
Pro Chicken

**Prochicken Fitness
Vision Document**

Version <1.1>

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Vision (Small Project)	Date: 28/10/2023
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Revision History

Date	Version	Description	Author
28/10/2023	1.0	Build-up the idea	ProChicken team
12/11/2023	1.1	Update and modification	ProChicken team

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1. Introduction

1.1 Purpose

The purpose of this document is to collect, analyze, and define high-level needs and features of the ProChicken Fitness App in terms of the needs of the end users.

1.2 Scope

This Vision Document applies to the ProChicken Fitness App, which will be developed by the ProChicken team. The ProChicken team will develop a web version and a mobile version for this app.

The ProChicken Fitness App will provide a simple, enjoyable environment for anyone interested in fitness.

1.3 Definitions, Acronyms and Abbreviations

1.4 References

Applicable references are:

1. Software Engineering, 10th Ed. by Ian Sommerville.
2. Slides of LN02, 04, 05, 06 – Software Process by Teacher Nguyễn Văn Vũ, Lecture Note, Moodle.

2. Positioning

2.1 Problem Statement

The problem of	People (fitness enthusiasts) find it hard and inconvenient in managing their training process and keeping track of their progression. Poor connections between PT (Coach) and Customer and Admin. Lack of environment to learn new fitness knowledge or keep motivated
affects	Fitness Enthusiasts, PT (Personal Trainer).
the impact of which is	Failure or inefficiency in training. Lack of job for PT. Misunderstanding in fitness knowledge which will cause fatality.
a successful solution would	Improve quality of society health and awareness. Provide more job opportunities. Connect people together.

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2.2 Product Position Statement

For	People who are interested in health care and fitness. People who have certificates and need a job or an income.
Who	Fitness enthusiasts, PT (people who have certificate and knowledge in fitness industry), Gym Brand.
The ProChicken Fitness	Is a fitness application (Web App and Mobile App).
That	Helps users with personalized training. Offers a daily menu based on their favorite healthy foods, and sets achievable workout plans, connect them with a supportive community of fitness enthusiasts and get expert guidance for a holistic approach to their well-being.
Unlike	Other fitness apps just focus on theory, lack of real-time interaction. And the coaching source just comes from the gym-brand itself.
Our product	Provide a market for people to provide or attend quality courses, and a tool to manage training plans, keep track of progression, connect to a friendly and knowledgeable fitness community from any PC or mobile phone connected via internet.

3. Stakeholder and User Descriptions

3.1 Stakeholder Summary

Name	Description	Responsibilities
Developers	ProChicken team	Create, maintain, and improve the fitness app.
Supervisors	Theory Teacher: Nguyễn Văn Vũ. Teacher: Trần Duy Hoàng Teacher: Ngô Ngọc Đăng Khoa Teacher: Trương Phước Lộc	Provide reference materials, instructions. Give feedbacks for the app.
Investors	Individuals that have invested financially in the development and success of the app.	Provide financial support and expect a return on investment.
Healthcare Professionals	Doctors, nutritionists, or other medical experts who may be involved in providing health-related content or advice within the app.	Provide medical insights or endorsements for health-related content.
Community/Support Groups	Online or local communities that engage with the fitness app, providing support, encouragement, and a sense of community.	Engage with the fitness app's user community.
Testing Customers	Individuals who represents real customers (who is end users).	Ensure that the app will meets the customers' needs.
Testing Coach	Individuals who represents real coach (who is end users).	Ensure that the app will meets the coaches' needs.

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3.2 User Summary

This section describes the users of the ProChicken Fitness App. There are 3 types of users of the ProChicken Fitness App: The Customers, The Coaches (PTs), The Administrator.

Name	Description	Responsibilities	Stakeholder
Customer	Individuals who use the app to improve their health and fitness. Such as: Fitness Enthusiasts, Beginners, Athletes, Weight loss seekers, Health-conscious individuals, ...	Actively use the fitness app to improve their health and fitness.	Testing Customers
Coach	Individuals who are professionals contributing workout plans, training programs, or expertise to the app.	Develop effective workout programs, provide accurate health information, and engage with users to offer guidance and support.	Testing Coach
Admin	Has administrative privileges and responsibilities within the application	Have the responsibility of managing user accounts and addressing account-related issues.	

