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| TopFit – Workout and Wellness |
| Project Vision Document | |
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**Revision History**

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# Introduction

The Project Vision documents is to provide information about the *TopFit* (referred to as *TF*) application developed by *Group 11*. This app allows users to schedule workouts and get reminders, track their activity and get advice on healthy habits. The AI-driven engine enables custom settings that will fit every user’s needs. *TF* can be installed on an Android device and is supported by a wide range of OS versions. Free of change and easy to use – what else are you looking for?

## Purpose

The primary purpose of this Project Vision Document is to define the high-level scope and purpose of developing the *TF* application. As described in the [project summary](#_References), the product will be designed to encourage users to obtain a healthy lifestyle as this is often an issue due to the lack of time and high related expenses. The application will tailor the routines according to the user’s available time; and it is completely free to use. The critical features include scheduling workouts, sending notifications about upcoming sessions and tracking the user’s activity via GPS. The above mentioned will assist in establishing expectations and reducing risks.

## Scope

*Group 11* aims to deploy the first release of *TF* with the critical functions described above. In order to achieve the goal, the company needs 6 months. The development will be conducted on the open-source software, so the project cost is minimized. The current budget accounts for research expenses and the creation of workout media. The constraints are subject to change with a notice.

### **In Scope**

The scope of the *TF* application is mainly defined by its primary functions:

* Record user’s physical activity based on GPS tracking
* Synchronize with the user’s calendar to automatically schedule workouts at available times
* Send the user notifications / reminders about upcoming exercise sessions
* Store personal statistics and display the user’s progress

Additional functionality might be developed, should the team have sufficient time and resources.

### **Out of Scope**

With the project targeting to enhance user’s daily habits, there is a range of functions not embraced by the scope. *TF* will not provide:

* Access to diet and nutrition information
* Personal training
* Communication among users within the appication
* Spam emails

## Definitions, Acronyms, and Abbreviations

*Group 11* – a team of young highly-motivated professionals passionate about healthy lifestyle and driven to develop successful mobile applications.

*TF –* TopFit – Workout and Wellness application.

*IDE –* integrated development environment

## References

The following resources were utilized in the project development:

|  |  |  |
| --- | --- | --- |
| Name | Description | Link |
| GitHub Remote Repository | Location to store and share project materials | https://github.com/NadiaMok/capstone |
| My Fitness Pal Website | Source for target audience research | https://www.myfitnesspal.com |
| GoodLife Fitness Website | Source for target audience research | https://www.goodlifefitness.com/locations/ontario/toronto |
| BusinessBalls Website | Assistance with documentation | https://www.businessballs.com/strategy-innovation/swot-analysis/ |
| Stack Overflow | Open online community, helpful for resolving development issues | https://stackoverflow.com |

| Reference File Name | Version | Description |
| --- | --- | --- |
| T27\_Project\_Summary.docx | 1.0 | The document provides the developers’ general understanding of the high-level vision of the project goals. |
| T27\_High\_Level\_Requirements.docx | 1.0 | The specifications of the business requirements for the project. The current document version provides the high-level overview with all the key details. |
| T27\_Personas.docx | 1.0 | The document contains detailed descriptions of several user archetypes for the *TH* application. Provided the above-mentioned personas, the developers and the stakeholders can communicate more effectively. |
| T27\_User\_Stories\_Personas.docx | 1.0 | The overview of the actions that the users will be able to perform within the application. Sample functions are based on the personas and correspond to v1.0 of the *TH* application. The range of functionality will be expanded in further releases. |

# Positioning

## Business Opportunity[[1]](#footnote-1)\*

*Group 11* aims to improve the experience of exercise routines by offering a free and easy-to-navigate application. By utilizing it, people with sedentary lifestyle and a lack of time / money to attend regular fitness facilities will be able to perform the workout sessions from any convenient place. Unlike the alternatives that are already on the market, *TF* offers well-balanced routines developed by professionals and confirmed to be effective. Apart from that, every exercise is safe to perform without supervision. Project development is supposed to promote the company and enhance its reputation among competitors. While at the current moment generating revenue is not the primary purpose, it will likely serve as a long-term goal.

## Problem Statement[[2]](#footnote-2)\*

The problem with maintaining a healthy lifestyle nowadays is often related to the lack of time for exercise and the significant expenses related to attending a gym or any other fitness facility. This issue affects a wide range of people living in urban areas. The most vivid examples are people who tend to have a sedentary lifestyle due to their occupation. It leads to general dissatisfaction with the daily level of activity and sometimes causes health problems. A solution to the above-mentioned is presented by *Group 11* in the form of fitness application that will provide free and short workout that can be completed from home.

## Product Position Statement\*

For busy individuals with little or no time to exercise, *TF* application provides an easy way to sustain a healthy lifestyle and a proper level of physical activity. *TF* distinguishes itself from other fitness applications with its free content, high accuracy of measurements and simple interface.

