What is the problem you want to solve

* Increased physical wellness of users through proper exercise, sleep and diet regimens

Who are the users you are targeting

* Anyone seeking improved physical and mental well being, young/old

How will this app solve the target sdgs

* This app will aid in sustainable development goal 3. This app will directly promote physical and mental well being for all ages.

Features??

* This app will request the user to input their height, weight, age, and other variables such as how many hours of free time the user has per week. It will then use that to organize and schedule helpful suggestions including meal plans, workout routines etc. It will ensure that exercise regimens are catered toward the users active health goals and free time.

How is our app unique?

* Our app stands out from others thanks to its ease of use on the user. It provides a localization of multiple properly researched health and wellness aspects, and directly applies it to the users needs.

Risks??

1. Reliable information gathering
2. Deciding what user variables are crucial to ensure personalization of regimens
3. Ensuring that the scope of the project is within the reach of the development time

What is your goal

Encourage positive living for all groups and ages

<https://docs.google.com/document/d/1fne8zHc1JTSJmh1gvP1BWaZZIUp9Q5qwNhtzpp26q58/edit?usp=sharing>

**Idea Proposal**

Team 5

Names: Alexander Klisouriotis, Anthony Testani, Wesley Wu

Target SDG(s):

1. What is/are the problem/s you want to solve? Why is it important?

The problem is the increase of sedentary lifestyles and poor diets. This is important because these lifestyle and diet choices can cause the next generation to adopt even more unhea;thy habits.

1. Who are the users you are targeting?

Anyone seeking improved physical and mental well being, young/old, but the main target is people who don't already work out and want an easily accessible location for information to start adopting healthier habits

1. How will this app solve the tackled problem/s? Provide a vision statement.

This app will aid in sustainable development goals and directly promote physical and mental well being for all ages.

1. What are the major features of the app?

Users being able to input variables of their life including physical characteristics and time constraints in order for the app to customize a personal plan that can help the user.

1. What similar apps exist on the market? (at least 5 apps with names, screenshots, links, descriptions and how different they are from what you want to do). Present your work with a table.

Myfitnesspal,

1. How is your app unique?

The app is unique because no other app has a localized source of knowledge that the user and app itself use to help the user reach their goals.

1. What are the risks associated with the development of this app? Why wouldn’t it be delivered completely (scope), on time and on budget? Identify 3 to 5 risks that are relevant in your case.

1. Since it is based on scientific research that can be later disproven some information might be outdated over the course of the project.

2. Figuring out the correct equations to make proper use of the individual user’s variables to give correct recommendations.

3. Ensuring the scope of the project would be able to be completed within the development time allotted.

1. What is your goal with this project? (build portfolio/resume, get technical experience …)

Encourage positive living for all groups and ages, as well as build our portfolio.