1. **Introduction**
   1. **Scope and purpose of document** – In one paragraph, describe what is contained in this document and the general purpose of a Project Plan. In a separate paragraph, provide an overview of your application.
   2. **System Scope**

i. **Problem/Opportunity Description** – in 1-2 paragraphs, describe what the goal is of your project. What problem are you trying to solve or what opportunity are you trying to take advantage of.

ii. **Anticipated Business/Personal Benefits** – In one paragraph, describe what your company will hope to achieve by creating this application. In another paragraph, describe the benefits to the users.

iii. **System Capabilities** – list of major functions of the system. These are taken from the Project Proposal and expanded upon.

iv. **System Context** – Using Visio or a similar drawing tool, create a System Context Diagram which depicts the primary uses of the system and the information that is exchanged between them and the system

1. **Schedule –** Using MS Project, create a Work Breakdown Structure Chart, identifying all tasks required to complete this team project, its dependencies and resources for each of the tasks. Your paper submission should include a printout of the Network Diagram (AKA PERT chart) and a printout of the Gantt Chart.

Submit the MS Project file as a separate file from your plan document.

1. **Staff Organization**
   1. **Team Structure** – how is your team organized; who is the team leader and how are you organized?

1. **Tracking and control mechanisms** – Describe how you plan to track changes to this document (especially those items in Section 2) and techniques that you will use to monitor the progress of the various tasks. For example, do you have regular meetings, how do you use groupware to keep the documents in-synch and current, etc.

**Rough Draft**

1. Introduction

1.. Scope and Purpose of document - This paper documents a multi-functional health application that will encourage improvement of users’ health habits and actions. In total, there are 7 functions to be designed: Profile, Counts, Food Calorie Counter, Timeline, Food Suggestions, Sleep Management, and Record Exercise Activity and Estimate the Calorie count. All functionality will be based on input from the user that will influence or determine the output. The tasks needed to complete this project are identified in the attached Network Diagram and Gantt Chart. This project will be handled by Team Albatross, a three-man team that discusses and reviews any new changes made weekly.

With this application, we are striving to create a versatile software that can provide many uses to the users. Functions that would normally be relegated to a single app are unified with other functions into one application. There are a total of 7 functions planned to be included. The first function, “Profile,” will record basic information (such age, weight, gender, etc.) about the user. This info will be used to determine and suggest the activities/exercises for the user to do in order to gain or lose weight. The second function, “Counts,” will count and track the number of steps taken by the user. The third function, “Food Calorie Counter,” will count how many calories have been taken in by the user. This function is dependent on user input (for the quantity of the food and the amount of calories in one item). “Food Calorie Count” will take user input in two forms: 1) By manually typing in a value and name or 2) by searching a list of foods and selecting the desired food. The fourth function, “Timeline,” will chronologically store activity and user information for the user to reference track daily, weekly, or monthly progress. The fifth function, “Food Suggestions,” will utilize a complex algorithm that recommends specific food items in order to keep calorie consumption healthy, along with recommending food that will provide sufficient nutrition. Alternatively, a user can select a favorite food item they’d like to eat and they’d be recommended food that they can eat without going over/below the recommended amount of calories. The sixth function, “Sleep Management” will record how long the user has slept for. This data will be collected from manual input by the user or it will automatically default to determining the sleep time based on the user’s screen activity. The final function, “Record Exercise Activity and Estimate the Calorie count”, will use accurate formulas to convert steps, pushups, and any other physical activities logged, into calories burned. With all these functions unified, brings the potential to create an application that can benefit and improve the lives of people all over the world!

