

Analysis Document

Health Information Website

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COSC 325-001

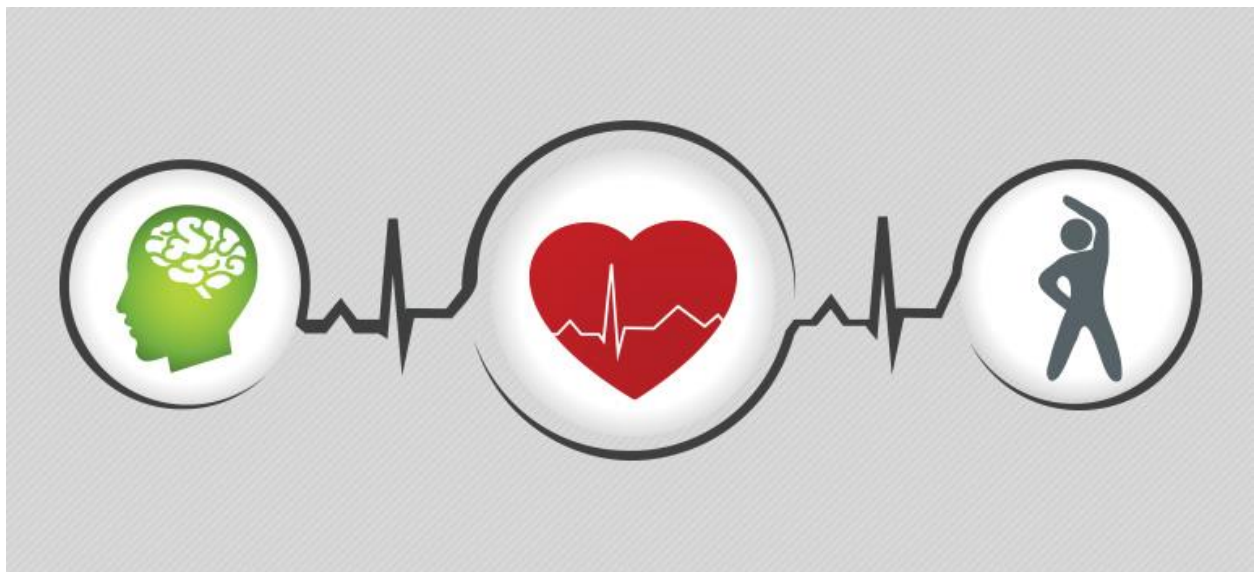


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Project Scope

For our semester project, we all agreed on a website. The website will be in Ruby on Rails and will have multiple pages. For now, we have a landing page (homepage), a supplement page, a diet plan page, and a workout routine page. Each page will have a more complex feature implemented in.

The landing page (homepage) will contain a motto with a slideshow of images taken by the group. There will also be a section where the user can find more information about the authors (the group), such as social media links, GitHub, etc.

For the supplement page, our idea will be to provide a simple questionnaire that the user must fill out. The questions consist of, gender, age range, what they want to do like weight loss or gain or get “cut” or something along those lines (their plan). By filling out the questionnaire, the user will be shown a list of supplements that are recommended for the users plan. If the user does not fill out the questionnaire, then the most popular supplements will be shown.

