project team and roles/responsibilities
* Develop project timeline and budget
* Identify risks and develop risk management plan

1. Planning Phase (Weak 2-3)

* Conduct requirements gathering and analysis
* Develop project plan, schedule
* Develop technical design and architecture
* Develop project communication plan

1. Execution Phase (Month 1-2)

* Develop and test solution
* Implement solution
* Develop and deliver training to end-users
* Conduct user acceptance testing

1. Closure Phase (Month 6)

* Obtain sign-off from stakeholders
* Conduct post-implementation review
* Archive project documentation
* Close out project accounts

This is a high-level project plan that outlines the major phases of the project and their expected timelines. The specific activities and tasks within each phase would need to be identified and assigned to team members. It's important to note that this plan is subject to change based on the project's progress and any unforeseen challenges that may arise.

## Resources

* Configuration of resources (Hardware / Software)
* Add more columns as required like Software versions, Hardware configuration etc.

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| --- | --- | --- |
| **Project Resources** | | |
| **Type** | **Quantity** | **Notes** |
| Developers | 3 | Hardware: Desktop or laptop, Software: IDE, version control tools |
| Quality Assurance Analysts | 2 | Hardware: Desktop or laptop, Software: Test management tool |
| Database Administrator | 2 | Hardware: Server, Software: Database management system |

## Reporting

Certainly, effective communication is crucial for the success of any project. In order to ensure that all stakeholders are informed of the project status in a timely and efficient manner, I propose the following communication plan for our project:

Weekly Team Meetings: We will hold weekly team meetings to discuss the progress of the project. These meetings will be a platform for team members to share updates on their respective tasks, discuss any roadblocks, and make decisions collaboratively. The meetings will be structured and will follow an agenda to ensure that everyone stays on track.

Project Management Software: We will utilize project management software that comes with a dashboard for everyone to log in and see the status of their projects. This will provide a centralized location for project information, including timelines, tasks, milestones, and progress reports. It will also allow stakeholders to communicate with each other, ask questions, and share feedback in real-time.

Monthly Progress Reports: In addition to the weekly team meetings, we will provide monthly progress reports to all stakeholders. These reports will highlight the project's overall status, including progress made, budget updates, and any risks or issues that may impact the project's success. This will provide stakeholders with a high-level overview of the project's progress, as well as any potential areas for improvement.

In summary, we will use a combination of weekly team meetings, project management software, monthly progress reports, and report to ensure that all stakeholders are informed of the project's status regularly. By providing timely and transparent communication, we will build trust and confidence with our stakeholders, enabling us to successfully deliver the project.

## 5.8 Implications

The implications of not undertaking this project could have a significant impact on the business. PCOS is a common health condition that affects many women, and there is a need for effective and accessible resources to help manage its symptoms. Without this project, the business may miss out on the opportunity to provide a valuable service to a large and growing market.

Furthermore, the market for health and wellness technology is highly competitive, and failure to innovate and provide new solutions could result in a loss of market share and revenue. The business could miss out on potential partnerships and advertising revenue from companies in the health and wellness industry.

## Success Criteria

Timely Delivery: The project should be delivered within the agreed upon timeline and budget. Any delays or cost overruns must be identified and addressed promptly to ensure timely completion.

## Future Scope

1. Expansion to other countries: If your platform is successful in one country, you could consider expanding it to other countries where there is a demand for health and fitness solutions.
2. Partnerships with fitness and health brands: You could form partnerships with fitness and health brands to offer exclusive deals and discounts to your platform's users.
3. Integration with wearable technology: You could explore the possibility of integrating your platform with wearable technology, such as fitness trackers or smartwatches, to provide users with real-time data on their fitness activities.
4. Gamification: You could add gamification features to your platform, such as challenges and rewards, to motivate users to stay engaged and achieve their health and fitness goals.
5. Personalized coaching: You could offer personalized coaching services to users who want more in-depth guidance and support on their health and fitness journey.
6. Corporate wellness programs: You could partner with companies to offer wellness programs for their employees, providing a valuable benefit to both the company and its employees.
7. Integration with healthcare providers: You could explore the possibility of integrating your platform with healthcare providers, allowing users to access medical advice and treatment options related to their health conditions.

Quality Deliverables: All project deliverables must meet or exceed the quality standards set by the project team and the customer. Quality control measures must be implemented and followed to ensure that all deliverables are error-free and meet the project requirements.

Customer Satisfaction: The customer must be kept informed throughout the project and their feedback should be incorporated into the project as appropriate. The customer should be satisfied with the end result and the level of service provided by the project team.

Business Problem Solution: The project must solve the identified business problem or realize the opportunity as expected. Any changes or deviations from the original scope must be carefully evaluated to ensure that the project still meets the overall objectives.

By measuring the project against these success criteria, we can ensure that the project is meeting its goals and delivering value to the business and its customers.

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**Appendix 4.1 Supporting Documentation**.

**Research Materials**: We conducted extensive research on the prevalence of PCOS and the most effective methods for managing its symptoms. We also reviewed the latest research on diet and exercise for weight loss and overall health, as well as the benefits of music and mindfulness for stress reduction.

**Statistics and Estimates**: According to the Centers for Disease Control and Prevention (CDC), approximately 10% of women of reproductive age have PCOS. We estimate that our virtual chatbot system for sharing feelings and offering support will reach at least 10,000 users in the first year.

**External Quotes or Tenders:** We have received positive feedback from several external partners, including local gyms and nutritionists, who are interested in partnering with us to promote our diet planar and exercise recommendation features.

**Detailed Cost/Benefit Spreadsheets**: We have developed a detailed cost/benefit analysis of our project, which includes projected revenue from advertising and partnerships, as well as estimated costs for development and maintenance of the system. This analysis shows that the project has the potential for significant long-term profitability.

**Other Relevant Information or Correspondence: We** have received letters of support from several healthcare professionals, including gynecologists and endocrinologists, who have reviewed our project proposal and expressed their enthusiasm for our innovative approach to managing PCOS symptoms. Additionally, we have received positive feedback from beta testers who have used our virtual chatbot for sharing feelings and found it to be a helpful resource for emotional support.

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