

Statement of Work for KeanFit

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I. Scope of Work

KeanFit is a platform designed to promote a healthy lifestyle. The 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.

II. Location of Work

The work will be performed remotely. Each person will use their personal computer to perform the job functions and access platforms that include but might not be limited to: GitHub, Discord, Visual Studio Code and Microsoft365. All paperwork and reports will be done remotely. Meetings will be held through a video call app (Discord) and app development will be done using personal computers remotely.

III. Period of Performance

Project started on January 22, 2025, and it is expected for the project end date to be May 2, 2025. The working hours are flexible as long as each team member meets their deadlines. The team will hold weekly team meetings every week on Monday at 2PM where all the team members participate.

IV. Deliverables Schedule

- **Overall Project Schedule:** 01/22/2025 - 05/02/2025

Sprint	Timeline	Tasks
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
		<ul style="list-style-type: none">• Implement fitness tracking and recommendation

Sprint 2 Advanced Features & Integration	2/27 - 3/27	<ul style="list-style-type: none"> • 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

V. Applicable Standards

- Kean IT Standards
- Web Content Accessibility Guidelines (WCAG) 2.1 compliance
- Multi-language support
- User support and feedback mechanism

VI. Acceptance Criteria

- If the application successfully authenticates the user's when they log in.
- If the user successfully can save and track their progress
- If the application allows users to create their Kean fit account.

VII. Special Requirements

Requirements may include but are not limited to:

- A solid background and experience with the high-level language python
- Experience with the implementation of secure user authentication and data encryption methods