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**Pro Chicken**

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**Prochicken Fitness  
Vision Document**

**Version <1.0>**

<b>ProChicken Fitness</b>	Version: <1.0>
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## Revision History

Date	Version	Description	Author
28/10/2023	1.0	Build-up the idea	ProChicken team

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# Vision (Small Project)

## 1. Introduction

The trend for controlling your diet and adopting a healthy lifestyle has been increasing in recent years. As a result, ProChicken Fitness is an innovative fitness application designed to meet the growing demand for healthier lifestyles and improved diet management. With the rise in interest in controlling one's diet and embracing fitness, ProChicken Fitness aims to provide a comprehensive solution that simplifies diet tracking and offers personalized coaching to help users achieve their health and fitness objectives.

### 1.1 References

This time we have no document use.

## 2. Positioning

### 2.1 Problem Statement

The problem of	People today care about improving their body and health.
affects	Food Job (PT...) People
the impact of which is	Plan a good diet and workout schedule for everybody. Create a potential place to get a job.
a successful solution would be	Spread widely in society, which means people will introduce this solution to others. It will lead everyone to a good habit of having a healthy diet and building up a well body.

### 2.2 Product Position Statement

For	Everyone, focus on office worker
Who	People have the health issue because of inside building workstyle nowadays.
The ProChicken Fitness	It is a fitness application. It will lead the users to build a healthy lifestyle, and more, get a fit body.
That	If you want to get yourself an online/ offline PT to improve the training effect, you can pay for different levels. Or you want to get another income source and help other people.
Unlike	Other fitness apps just focus on theory, lack of real-time interaction. And the coaching source comes from the gym-branch self.
Our product	Focus on flexible guide matching to people need in real-time. Let people help each other by sharing self-experience. Apply for PT role from everywhere, which will be validated later by admins. Hire a PT from ProChicken with a reasonable price.

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### 3. Stakeholder and User Descriptions

#### 3.1 Stakeholder Summary

Name	Description	Responsibilities
Food	Give each user a sample menu to build-up their body and health.	The basis of good health comes from the income food.
Job	Everybody can pay to apply to be a PT for ProChicken.	The PT resource out there very large so we create the environment that help them and other build a healthy life together
People	Give people a training schedule.	People nowadays demand of getting a strength body

#### 3.2 User Summary

Name	Description	Responsibilities	Stakeholder
People	Training with the guide that app and coaches' review.	Give feedback	
Coach	Apply and work as app' PT to serve other user needs.	Coordinates work Give feedback	
Admin	Manage and help users with their problems.		Basic user

#### 3.3 User Environment

Just one need for user to work with task, for other that needs work with PT, number increase to two.

Task cycle count one day. Each task uses 24 hours of user. It's nearly no change.

Unique environment: mobile.

Platform: Browser, mobile app. Future: MAC app

We use some AI apps to brainstorm the UI idea.

#### 3.4 Summary of Key Stakeholder or User Needs

- Users:
  - Lack of user-friendly interface and intuitive navigation.
  - Insufficient customization options for workout plans or tracking features.
  - Limited exercise or nutrition database, resulting in difficulty finding accurate information or suitable options.
  - Technical issues or bugs that hinder the smooth functioning of the software.

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- Inadequate integration with wearable devices or other fitness trackers.
- Fitness Professionals:
  - Limited functionality to create and manage personalized workout plans for their clients.
  - Difficulty in monitoring and tracking client progress effectively.
  - Insufficient communication tools to provide guidance or engage with clients.
  - Incompatibility with their existing software ecosystem or tools.
  - Inadequate data analytics or reporting features to evaluate client performance.
- Software Developers:
  - Balancing the need for continuous software updates and improvements with minimizing disruptions for users.
  - Addressing cybersecurity threats and ensuring data privacy.
  - Managing technical complexities and ensuring seamless integration with different platforms or devices.
  - Scaling the software to handle increased user demand or traffic.
  - Continuous research and development to stay competitive in the fitness software market.
- Management and Investors:
  - Ensuring a return on investment and financial sustainability.
  - Meeting market demands and keeping up with user expectations.
  - Building brand reputation and maintaining a competitive advantage.
  - Effective marketing strategies to attract and retain users.
  - Understanding and addressing potential legal or regulatory challenges.
- Customer Support:
  - Dealing with user inquiries, issues, or complaints in a timely and satisfactory manner.
  - Providing adequate user training or resources to maximize software utilization.
  - Addressing technical difficulties or bugs reported by users.
  - Ensuring a positive user experience and building customer loyalty.
  - Managing expectations and effectively communicating software updates or changes.

