Nutrition and Diet Application Project Plan

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Revision History

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| --- | --- | --- | --- |
| Revision | Date | Editor | Description |
| 1 | 23 May 2024 | Dorrell Zimmerman | Initial Document |
| 2 | 28 May 2024 | Dorrell Zimmerman | Document Revisions and update |

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Executive Summary

Project Goal

To assist individuals in managing their weight effectively by providing an application that assist in managing their calorie intake.

Objectives:

1. Calculate BMI (Body Mass Index): Provide an assessment of an individual's body fat based on their height and weight.
2. Determine BMR (Basal Metabolic Rate): Calculate the number of calories an individual needs to maintain their current or ideal weight at rest, considering factors such as age, gender, and physical activity level.
3. Calorie Intake Tracking: Provide a way to track and calculate daily calorie intake for a given individual dependent on their weight goals.

Deliverables: To manage daily calorie intake to chart and individuals goals the following items are needed.

* Current BMI and its interpretation
* BMR Calculation
* Daily Calorie Intake Tracker

Conclusion

This project is intended to provide individuals with a tool to manage their weight effectively through scientific calculations and a tracking method. By providing them information on their current status and providing tool that provides an insight into their caloric needs for their current or ideal weight, users can make an informed decision to achieve and maintain a healthy body weight.

Overview

This project plan will discuss the plan for the creation of a diet and nutrition application. It will describe requirement specifications of application. Included are systems specification for application development along requirement for user to operate and use platform. A detailed look at team member roles and responsibilities are included with detailed timeline of project schedule. A communication plane is included to identify a method that team members use to share information during project collaboration is included.

Requirement Specifications

Create a web base application that tracks diet and nutritional data for a given individual.

System Specifications

1. Developmental Platform: Intel Core i5 1.5 GHz, 2 Gigabytes memory, 250 GB hard disk, Windows 10 or Mac OS X 10.15 or higher, PyCharm
2. Operating Platform: Any system able to run a localhost environment.

Software Management

Version control will be handed through GitHub, the project repository can access using the following URL: https://github.com/Rohandra123/UMGC-CAPSTONE

Roles

|  |  |
| --- | --- |
| Role | Team Leader |
| Member | Dorrell Zimmerman |
| Description | The team leader I responsible for overseeing the planning, execution, and completion of project. This involves setting a clear vision and goals of project, coordination of team members for collaboration, and tracking project progress ensuring milestones are being met. |

|  |  |
| --- | --- |
| Role | Front End Developer |
| Member | Diamond Zetty |
| Description | Front-end developer is responsible on creating the visual and interactive aspects of web application. Working with back-end developer and other team members to integrate front-end components with back-end support structure. |

|  |  |
| --- | --- |
| Role | Back End Developer |
| Member | Rohandra Macolm |
| Description | Back-end developer is responsible for server-side functionality of web application. Development of applications servers side logic and functionality. |

|  |  |
| --- | --- |
| Role | Test Planner/Technical Writer |
| Member | Dobrian Zaprianov |
| Description | Test planner is responsible for evaluating and verifying that application functions as intended. Develops test cases based on application requirements and specifications. As a technical writer responsible for creating documentation that presents information on various application development processes. |

Project Schedule

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Task | Duration (days) | Start Date | End Date | Personnel |
| Project Requirements   * Writing * Review * Revision | 6  3  2  1 | 20 May 2024 | 27 May 2024 | Rohandra Macolm  Dobrian Zaprianov  Diamond Zetty  Dorrell Zimmerman |
| Project Plan   * Writing * Review * Revision | 6  3  2  1 | 20 May 2024 | 27 May 2024 | Rohandra Macolm  Dobrian Zaprianov  Diamond Zetty  Dorrell Zimmerman |
| Project Design   * Writing * Review * Revision | 6  3  2  1 | 27 May 2024 | 4 June 2024 | Rohandra Macolm  Dobrian Zaprianov  Diamond Zetty  Dorrell Zimmerman |
| Phase 1 Source   * Development * Test * Review | 6  3  2  1 | 4 June 2024 | 10 June 2024 | Rohandra Macolm  Diamond Zetty |
| Project Test Plan & ICD   * Writing * Review * Revision | 6  3  2  1 | 11 Jun 2024 | 17 June 2024 | Dobrian Zaprianov |
| Phase 2 Source   * Revise * Test * Finalize | 6  3  2  1 | 18 June 2024 | 24 June 2024 | Rohandra Macolm  Diamond Zetty |
| User Guide   * Writing * Review * Revision | 6  3  2  1 | 25 June 2024 | 1 July 2024 | Dorrell Zimmerman  Dobrian Zaprianov |
| Final Deliveries   * Writing * Review * Revision | 6  3  2  1 | 2 July 2024 | 9 July 2024 | Rohandra Macolm  Dobrian Zaprianov  Diamond Zetty  Dorrell Zimmerman |

Communication Plan

Team members will communicate using Skype chat room features and weekly virtual meetings using same application. Team leader is responsible for initiating weekly reminders for project updates and ensuring that deadlines are being met. All team members are responsible for and required contact collaborators for needed information for project and notify team leader if responses are not given in timely manner.