Group Flash-EQ3 Project Proposal

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**FlashFitness**

1. *Introduction*

Lasallians are known as being achievers. They are persevering students who want to achieve high grades, honors and more. Thus lasallians have no time to take care of themselves. They spent so much time studying and taking care of their academics that they forgot about their physical and mental health.

1. *Methodology*
2. Project Formulation

* This is mainly where the topic is formulated. The ideas of the application will be brainstormed and will be formed into one concrete idea.

1. Building of the application

* This is where the members of the group will code and build the programs. This is where almost all of the coding will take place.

1. Testing the application

* This is where the testing of the application will be done. The members of the group will find any bugs and errors as possible. Some coding will be done in order to fix the errors and bugs. It is so that the program will run smoothly and smartly.

1. Final run and submission

* This is where the final run will take place where the program runs correctly. The group will also take screenshots of the application. It is where the final project paper will be done. This stage is where all of the possible deliverable will be submitted.

1. *Project Description*

FlashFitness application aims to help the students of Lasalle to maintain their healthy lifestyle. Our app will store a database containing a wide variety of exercises. It will also recommend a workout routine based on student goals. Lastly, it will provide a calorie tracker for the students to follow.

1. *Deliverables*
2. Project Proposal
3. Project Folder
4. Java Files
5. Assets
6. Imports
7. Project Screenshots
8. Project Final Paper
9. *Evaluation*
10. *Conclusion*

The group is eager to produce this application as this can help the lasallians. This will improve their lifestyles, body and health. It will also be a test if the members of the group have learned something in this course and if the members can apply everything that they learned.

1. *References*