

## Project Charter

### 1. Problem Statement

When a person begins their journey into fitness, it may be hard to keep track of their progress and stay disciplined. Our website aims to help set goals and keep users disciplined in order to achieve them. Contrary to other products in the market such as Strongr Fastr and Pumpd, our website aims to have a personalized characteristic to it by analyzing user statistics over time to create improved plans for the user. Along with that, we aim to allow users and coaches to communicate with each other to help users achieve their goals with professional help.

### 2. Project Objectives

- Design an interactive frontend for users to track their progress and see personalized fitness plans
- Create a backend to store user data, establish coach/athlete interactions
- Create specialized plan by sport or activity
- Implement different page/views for coaches vs students
- Incorporate the effects of dietary decisions on one's overall physical performance

### 3. Stakeholders

- Users: Athletes aiming to improve their performance or anyone who wants to track their progress in fitness
- Developers: Srinjoy, Ishaan, Mehrzad, Anish
- Project Owners: Srinjoy, Ishaan, Mehrzad, Anish
- Project Sponsor: Xiangyu Zhang
- Project Manager: Chen, WeiHao

### 4. Deliverables

A website where the following features are implemented:

- A frontend using React.js to handle user interactions with the planner platform
- A backend using Java/Python which runs an algorithm that will determine the optimal health plan for a user
- A ML model to train our algorithm on user input
- An SQL database to store any bio data that users enter into the frontend platform
- For coach/athlete interactions, where athletes can submit videos of their mechanics for advice, can use some cloud container (AWS/GCP) to store the video data

