Systems Request for MBS (Mind Body Soul)

By Aidan Grot, Malcom Kibirige and Jordan Carter

Description

MBS is an app designed to assist everyday people with every aspect of their health; mind, body and soul. We aim to improve not just the physical but the mental as well. There’s a lot of stress and emphasis on physical health and how it needs to be exercised, but there’s not quite the same amount of emphasis on mental health. Physical health and mental health go hand and hand. Once the mind is strengthened there’s no telling what physical achievements can be met, the sky is truly the limit. This app offers a variety of sections within the two groups of mental health and physical health ranging from; ***fitness plans*** to help users start their workout journey, ***weight tracking*** so that users can see their progress over any period of time, ***mental health*** so you can ensure a healthy mind, a specifically designed section for ***running*** to help people with their hearts, ***strength training*** for bodybuilders and people who wish to get more mass, ***personal training*** so people can make their own schedule and workout routine, ***calorie counting*** so users can keep track of their intake, ***nutrition*** so users can know what alternatives are available, ***stress relief*** to help people in stressful times or time of frustration, ***meditation*** for balancing, ***sleep*** to help people get a better sleep schedule.

Benefits

The reason that this software is needed is because, as we all know there already exist apps that help with meal plans, that help with fitness plans, that help with fitness and weight tracking, apps that help with mental health, apps that help specifically for running, strength training apps, personal training apps, calorie counting apps, apps for nutrition, for stress relief, for meditation, and for sleep. But the begging question is; is there a cohesive app that offers all of that content, effectively, efficiently and most importantly, for free? With our software you won’t need to have to deal with 7 other applications, worried about being able to concisely navigate them just to see your progress. We offer gentle and appealing UI for users as well as all their health needs just in one application.

App Comparison

Let’s take a look at apps like iPhone’s *health app, Calm, Sleep Score, My Fitness Pal.* All of these apps provide really great features in respect to their own workings, but other than that, they don’t really offer much. They don’t offer help with other needs, which can be really hard when you have over 7 apps and you are trying to track your progress on each individual app. The most important thing is that these competitor’s apps are costly and they require some sort of subscription based payment, either every month or for every year.

Constraints

In terms of constraints, the main issues are due to the app being constructed for this class. The primary constraint is the limited time frame to which the app needs to be completed, and it is likely that not all features will be able to be implemented in a timely manner. The fact that the app is made by a very small team will also have an impact in this aspect. However, despite this, we intend to at least have simple working prototypes for all of the features mentioned throughout this document.

Impact

As mentioned before, a person’s overall well-being depends on both a healthy physical and mental health. It’s well known that the general population’s mental health has declined within the past many years, as well as some aspects of the general population’s physical health. Depression, anxiety, and obesity rates have risen significantly. The average person, at least in the United States, has seen or knows someone with one of these issues. This is why an app like MBS is so important for the average person. We’re living in a time where we need to emphasize the idea of taking care of ourselves, and having an all-in-one tool to help do so is so important. Ideally, we want this app to have a positive impact on society, to make people stronger, happier, healthier and to create a sense of peace within people.

**Goals:**

1. Demonstrate the ability to propose a software project by writing a system request.
2. Defend the need for the software project by conducting background research to compare your proposed project with existing solutions.

**Tasks:**

1. **System Request Document**Describe the software project that you are proposing. Clearly state what the software will do and why the software is needed. Include any background information necessary to understand your project and what your software will do. Research to see if there are any existing solutions that are closely related to your software proposal. Give reasons why your software is needed, which may either improve upon an existing solution or provide a solution for a certain problem. Clearly state what the benefits of your software project will be. A summary of the major points to include is listed below.
   1. 1. Description of what the software will do
      2. Reasons why the software is needed

The reason that this software is needed is because, as we all know there already exist apps that help with meal plans, that help with fitness plans, that help with fitness and weight tracking, apps that help with mental health, apps that help specifically for running, strength training apps, personal training apps, calorie counting apps, apps for nutrition, for stress relief, for meditation, and for sleep. But the begging question is; is there cohesive app that offers all of that content, effectively, efficiently and most importantly, for free? With our software you won’t need to have to deal with 7 other applications, worried about being able to concisely navigate them just to see your progress. We offer gentle and appealing UI users as well as all their health needs just in one application.

