**FitWell Project Plan Draft**

RAM

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# Introduction

## **Scope and purpose of document (<MP>)**

*This document contains different sections of our project plan, including a description of the reason we have decided to make this application, our hopes for the application and the users, the major functions of the application, a diagram of the users and their interactions with the system, a schedule that contains all the different tasks for the project, and organization of the staff working on the project, and the staff’s ways to communicate and keep progress moving forward. The reason for all this being contained in a document is to have all the necessary details of the project in one place. This will help establish a timeline for the project, set clear goals, and ensure effective communication within the team.*

*Our project, an app called FitWell, is a fitness app designed to help users make progress without mental burnout. Users can create workout programs with specific days and exercises as well as track their progression. The app also helps the user stay on top of their rest, which helps the user make progress without burning out physically and mentally. FitWell creates a balance between intense workouts and recovery, and proposes certain actions based on the user's workout history and self-responses.*

# System Scope

## **Problem/Opportunity Description(MP)**

*The primary goal of FitWell is to ensure users are not overtraining, which will lead to better long-term progress. Many people who are new to working out are progress-oriented, looking to make as much progress in as little time as possible. Unfortunately, these are unrealistic expectations and after a brief period of time without seeing progress, many people will quit working out due to mental burnout. An important part of anyone’s fitness journey is to prioritize physical recovery, which can also prevent mental burnout. With this app users can still train with high intensity to make progress, but also enjoy the fitness process more by prioritizing their recovery as well. The users' long-term progress will be better due to the importance of recovery.*

## **Anticipated Business/Personal Benefits(AC)**

Our Company RAM sees that this app has the potential to completely change and be a disruptor in the fitness app space. We hope to achieve millions of downloads worldwide of our app and thousands of people signing up for subscriptions. With our focus on taking breaks and mental health and on not overworking the user to burn out we see that users are more likely to use our app for longer and hopefully this retention turns into paid subscription users.  
  
The benefit to users is the fact we aim to build a fitness app that aims to get people to exercise regularly not focusing on the pervasive myth of all calories are equal and that body weight is a good indicator of health. We hope that our app will lead to better body positivity and less people feeling burned out from exercise with our wellness features.

## **System Capabilities** (AC)

*List of major functions of the system. These are taken from the Project Proposal and expanded upon.*

* Connect to Apple HealthKit and Google Fit for health data from Smart Watches for Heart Rate, duration of exercise, and calories burned
* Intensity/Rest Suggestions- Based on data from the Smart Watch and exercise history our algorithm would suggest rest or increased difficulty in exercise to avoid burning out and avoid stagnation.
* Workout Program/Schedule – A user created workout program for each day of the week. Made by the user to schedule certain days to work out and a workout split (A way to split up the body parts you choose to exercise throughout the week).
* Choose Exercises – Input exercises from a database in the app to be used in the workout schedule on certain days or certain workouts
* Workout Tracking- Input weights, reps, or duration of a certain exercise or cardio activity. Allow users to view previous workouts to try and progress in future workouts.
* Gather user responses and feedback- After each workout or day the app is used, the app will prompt the user for feedback on how they are feeling mentally and physically.

## **System Context(MP)**

System Context.vsdx

# **Schedule(MP)**

PROJECTSCHEDULE-RAM.mpp

# **Staff Organization(RK)**

*Our team leader is Mikey, and he helps keep the team organized to complete assignments on time. He uploads all files to the GitHub repository. He is also responsible for assigning each team member a task in Trello for the week or part of an assignment that is due.*

*Ryan is responsible for controlling communication within the team. He regularly checks in with the team to help solve any issues or collaborate on assignments. He also makes sure communication stays professional and does not get off topic.*

*Alexa created our GitHub Repository, as he is most experienced with it.*

*Each team member contributes to assignments equally with the parts that they were assigned for the week.*

# **Tracking and control mechanisms** (RK)

*With our schedules being fairly unstable, the best approach for organizing our work would be to organize our tasks in Trello. We then would have general times during the week when we try and reach personalized or official benchmarks, depending on where we are at in terms of big assignment checkpoints. So far, it seems that works best is discussing what needs to be done from Tuesday to Friday, and then executing those steps over the weekend and on Monday when we tend to have more time. As for communication Slack can be used for the general less time sensitive needs, but we can use each other's phone numbers in case there’s something that’s more urgent (due to how notifications tend to be, Slack doesn’t really notify the same way texts do so it makes it easier to forget to check). We use GitHub to keep all of our important finalized documents in one place that each team member can access. Trello is used to organize tasks within the team to make sure each member knows exactly what they need to be doing. OneDrive is used to keep all files and documents in one place that may be needed, even if they are not finalized and ready to submit. In person meetings are tough, because of scheduling. We can make use of our in-class time, especially the time in the beginning of class.*