3.3 User Environment

An online fitness community is a large sophisticated community that demands the flexibility and response time that an online fitness app can provide.

The users are individuals in the fitness community including professionals in the healthcare and fitness industry, limited to people who are teenagers or above.

Platform: Browser, mobile app.

Our development team uses some AI tools to brainstorm the UI idea.

3.4 Summary of Key Stakeholder or User Needs

Need	Priority	Concerns	Current Solution	Proposed Solutions
Reliable and quality online courses				
A job or income in fitness industry				
Reliable and quality courses				
Healthy Food Menu Provider				
Easy and fast enrollment				
A supportive community to learn and share information, motivation.				

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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:

	Strengths	Weaknesses
MyFitnessPal	<ul style="list-style-type: none"> - Extensive food database for accurate calorie and macronutrient tracking. - Community support for motivation and accountability. - Integration with popular fitness apps and devices. 	<ul style="list-style-type: none"> - User interface can be overwhelming for some users. - Limited customization options for workout plans. - Some advanced features require a paid subscription.
Fitbit	<ul style="list-style-type: none"> - Wide range of fitness trackers with accurate activity tracking. - User-friendly app with intuitive interfaces. - Gamification features with challenges and rewards. 	<ul style="list-style-type: none"> - Limited exercise library and workout plans compared to dedicated workout apps. - Integration capabilities beyond Fitbit devices can be limited. - Premium features require a paid subscription.
Nike Training Club	<ul style="list-style-type: none"> - High-quality workout videos led by professional trainers. - Customizable workout plans based on goals and fitness levels. - Well-designed user interface and experience. 	<ul style="list-style-type: none"> - Limited in-depth tracking and analytics features. - Some premium content requires a subscription. - Not as comprehensive for activities beyond traditional workouts.
Strava	<ul style="list-style-type: none"> - Social features for community engagement and competition. - Accurate tracking and analysis of running and cycling activities. - Effortless integration with a wide range of fitness devices. 	<ul style="list-style-type: none"> - Limited focus on other fitness activities beyond running and cycling. - More emphasis on outdoor activities rather than indoor workouts. - Advanced features require a premium subscription.

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	Strengths	Weaknesses
Garmin Connect	<ul style="list-style-type: none"> - Wide range of compatible Garmin devices for accurate activity tracking. - Comprehensive data analysis and reporting tools. - Integration with other fitness apps and platforms. 	<ul style="list-style-type: none"> - User interface can be complex and overwhelming for beginners. - Customization options for workout plans and exercises are limited. - Some advanced features require a paid subscription.
StrongLifts 5x5	<ul style="list-style-type: none"> - Focuses on strength training with a proven program. - Provides guidance on progressive overload and technique. - Clean and simple interface for easy tracking. 	<ul style="list-style-type: none"> - Limited to the StrongLifts 5x5 program, not suitable for all fitness goals. - Lacks in-depth tracking features for other fitness activities. - Customization options may be limited.
JEFIT	<ul style="list-style-type: none"> - Large exercise library with detailed instructions and animations. - Customizable workout plans based on goals and preferences. - Strong community support and social features. 	<ul style="list-style-type: none"> - User interface can be overwhelming and unintuitive for some users. - Advanced features may require a paid subscription. - Limited integration with other fitness apps and platforms.
Apple Fitness+	<ul style="list-style-type: none"> - Seamless integration with Apple devices and services. - High-quality workout videos with professional trainers. - Personalized recommendations based on user data. 	<ul style="list-style-type: none"> - Limited compatibility with non-Apple devices. - Requires an Apple Watch and Apple devices to access all features. - Content library still growing compared to more established competitors.

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, favor.
- **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.

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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 existing technologies or platforms.	Compatibility testing and collaboration with 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.

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- 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.
 - Workout 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.

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.

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- **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:

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