* + 1. Compare and contrast with existing similar software

Let’s take a look at apps like iPhones *health app, Calm, Sleep Score, My Fitness Pal.* All of these apps provide really great features in respect to their own workings but other than that they don’t really offer much. They don’t offer help with other needs, which can be really hard when have over 7 apps and trying track progress on the other app. The most important thing is that these competitors apps are costly, they require some sort of subscription based payment, either every month or for every year

* + 1. List the benefits of the software
       1. General Description

The [\_\_\_\_\_\_] is an app designed to assist everyday people with every aspect of their health; mind, body and soul. We aim to improve not just the physical but the mental as well. There’s a lot of stress and emphasis on physical health and how it needs to be exercised, but there’s not quite the same amount of emphasis on mental health. Physical health and mental health go hand and hand. Once the mind is strengthened theres no telling what physical achievements can be met, the sky is truly the limit. The app offers a variety of sections within the two groups of mental health and physical health ranging from; fitness plans to help users start their workout journey. Weight tracking so that users can see their progress over any period of time, days, weeks, months, or years. Mental health so can ensure a healthy mind, a specifically designed section for running to help people with their hearts. Strength training for bodybuilders and people who wish to get more mass, personal training so people can make their own schedule and workout routine. Calorie counting so users can keep track of their intake, nutrition so users can know what alternatives are available. Stress relief to help people in stressful times or time of frustration. Meditation for balancing, sleep to help people get a better sleep schedule.

We are developing a mobile app that provides a user with the ability to plan and track several aspects of their day. The app will have a to-do list, calendar, meal tracker, and(The software is an application for overall fitness for the physical body, the mind and the soul. Teaches way on how to be happier as well) workout tracker.

The to-do list feature of the app will allow users to add the tasks that they need to complete for the day. These tasks can be for the current day and even in advance so that a user can be reminded of something. Additionally the list is not too strict so users can even use it for things like grocery lists.

The calendar feature will allow users to plan their days by being able to add things like meetings they might have or days they will be going to the gym or even peoples birthdays.

* + - 1. Business Needs
      2. Questions
      3. Constraints

In terms of constraints, the main issues are due to the app being constructed for this class. The primary constraint is the limited time frame to which the app needs to be completed, and it is likely that not all features will be able to be implemented in a timely manner. The fact that the app is made by a very small team will also have an impact in this aspect. However, despite this, we intend to at least have simple working prototypes for all of the features mentioned throughout this document.

* + - 1. Local Global Impact

As mentioned before, a person’s overall well-being depends on both a healthy physical and mental health. It’s well known that the general population’s mental health has declined within the past many years, as well as some aspects of the general population’s physical health. Depression, anxiety, and obesity rates have risen significantly. The average person, at least in the United States, has seen or knows someone with one of these issues. This is why an app like [APP TITLE] is so important for the average person. We’re living in a time where we need to emphasize the idea of taking care of ourselves, and having an all-in-one tool to help do so is so important. Ideally, we want this app to have a positive impact on society, to make people stronger, happier, healthier and to create a sense of peace within people.

1. **Team Report**

Each team will submit a document stating how the team completed the work for the assignment (team dynamics). This should include a high-level description of what work each team member did (who did what). It should also include an estimated amount of time each team member spent working on their task. Any issues of concern can be addressed in the team report.

Describe Project

We are developing a mobile app that provides a user with the ability to plan and track several aspects of their day. The app will have a to-do list, calendar, meal tracker, and(The software is an application for overall fitness for the physical body, the mind and the soul. Teaches way on how to be happier aswell) workout tracker.

The to-do list feature of the app will allow users to add the tasks that they need to complete for the day. These tasks can be for the current day and even in advance so that a user can be reminded of something. Additionally the list is not too strict so users can even use it for things like grocery lists.

The calendar feature will allow users to plan their days by being able to add things like meetings they might have or days they will be going to the gym or even peoples birthdays.

<https://greatist.com/fitness/best-health-fitness-apps#_noHeaderPrefixedContent>