



FITNESS GOAL TRACKER

GROUP-02

KANIZ FATEMA(A23MJ4003)

Abdullah Mohammad Jaid (A23MJ4001)

SAUMIK HASAN ARPON (A23MJ3009)

TOPIC: Fitness Goal Tracker

EXECUTIVE SUMMARY:

Our project *Fitness Goal Tracker* is a web-based platform that will help to monitor overall health as well as a motivational tool to live a healthy life. The principal goal of this project is to provide guidelines to the user to lead an expected disease-free life.

Robert Collier said, "Success is the sum of small efforts repeated day in and day out." *Fitness Goal Tracker* will focus on tracking the users daily physical activities and also record the progress. It will also work as a notification tool which will remind the user from time to time about the routine as per her/his body condition. There will also be an option for tracking daily food intake & also it will help to stay within calorie or macronutrient targets. We target to provide healthy fruitful guidelines for the human body along with recording progress.

Background of the Application:

In today's fast-paced world, maintaining a healthy lifestyle has become obvious. However, many individuals struggle to stay consistent with their fitness goals due to various reasons such as lack of motivation, time constraints, or simply not knowing where to start. To address these challenges, the Fitness Goal Tracker application aims to provide users with a comprehensive tool to set, track, and achieve their fitness goals effectively.

The idea behind the Fitness Goal Tracker stems from the recognition that goal setting and progress tracking are crucial components of successful fitness journeys. By providing users with a centralized platform to define their objectives, record their workouts, monitor their progress, and receive motivational reminders, the application seeks to empower individuals to take control of their health and well-being.

Objectives:

The primary objective of the *Fitness Goal Tracker* application is to facilitate and enhance the fitness journey of its users by offering the following features:

Goal Setting: Enable users to establish specific, measurable, achievable, relevant, and time-bound (SMART) fitness goals tailored to their preferences and fitness level.

Workout Logging: Provide users with the ability to log their workouts, including details such as exercise type, duration, intensity, and calories burned. This feature allows users to keep a record of their activities and progress over time.

Progress Tracking: Offer visual representations of users' progress towards their fitness goals, such as charts, graphs, and statistics. This feature enables users to track their performance, identify patterns, and make informed adjustments to their routines as needed.

Motivational Reminders: Deliver timely reminders, encouragement, and motivational messages to users to help them stay focused, motivated, and committed to their fitness goals. These reminders can be personalized based on users' preferences and progress.

Methodology:

The development of the Fitness Goal Tracker application will involve the following steps:

Research and Analysis: Conduct market research and gather user feedback to understand the needs, preferences, and pain points of individuals regarding fitness goal setting and tracking applications. Identify key features and functionalities that are essential for addressing users' requirements effectively.

Design and Prototyping: Develop a user-friendly interface and intuitive navigation system for the application. Create wireframes and prototypes to visualize the layout, flow, and interactions of the various screens and features. Incorporate design principles that prioritize simplicity, clarity, and accessibility.

Development and Implementation: Utilize appropriate programming languages, frameworks, and technologies to build the backend infrastructure, frontend components, and database architecture of the application. Implement robust security measures to safeguard users' personal information and ensure data privacy.

Testing and Quality Assurance: Conduct comprehensive testing procedures, including unit testing, integration testing, and user acceptance testing, to identify and resolve any bugs, errors, or inconsistencies in the application. Solicit feedback from beta testers and iterate on the design and functionality based on their suggestions.

Deployment and Launch: Deploy the Fitness Goal Tracker application to relevant app stores and online platforms, such as the Apple App Store and Google Play Store. Promote the application through various marketing channels, such as social media, email newsletters, and influencer partnerships, to attract users and encourage adoption.

Continuous Improvement: Monitor user engagement, retention, and satisfaction metrics through analytics tools and user feedback mechanisms. Continuously iterate on the application based on insights gathered from usage data and user input to enhance its effectiveness, usability, and value proposition.

By following this methodology, the Fitness Goal Tracker application aims to deliver a comprehensive, user-centric solution that empowers individuals to achieve their fitness goals and lead healthier, happier lives.

Resources:

- ❖ Project Manager
- ❖ Software Developer (frontend & backend)
- ❖ Database administrator
- ❖ UI/UX designer
- ❖ Quality assurance/ tester
- ❖ Content creator
- ❖ Marketing specialist

Budget:

❖ Personnel Costs:

- Development Team: MYR 25,000 per month
- Design Team: MYR 10,000 per month
- DevOps Team: MYR 15,000 per month
- Total estimated cost: MYR 50,000 per month

❖ Software and Tools:

- Subscription fee for developing tools: MYR 3,000 per month
- Licensing fees for third-party software components: MYR 2,000 per month
- Total estimated cost: MYR 5,000 per month

❖ Infrastructure Costs:

- Cloud hosting services: MYR 8,000 per month
- Database hosting fees: MYR 3,000 per month

- Total estimated cost: MYR 11,000 per month

❖ **Miscellaneous Expenses:**

- Office space rental of utilities: MYR 7,000 per month
- Travel expenses for team meeting or conferences: MYR 2,000 per month
- Marketing and promotion expenses: MYR 5,000 per month
- Total estimated cost: MYR 14,000 per month

❖ **Contingency and Miscellaneous:**

- Buffer for unforeseen expenses: MYR 5,000 per month
- Total estimated contingency: MYR 5,000 per month

Total Estimated Budget (Monthly):

= Personnel Costs + Software and Tools Costs + Infrastructure Costs +
Miscellaneous Expenses + Contingency

= MYR 50,000 + MYR 5,000 + MYR 11,000 + MYR 14,000 + MYR 5,000

= MYR 85,000

By following this budget plan, “**Fitness Goal Tracker**” project can effectively allocate financial resources and navigate the markets dynamics to achieve its objectives within the allocated budget.

Measurment and Reporting:

PROJECT PLAN

Gantt Chart

PROCESS	QUARTER 1				QUARTER 2				QUARTER 3			
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Planning												
SPRINT DEVELOPMENT												
Design Process												
TESTING												
QUALITY ASSURANCE												
Deployment												

figure: Gantt chart

In the first week, the project will start with requirement analysis which involves overall planning of the whole project. The delivery of this stage is the Systems Requirements Specifications. Next, step would be followed with software design for Phase 1 which will be related to sprint development. It involves the designing of the system interface and architectural design. After a week, software design for Phase 2 will commence where the design will be evaluated for both the interface and architectural design. For every design stage, we will update another deliverable which is called Software Design Document. This phase also includes software design and coding after the evaluation is completed to reduce any defect or unnecessary functionality of the system that did not meet the business requirements. Subsequently, after the designing phase is finished implementation testing will be done for the system. In this phase, the scratch design of the *Fitness Goal Tracker* will be

implemented into a real prototype design to test the functionality of the new features in the new system. Unit testing will involve analyzing the smallest testable components or features of the system, separately and independently for proper functioning. Following, the system testing will begin where the enhanced *Fitness Goal Tracker* will be tested as a whole system and evaluate the system's compliance with its specified requirements. To support the testing stage, a System Testing Document will be provided. Lastly, at the end of this project, the system will undergo maintenance to make sure that the system is successfully developed.

Risks:

- 1) Technical complexity
- 2) Team member attrition
- 3) Security vulnerability
- 4) Data loss.