**FitWell Project Plan Draft**

RAM

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Date:

10 October 2023

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# Introduction

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

*This document contains different sections of our project, 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**

*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 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**

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 brakes 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 benefits 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 positively and less people feeling burned out from exercise with our wellness features.

## **System Capabilities**

*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, Gyroscope movement, sleep data, and other data.
* 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 or from a library in the app.
* Choose Exercises – Input exercises to be used in the workout schedule
* Workout Tracking
* Gather user responses and feedback

## **System Context**

*Using Visio or draw.io, create a System Context Diagram which depicts the primary users of the system and the information that is exchanged between them and the system.*

*Submit the System Context file as a separate file from your plan document*

# **Schedule**

*Using MS Project/Project Libre, create a Work Breakdown Structure Chart, identifying all tasks required to complete this team project, dependencies and staff resources for each of the tasks. Include phases to group and organize your tasks and include milestones.*

*Submit the schedule file as a separate file from your plan document.*

# **Staff Organization**

*Leader: Alexa*

*Ideas and Guidance: Michael*

*Coding: Ryan*

# **Tracking and control mechanisms**

*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 others 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). 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.*