Need	Priority	Concerns	Current Solution	Proposed Solutions
Lack of user-friendly interface and intuitive navigation.				
Insufficient customization options for workout plans or tracking features.				
Limited exercise or nutrition database, resulting in difficulty finding accurate information or				

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suitable options.				
Technical issues or bugs that hinder the smooth functioning of the software.				
Inadequate integration with wearable devices or other fitness trackers.				
Limited functionality to create and manage personalized workout plans for their clients.				
Difficulty in monitoring and tracking client progress effectively.				
Insufficient communication tools to provide guidance or engage with clients.				
Incompatibility with their existing software ecosystem or tools.				
Inadequate data analytics or reporting features to evaluate client performance.				
Balancing the need for continuous software updates and improvements with minimizing disruptions for users.				
Addressing cybersecurity threats and ensuring data privacy.				
Managing technical complexities and ensuring seamless integration with different platforms or devices.				
Scaling the software to handle increased user demand or traffic.				
Continuous research and development to stay competitive in the fitness software market.				
Ensuring a return on investment and financial sustainability.				
Meeting market demands and				

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keeping up with user expectations.				
Building brand reputation and maintaining a competitive advantage.				
Effective marketing strategies to attract and retain users.				
Understanding and addressing potential legal or regulatory challenges.				
Dealing with user inquiries, issues, or complaints in a timely and satisfactory manner.				
Providing adequate user training or resources to maximize software utilization.				
Addressing technical difficulties or bugs reported by users.				
Ensuring a positive user experience and building customer loyalty.				
Managing expectations and effectively communicating software updates or changes.				

### 3.5 Alternatives and Competition

Alternatives:

- Personal Trainers: Some stakeholders might prefer hiring a personal trainer who can provide personalized guidance, motivation, and accountability.
- Gym Memberships: Stakeholders may view joining a gym as an alternative, where they can access a wide range of equipment, classes, and facilities. This option allows them to receive in-person instruction and interact with fellow gym-goers.
- Group Fitness Classes: Stakeholders might choose to participate in group fitness classes such as yoga, Zumba, CrossFit, or boot camps. These classes provide instructor-led workouts with the added benefit of group motivation.
- Fitness Websites and Blogs: Stakeholders might seek information, workout routines, and nutrition advice from websites and blogs dedicated to fitness. These platforms often offer free content, tips, and guidance for users to follow.
- Workout DVDs: Some stakeholders prefer using workout DVDs, as they offer pre-recorded exercise routines led by professional trainers. DVDs provide the convenience of working out at home and following a structured program.
- Mobile Apps: Stakeholders may also find alternative fitness apps that offer different features or cater to specific fitness activities or goals.

Competition:



