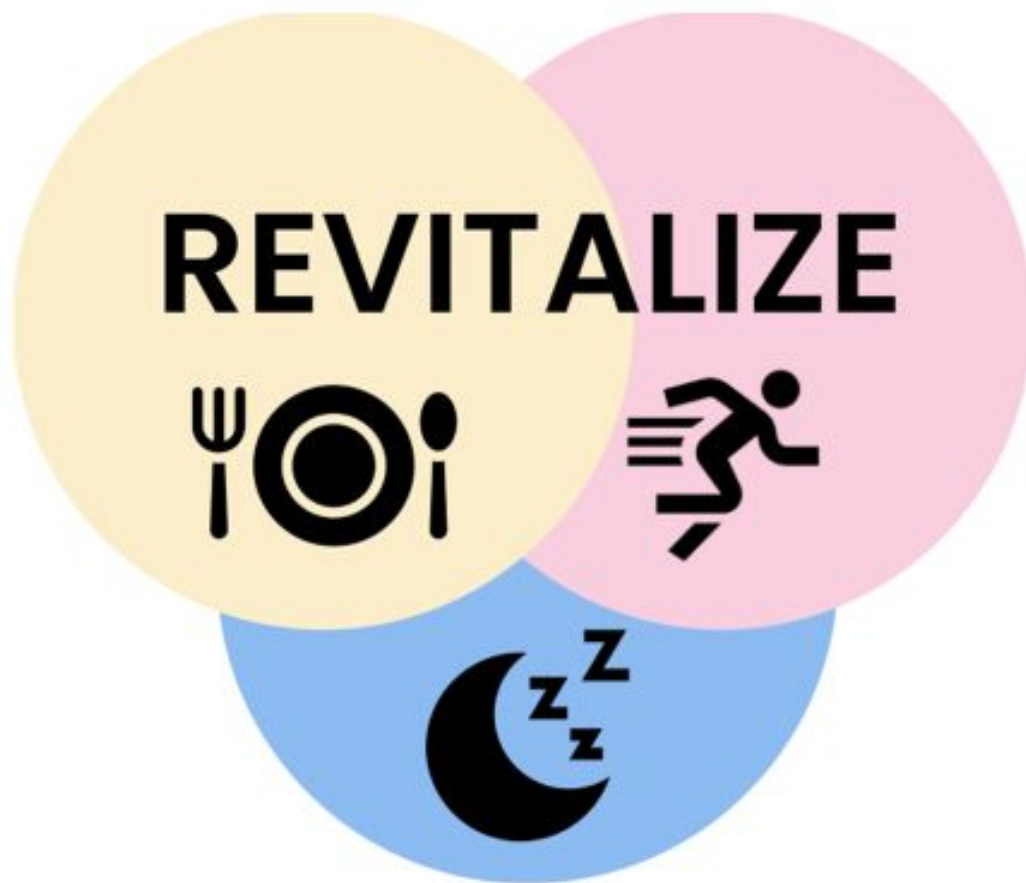


# Revitalize

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Health & Wellness Mobile  
App



# REVITALIZE

McMaster University

Capstone – Group 13

Members: Youssef Dahab, Mahmoud Anklis,  
Logan Brown, Faiq Bokhari, Bill Nguyen,  
Hasan Kibria



# Motivation

- Get out of poor and unproductive behaviour
- Overwhelming amount of options and information
- Digestible first step



# Market Research

- The global fitness industry is projected to reach a value of USD 372 billion by 2023.
- The mobile fitness app market is projected to reach USD 14.7 billion by 2026, up from USD 2.4 billion in 2019.
- The number of health and fitness app users is expected to reach 1.87 billion by 2022, up from 962 million in 2017.
- Consumers find health apps too confusing to use, with the most common reason being too many features and options

