



Fitness Guru

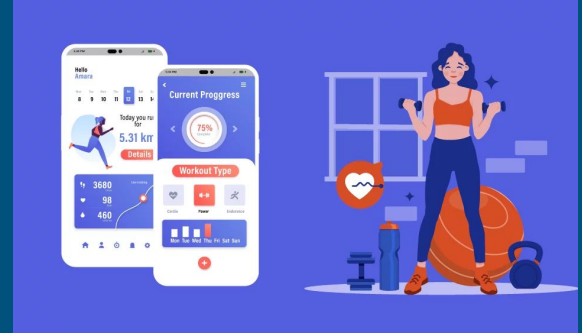


By: Jared, Ely, Cynth, Joe, Coraline and
Cristian



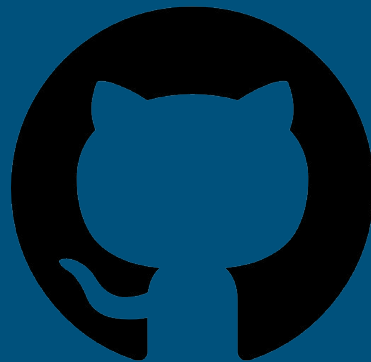
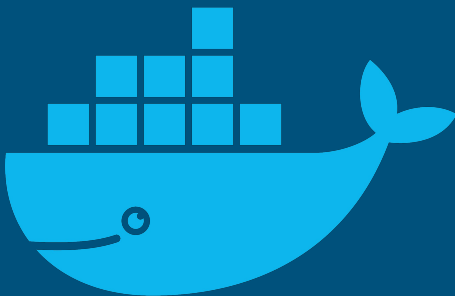
Introduction

Fitness Guru is a comprehensive web platform designed to help users achieve their health and fitness goals by providing personalized workout plans, nutrition tracking, and wellness insights. The product is designed for individuals across all fitness levels, offering customized guidance and tracking with integrated AI-powered suggestions and real-time progress monitoring.



Technology Stack

Docker, Python, HTML, CSS, JS, ChatGPT, Flask, Github, and Discord



Roles and Responsibilities

Project Manager: Shared Responsibility

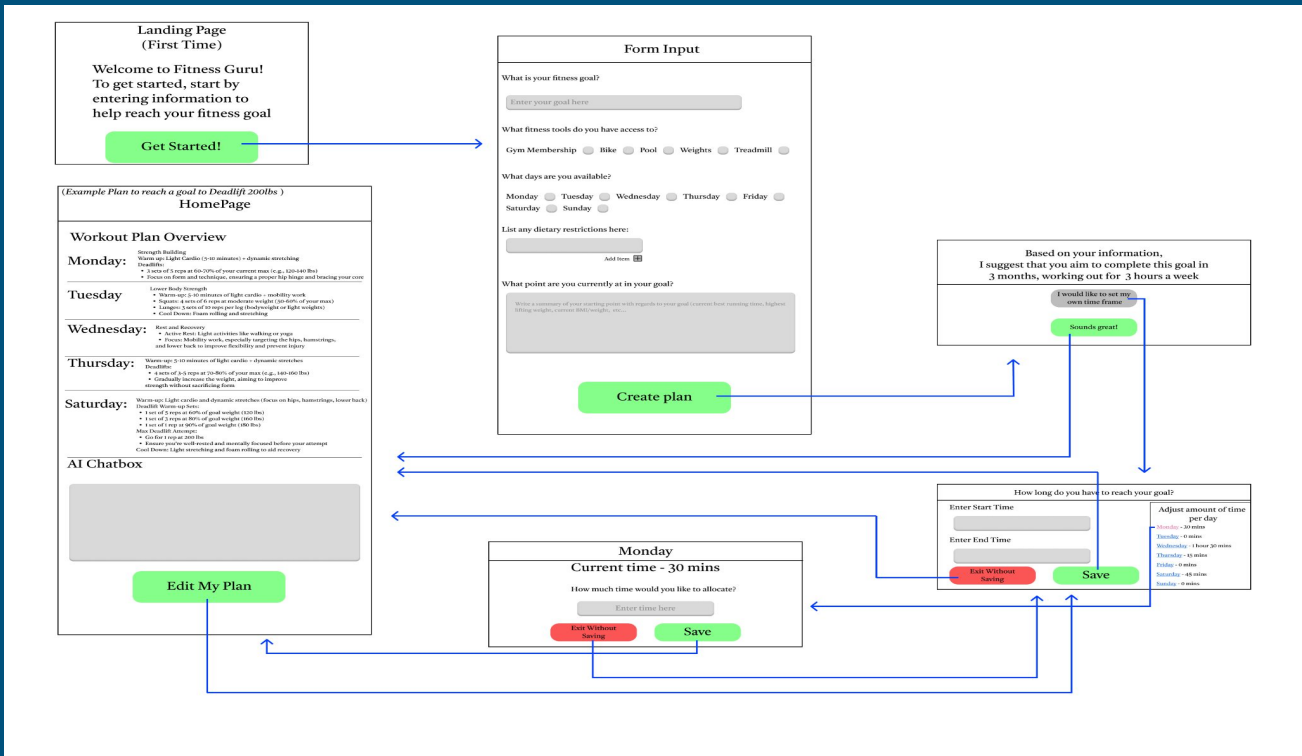
Front-end: Jared, Ely

Back-end: Cynth, Joe

Tester: Coraline

Dev-ops: Cristian





Sprint Plan

Sprint 1

Basic Front-End
Setup, get
started with
Docker
container, Setup
Python Flask
Server

Sprint 2

Front-End/Back-
End
Communication,
Finishing
Docker
Container
implementation

Sprint 3

Testing, Final
touches and
Deployment

Deployment and CI/CD plan

CI: Team members will frequently merge code changes into a shared github repository.

CD: Code that is changed is immediately integrated then tested to ensure features are ready to be implemented.

Deployment: Changes are automatically made available to all Team members to allow cross collaboration and smoother workflow between tasks and sprints.



Challenges and Risks

Risks

Time Management, Discipline,
Frequent Reminders, availability,
Docker Issues, errors in running.



Mitigations

Team up with people that can run
Docker. Split Up Tasks Evenly, Assist
with other tasks when done with
assigned tasks Effective
Communication/Everyone on the same
page.

