

Online Coaching

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Table 1: Document version history

Proposal Version	Date	Reason for Change
1.0	25-Feb-2023	Proposal First version's specifications are defined
1.1	28-Feb-2023	System description updated

GitHub: <https://github.com/mohammedYasser11/Software-project.git>

Abstract

The traditional project coaching takes place mostly in several face-to-face coaching sessions. However, under conditions of time pressure in Web Application, a physical presence of coaches could form a bottleneck. These facts led to the idea of using Internet technologies to support the project coaching. The benefits of the web-based project coaching reside in the ubiquitous availability of coaches. To enable the web coaching, a flexible support platform is required. The elaboration of requirements, design, implementation and evaluation of such a platform is the goal of this dissertation. The elaborated concept was applied and evaluated in real IT projects. The numerous findings and implications could be gained on the empirical basis.

1 Introduction

(The following is a sample guideline for MIU SE305 and CSC341 project proposal.)

1.1 Background

Web application for online coaching that supports workout and nutrition plans with a professional coach, where it matches every client's needs based on their weight and shape.

1.2 Problem Statement

People have become lazier, many people start going to gyms and follow a diet but little keep up with their progress, on the other hand they seek for getting perfect body shape like the influencers that they see on the social media everyday which made upset from their look. Most people get confused of which nutrition plan to follow due to the lack of professional guidance.

In our website we offer nutrition and workout plans done by a professional coach who follows up with his clients online day by day to achieve their goals and edits their plans according to their progress depending on their results.

1.3 Motivation

This website will influence the people because they prefer the faster and easier solution for the a achieving their goals so they will prefer online coaching.

We hope to add other features that makes the client be able to see his/her progress by graphs and charts.

2 Project Description

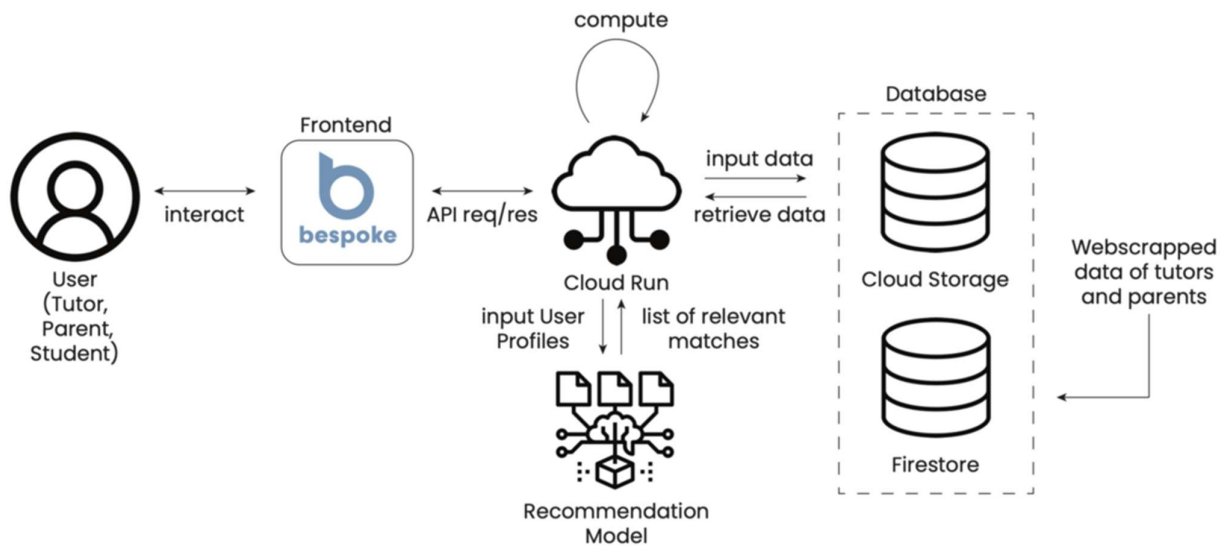


Figure 1: web application architecture

2.1 Objectives

- To create an online coaching website for personal training and leadership training that aligns with the mission of the organization to empower individuals to achieve their full potential.
- To attract and retain at least 80% of clients who sign up for coaching services.
- To attract at least 100 clients in the first year by investing in targeted marketing campaigns and improving the website's features.
- To create an online coaching website for personal training and leadership training by the end of May 2023.

2.2 Stakeholder

2.2.1 Internal

1. Mohammed Yasser Elnabawy (Leader)
2. Adham Osama Mohamed
3. Omar Ahmed Bayoumi
4. Sara Mohamed Ashour
5. Ahmed Mohamed Abdelmoniem
6. Abdelrahman Reda

2.2.2 External

- Dr. Essam Eliwa
- Eng. Omar Magdy
- Team members
- Professional coach and his clients.