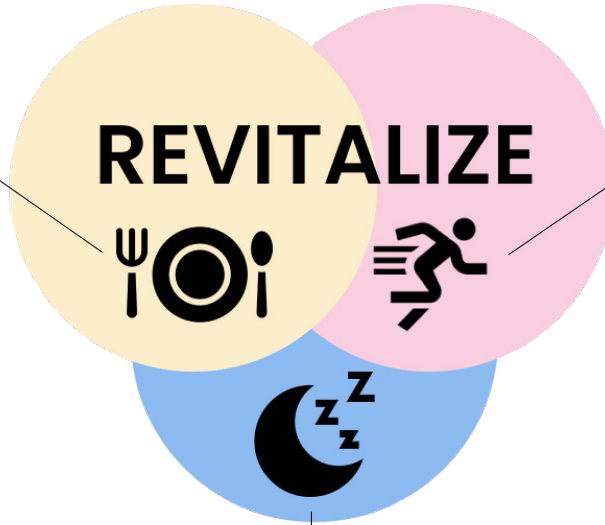


# A Brand New Health Application

1. Provides all in one service
2. Simple and Easy to Use
3. Customizable
4. Private/Independent

# Key Features

Diet Tracker /  
Recipe Search



Exercise Logger

Sleep Logger

- Sign-in capability
- Calendar based approach

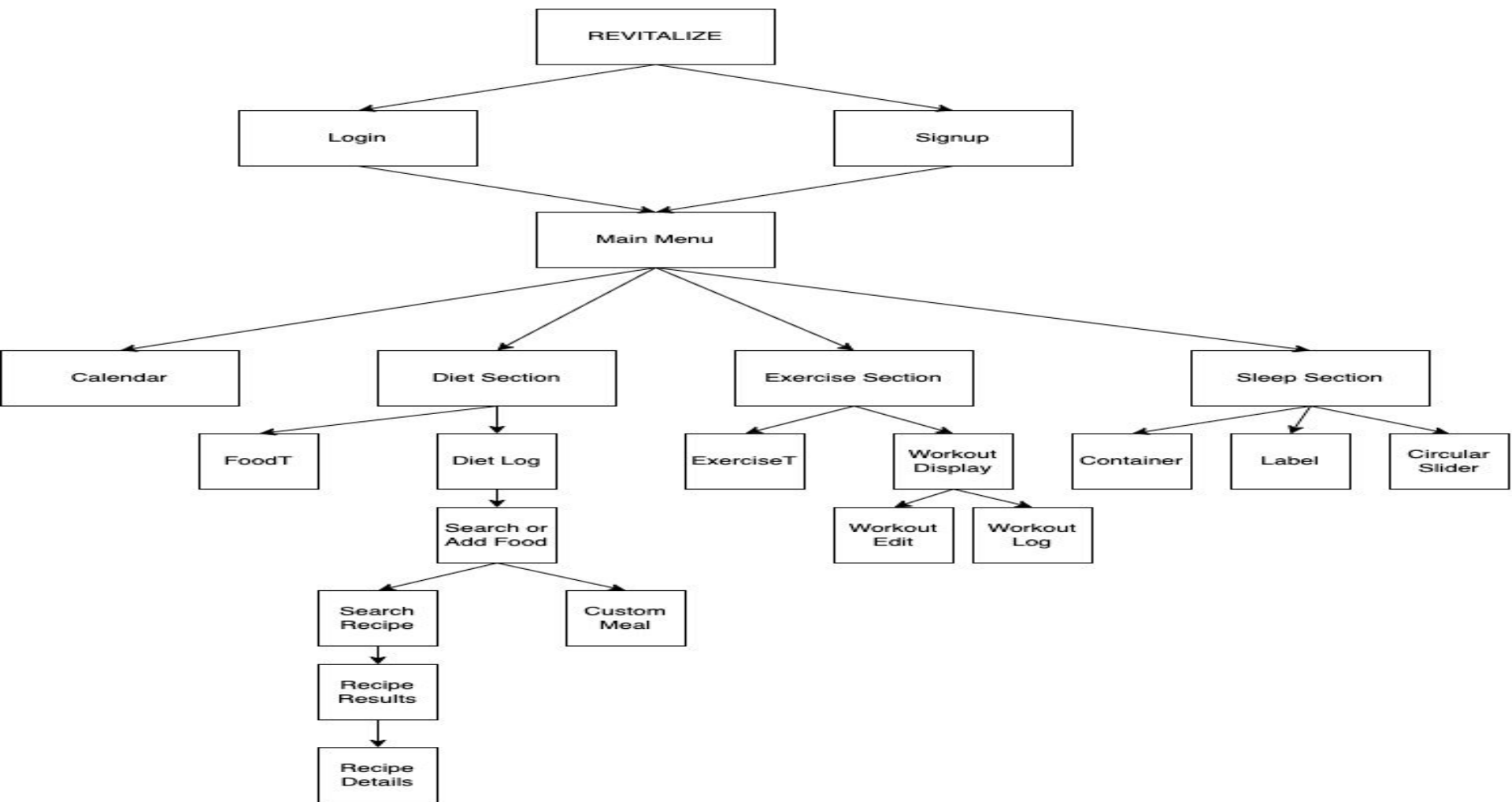


# What Separates Us from Existing Products?

- Simplicity
- Focus on inexperienced users
- Recipe search
- All-in-one application

