



California State University, Sacramento  
Department of Computer Science  
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TO: Professor Elliot

FROM: Team Team: GoGitters

Client Name: Makayla Tonne

DATE: Spring Semester2024

SUBJECT: Senior Project Proposal

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Team GoGitters is submitting this proposal on behalf of our client, Makayla Tonne.

### **1. A description of the client's "business"**

Makayla is an independent personal trainer based out of Woodland California. Her training business MK Fit provides one on one training in physical fitness for people of all ages. Makayla often works through her local gym to find clients who are looking to start their workout journey and assists in finding the right exercises for them. Furthermore, she offers dietary advice so that customers achieve the greatest results possible.

### **2. A description of the value the client expects to derive from the project**

Our fitness app will allow for easy scheduling between Trainer and Trainee as well as create an encouraging environment for MK Fit's customers. The ease of use will inspire her customers to continue and return to train as well as recommend MK Fit to more potential customers. The data we can gather from meal tracking and progress reports will also save Makayla time that she could otherwise use to craft a more personalized training routine.

### **3. A general description of the features to be provided by the software**

As a personal training app for phones, users will sign up and input data that can be used to track and determine the following:

- BMI/weight graph over time with the ability to add progress pictures
- Messaging between clients
- Appointment scheduling and canceling
- Confirmation text/emails for appointments
- Reminder texts/emails for payments and appts
- Motivational morning messages
- Workout plans
- Exercise library with pics or vids
- Calorie tracker



#### **4. A brief description of the expected uses of the software**

The requested phone application will be recommended to Makayla's clients. Some examples of use are as follows:

Clients will input the requested data, such as calories eaten during a meal; this information will be stored in a database until called, at which point, the values inputted on the current date will be summed and returned.

BMI will be stored in a database, and the data will be returned upon user input. Users can fill out a workout sheet, with drop-down selections and a calendar to store and display the information.

Clients will be able to schedule appointments on the app, learn and follow new workout routines based on the library of workouts that the app offers, and daily motivational messages to promote a healthy lifestyle.

This app is intended as a universal assistant to users seeing to their daily needs, promoting a healthy, organized lifestyle.

#### **5. A brief description of the expected users of the software**

Makayla's clients will use this application for their needs. As a personal training application, the users will likely be adults in higher income brackets. Since this is a fitness app, the users will be people with an interest in exercise and beginner to intermediate level. Since the app offers workout plans and new exercises, it will be effective for users who are just starting or looking to change up their workout routine, as well as those who are interested in booking appointments with the client. Users may not necessarily be tech-literate, so the UI should be user-friendly and casual.



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**6. Client contact information: name, phone number and email address**

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