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	Strengths	Weaknesses
MyFitnessPal	<ul style="list-style-type: none"> <li>- Extensive food database for accurate calorie and macronutrient tracking.</li> <li>- Community support for motivation and accountability.</li> <li>- Integration with popular fitness apps and devices.</li> </ul>	<ul style="list-style-type: none"> <li>- User interface can be overwhelming for some users.</li> <li>- Limited customization options for workout plans.</li> <li>- Some advanced features require a paid subscription.</li> </ul>
Fitbit	<ul style="list-style-type: none"> <li>- Wide range of fitness trackers with accurate activity tracking.</li> <li>- User-friendly app with intuitive interfaces.</li> <li>- Gamification features with challenges and rewards.</li> </ul>	<ul style="list-style-type: none"> <li>- Limited exercise library and workout plans compared to dedicated workout apps.</li> <li>- Integration capabilities beyond Fitbit devices can be limited.</li> <li>- Premium features require a paid subscription.</li> </ul>
Nike Training Club	<ul style="list-style-type: none"> <li>- High-quality workout videos led by professional trainers.</li> <li>- Customizable workout plans based on goals and fitness levels.</li> <li>- Well-designed user interface and experience.</li> </ul>	<ul style="list-style-type: none"> <li>- Limited in-depth tracking and analytics features.</li> <li>- Some premium content requires a subscription.</li> <li>- Not as comprehensive for activities beyond traditional workouts.</li> </ul>
Strava	<ul style="list-style-type: none"> <li>- Social features for community engagement and competition.</li> <li>- Accurate tracking and analysis of running and cycling activities.</li> <li>- Effortless integration with a wide range of fitness devices.</li> </ul>	<ul style="list-style-type: none"> <li>- Limited focus on other fitness activities beyond running and cycling.</li> <li>- More emphasis on outdoor activities rather than indoor workouts.</li> <li>- Advanced features require a premium subscription.</li> </ul>
Garmin Connect	<ul style="list-style-type: none"> <li>- Wide range of compatible Garmin devices for accurate activity tracking.</li> <li>- Comprehensive data analysis and reporting tools.</li> <li>- Integration with other fitness apps and platforms.</li> </ul>	<ul style="list-style-type: none"> <li>- User interface can be complex and overwhelming for beginners.</li> <li>- Customization options for workout plans and exercises are limited.</li> <li>- Some advanced features require a paid subscription.</li> </ul>
StrongLifts 5x5	<ul style="list-style-type: none"> <li>- Focuses on strength training with a proven program.</li> <li>- Provides guidance on progressive overload and technique.</li> <li>- Clean and simple interface for easy tracking.</li> </ul>	<ul style="list-style-type: none"> <li>- Limited to the StrongLifts 5x5 program, not suitable for all fitness goals.</li> <li>- Lacks in-depth tracking features for other fitness activities.</li> <li>- Customization options may be limited.</li> </ul>

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JEFIT	<ul style="list-style-type: none"> <li>- Large exercise library with detailed instructions and animations.</li> <li>- Customizable workout plans based on goals and preferences.</li> <li>- Strong community support and social features.</li> </ul>	<ul style="list-style-type: none"> <li>- User interface can be overwhelming and unintuitive for some users.</li> <li>- Advanced features may require a paid subscription.</li> <li>- Limited integration with other fitness apps and platforms.</li> </ul>
Apple Fitness+	<ul style="list-style-type: none"> <li>- Seamless integration with Apple devices and services.</li> <li>- High-quality workout videos with professional trainers.</li> <li>- Personalized recommendations based on user data.</li> </ul>	<ul style="list-style-type: none"> <li>- Limited compatibility with non-Apple devices.</li> <li>- Requires an Apple Watch and Apple devices to access all features.</li> <li>- Content library still growing compared to more established competitors.</li> </ul>

## 4. Product Overview

### 4.1 Product Perspective

- **Market demand:** many researches show that people nowadays are more concerned about their health and their look, they want to have a healthy lifestyle and a nice appearance. A software helping them track and monitor their progress, look for a suitable fitness plan, ...will be very necessary.
- **Competition:** There are several established fitness software brands in the market, offering a range of features and price points. To differentiate our product, we could focus on unique features such as nutrition calculation, generating food menu, food suggestion deeply focusing on nutrition, cuisine, flavor.
- **User needs:** Through user research and surveys, we identify that users value accuracy, ease of use, comfort, and compatibility with their devices. We can prioritize these factors in the product development process to ensure that our software meets the needs and expectations of our target audience.
- **Technology feasibility:** We assess the available technologies to sync smartphone with other devices.
- **Distribution:** we consider online platforms. Our software will be free and be accessible for everyone then we suggest many plans with suitable price and benefits for user.

### 4.2 Assumptions and Dependencies

Users will find the product's plans valuable and be willing to pay for it.	Market research and user feedback are necessary to validate this assumption and ensure that the product meets user needs and expectations.
The product can be developed within the allocated budget and timeframe.	Adequate resources, including skilled personnel, technology, and funding, are required to meet development milestones and deliver the product on time.
The product will comply with relevant regulations and industry standards.	Thorough research and understanding of applicable regulations and standards are necessary to ensure compliance and avoid legal or safety issues.
The product will integrate seamlessly with	Compatibility testing and collaboration with

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existing technologies or platforms.	relevant technology providers or platforms may be required to ensure smooth integration and functionality.
The product will be well-received by the target market and gain traction.	Effective marketing and distribution strategies, as well as competitive positioning, are necessary to create awareness, generate demand, and achieve market success.