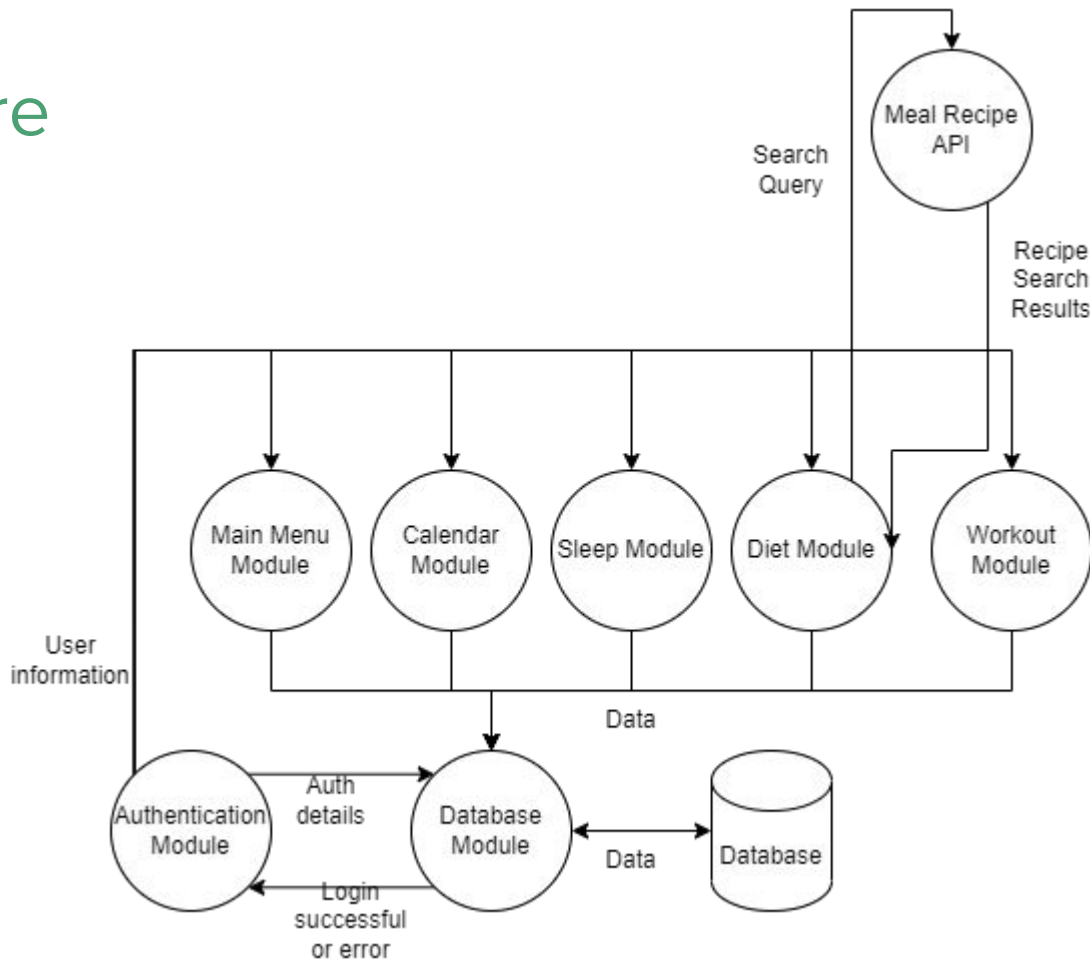
# Demonstration





# Software Architecture

- Front-end
  - React-Native
  - Typescript
  - HTML
  - CSS
- Back-end
  - Express JS
- Database
  - MongoDB



