MKFit
Personal Training App

GoGitters

1. Project Overview

- **Client:**
  - Makayla Tonne, MKFit
- **Client's business:**
  - Provides recommendations on daily caloric intake.
  - Provides recommendations on macro distribution.
  - Rents gym space for client appointments, ensuring a professional environment.

Current Presenter:
Christian Vela Pasillas

- **Client's "problem" to be solved:**
  - Difficulty maintaining motivation and consistency without supervision.
  - Challenges in ensuring clients follow plans when unsupervised.
- **The proposed the solution:**
  - Develop a Phone Application.
  - Platform for Interactions.
  - Real Time Tracking.
  - Enhanced Engagement.

2. The Solution

- How your team will solve the clients business problem
  - Creating a tailored mobile app based our clients business model, customer base and challenges they face. This tailored approach ensures that the app addresses the specific problems faced by our client in order to create a positive impact on their business.

Current Presenter:
Phillip Avila

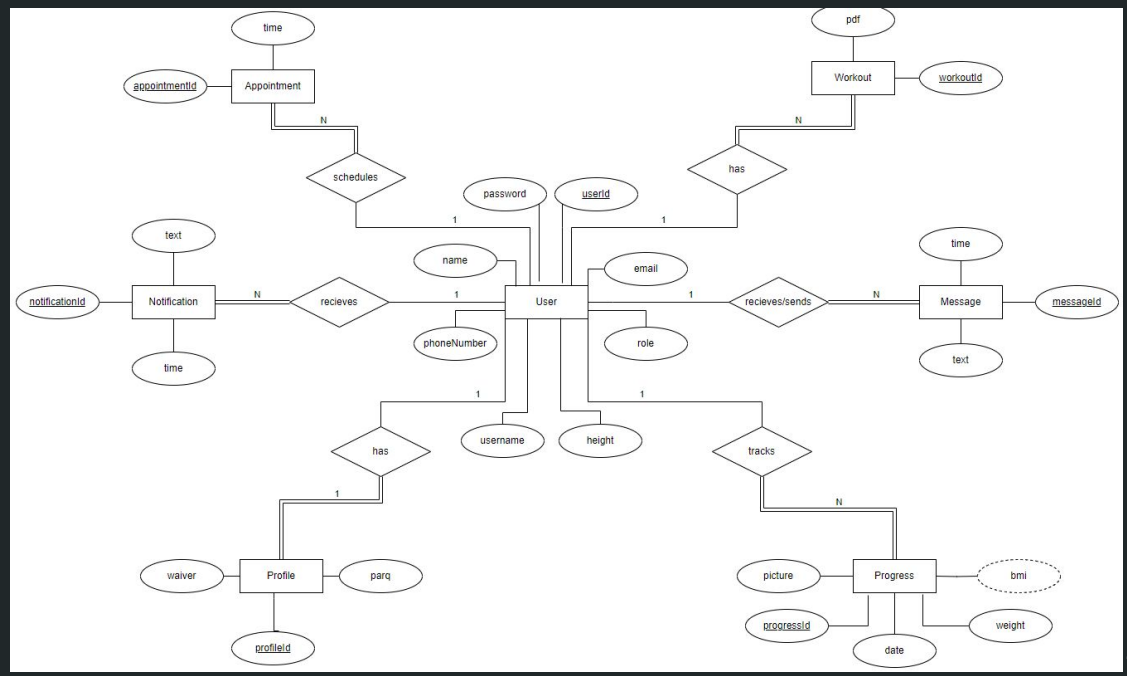
- Key solutions
  - Dedicated messaging feature within the the app for constant interaction between trainer and clients
  - Accessible workout plans with prescribed sets, reps and exercise demonstrations via video links.
  - built-in progress page to monitor weight, BMI, and other relevant metrics for goal tracking
- What makes your teams solution unique
  - Personalized engagement channels between the client and their customers to foster stronger relationships.
  - A more cohesive experience by allowing clients to access all of their tools and information at the touch of a button through our user friendly interface. This ensures that regardless of of location, clients stay connected, track progress, and access workout plans effortlessly, enhancing their overall experience with their personal trainer's services

3. Software Requirements

Current Presenter:
Nicholas Gaudet

- Login requirements
  - 8 letter password with at least one of each case and a symbol
  - Modern hashing algorithm for passwords such as Argon2id
  - 3rd party authentication will be used in firebase
  - Unique username at least 6 characters

- Database requirements
  - Storing user appointments, workouts, messages, progress, notifications, progress, and profile details
  - Data types include pdfs, images, plain text, and hashes
  - Items will be removed based on time and at user request.