## SWOT Analysis

|  |  |
| --- | --- |
| Strengths | Weaknesses |
| Excellent product performance vs competitors | Narrow scope of functions |
| Simple interface | Only available for Android OS |
| Content approved by fitness professionals | Only available for phones |
| Free download available |  |
| Compatible with most Android OS versions |  |
| **Opportunities** | **Threats** |
| Potential release for IOS platform | Open-source technology implies security risks |
| Expanding functionality scope | Interface eventually becomes too complex |
| Partnership with gyms | Losing customers due to low demand |
| Compatibility with a wider range of devices (watches, tablets) | Application will consume too much system resources |

# Stakeholder and User Descriptions

Sam Aliwhite is the primary stakeholder for *TF* application. He is an entrepreneur from Montreal and has recently launched a gym franchise. He is interested in engaging his existing clients in more active lifestyle and attract new customers by advertising his business.

The users of the TF application are mostly people with sedentary lifestyle, who lack physical activity. It can be office workers, students or whose who work in research area.

## Stakeholder Summary

| Stakeholder Name | Represents | Role |
| --- | --- | --- |
| Owner | Potential buyer for the product with the transmission of use rights | Contribute to the project budget with the purpose of generating revenue |
| Customers | Product users | Define requirements and the scope of functions |
| Competitor | Fitness application developed by a competing company | Potential collision of interests; contribute to fulfilling user demands |

Table 3 Stakeholder Summary

## User Summary

| Username | Description | Responsibilities | Stakeholder |
| --- | --- | --- | --- |
| Rose Gilardoni | User who looks for workout to perform from home. This archetype makes a big percentage out of all users | Report application issues to the technical support, define the scope of user interest, form content demand | The user is directly represented |
| Narina Shipton | Represents the middle-age generation, users with little technical skills | Form user demand  Utilize all the features | The user is directly represented |
| Jack Forster | This archetype is a model for the millennials generation, a large share of all users. | Escalate application issues, maintain the system is proper condition | The user is directly represented |
| Edmon McLoad | Representation of the wealthy portion of users, those who majorly form the market demand | Influences the market demand, can become a potential stakeholder | The user is directly represented |
| Maddy Hall | This user has little or no technical skills, looks for specific type of workouts | Define user interface requirements, represent users with little / no technical skills | The user is directly represented |
| Larry Hardage | This type of customers uses the applications the most actively | Represents the most technically advanced users as well as support team. Fixes of escalates the application issues | The user is directly represented |

Table 4 User Summary

# Stakeholder Requirements

| ID | Requirement | Stakeholder |
| --- | --- | --- |
| 1 | Responsive tech support team | Sam Aliwhite (owner) & Users |
| 2 | Secure data storage | User |
| 3 | Receive statistical reports | Sam Aliwhite |
| 4 | Easy-to-use interface | User |
| 5 | Little downtime | Sam Aliwhite |

Table 5 Stakeholder Requirements

# System Features

| ID | Feature | Stakeholder Requirement ID |
| --- | --- | --- |
| 1 | GPS activity tracking: the application can track and record user activity by connecting to GPS | 3, 5 |
| 2 | Workout scheduling: users will be able to allocate time slots for their workout and synchronize the data with the personal calendar | 4 |
| 3 | Workout reminders: this feature will allow the users to receive notifications about upcoming workout sessions | 3, 4 |
| 4 | Usage statistics: maintains a record for each user with the summary of the app use, such as the distance walked / ran, total workouts etc | 3 |
| 5 | User dashboard: maintains and graphically displays user data, such as body measurements and workout schedule | 2, 3 |
| 6 | Contact tech support: in case of application bug, any user should be able to contact tech support and quickly receive a response | 1, 5 |

Table 6 System Features

# Assumptions

In order for the project to move forward according to the plan, the following elements should be present:

**Resources**

* Users will be able to test the Beta-version of the product at the agreed time
* Hardware used by developers will be properly configured (all the necessary software present and functional)
* Estimated development time and cost are not exceeded
* The necessary training for developers will be conducted independently with no additional expenses

**Solution**

* The first release of the application will be free of charge and available for download for Android OS phones
* All the defined functions will be implemented and working without interruption

**Scope**

* Project scope will remain consistent after the scope statement is signed by the involved parties

**Methodology**

* Project will follow agile methodology throughout the development cycle, with every sprint delivering all the defined outcomes

**Technology**

* The primary technology used for development will be the Java programming language
* Android Studio will be used as the IDE
* Alpha-testing will be conducted on developers’ own devices, while beta-testing will take place of testers’ Android phones.

# Constraints

The TH application is restricted with the following internal constraints:

* **Cost** – the project has no budget because open-source technologies are used. Thus, no costs should be involved in the development.
* **Scope** – development of a native Android application
* **Quality -** applicationmust be of high performance and store user data securely despite the absence of cost and the type of technology chosen
* **Customer Satisfaction –** the application should have sufficient functionality to satisfy the target audience and thus to withstand the market competition
* **Risk –** the team has very limited resources and time; thus losing a team member will significantly impact the development process. Another critical risk is failing hardware: due to the absence of budget the team is unlikely to afford new equipment
* **Resources –** theteam members are consistent and will not change during the development. The work is conducted on the developers’ own hardware with the open-source software that can be accessed at no cost.

1. \* Information about the product business opportunity, problem and position statements can be also found in [supporting documents](#_References). [↑](#footnote-ref-1)
2. [↑](#footnote-ref-2)