



Project Status report

Name: Kevin Huang

Community (UN SD goal): Good Health and well Being

MVP #: 3

Sprint cycle dates: 8

Project Name	FlexAvail
Blurb	I am creating "FlexAvail," a fitness app with a focus on the UN Sustainable Development Goal of good health and well-being. My vision is to make fitness accessible to all, bridging the knowledge gap for beginners and providing personalized workout. This digital habitat fosters a fitness community among ages 18 to 22, contributing to improved public health.
For Week Ending	2023-12-08
Project Status	Green
Status Description	The project is currently in the green status. All planned activities were successfully completed during the past sprint cycle, and the development progress aligns with the project timeline.

Activities—During the past sprint cycle

- Implemented user authentication and onboarding.
- Implemented user and workout database
- Integrated a user-friendly interface for tracking fitness metrics alongside gamification.
- Conducted extensive testing for the app's functionality and user experience.

Project Issues

Did not have enough time and resources to develop the core algorithm for personalized workout recommendations. There are no other significant issues at the moment. All identified challenges have been addressed promptly.

Project Changes

No major project changes.

Activities—Planned for Next Week

Finalize report and github. Upload all documents and work.

Reflection

- Feeling "on track": Yes, the project is on track, and complete.
- Progress to feel good about: Successful implementation of user authentication and database with no errors from internal testing.
- Barriers to success: No significant barriers currently; however, ongoing monitoring of potential challenges is essential.
- Help/Questions: No help is needed and no questions or concerns at the moment



University
of Regina



FACULTY OF ENGINEERING
& APPLIED SCIENCE