1. **Members**

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1. **Scope and objectives**
   1. **Scope:**Fitness Tracking App with Personalized Workouts, Diets, and Daily Reminders
      * **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.
   2. **Objectives:**
      * Help users lose weight or gain muscle.
      * Improve users' cardiovascular health.
      * Increase users' strength and flexibility.
      * Reduce users' risk of chronic diseases.
      * Help users 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 their individual needs.
      * Stay motivated and on track with their fitness journey by receiving daily reminders.
2. **Key stakeholders and requirements** 
   1. **Key stakeholders**
      * Customers,
      * Personal Trainer
      * Software Admin
   2. **Requirements**
      * Customer: Constantly upload their personal and health information on the software. Always track and receive customized nutrition, workout plans, notification, etc from the system. Can monitor and witness their workout journey and results from the initial days to the present. From that, the users get motivated and continue their workout process.
      * Personal trainer: is the main stakeholder who directly interacts with and influences the routine, workout plans, and nutrition,.. of the users. They are the ones who set up and list out all the necessities that support the workout process of the users. They are also the ones who have knowledge and expertise that will always give advice, answer questions, and support in the health and fitness criteria:
      * Software admin: the main stakeholder that controls the input and output information of the users. Responsible for exporting and conveying the information, plans, and nutrition from the Personal Trainer to the Users. They also set up and manage the time and notifications that will be sent to Users. Moreover, share contact, help, and support at any time if required. Play a huge role in linking and connecting directly Users with Personal Trainers.
   3. **Features must have in the software:**

* **User Personalization:** collect customers’ information about height, weight, gender, age,.. From that create customized nutrition and workout plans
* **Activity summaries by specific time period:** give the customers an overview of their fitness activities by days, and months, This helps evaluate the progress in a given period of time and set long-term goals accordingly
* **Goal setting:** The key purpose of most fitness apps is to help the customers bring themselves and their bodies to measurable results. The trainers set the desired results for customers, which means that the process of goal setting should be very simple and clear.
* **Tracking metrics:** Any kind of sport is about numbers. Repetitions, sets, calories, hours, kilometers, kilograms, miles, pounds – everything can be counted. This data is important because the user can track their progress in measurable units, become motivated by this information, and continue using the app to achieve more.
* **Push notification:** push notifications can remind users of the start of a workout, the next mealtime, and other important events.
* **Tutorial:** give instructions and tutorial on each appropriate exercise for users to easily keep up, especially ones that perceive information virtually.

1. **Problem statement, goals, method, expected outcomes** 
   1. **Problem statement**

In contemporary society, there is a prevalent lack of health awareness among individuals, leading to a lack of motivation for regular workouts and a sense of losing track with no clear starting point. Additionally, unforeseen circumstances often hinder people from attending gym sessions. However, there are home workout apps available to address this issue.

The problem encompasses:

* Providing solutions for exercise routines suited to different user profiles.
* Addressing the dilemma of users who are unsure about proper workout techniques without internet guidance, utilizing visuals like images and gifs.
* Tackling the absence of notification features within the app by incorporating reminder functionalities to prompt users for workouts
  1. **Goal**
* The goal is to enhance people's awareness of their health, establish a consistent and effective workout schedule, and provide motivation, tips, and optimal recommendations to users.
* Achieve a target of 100 users within the first month, with 30-40 users attaining their desired physical condition. Attain a positive rating from 60% of the users and gather valuable feedback from the user community.
  1. **Methodologies**
* The project employs a Spiral approach and manages tasks through Trello.
* The initial phase involves constructing a Minimum Viable Product (MVP) model, followed by rigorous testing and presentation to stakeholders and select users.
* This process allows for valuable feedback acquisition and identification of additional requirements, which are then used to enhance subsequent versions of the software.
  1. **Expected outcomes**
* Have a functioning application with all the features as mentioned in 3c, **Features must have in the software**, at the end of our software development plan
* Has an easy-to-use feel to the app, an interactive UI and is specialized for personal use
* Successfully captivate and hold the users trust and loyalty through the effectiveness of their time using the app assisting their health
* Lastly, by achieving all of the goals above, we will gladly announce that our application has outdone our primary goal of proving the benefit that our app can provide.

