

Project Title - “Wellness Tracker”

By Team_SAP-ADT Project

Project Summary:

Our project entails creating a database application for fitness tracking that will help users monitor and improve their fitness and health. Users of the website will be able to set and track fitness goals as well as gain understanding of their fitness advancement.

Project Description:

Team

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Objectives

Our objective is to develop a database application for fitness tracking that will enable users to quickly perform several operations on their fitness data. Users will be able to add new fitness metrics, monitor their development over time, edit already-entered data, and remove records as necessary. By utilizing the Fitbit dataset, we hope to give users accurate and thorough information about their fitness routines, empowering them to make wise decisions about their health and wellbeing. The application will also offer tips for enhancing fitness levels based on the users' data and goals.

Usefulness

For anyone interested in monitoring their fitness progress and enhancing their general health and wellness, our fitness tracking database will be helpful. Users of the database will be able to track their daily step total, calories burned, walking distance, and other metrics, enabling them to set and meet fitness objectives. Our database will give users precise and in-depth information about their fitness routines by utilizing data from Fitbit fitness trackers, empowering them to decide on their health and wellness routines.

Users will benefit from our database's interactive interface because it will allow them to easily view and analyze their data. Users will be able to track and visualize their fitness progress over time. It will give users actionable insights and advice, allowing them to improve their wellness routine.

Although similar or equivalent databases exist (such as Nike Run Club, MyFitnessPal, and Garmin Connect), our fitness tracking database is distinct in its emphasis on user-friendly design and useful insights. We want to give users a seamless and intuitive experience that allows them to track their fitness progress and achieve their goals.

Our database application meets the needs of a variety of users, including fitness enthusiasts, athletes, and people looking to improve their overall health. Anyone interested in tracking their fitness progress and improving their health and wellness can use our user-friendly interface and valuable insights.

Dataset

This dataset was created by participants in a distributed survey via Amazon Mechanical Turk between December 3, 2016, and December 5, 2016. Fitbit fitness trackers collect a variety of fitness metrics, including step count, calories burned, total distance walked, and many more. Thirty eligible Fitbit users agreed to the submission of their personal tracker data for these metrics and many more. This data set's primary goal is to develop a better understanding on Fitbit users' exercise routines.

Data set link: <https://www.kaggle.com/datasets/arashnic/fitbit>

We will be using dailyActivity_merged.csv from this Kaggle Fitbit Fitness Tracker data set.

Communication and Sharing

To discuss and monitor the progress of our project, we will be meeting weekly via Zoom during our free time.

We will utilize Slack for communication and discussions:

- https://join.slack.com/t/iu-npi3616/shared_invite/zt-1qq1bj8f8-4Qa0kz8WBSFsQW670IBp_Q
- <https://app.slack.com/client/T04TKLOPX40/C04SVRTD63V>

To collaborate on a project, we have set up a GitHub repository:

- https://github.iu.edu/vdevaras/team_SAP_ADT

Milestones

- Week 8 - project description
- Week 11 - database
- Week 13 - web app mock
- Week 14 - short video presentation
- Week 15 - full demo