**Project Summary Template**

This document is intended to provide a summary understanding of the high-level vision of the project goals.

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| **Company Name** | Group 11 |
| **Company Address** | 160 Kendal Ave, Toronto, ON, Canada |
| **Company Website** | https://github.com/NadiaMok/capstone.git |
| **Telephone** | 416-471-4743 (Nadia), 905-351-7527 (Milad), 647-877-5040 (Parisa), 647-767-6773 (Vlad), 416-737-6315 (Talha) |
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| **Title** | Junior Developer |
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| **Telephone** | (416) 471-4743 |
| **Project Title** | “TopFit – Workout and Wellness” application for Android |
| **Project**  **Description** | **About the company:**  *Group 11* is a start-up company run by students and junior developers willing to motivate people to maintain a healthy lifestyle. The team culture is based on supporting the healthy habits and reinforcing their continuous development. *Group 11* is a team of passionate builders with different backgrounds and goals, who share a common desire to make peoples’ lives better.  *Group 11* is guided by several simple principles: customer satisfaction over market domination, passion for new ideas and operational excellence.  The products designed by *Group 11* are easy to use and contain all the necessary features to support a healthy lifestyle.  **About the project:**  With today’s busy lifestyle it might be challenging to find either time or motivation for a workout. A whole hour of the precious time plus loads of research – that’s what it can take to build a sport routine. Wouldn’t it be easier to have all the exercises along with lifestyle tips in on place? That’s exactly what *TopFit* application is about!  With *TopFit,* userscan schedule workouts and get reminders, track their activity and get advice on healthy habits. The AI-driven engine allows for custom settings that will fit every user’s needs.  *TopFit* can beinstalled 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? |
| **Problem/**  **Opportunity Assessment \*** | *Please describe current state problem/opportunity that describes the nature and extent of the problem (factual, quantified, concise), or that outlines a chance for advancement or progress.* |
| 1. Lack of time to attend gym / fitness classes 2. Existing applications have a complex interface 3. Little content is available for free in existing applications. It is required to purchase the full version of an application to gain access 4. Little / no results from workouts 5. A person forgets about their scheduled workout 6. Gym membership is expensive / unaffordable 7. There’s no gym / sport club nearby 8. A person feels anxious / afraid to be judged by others in the gym / sport class |
| **Desired Project**  **Outcomes/**  **Requirements\*** | *Define how this project shall address a business need, e.g. the business problem or opportunity described above; describe what the beneficiary must be able to do / receive from the solution* |
| 1. *TopFit* offers workouts of different length 2. Simple intuitive interface 3. All the content is free of charge 4. High accuracy estimations for faster results 5. Notifications about upcoming workouts 6. No need to purchase membership 7. Workouts can be completed from any convenient place 8. No partner / group is required to complete a workout |
| **Key Deliverables to be produced by students\*** | *Define the boundaries of work that you expect to receive from the students effort (vs. internal effort)* |
| 1. User will be able to choose a workout length that fits their lifestyle. After that, only the selected portion of database will be accessible; users can change their choice any time. 2. Graphical interface with visual representation of the exercise technique as well as the text instructions 3. Use of free technologies and software allows for the application to be released at no cost – there’s no need to charge for downloading 4. User will be able to record their body measurements and desired goals. Based on the entered data, workout intensity will be estimated and suggested. User will have an option to modify both the measurements and the intensity any time 5. A scheduled task will run to notify users about their upcoming workouts (application notifications) 6. As mentioned above, all the content will be accessible for free 7. The exercises that make up the application content will not require any equipment or special arrangements and thus can be completed from any place 8. All the workouts can be completed individually |
| **Desired Start Date** | Monday, September 23, 2019 |
| **Desired End Date** | Friday, March 27, 2020 |
| **Attachments** | *List attachments that support project description* |
| 1. https://github.com/NadiaMok/capstone.git 2. https://phonegap.com |