

# SMART FITNESS PLANNER

TEAM 2

CPT-200 – System Analysis and Design

# PROJECT IDEA

Our Idea is A fitness focused web application designed to help users lose weight through customized cardio routines. We identified a common issue: many people struggle to stay consistent with exercise, especially when routines are not adjusted to their time, fitness level, or goals. Our web app addresses this by offering a simple and motivating experience that adapts to each user's availability, activity preference, and desired progress speed. The goal is to make staying active feel achievable and personalized, encouraging long term habit building.

# SYSTEM COMPONENTS

## 1. User Authentication

(Login/Sign-up)

## 2. Onboarding Questionnaire

(User Data Input)

## 3. Routine Generator

(Logic for assigning workouts)

## 4. Dashboard

(Workout of the Day, Streaks, Summary)

## 5. Calendar

(View upcoming workouts)

## 6. Statistics


(Progress tracking and analytics)

## 7. Profile Settings

(User data/preferences management)



# CUTTING - EDGE TECHNOLOGY

- We're planning to integrate Artificial Intelligence to personalize workout routines based on user inputs.
  - Responsive Design: Mobile first approach with adaptability to desktop.
  - Modern tech stack like HTML/CSS/JS frontend, backend with Python, and database with SQL.
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# PROJECT PROPOSAL

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## 1. INTRODUCTION

Our idea is to help people reach their fitness goals with a mobile web application that can give users a variety of workouts and fitness activities to follow.

## 2. CLIENT OPERATIONS

People will input any fitness-related information, such as their goals, weight, and financial status, and other factors, and our engine will generate a list of different workouts that suit their needs.

## 3. EXECUTIVE SUMMARY

One of the greatest problems in today's world is health. Most people have a poor diet and live a sedentary lifestyle, with little to no physical activity, which is further complicated by technology, modern beauty standards, and social dynamics. Also, not everyone has all the means of getting fit easily, in terms of finance or transportation. Our application is designed to help anyone achieve their fitness goals.



# COST SUMMARY

Budget	900
Design	500
AI	200
Features	200

The background of the slide features a dark, high-contrast image of a barbell with several weight plates. The barbell is positioned diagonally across the frame. The lighting is dramatic, highlighting the metallic surfaces of the weights and the bar. The overall color palette is dark, with the orange and white text providing a strong visual contrast.

# TERMS AND CONDITIONS

I acknowledge that I take full responsibility for using this application, which is designed for users who do not have any medical conditions. The developers take no responsibility for any medical incidents or emergencies that could occur when using this app.



# CONTACT

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# STATEMENT OF WORK

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# PLANNED FUTURE WORK

- Create the web structure and navigation
- Build the user registration and login system
- Implement the onboarding questionnaire
- Set up the database to store user data
- Develop the workout generation logic
- Design the main pages: Dashboard, Calendar, Statistics, Profile
- Add basic statistics and progress tracking
- Explore AI integration using conditional logic
- Test and improve the user experience