4. Demo – Phase1 UI Prototypes

Isaiah Samaniego

Early development

- Theme, Design, Logo
- Functionality and needs
- Front end

Application “Flow”

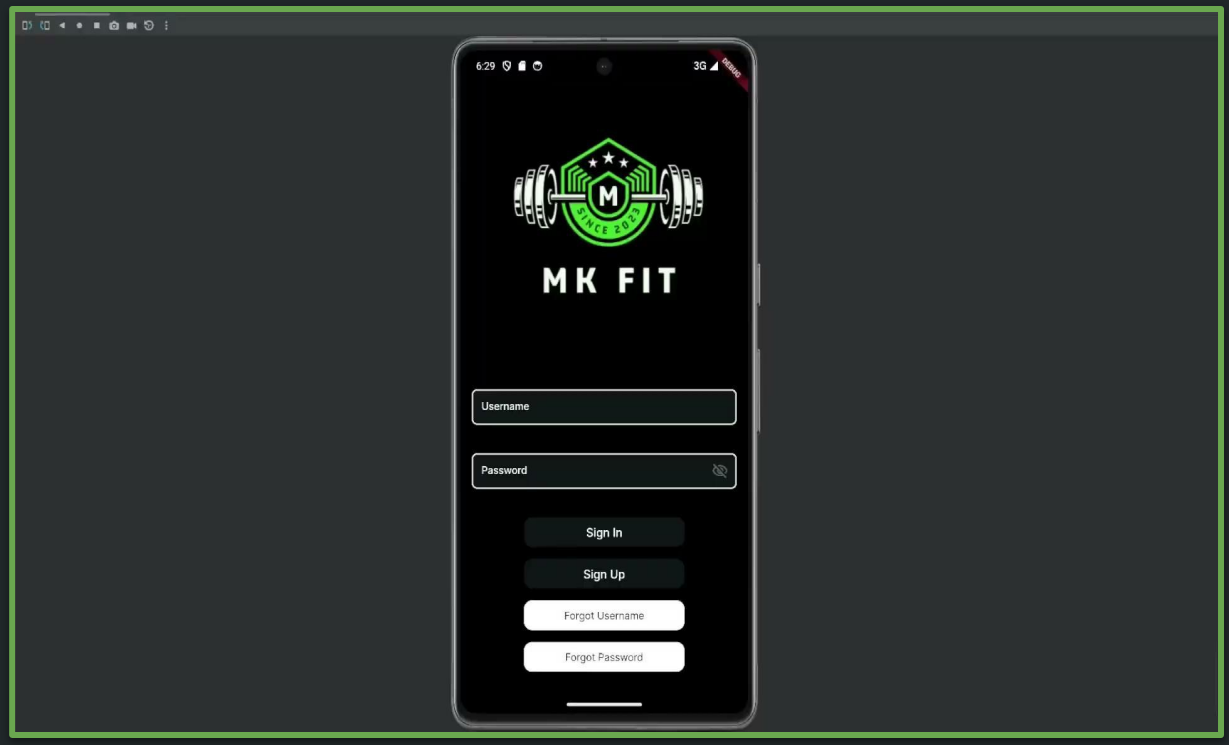
- Simple
- Ease of use
- Efficient

5. Demo – Functional Application

Current Presenter:
Michael Partridge

What We've Built so far:

- A nearly fully fleshed out foundation
- Functional Navigation Buttons
- Some input validation



Whats on the horizon:

- The Database and server side
- The admin account side
- Testing

6. Technologies

Current presenter:
Ramin Selseleh

Front End:

- Our application is prominently written in Dart.
- As a team, we are using Flutter Flow and Android Studio to develop our app.
- We are using Flutter SDK for this project.

Backend:

- For our backend, we are utilizing Firebase and Firestore.
- Non-rational (noSql).
- Our cost estimate for our backend, taking into account predicted customer usage of the app, is $0 for our database costs.

Version Control:

- https://github.com/LikableMike/MKFit

Servers:

- Since we are using Firebase, a Google tool for storing our data, we are subscribed to the Blaze plan. A pay-as-you-go plan.
- Scalability is available if demand increases over what we speculate.
- Cost = $0

7. User Stories

- MK Fit's Jira: A product allowing for multiple tiers of users
  - In-progress stories are named using the scheme "As a user. . ." or "As a trainer. . ."
  - Parent and Child stories are expanded as the specifics are clarified at the beginning of a Sprint.
  - Acceptance criteria is noted in both the parent and child issues.

    Calendar Page is displayed upon clicking "Reschedule/Cancel appointment" on the Home menu.
    "Exercises" page is created and linked to the Home menu.

Current Presenter:
Stephanie Nutter

- Estimated Completion: October 2024
  - Our backlog consists of estimates and unsorted sprint data
    The stories show the project is about 40% complete
    Child issues may be expanded
  - Major stories are informally named and awaiting expansion
  - Stories in the Backlog are sorted by development phase
    Front end and back end splits
  - Stories are selected by ease and immediate necessity
    Ability to finish the minimum viable product as soon as possible.
    Framework first
    Certain stories may be impossible to complete without a structured back end.

8. Conclusion

- Client's feedback (so far)
  - Recently established a home gym with the colors of green & gray and would like to use that color for the app
  - Likes the exercise planning page and logo (MK FIT)
  - Will send us a workout sheet for the exercise pages
  - Wants an option to choose payment type (card or cash)
  - Would be interested in the addition of a liability waiver form
  - Excited to receive the final product

Current Presenter:
Brian Hert

- What to do to prepare for CSC-191?
  - Getting more experience with implementing different features in flutter flow
  - Record all our client zoom meeting in order to brainstorm and prevent any misleading information
  - Review our coding in order to check for any sign of improvements or learn from our previous mistakes

Q&A