**AI Usage Notes**

**Team 2**. **Capstone Project/Phase 1**

**4601 Mid Rivers Mall Dr**

**Cottleville, mo 63376**

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**Purposes and context of using AI:**

During this phase of the project, we utilized ChatGPT as our AI tool. This tool helped us like a virtual assistant for our web app planning and organizing our team project. Since it was the first time, we worked on a big project like this, we weren’t sure how to combine everyone’s knowledge or which steps to follow to complete our web app. ChatGPT helped us structure our idea, plan every step of the project, and understand how each member could contribute to building a functional web app.

**Prompts (keywords) given to AI:**

* How can we organize the steps of building a fitness web app?
* How can we integrate HTML/CSS, Python, and SQL in one project?
* What are the typical components of a web app?
* What type of questions can we include in an onboarding questionnaire for our fitness web app?
* How can we integrate AI into a fitness web app?
* How does GitHub work for teams, and how can we use branches and commits?

**Description of AI-generated results:**

Using AI made it way easier to get clarity on how to move forward. It helped us to validate our idea and beak it down into manageable parts. For example, it helps us to decide which screes the web app could have, how to divide frontend and backend tasks, and what kind of logic we might use to generate the workouts. It even gave us some suggestions for tools and frameworks based on our skills. One of the most helpful parts was figuring out how to organize our project structure like how to set up the folder system, which files to create, and how to build the basic skeleton of our code. Also, it helped us clean up our writing and understand how to collaborate using GitHub.

**How you evaluated and altered the AI-generated results in your project:**

We got together on Zoom to go over the AI’s suggestions, picking what worked best for us and making changes bases on what we wanted for our project. Sometimes the answers didn’t fully match what we needed, but it gave us a solid starting point to adjust and build on.

**What you learned from using AI:**

The biggest thing we learned was that even with different skill sets and tools, we could combine everything into one solid project if we had a plan. The AI showed us how it could all come together. We also got more comfortable with GitHub, which was super helpful since not everyone had used it before. Honestly, using AI made everything feel less overwhelming and gave us the confidence to keep going.