Team: Konami Fitness
Members: Teddy Clark, Michael Kokkatt, Shane Riggs

Summary:

Our project will be to create a web application which will enable users to record calorie and workout information and view their progress in both. Users will be required to create an account in order to store personal information concerning their individualized fitness goals, calorie intake, and physical performance. However, all users, even those without an account, will be able to use our site to learn more about nutrition facts of foods and the benefits of specific workouts. Our calendar feature will give users the ability to view their past progress and be reminded about upcoming events. The app will also provide calorie and workout recommendations based on goals that the user has set for themselves. This application can be used to help organize fitness groups, with team workouts, nutrition goals, and upcoming competitions. These features will be presented through the use of an intuitive UI to display stats, graphs, progress, and goals.

Stakeholders:

Our stakeholders will include athletes, people who are new to fitness and dieting, coaches, trainers, parents and families, advertising partners, and competitors. Athletes will be able to record their fitness progress, get reminders about upcoming workouts and create fitness plans for themselves. People who are new to fitness and dieting will be provided with a simple introduction to nutrition tracking, information about workout techniques and dieting, in addition to developing their fitness goals. Coaches and trainers will be able to track the progress of their athletes, share workouts with their teams, and enable their athletes to be more conscious about their lifestyle even when not playing. Parents will be able to better plan healthy meals for their families, plan their trips to the grocery store, and educate their children about healthy lifestyle practices. Advertising partners will benefit from being able to share their products and services to a larger market. Finally, competitors will benefit from the app because they can replicate features and gather future leads from our users.

Technologies:

The application will use HTML and CSS for the website layout. It will also make use of PHP, MariaDB, Javascript and Apache to calculate the user's progress and calorie count, as well as load all the information of prior workouts and diets from a database. These will encompass much of the backend solution. APIs for food information and calories burned from workouts will serve to help the user browse through workouts and meal plans. The app will also use a Google Map API to assist in measuring calories burned for running workouts.

Functional Requirements:

The application must allow users to be able to view past, current, and future logs of their intended calorie intake and physical fitness via the calendar feature. An essential component of the app will be to send emails through a server when prompted in order to remind users of upcoming events. It will be equipped with a database that holds nutritional information of various foods and workouts, as well as personal information in a calendar display. The app needs to

provide security authentication with login and create account features, along with the capability to recognize an admin account.

Nonfunctional Requirements:
The application will send notifications to users when their personal information updates from their group leader and each night to provide summary stats and remind them if they forgot to input their daily progress. Coaches and trainers will have access to admin privileges, such as creating groups, viewing nutrition and activity information for their members, scheduling group events, and sending updates and reminders to their groups. The app will also send automatic reminders before workouts or planned meals.

Estimated Project Schedule:
1. 9/17 - Project idea set along with a project proposal outlining scope of project
2. 10/1 - Have final UI drawings/plan for site navigation and display (on paper)
3. 10/15 - Implement basic UI just to be able to navigate through designed components at the most minimal level
4. 10/30 - Finish adding on to the UI/ start integrating back-end and API's
5. 11/15 - Finish backend and start testing period
6. 12/1 - Finalize project
7. 12/8 & 12/11 - Presentations

Site Map and Wireframes:
Both the site map and wireframes will be attached at the end of this proposal.

< Basketball club

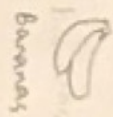Michael •
Shane 0
Teddy •

Add filter: Gluten-free Calcium Fish Leafy greens Bulk Plan

1

Bananas   105 Calories   (7")(118g)   Learn more
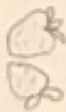
apples   95 Calories   (3")(182g)   Learn more

Strawberries   20 Calories   (2" X 50g)   Learn more
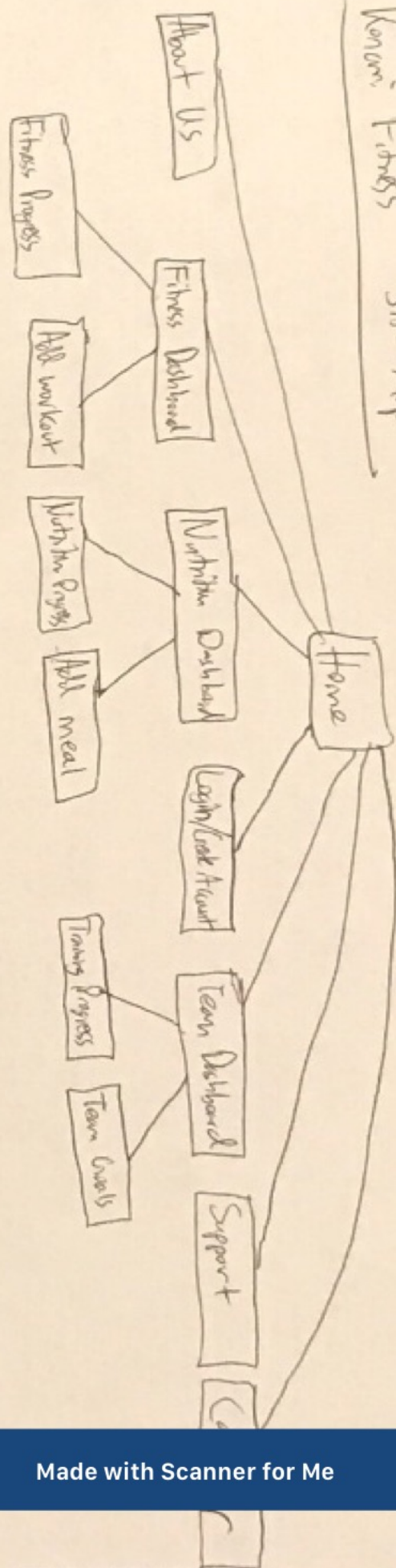
grapes   10 Calories   (1")(11g)   Learn more

New Search?

Konami Fitness Site Map

```
                                    Home
              ┌──────┬──────────┬──────┼──────────┬──────────┬─────────┐
         About Us  Fitness   Nutrition  Login/    Team      Support    C...
                   Dashboard  Dashboard  Create    Dashboard
                                         Account
              ┌────┴────┐   ┌────┴────┐           ┌────┴────┐
         Fitness   All    Nutrition  All      Training   Team
         Progress  workout Progress  meal     Progress   Goals
```

Team
Michael
Jane
Teddy

May 2020 week 19-25

| 19 | 20 | 21 | 22 | 23 | 24 | 25 |

View Calendar

Add Fitness

(Add meal)

View calorie history

2000

New run

Add Event

Recent runs