2. System Scope

* **Problem/Opportunity Description:**
  + The goal of our project is to help anyone get into a healthy habit of getting into shape and boosting self confidence, happiness, health and lifestyle overall. We want everyone that tries our app out to feel like they can do anything that they could not do before and help them get into the rhythm of great and reliable exercises. Our goal is to also create an intuitive/easy-to-manage and helpful app that doesn’t only help with exercise, but also helps with eating/diets, sleeping, and time management. The problem we are trying to solve as a team is unhealthiness. We want to help people get into shape and have better mental health by getting them into healthier habits with our exercise app. Our job is to help as many people as possible
* **Anticipated Business/Personal Benefits**
  + Our company is hoping to be able to help as many people as possible as well as helping others that want to get into good exercise and eating habits. Not only that, but we are all also hoping to achieve the ability to make as many people as happy as we can. Lastly, great success from our app would be a great achievement, too!
  + The benefits of the users will always be the same, getting them into the greatest and healthiest habits possible. We want our app to help anyone in need. We know people are all very different and have many different ways of getting into shape and habits, so when they open our app for the very first time, we want them to feel like this app was made for only them. From creating a personal profile, to diet and food suggestions and sleep management, we want everyone to know that who they are and what their goals are will always be very important and will always be considered in this app. No one will be left out, and that will always be a great benefit to the users, as well as an easy guide, and a quick start and navigation system.

**- System Capabilities**

Major Functions

* **Profile**- The profile feature will basically, when opening the app for the first time, you will have to be exact with the information you put in. Your first and last name, age, gender, how much you weigh and what your regular intake is a day. How many days you eat, what you eat most, how much exercise you do a day(if you do any) and what types. After gathering all of your information, our app will help decide what types of foods you should and should not be eating, as well as what kind of exercises you should do and how many days you should do it according to your height, age, body build, and weight. The more you follow what the app helps you with, the more your personal statistics change in your profile as well
* **Counts**- This function helps the user know how many steps they took a day(if they took any) and also tells the user if they should do more, less or if they took the right amount of steps to get into shape and be/stay healthy. The user can also manually input how many steps they want to take a day and can put in a goal of how many steps they want to take a week or a month in total. Running and jogging will also count as steps and not just walking itself. Another function within this function will show how far you walked or ran, the amount of time it took in total, and how many calories you lost during said time so that you can be informed on what you did that day.
* **Food suggestions**- The food suggestion function will be different for everyone. It will suggest the types of foods you should be eating depending on your profile and your eating and exercise habits. The user will add his or her favorite foods, what they ate during the day and how much of it so that the system can suggest and help with other foods the user should be eating, how much they should be eating a day, as well as foods they should stop eating. If a user does less or more activity, the system will take that information as well and will suggest foods with more or less calories too!

3. Staff Organization

1. Team Structure - The team handling this project will be Team Albatross, which is made up of 3 individuals: Walter Cardona, Elias Saied, and Eddie Costine.

The designated leader of the team is Elias Saied. Saied shares many of the same responsibilities as the rest of team members, but as the leader he typically sets up documents for the team and is responsible for instantiating discussions regarding assign roles and planning for the project.

The team is mainly autonomous and aim to work a fair amount. Amongst the team, they assess the workload and split it evenly. When assigning tasks, the team works together to reach a unanimous decision or at the very least compromise so that each of the team members are satisfied. Each work on these divided assignments and then combine their bits to complete a unified task. Along with this responsibility, each member is willing to lend assistance to another member if requested. The team members are encouraged to be vocal about their opinions or ideas in order to maintain good communication and to build a stronger team bond. Team members who aren’t afraid to talk will also assure that they, as a team member, are always engaged, enthusiastic, and/or supportive of the project.

4. **Tracking and control mechanisms** –

1. During meetings, the goals accomplished are briefly touched upon, but more focus is given to the tasks that haven’t been completed. It is during these meetings that tasks are assigned. Each task is assigned to a team member who is expected to complete it by a weekly date agreed upon by the team. Each Team Member is responsible for informing the group about any changes/updates made to the project. These updates are mainly delivered either by messaging the other group members. The documents used in this project are either cloud based (such as Google Docs) so it’s easy to monitor what changes were made. Documents that aren’t cloud based are updated by sending a file back and forth amongst the group; each time the file is updated, it is sent to the other two members of the group along with a brief summary of the changes made to it.