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| **PROJECT SCOPE STATEMENT** | |
| **Project Name** | Progress: your path to success |
| **Project Deliverables** | |
| Community Form  Feedback | Interactive form  This enables users to interact with other users on their progress and results of their workout regime. This is also a platform that integrates motivation as users can encourage other users to keep working hard to reach their goals. This form of interaction might be done majorly on text (similar to a text messaging platform)  Charts and progress timeline  This will provide the user with a positive daily, weekly or monthly data progress that shows where the user is currently at compared to the goal they want to achieve |
| Workout Routines | Categories( Aerobic (cardio & flexibility) and Anaerobic(weight training))  We hope to have 2 categories of workout segments which incorporates specific exercises that pertain to a category. Aerobic includes cardiovascular exercises which strengthen the lungs and enhances endurance, while Anaerobic will include exercises that are high intensity on a shortened time span; some exercises will include the use of weights and other gym equipment as they are the best way to enable the high intensity concept.  User’s workout routine  The user has the ability to create a workout routine where they would be able to add and delete certain exercises from the 2 workout categories into their workout routine  Helpful Videos(not essentially a priority but could be a useful tool to new users)  These are videos that are incorporated into the website that will show how to perform certain exercises . This is mostly directed to users who are new to fitness, as they need a way to begin their fitness journey without having any past knowledge on fitness |
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| **Project Exclusions** | |
| (marked as not highly important)  Signup and Login page  Decorations (like colorful fonts and background images) | |