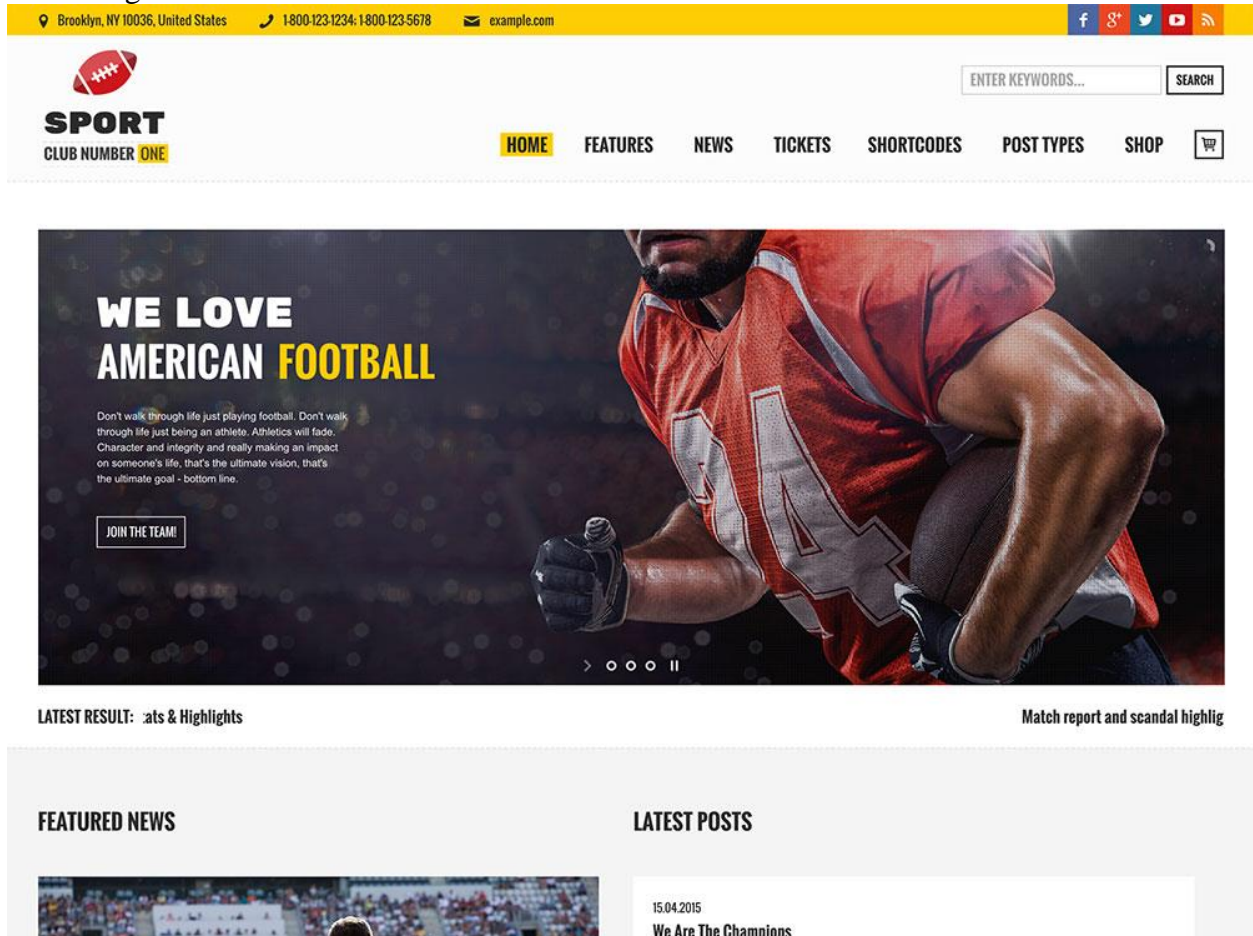
For the diet plan page, we are looking to give good meal prep solutions. We will give the best meal preps out on the market. Also, on this page, we will be adding a calorie calculator so the user can see how much calories they need to eat a day. We will also be adding a BMI (Body Mass Index) calculator.

For the final page of workout, we are going to have categories of body parts that a commonly worked out. The categories will be based off the muscle groups. When a category is chosen, the page will show a workout routine for that muscle group. Of course, the workouts will be randomized, so you don’t get the same workouts every time you to the gym.

User Discussion

- In our website that we created it will be focused on health and physical strength (gym tips, diets, workouts etc.). The website will have different sections in the task bar so the user will be able to click on what they may want to investigate.

Home Page:



(Like in the homepage, you see a moto saying, “We love American Football” and how you see a picture of a football player etc.)

- The home page will contain several things. One will be the task bar (which should be located at the top of the home page/display screen), where the user will be able to click on the topic they would like to investigate. Such as diets, workouts, supplements info etc. The home page will also have a background where there will have something to do with fitness. Underneath the task bar will be the “Moto” of the webpage which should be “Beast Mode or No Mode” which is almost the same as “Go hard or go home” saying. Also, underneath the moto there will be either photos, Gifs, or videos of athletes/bodybuilders to kind of give the user that ideal gym/fit body they are looking for

Taskbar:



(Circled in red, is where our taskbar will be as well on our website, if the shop is included it will just be suggestions on some product and where the user could get the product)

