Nguyễn Minh Đức - ITITIU21045
Nguyễn Toàn Phúc - ITITIU21093

Project Name: Fitness Tracking App with Personalized Workouts, Diets, and Daily Reminders	

Sponsor:
G3 GYM AND FITNESS CENTER
HEADQUARTER: 234 Pasteur, Ward 6, District 3, Ho Chi Minh
Hotline: 1900 633 638
Email: marketing@g3.com.vn
Website: http://g3gym.com.vn

Project Summary:
Tracking one's health is becoming increasingly important, and this system allows users to do just that. Users can set goals, record workout details, measure metrics over time, access customized fitness plans, set daily reminders, receive customized suggestions based on their goals and results, and get recommended menus and diets. The system integrates with fitness devices to collect data, and aspects of the challenge may motivate continuous use. Recommendation algorithms should consider a user's current talents as well as potential tendencies, and feedback from users can help the team improve the app.

Project Manager: Ho Tien Dat Contact Number: 09xxxxxx76	**Beneficiary:** Customers using G3 Gym's services G3 GYM AND FITNESS CENTER

Objective:

- Improve users' cardiovascular health.
- Enhance users' strength and flexibility.
- Reduce users' risk of chronic diseases.
- Encourage users to develop healthy lifestyle habits.
- Develop a personalized workout plan that is tailored to their fitness level and goals.
- Create a healthy diet plan that meets users' individual needs.
- Keep users motivated and on track with their fitness journey by receiving daily reminders.

Scope:

- **Workout tracking:** Track workouts by type, duration, and intensity.
- **Nutrition tracking:** Track food and drink intake to track calories, macronutrients, and micronutrients.
- **Fitness goal setting:** Set and track fitness goals, such as weight loss, muscle gain, or improved cardiovascular health.
- **Personalized workouts:** Generate personalized workouts based on the user's fitness level and goals.
- **Diet plans:** Generate personalized diet plans based on the user's body weight, height, and fitness goals.

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Time:
- **Start Date:** 19/9/2023
- **End Date:** 24/12/2023

Budget:
- **Software Resource: 800.000 VND**
  - Backend infrastructure: 250.000 VND
  - App store fees: 200.000 VND
  - Maintenance and updates: 350.000 VND
    - Software server maintenance: 150.000 VND
    - Fixing bug: 100.000 VND
    - Hosting: 100.000 VND
- **Development Budget: 2.000.000 VND**
  - Planning: 300.000 VND
    - Idea: 100.000 VND
    - User Research: 200.000 VND
  - Design: 700.000 VND
    - Sketch: 150.000 VND
    - Wireframe: 200.000 VND
    - Mockup: 200.000 VND
    - Prototype: 150.000 VND
  - Development: 750.000 VND
    - Coding: 300.000 VND
    - Debug: 300.000 VND
    - Integrating various features: 150.000 VND
  - Testing: 250.000 VND
- **Human Resource: 180.000 VND**
  - Business and requirements analysis: 60.000 VND
  - Developing team: 120.000 VND
- **Total: 2.980.000 VND**