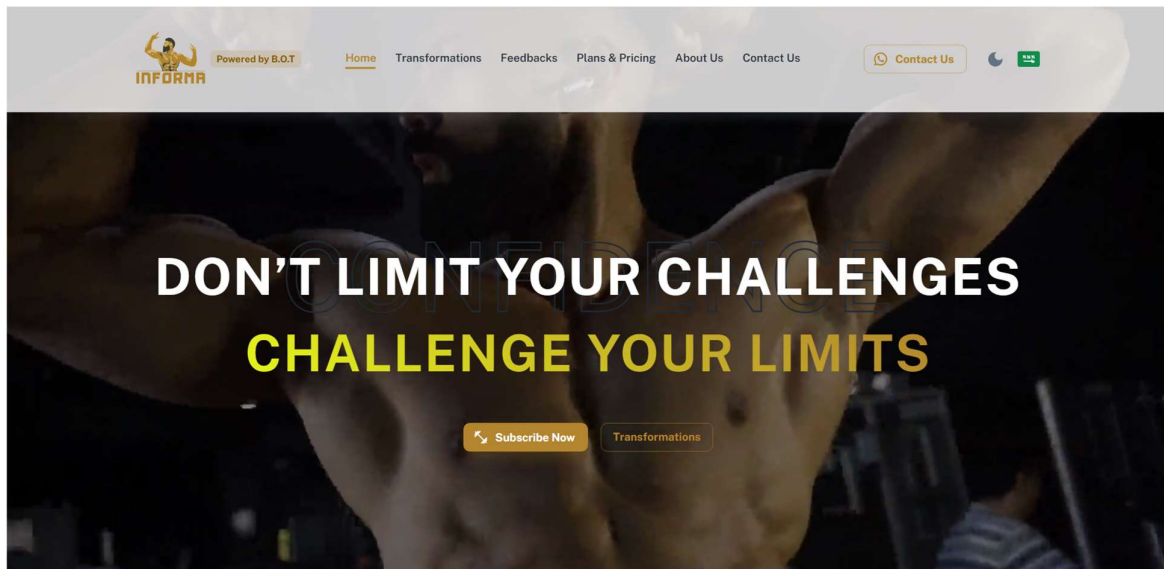
3 Similar System

3.1 Academic

[Design, Implementation, and Evaluation of a Virtual Meeting Tool-Based Innovation for UML Technology Training in Global Organizations | IEEE Conference Publication | IEEE Xplore](#)

3.2 Business Applications

1. Informa (<https://www.informa-180.com/?fbclid=PAaauGx9VNe1o351pmFIqte01ydLDKDxp8LrV2tQ-7tzwjXXtkd1o1WeiKkU>)



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1.1M

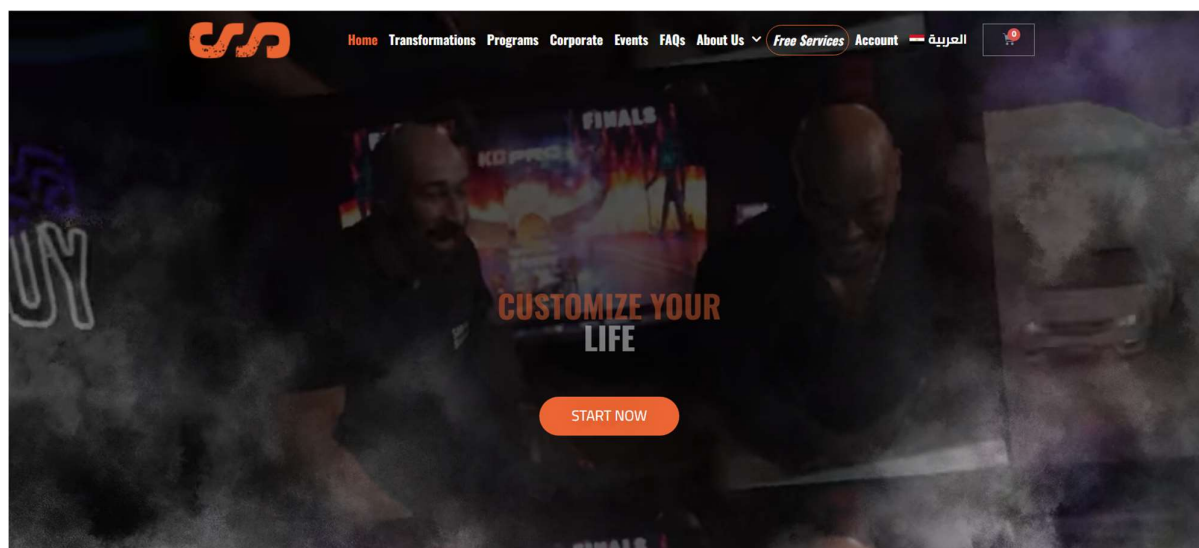

791.0K


272.9K


988.8K

[Register Now](#)

2. SamSamouy (<https://samsamouy.com/programs/?fbclid=PAaYWfuDYbGw9AmoATzkieXgrWgF4qAhW3l4HjW4ml2YZ0bzowiqSs5V7DTw>)



4 Project Management and Deliverables

4.1 Deliverables

- A platform that provides individual workout and nutrition plans based on a form that the end users will fill while registration.
- Examples of old transformations for motivation.
- Profile page that shows weight graph, nutrition plan and workout plan.
- A way of contact between the coach and his clients.

4.2 Tasks and Time Plan

