**Project Proposal**

* 2 or 3 key-word phrases which encapsulate the nature of your project

Web Development Application  
Research

* The intended client (if you have one)

Fit/active people – everyday users

* The main product (final deliverable) to be produced and why your client needs it (if you have a client)
* I plan to create a fitness tracker website where the user can upload and track all exercise they carry out and potentially be able to connect a sports watch to the website and sync data straight from there. The website will then state whether the user is at risk of injury based on the exercises they are doing, the frequency of exercises, the intensity of the exercise and how long they have been working out for, in a single session. The website could then suggest alternative exercises the user could carry out to avoid these injuries.

I plan to carry out research into exercise and fitness and the impact it can have to the body, to see if the user will be at risk of injury based on the exercises they are carrying out. I also plan to carry out research into different types of exercise for the website to suggest alternative workouts the user could carry out, in order to avoid injury.

The users I am aiming this website at are everyday people who keep fit and active but are not necessarily athletes. For example, individuals who have a job, so sit down all day and then go to the gym/exercise classes in their spare time. So primarily, those who sport and fitness is not their main job. The user will benefit from this website as it will ensure they do not put too much strain on their body and are aware of any damage that they could be doing.

The most likely software development process I will carry out will be a waterfall approach.

The likely software development platform I will use will be ASP.NET & SQLServer.

* Initial brief description of the final deliverable (e.g., web-based system providing the client with the ability to do XYZ)

A web-based system providing the client with the ability to track their fitness and see if they are at risk of injury.

* Method of approach
  + E.g., Likely software development process (e.g., waterfall, …)

The likely software development process I will carry out will be a waterfall approach.

* + E.g., Likely development platform (e.g., PHP & MySQL)
  + The likely development platform I will use will be ASP.NET & SQLServer
* Requirements for hardware, software (please note anything that is not currently available and for which you) would require financial support) or other resources (e.g., external company support