

Ghea Chaw, Nidhi Padmanabhan, Yuqing Peng

Professor Plotka

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### Project Plan

Building upon the foundation laid out in our project proposal, our project idea remains consistent. We're focused on developing a web application which promotes the wellness of college students by centralizing resources related to academics, nutrition, fitness, and mental health. We have now solidified a name for our application, MindBodyU. This name embodies the purpose of our application by emphasizing our focus on the mind and body, as well as our audience, university students. It also creates a sense of personalization and allows the user to understand that we are focusing on them, hence the capital U in the name.

In our original project proposal, we mentioned that we were looking into using APIs for nutrition and for fitness to implement 2 primary features of our application—a healthy recipe generator which will provide recipes according to diet/ resources available and a workout generator which will coincide with our fitness guide to provide exercises according to a users needs. While we had a few options which we were looking into at the time, we have now confirmed with Professor Plotka that our usage of APIs is approved and will now go ahead with implementing these features. The APIs which we have decided to use are <https://spoonacular.com/food-api/docs> (nutrition) and <https://api-ninjas.com/api/exercises> (fitness). As a backup plan if we can't get the API to work, we will import the data from the API into a static JSON file and pull data from there.

