<u>Research:</u>
To understand the direction for CoreFoods, we looked into existing fitness and nutrition applications that aim to support healthier habits. Popular platforms such as MyFitnessPal, Fitbit and Lifesum provide features like calorie tracking, activity logging and progress visualisation. While these apps have gained significant popularity, many of them rely heavily on additional integrations, paid subscription tiers, or complex interfaces that may overwhelm new users.

From our research, we identified a gap in solutions that combine simple habit tracking, accessible nutritional logging, and interactive AI-driven guidance in one place. Existing competitors often offer these features separately, or place key tools behind premium pricing models, limiting accessibility for many people trying to begin their fitness journey.

CoreFoods aims to be different by providing a more straightforward and unified approach. By building an app that focuses on ease of use, AI-generated suggestions, and user motivation, we offer something more supportive for beginners and consistent users alike. The addition of a built-in community space also sets CoreFoods apart, creating a place where users can learn from others, share progress and feel connected. This combination of features makes the project unique compared to existing tools and supports our goal of encouraging long-term healthy habits.

<u>Budget:</u>

The CoreFoods project has been planned to operate with no financial cost. This is possible because we are building the application entirely with free and open-source tools. Android Studio, SQLite, Firebase (free tier), Trello, GitHub and Google Docs all provide the necessary functionality for design, development and collaboration without requiring payment.

Development and testing will be completed using personal devices and free Android emulators, meaning there is also no need for specialist equipment. All team communication, documentation and design work will rely on free online tools, keeping the project fully cost-neutral from start to finish.

By relying on open-source and freely available software, CoreFoods remains accessible to develop while still meeting all the requirements for a full working application.

<u>Approval Process:</u>

Since CoreFoods is an entrepreneurial project, approvals will come from within the team through structured internal review points. At the start of each phase of development, the team will discuss and confirm the planned tasks and expected outcomes. As new features are completed, they will be reviewed during weekly meetings, where team members can give feedback and agree on whether a component is ready to move forward.

For larger milestones, such as completing prototype stages or finishing major features, the team will carry out a more detailed review to ensure everything aligns with the original goals of the project plan. All decisions will be recorded in our shared documents so the team maintains a clear record of what has been approved and what still needs work.

This internal approval process helps keep development organised, ensures everyone agrees on progress, and maintains consistency with the overall direction of the project.

Change Management:

Changes may be needed during development, especially as we refine ideas or discover better ways to implement certain features. To manage this smoothly, any proposed change will first be discussed within the team during weekly or sprint meetings. The team will consider how the change impacts the schedule, the planned workload and any dependencies between features.

If the change is agreed upon, it will be added to the Trello board with updated priorities so the whole team can clearly see when it will be implemented. The project documents will also be updated to reflect any new direction or adjustments to functionality. By documenting changes and discussing them openly, we ensure the project stays controlled and avoid misunderstandings about what is being built.

This structured but flexible process allows the project to evolve naturally without losing track of the original goals or timeline.

Closure and Evaluation:

Once development is complete, the CoreFoods project will move into its closing stage. This will begin with a final team review of the completed application to ensure it matches the goals outlined in the project plan. Any outstanding minor issues or improvements will be addressed during this stage to make sure the app is in a fully finished state.

After the app is finalised, the team will hold a post-project discussion to evaluate how the project went overall. This includes reflecting on what worked well, what challenges were faced, and what improvements could be made in future projects. These reflections will be written up as part of the final documentation.

All materials; including the codebase, documents, diagrams, meeting minutes and project records, will then be organised and stored clearly in our shared GitHub repository. This marks the official closure of the project and ensures everything is properly documented for submission.