

Kean Fit Description

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Objective: Our project, KeanFit, aims to integrate with Kean University wellness and fitness programs ensuring at least 80% of events are listed on the app. We aim to boost enrollment in exercise-related university classes by 15% by providing clear and accessible class information through the app.

Scope: The fitness application will allow users to track their workouts, create personalized fitness plans, and monitor their progress over time. The app will provide tailored fitness tips and nutrition advice to complement their exercise routine. It enables users to categorize their workouts (cardio, strength training, yoga) and set fitness goals, such as muscle building, weight loss, or endurance improvement, with recommendations provided to achieve these goals. The application will be developed as a cross-platform mobile app, compatible with both Android and iOS devices, ensuring accessibility for all users.

Assumptions:

- Necessary resources such as software, development tools, and access to campus fitness data will be available.
- Will actively contribute time and skills alongside academic responsibilities.
- University policies may allow access to relevant fitness and wellness event data for integration.

Constraints:

- Limited availability of developers, designers, and testers may affect development speed and feature implementation.
- Limited access to university data such as access to class schedules, student data, or event information may be restricted due to data privacy policies or Family Educational Rights and Privacy Act (FERPA) compliance.
- Limited access to physical Android devices may hinder thorough testing of platform-specific features, potentially leading to undetected UI/UX inconsistencies or OS-specific bugs.

Cost: \$0

Schedule:

Planning Phase	1/22 - 2/04	<ul style="list-style-type: none"> • Project Plan and Documentations • Define User Stories • Project Setup
Sprint 1 Foundation & Core Features	2/05 - 2/26	<ul style="list-style-type: none"> • Implementation of authentication <ul style="list-style-type: none"> ◦ Login/Signup • UI/UX Design • Backend Setup • Testing
Sprint 2 Advanced Features & Integration	2/27 - 3/27	<ul style="list-style-type: none"> • Implement fitness tracking and recommendation • Integrate user fitness goals into the dashboard • Integrate and connect frontend with backend • Testing
Sprint 3 Additional Features	3/28 - 4/18	<ul style="list-style-type: none"> • Implement health and wellness features <ul style="list-style-type: none"> ◦ Nutrition Guides and Tips • Develop BMI calculation logic • Final testing
Research Day	4/21 - 4/23	<ul style="list-style-type: none"> • Research days presentation
Delivery Phase	4/24 - 5/07	<ul style="list-style-type: none"> • Final drafts of documentation • Final presentation