Team 15 Project Charter
Workout & Diet App

Team Members:
Roan Finkle, Luke Smith, Artem Yurovskiy, Jackson Smith, Drew Balaji, Pratik Bang

Problem Statement:
Working out and dieting are difficult and time-consuming tasks, where newcomers and frequenters alike struggle to accomplish their goals efficiently and effectively. The idea of our mobile workout app is to make this process easier, helping you plan workouts and diets, stay on schedule for specific goals, and facilitate communication with others to see how your journeys overlap. Current fitness and nutrition apps are often overly complex or focused on only one aspect of health, forcing users to use multiple platforms and making the benefits much harder to achieve. Our app addresses this gap by combining workout logging, diet tracking, and personalized fitness guidance in one streamlined platform tailored to individual goals, habits, and progress.

Project Objectives:
1. Ensure time spent in the gym is being used efficiently based on the users' personalized goals
2. Ease newcomers' journeys into the world of fitness and dieting
3. Make sure that experienced weightlifters are achieving maximum output for their strict efforts
4. Keep users accountable to their fitness and nutritional goals through consistent tracking and progress feedback
5. Help enforce correct technique to minimize the risk of injury and ensure people are getting the most out of each exercise
6. Allow users to communicate and connect with others, learning more about fitness while building relationships in the process
7. Limit crowds and wait times in the gym, ensuring people are doing exactly what they should

Stakeholders:
Users: Both new and experienced fitness enthusiasts
Developers: Roan Finkle, Luke Smith, Artem Yurovskiy, Jackson Smith, Drew Balaji, Pratik Bang
Testers: Roan Finkle, Luke Smith, Artem Yurovskiy, Jackson Smith, Drew Balaji, Pratik Bang
Project Manager: Yi Wu
Project Owners: Roan Finkle, Luke Smith, Artem Yurovskiy, Jackson Smith, Drew Balaji, Pratik Bang

Deliverables:
- A thorough onboarding process to create a profile of the current health status and goals
- A fitness and diet tracking interface to observe progress towards objectives, with a large amount of user customization
- Calendar interface to put fitness, diet plans, and objectives into perspective
- A social platform where users can share and recommend their plans and results, potentially meeting people who share similar routines
- An AI fitness trainer that recommends steps to reach your goal, correcting the user's form and technique from submitted videos
- React Native front-end for a mobile phone application, allowing for simple workout management and user communication
- Flask to connect the profile database to the front-end
- Mix of LLM wrapper and custom models for AI capabilities