# Front-End Implementation

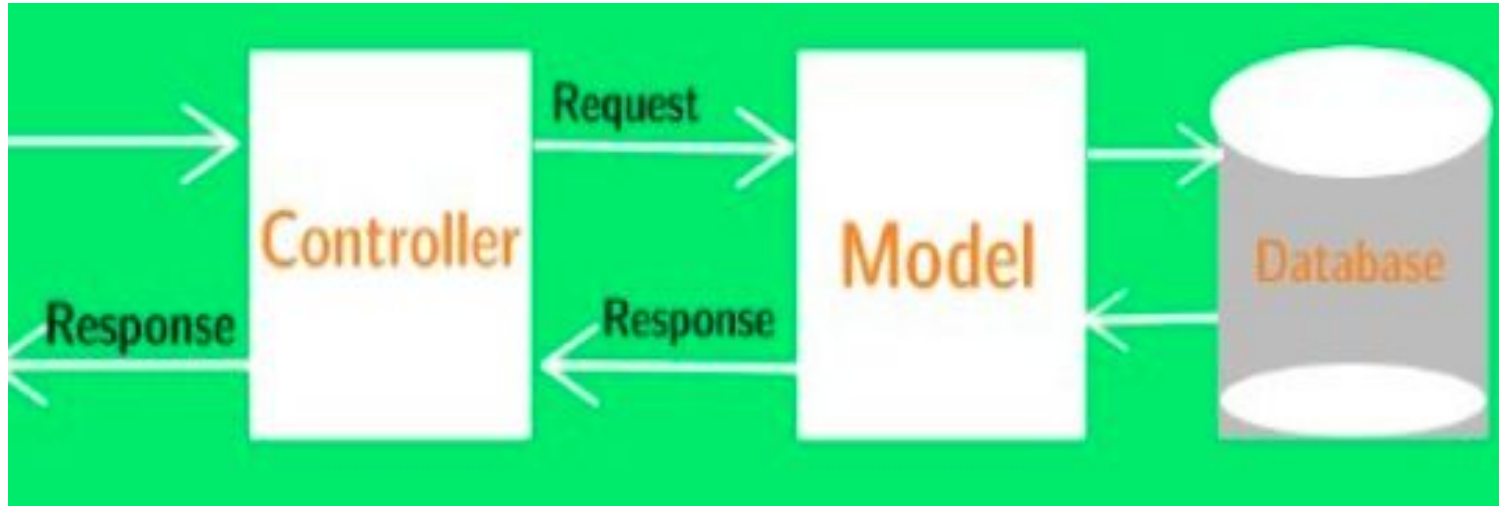
Divided into 3 main sections

- Screens
  - Files that is used to display each screen
  - 14 Total screen files
- Routes
  - Files that are used to navigate from one screen to another
- Styles
  - Files that are used to help style screens

# Back-End Implementation

Divided into 3 main sections

- Models
- Controller
- Routes



# Database - Why NoSQL?

## **Flexibility**

- Can store unstructured and structured data
- Can easily update schemas (Anticipation of change)

## **Developer Friendly**

- JSON documents - easy to work with

## **Scalability**

- Can distribute data across multiple servers

# Database - Why MongoDB?



## Cloud Storage

- MongoDB Atlas

## Document Based

- Easy to use

## Popular and Well-Established ODM Libraries

- Mongoose for Nodejs

```
{  
  name: "sue",  
  age: 26,  
  status: "A",  
  groups: [ "news", "sports" ]  
}
```

← field: value  
← field: value  
← field: value  
← field: value

# Design Decision - Why Mobile?

## Convenience

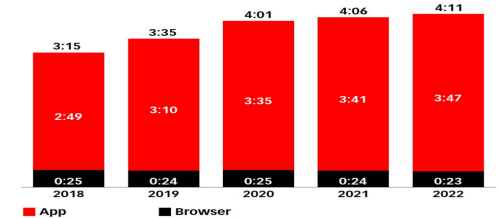


## Versatility



## Usage

**Mobile Internet: Average Daily Time Spent in the US, App vs. Browser, 2018-2022**  
hrs:mins per day among population



*Note: ages 18+, includes all time spent with internet activities on mobile devices, regardless of multitasking; numbers may not add up to total due to rounding*

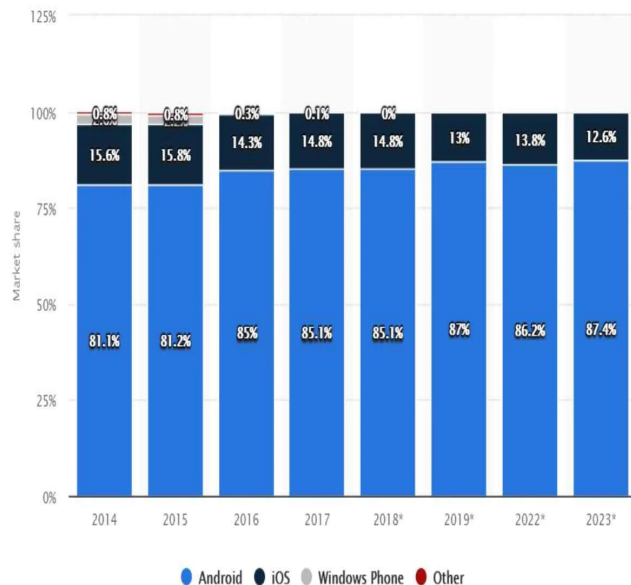
Source: eMarketer, April 2020

T11005

www.eMarketer.com

# Design Decision - Why Android?

Market



Distribution





# The Future

## Incorporating Analytics



## Personal Trainer Integration



# Thank you

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Group 13

- Faiq Bokhari
- Bill Nguyen
- Logan Brown
- Youssef Dahab
- Mahmoud Anklis
- Hasan Kibria