- Task bar is where the user will be able to easily pick topics on what they are looking for, from diets, healthy choices, workouts, physiques, supplements, vitamins etc.
1. Diets: diets are where we will give the user a diet where as though if they are looking for a “leaner” appearance, a “bulk up”, just to lose weight, or just healthy eating period
 2. Healthy choices: healthy choices are where we will explain to users what type of food they can prefer over the other. For ex) let’s say a user wants to know whether they should continue eating beef or choosing between beef and chicken for instance. We would suggest for the healthiest option is to choose chicken over beef and for numerous reasons. One is that beef is normally more expensive than chicken would be and that when it comes to your gut/stomach chicken is also a better option, because chicken not only contains more protein than beef, but it also is easier for your stomach to digest. Because with beef it tends to stick in your stomach longer because of how hard it is to digest in your stomach (will explain why in the actual website) which will cost fat to stick. Also, in the health choices section we will also add a vegetarian section as well for people who do not eat meat but seafood or neither and strictly veggies.
 3. Vitamins: vitamins section will explain/touch on vitamins, this will be like a continue page because information on vitamins may change and or new update on a different vitamin may be uploaded. This section will explain on how specific vitamins will impact your body and how much you should have daily (sometimes the bottle will give that instruction, but people are different)

4. Supplements: supplements are more on the idea like protein, amino acids, creatine, glutamine, etc. In the supplements section we will hit more on which supplement is basically better for an individual and also we will be giving warnings on some supplements you may need to do things such as drink a lot more water. Also, inside of the supplement section, if the user would like extra info, we will provide some videos or links to other pages that will give more understandable insight on the product they may want.
5. Workouts/physique: Workout/physique is where the webpage will give users tips on workouts that will help grow and strengthen certain parts of their body. For example, if the user were to click on workouts/physique, and then click on arms, we would give workouts that will inform them on how that will help their biceps/triceps grow.

Developer Discussion

In making this fitness website, we are going to use Ruby on rails. Ruby on rails is the best and most efficient way to code a website since we need this website to be done in 10 weeks. To start our website, we are going to have to put in our moto which will be right at the beginning of the first page. This will be the first thing everyone looks at when they look onto our page because we believe that if one sees a motivational moto, it will help with getting more people onto the page and look at the supplements and the diet plans to help better themselves. To do this, we are going to need to make a new application. The coding for this will be, rails new <name of the application>. By doing this, it allows us to create a new application and lets us go in and make the website. In this application there are folders that allows us to make new controllers which is how we are going to make the moto. To create the moto, we use rails g controller <Our Moto> index. This creates a new statement at the top of the webpage. The index part shows up in the view folder that allows it to show in the website and we can go in there and edit it if we need to. In the view package under the <out moto> we can go in there and write more information that will go underneath of our moto. This is where we will give the information about all of us; including: our social media, GitHub, etc. Then to make the page more enjoyable to look at, we are going to add a background image to the page. To do this you code background-image: image-URL('pictureTitle.png'). There will be a background image on all of our pages in the website. You can edit the image to make it smaller or larger depending on if you want the image to cover the whole page or just a small portion of the page. To create more pages, we go back into the terminal and code rails g controller <Our Moto Supplements Diet Plan Workout Program >. What this does is that it creates more views on our application that allows us to go and edit inside of the page, but first we need to create links to these pages on the front page to access these other pages. To do this you go back into our moto folder and code link to "Go to our workout page" our moto_workout_path. Then we do the same thing for our other pages. Then go back to the workout folder and there will be different paths in the folder for the other webpages that we can go in there and access and create the page to how we want it to look like. Inside the supplement page, there will be a questionnaire that we will have the person take. We do the same thing as we did for the different pages, we link each question to another page with more questions on it to find the best fit for the person who is trying to take the supplements. So, if the person clicks their weight height age rang and male or female, we will have the best supplements for them to use at their specific body type. We will have to go in each page and put in the correct supplements and putting a background image above the supplement and some details explaining what this supplement does and how many doses one person should use per day to get the best results. There will also be an option to skip the questionnaire if one person does not want to go through that and we will link another page that give one the best supplements on the market at the time. In the workout page, we will have to link each body part to another page that consists of the workout program that this person will use. We will also have to insert a picture of each workout the person should do along with details explaining it. To do this we will have to use the background-image command in the terminal to put the image on the page. Then we will have to use a size command that will allow us to shrink the size of the image, so it does not take up the whole screen. In the diet plan page, we will insert a BMI (Body Mass Index) calculator into the page. To do this you go into the command line and print out the statement "enter your height" and on the next line "Enter your weight". Then print out a statement "BMI is:

“. The calculation for this is your $((\text{height} * \text{height}) / \text{weight})$. Once we have completed coding our website, we will release it to the public and hopefully have people enjoy it and use our website to better themselves as a person with the supplements, diet plan, and workout programs that we are going to show them.