## 5. Product Features

- Profile:
  - user can login/register into the app and customize their profile.
  - Choose favorite ingredients for food suggestions.
  - Choose available workout time for workout plan suggestions.
- Blog:
  - Any user can create their own blog/page. The blog are status about them. A coach can leverage blog to produce fitness tips, workout tips.
  - All user can access to a blog and watch them.
  - Advanced features:
    - + Others can like, subscribe, and comments inside the blog
    - + User can rate a blog. If a blog has high rating, it will come first in other users' newsfeed
- Coach enrolling:
  - A coach can be registered with a daily workout fee each month.
  - A user can see and hire a coach with an explicit price (just like enrolling in a course). Every month, the user can pay the coach via the app instead of traditional payment today.
  - A coach can chat with users and suggest meal plan and workout plan for them.
- Calander:
  - Meal plan: the app can suggest meal plan for users based on their favourite ingredients. A coach can also request the ingredients and meals for users. The meal will contain details about the ingredients and calories.
  - Wokout plan: a workout plan can be created by the coach if they have enrolled.
  - At beginning of each day, app will notify users about today's work.
  - At the end of each day, app will summerize about the total calories users have consumed and calories users have burnt. Therefore, calculating calorie deficit for users.
  - Advanced features:
    - + Suggest food base on A.I
    - + Allow user to set their goal and calculating how long they will achive their goal.

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## 6. Non-Functional Requirements

- **Performance:** The software should aim for a response time of under 2 seconds for user interactions, ensuring a smooth and responsive experience.
- **Security:** The software should implement industry-standard encryption algorithms and secure authentication mechanisms to protect user data. It should comply with relevant privacy regulations and undergo regular security audits.
- **Usability:** The software should undergo user testing to ensure that the majority of users can easily navigate and use its features without extensive training. It should aim for a user satisfaction score of at least 80%.
- **Scalability:** The software should be able to handle a significant increase in users and data without a noticeable decrease in performance. It should be able to scale up to accommodate at least a 50% increase in user base.
- **Compatibility:** The software should be compatible with popular devices and platforms, such as iOS and Android smartphones, major web browsers, and common operating systems like Windows and macOS.
- **Reliability:** The software should have a target uptime of at least 99.9%, minimizing downtime and ensuring data integrity through regular backups and redundancy measures.
- **Accessibility:** The software should comply with accessibility standards, to ensure that users with disabilities can access and use the software effectively.
- **Maintainability:** The software should have a modular and well-documented codebase, allowing for easy updates and bug fixes. It should aim for a code maintainability score of at least 80%.
- **Integration:** The software should have documented APIs or integration points to facilitate seamless integration with other fitness-related systems or devices.
- **Performance Monitoring:** The software should include built-in performance monitoring tools to track response times, resource utilization, and system health. It should provide actionable insights for continuous improvement.
- **Robustness:** The software should be able to handle unexpected or erroneous inputs gracefully, preventing crashes or unexpected behavior. It should include error handling mechanisms to detect and recover from errors, ensuring the system remains stable and functional.
- **Fault Tolerance:** The software should be designed to withstand and recover from failures or disruptions, such as hardware failures or network outages. It should include mechanisms like redundancy, backup systems, and fault recovery procedures to minimize downtime and data loss.
- **User manuals:** Include step-by-step procedures, safety guidelines, troubleshooting tips, and other relevant information. User manuals can be provided in print format or as digital documents, such as PDF files or online resources.
- **Online help:** Huge amount of searchable knowledge base, FAQs (Frequently Asked Questions), tutorials, and other resources to help users navigate and understand the features and functionalities of a product. Service response time must take fewer than 1 day.
- **Installation:** Clear and concise installation instructions are essential to ensure users can successfully install and start using the product.
- **Label:** Should include product names, specifications, warnings, usage instructions, and other relevant details
- **Packaging:** Should be sturdy, secure, and capable of protecting.

**MoSCoW prioritization:**

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	<b>Must Have</b>	<b>Should Have</b>	<b>Could Have</b>	<b>Won't Have</b>
<b>Performance</b>				
<b>Security</b>				
<b>Usability</b>				
<b>Scalability</b>				
<b>Compatibility</b>				
<b>Reliability</b>				
<b>Accessibility</b>				
<b>Maintainability</b>				
<b>Integration</b>				
<b>Performance Monitoring</b>				
<b>Robustness</b>				
<b>Fault Tolerance</b>				
<b>User manuals</b>				
<b>Online help</b>				
<b>Installation</b>				
<b>Label</b>				
<b>Packaging</b>				