# MVP Template (Group 25)

Team Name:

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## What problem is your project trying to solve?:

(Given infinite time and resources, what is the ideal form of this idea? Also include the fundamental hypothesis of this idea - what assumption are you basing this idea on.)

Ideally, the app should be a fully featured dashboard that can allow you to track your health and then proceed to make effective recommendations based on your fitness/health goals.

# Describe your MVP (Minimum Viable Product):

(What are the benchmarks in your MVP so that you are moving towards your grand vision. Does it test your hypothesis?)

At the minimum, the product should be able to collect and store health data from the user (exercise, sleep, and nutrition) and display it in an understandable way that shows if the user is getting closer to or farther away from their goals (basically a health dashboard).

## What features make up your MVP?:

(A list of core features that the problem cannot be solved without.)

- -> Daily input of exercise, sleep, and food intake
- -> dashboard showing if these numbers are good (based on standard health recommendations)

## What are the features discussed, but not in the MVP?:

(A list of features that would be nice to add given more time.)

- -> general goals set by the user at the start (nutrition, sleep, weight, etc.)
- -> recommendation from the app to get the user to their goals given their current performance.
- -> possible workout and diet recommendations (could even sync with google calendar to tell you when to workout, eat and sleep, and put details in the event description)
- -> nice UI

## Which does the tech stack look like and why did you choose these over alternatives?

-> we'll probably opt for a website (JS, HTML, CSS, Django) because that's probably the simplest way to implement and test it out.

-> will also be easy to split up the project components among group members (backend, front end, animations, buttons, getting information from other sites for recommendations, etc.)