Feasibility Study

Executive Summary

We will be using a website to provide a health-related services including exercise plans, diet plans, supplements and more. Growing an active user base will be made easy by going online with our product as it will grab the widest audience compared to other platforms. To compete with other related competitors, we will have to go online for potential customers. The project will run over the course of a semester and will be functional and ready to go by the end. We hope to assist people in pursuing a healthier lifestyle through our service which will be uniquely tailored to each user to provide the best experience.

Description of Products and Services

We are creating an online platform that provides users with information about personal health and ways that they can live a more active lifestyle with various exercises geared towards their personal desires. Users will be able to create their own accounts which will help them keep track of their goals including workout regimes, meal prepping, and even supplemental suggestions which will all be uniquely tailored to each user through use of a questionnaire. Using the internet as our platform we will be able to reach the most amount of people possible which will increase our overall profit.



Technology Considerations

Building the website will be done using the application software “Ruby on Rails.” There will be a group of 4 students working on creating this online health and fitness program. After creating the website, a domain name will need to be purchased along with the purchase of a web hosting service. We have access to free software which can be easily handled by our personal computers so there is no concern about software. Emails are the primary form of contact for our product and will be handled with our custom domain email which comes along with the purchase of the domain name. There will be no need for outside contracts because we already have 4 people who will be contributing to the construction of the website. The website will need to be able to have a secure form of payment as it pertains to the purchases of supplements and subscriptions to our custom-tailored workout regimes. To maintain a website, we will need to purchase high speed internet along with a web server to contain all information that we receive from users such as account information and purchase history.

Schedule

The project is projected to take about 3 months or a semester long to complete beginning with approval of our project and analysis document. There is a basic schedule of deadlines to be met during the semester.

September 25, 2019: Starting the project

October 10, 2019: Complete the home page and main menu along with basic design for the pages.

October 20, 2019: Complete the questionnaire

October 30, 2019: Complete the meal prep and supplemental suggestion pages

November 10, 2019: Complete workout page

November 20, 2019: Implement account creation

November 30, 2019: Implement ability to purchase products

December 10, 2019: Completing testing of website and functions

December 12, 2019: Releasing the website for commercial use

Findings and Recommendations

Technology:

- Small team of 4 people to work on project ensures that there are enough people to share the workload that project requires.
- No outside contract must be made to complete project which reduces costs.
- Technology is readily available for use to complete project.

Organization:

- Small team means that it is easy to track who is not doing their part when assignments are delegated.
- Software used must be learned to a certain level by all members of team

System Discussion

The aim for this project to be completed is approximately 13 weeks. Throughout the 13 weeks, we will be working on different parts of our web application.

Week 1

Beginning with week 1, we will not get much done. However, we will be learning the fundamentals of Ruby on Rails. This may take more than one week to get familiar with Ruby because no one in our group has experience with Ruby on Rails. By the end of this week, we should be somewhat fluent in Ruby on Rails.

Week 2 - 3

Going into week 2 we are going to aim at completing the design/theme of the website. This includes a mock up of the layout of each page, color scheme of the entire website, and if needed; continue learning Ruby on Rails. By the end of week 3, we will have multiple (for each page) completed artboards that show how our website will look.

Week 4

Week 4 will start the actual web development. This week we will focus on the homepage of the website. If the layout needs to be changed for the homepage, it will happen this week. Leftover time will be used on design/responsiveness. This week will also be used to capture images for the slideshow on this page. By the end of week 4, we will have our homepage completed and functional.

Week 5 - 7

Week 5 will begin the development of the supplements page. This week will also be used to research how shopping API's work and how we can implement them into our Ruby on Rails website. API management and regular development will be split up among members to allow it to be completed by the end of the week. By the end of week 7, we will have completed the supplements page completely and incorporated an API that shows certain items.

Week 8

Week 8 will begin the development of the diet plan page. This week will be used for coding and research on what a good meal prep solution consists of. Research and coding will also be split up among members for more efficiency. At the end of week 8, the diet plan page will be completed.

Week 9 - 11

Week 6 will begin the development of the workout page. This page will be the most complicated and take the most time. At the end of week 6, the final page; workout, will be completed. If needed, this page can be stretched out into week 11.

Week 12 - 13

Week 12 will begin responsiveness testing and debugging. This is the last week we will have a chance to change or remove features from our project. After week 13, our project will be final.

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