1. **Problem Statement**

**Having a fit and healthy body is everyone's dream, but it has somehow not been everyone's cup of tea.**

**Between 2017 and 2018, the National Health and Nutrition Examination Survey observes 1 out of every 4 children are suffering from Obesity, also obesity is linked to more than 60 chronic diseases.**

**More and more people realize that a busy lifestyle combined with fast food consumption can lead to health problems.**

**Most part of the problem comes from a lack of awareness of what people are eating and how much energy they burn every day.**

**That’s exactly what we are here to help with the project proposal.**

1. **Project Description**

**The Quality of life is defined by quality of food we intake and the lifestyle we maintain. Walk Tracker is a digital technology to help people eat better, maintain a good physic and lose weight in a healthy way. The primary solution is delivered via a smartphone app (iOS, Android, PC) with a team of qualified diet/ fitness expert’s**

1. **The app helps in tracking user activity**
2. **Which uses AI and ML to integrate the services for fitness suggestions**
3. **Providing points based on the steps count (Rewarded points used to buy products like Our University T-Shirts, Caps and few gadgets)**
4. **Also we plan to integrate with wearable devices in future**
5. **Benefits of Walk Tracker**
6. **Provide various exercise programs and guidance for workouts.**
7. **Ability to set personal goals**
8. **Communication features, such as a forum for sharing users’ experiences, recipes, etc.**
9. **The user statistical data can be used to predict user’s health prior to attack.**
10. **Core Team Members**

**So here comes our amazing team, the brain behind the product.**

**They are well organized and highly efficient in their respective domains. They lay a strong foundation to our team.**

1. **Functional Requirements**

**The user can enter the data based on these activities**

**Steps walked, stairs climbed, distance run and speed, heart rate, calories burned, hours slept, etc.**

**They display the info on a user device screen, can build charts, demonstrate user progress, and issue movement reminders.**

1. **Project Management Plan**
2. **Software Development Methodology : Agile**

**To improve software development process, we have adopted to a methodology that focus on customer collaboration, continuous delivery, constant feedback and communication between developers, customers and users while delivering software incrementally in small releases.**

It helps improve IT service performance and to give organizations competitive advantages

1. **Terms and Techniques**

**Over time, there has been a shift in implementing smart and innovative business strategies. Most of the organizations are switching from desktop websites to mobile applications, as it is a fast-track way to reach global audiences.**

**However, to make your mobile app a real success, it is essential to make the right selection of mobile framework, platform, technologies, and databases.**

1. **Schedule Management**

**Shows relationships and dependencies of project tasks, Here is the chart showing the efforts invested by an individual for finishing the project. We have considered for 9hrs a day, having 5 working days in a week. And here is the average efforts invested by an individual which is 2835 hrs**

1. **Cost Estimation**

**Here is our prediction on the resource necessary to finish the project within the defined scope. These are various pay per hour rate for different designations which is calculated per hour job done by the individuals.**

1. **Communication Management**

**It's important to have a strong communication channel to provide the stakeholders with information. The plan formally defines who should be given specific information, when that information should be delivered and what communication channels will be used to deliver the information.**

**Since its’s covid times, we care for our employees and we wish to keep everyone stay safe, we had preferred to go with Zoom meeting channel**

1. **Risk Management**

**As we are maintaining health data, we plan for safe and secure database to avoid risk of data loss.**

**We maintain high secure Authentication for the users to avoid risk of hacking.**

1. **Outcomes of this project**

**Fitness app on the smartphone can act as a dietician in their pocket or a personal coach to guide and track their exercise activities wherever the user wants.**

1. **sample**