Principle of Software Engineering

[CEN 4010]

**GymBro**

**Group: Team 9**

Sharon Nir (Team Lead)

**Team Members:**

Sharon Nir

Romeo Francois

Luis Timana

Christopher Anastasis

Juan Reyes Pinzon

Milestone 1

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Executive Summary

There are many fitness apps that will offer many of the same benefits as all the others. This can anything form a diet plan all the way to full workout plans. Each of these apps can cost a fortune just to get some information and, even then, there have been instances where the person running the service ends up being a scam artist that was only in it for the money. Other apps will sell you information that has not been scientifically backed but would convince the majority of people that it was true. This is where our fitness app: GymBro, comes in.

GymBro is meant to be a grand solution to all the problems that a fitness app could have. This can go from lack of a BMI calculator to lack of good information. Our app will feature a multitude of features such as the ones mentioned before with science backed information, a gym locater to make it easy to find a gym in your area, etc. It will provide dietary plans to help reach the necessary weight needed to look they the way they want to.

Each person will have a personalized page based on their needs and wants. For example, if you are on the slim side and want to get fit but not buff, it will recommend you a more calorie heavy diet with exercise that don’t go overboard. It will also have a section where you can calculate how many calories you burn after each workout completed. This will help users keep track that everything they are doing is eventually leading up to their goal. Our app will also have the option of having a maintaining state. In other words, if you are happy where you are fitness wise, it will give you exercises that will help you maintain your fitness level in order not to lose all your progress.

Our app will also feature a recipe section that will not only tell you about your diet plant, but also teach you how to cook your own meals in order to succeed at your fitness goals. This will help users not only stay in shape but also provide a guide in how they can prepare their meals in order to maintain their required weight and protein levels.

Going to the gym and buying equipment can be expensive of some. So, in order to solve this dilemma, the app will also offer a budget plan. If the user is unable to pay for the gym or buy equipment, it will offer more Calisthenics exercises, which does not require any equipment in order to them. The same will be done in terms of the diet plan. If the user feels they are paying to much for food, it will offer an alternative to the diet.

Our goal in making this application is to help those who want to stay healthy and fit in their lives at without selling an arm and a leg in order to do so. This app will be completely free and will not keep any features or services behind a pay wall. This will ensure that it will be accessible to all who want to use it.

Competitive Analysis

In order to determine the competitive advantage our application against our competitors, we will focus on six general features that every website has and two additional features that is unique to our application.

Scaling:

1 – Bad

2 – Fair

3 – Average

4 – Good

5 - Great

Unique Features to our app:

* BMI calculator
* Gym Locater

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **GymBro** | **MyFitnessPal** | **Strava** | **Jefit** |
| **Homepage** | 4 | 3 |  |  |
| **Design** | 4 | 3 |  |  |
| **Navigation** | 5 | 2 |  |  |
| **Content** | 5 | 4 |  |  |
| **Accessibility** | 3 | 3 |  |  |
| **Helpfulness** | 5 | 5 |  |  |
| **BMI Calculator** | 5 | 0 | 0 | 0 |
| **Gym Locator** | 5 | 0 | 0 | 0 |
| **Average Score** | 4.5 | 2.5 |  |  |

**GymBro**

The homepage for GymBro will display the most important piece of information that the user needs such as BMI, Fitness Goals, Recipes, etc. This will make the navigation of our website more intuitive as most of what you need will already be in front of you. All other features will be accessible through a button or some other functionality that will make it easy to traverse the website.

**MyFitnessPal**

MyFitnessPal needs a log in before using their website, which covers any curious user from exploring before choosing their service. The UI is simple, but it may be challenging to find out where everything is. Extra features not included in the free version cost an additional $10 a month. This makes in inaccessible to anyone on a limited budget but wants to stay fit using free resources.

**Strava**

Strava is a fitness app mostly focuses on distance, elevation gain, calories, heart rate, etc. This is mostly useful for people like runners and cyclists. It may not be as useful for people doing other exercises such as calisthenics, weightlifting, etc. The website does not allow you to view anything before making an account which does not allow for users to explore before deciding.

**Jefit**

Just like with the other fitness apps on this list, Jefit does offer all services for free. If one were to want to access all features provided by this app, they would need to pay an additional $12.99 a month. Jefit also has a simple design to a fault. It’s simple to the point where the design choices begin to suffer for it. According to some users who have used the app, the routines and techniques may not be very comprehensive and more so if you’re just starting out in the field of fitness.

**Planned Advantages**

The planned advantages over our competitors are three things: BMI calculator, Gym Locator, and no subscription fees. Our app will be completely free for those looking for the best service for fitness without the additional costs that most other apps provide. The gym locator will help people find the nearest gym in order for them to find the nearest area to workout. The BMI calculator will help keep track and make sure the user stays within a healthy BMI making sure to be under or overweight.

**Team Roles:**

**Team Leader and Front-End Developer:**

Sharon Nir

**Front End Developers:**

**Back End Developers:**