Project Charter – Personal Nutrition Assistant

# 1. Project Objectives

## Purpose

The Personal Nutrition Assistant project aims to empower individuals to make healthier food choices by providing personalized meal recommendations based on their dietary preferences, restrictions, and local grocery availability.

## SMART Objectives

Specific & Measurable: Develop an MVP mobile/web app that allows users to create profiles and receive at least 3 customized meal suggestions daily, within 8 weeks.

Achievable: Integrate one reliable nutrition database API to provide accurate nutritional values for meals by the end of Phase 2.

Relevant & Time-Bound: Launch the MVP to a small group of at least 20 beta testers within 12 weeks, gather feedback, and refine features accordingly.

# 2. Stakeholders and Roles

## Stakeholders

Project Team – Developers, Designer, Project Manager, QA/Testers.

End Users – Health-conscious individuals seeking personalized nutrition support.

External Stakeholders – Nutrition database providers, potential partners (gyms, dieticians, grocery stores).

Advisors/Mentors – Faculty or external stakeholders guiding the project.

## Team Roles

Project Manager – Oversees project delivery, timelines, and stakeholder communication.

Technical Lead – Responsible for system architecture, database integration, and backend.

UI/UX Designer – Designs intuitive and user-friendly interfaces.

Research & Documentation – Conducts nutritional research, prepares project documentation.

QA & Testing – Ensures app functionality, usability, and reliability.

# 3. Scope

## In-Scope

User registration and profile creation (preferences, dietary needs).

Personalized meal recommendations based on user profile.

Integration with a nutrition API for accurate meal data.

Simple grocery list generator for recommended meals.

## Out-of-Scope (for MVP)

Advanced AI-driven coaching features.

Integration with wearable devices (e.g., Fitbit, Apple Watch).

Grocery delivery or third-party e-commerce integrations.

Premium features such as dietician chat or advanced analytics.

# 4. Risks

## Risk Table

|  |  |  |  |
| --- | --- | --- | --- |
| Risk | Impact | Likelihood | Mitigation Strategy |
| API Data Unreliability | Incorrect nutrition values | Medium | Choose a reliable nutrition API with fallback options. |
| Scope Creep | Delayed MVP delivery | High | Clearly define MVP features; prioritize essential ones only. |
| User Adoption | Low engagement from users | Medium | Conduct beta testing with targeted users early. |
| Team Availability | Team member workload or absence | Low | Distribute responsibilities and maintain backup resources. |

# 5. High-Level Plan

## Phase 1 – Team Setup & Requirements (Week 1-2)

- Finalize roles, collaboration tools, and gather nutritional data sources.

## Phase 2 – MVP Development (Week 3-6)

- Implement user profiles, nutrition API integration, and basic recommendation engine.

## Phase 3 – Testing & Refinement (Week 7-9)

- Conduct unit testing, user testing with beta group, and refine features.

## Phase 4 – Launch & Feedback (Week 10-12)

- Release MVP to testers, collect feedback, and prepare improvement roadmap.