**Enhancement from clients:**

* Estimated timeline: from 19/9/2023 to 24/12/2023
* The product needs to make sure to be well-competed in the fitness industry due to features and strengths unique from others ( in the **Features must have in the software** section ), well-designed, and well-organized(color, components in the interface, display of buttons and functions convenient to users,..)
* Software must be easy to use and have a friendly interface.
* Should consider whether is it necessary to put the stakeholder Trainer in the process management of the software product. It can cause multiple additional use cases, processes, etc. which are difficult to handle and manage

**Questions remain:**

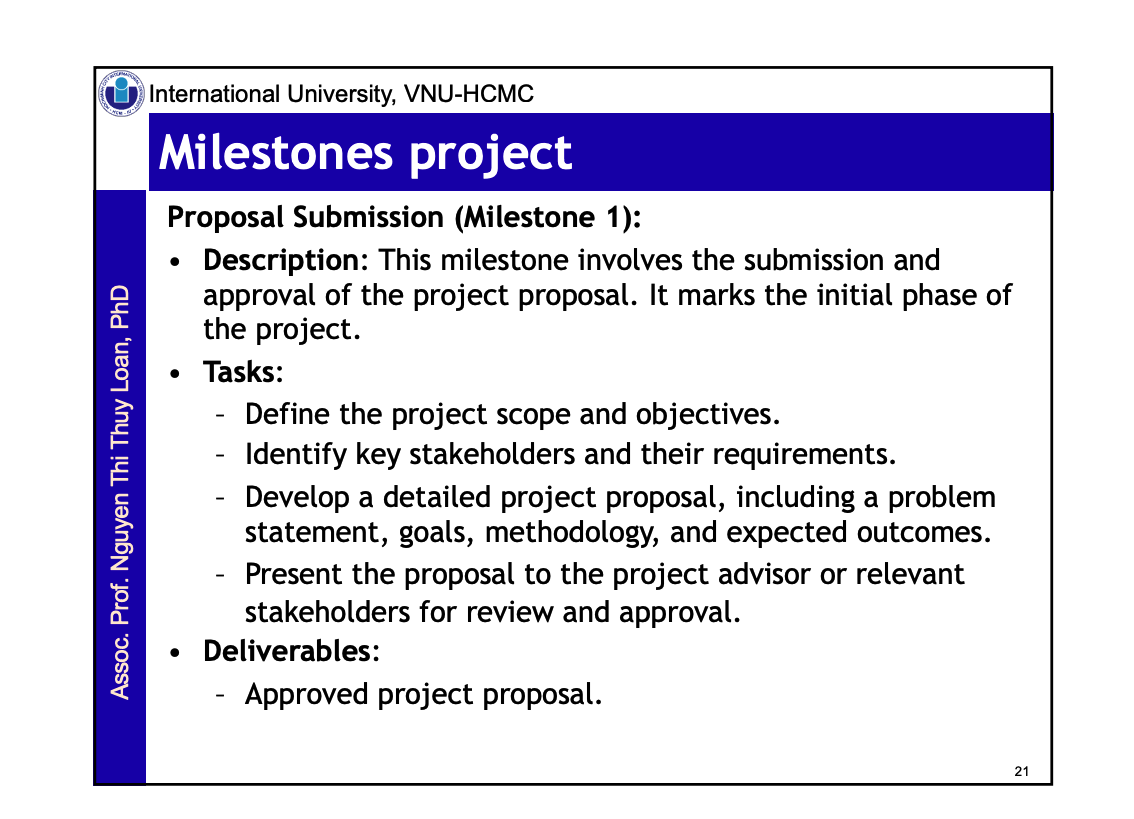
How to motivate the users and customers?

How to keep track of and monitor their exercise routine, plans, and nutrition,..?

App? Website? or gym? Cardio?

How to set an appropriate set of goals for each user?

Any securities for the private information?

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