**1. Introduction**

a. **Scope and purpose of document – In one paragraph, describe what is contained in this document and the general purpose of a Project Plan. In a separate paragraph, provide an overview of your application.**

Brandon -

The following is a description of our new project and what our overall plan is with it. Our project is an app called “Get Fit Quick”. In short, it is an app that is focused on health and fitness. Below, we are covering what our goal is with “Get Fit Quick:, the benefits of it, and the capabilities of the app or the functions of it. The opportunity section will be describing what we are trying to achieve with this project. The benefits portion will describe how exactly we will achieve that goal and what our customers will get out of this project. And finally, the capabilities section will go into further detail about what “Get Fit Quick” will actually do to help achieve our goal and give our customers the desired benefits.

As mentioned above, “Get Fit Quick” will be an application with a focus on health and fitness. It will not only act as a guide to help people get started with living a healthier life, but it will also help them keep track of their progress, and help them find other guides to help them further improve themselves. There will be the health section to help with exercise tips and eating habits. There will be a journal section to help customers keep track of their progress. And finally, a section with a consistently updated list of links to other guides, apps, and websites to give our customers a growing library of information to help them on their journey. There is more detailed information on all of these features below.

b. System Scope

i. **Problem/Opportunity Description – in 1-2 paragraphs, describe what the goal is of your project. What problem are you trying to solve or what opportunity are you trying to take advantage of.**

Jason-

The goal of our project is to simplify the process of working out. Working already is a tough challenge for people to complete and just getting the motivation to workout is hard enough. We want to make this process easier by allowing people to use our app to their advantage. Finding workouts with just a couple clicks within our app. Reducing the stress for the individual and simplifying the overall process. The big problem in a lot of people who workout is not seeing results as fast as they would like to. There can be multiple reasons for this such as not eating enough protein, eating too many carbs and fatty processed foods, doing the wrong exercises and plenty more. With our app they will be able to see how many calories they should be intaking and then from other information given they can be told how much protein they should be consuming. Also we will be giving them full workouts that they can choose from to ensure they are working the right parts of the body with each exercise. This also ensures that they aren’t overworking a single body part and are rotating them each day to allow that body part to rest after an intense workout, as overworking can be counterproductive to building muscle.

The Opportunity we are trying to take advantage of is the people who want to get more serious about getting into shape but don’t know where to start. Our app will allow them to familiarise themselves with different exercises, diet plans and routines to lead them to success. The ultimate goal is to make working out less of a hassle than it already is. Having to think ahead and try to plan your workouts accordingly can cause a headache. Or planning your next meal. With our app all the individual would have to do is log in and see the recommendations and choose one that best fits their interests.

ii. **Anticipated Business/Personal Benefits – In one paragraph, describe what your company will hope to achieve by creating this application. In another paragraph, describe the benefits to the users.**

Jason-

Our company hopes to help many people achieve their personal goals. Being healthy in today's world is difficult with all the unhealthy processed foods all around and the unhealthy lifestyles we promote such as sitting behind a computer screen for hours everyday. By creating this application we are hoping to encourage people to take their health seriously, but by simplifying it and making it as easy as possible. A lot of people like to follow a plan and know exactly what they will be going to do each week. Our app will allow these people to find comfort in knowing that everything is already planned for them, all they have to do is follow it and they will be on the trail to success. The users will benefit in many ways such as changing their lifestyle, being healthy, their appearance and overall confidence within themselves. We are hoping our app will change many lives and allow people to live healthy, happy, confident lives by living in their most healthy and top form they can be in. Many people who don’t eat very healthy will see a major difference in how they feel each day just by eating healthy foods and working out 4-5 a week.

iii. **System Capabilities – list of major functions of the system. These are taken from the Project Proposal and expanded upon.**

Calorie Counter- We will input a function to calculate how many calories you should be intaking based on Basal Metabolic Rate. We will input a function that automatically adds the numbers they input in the beginning to these equations to formulate their BMR without them making the calculations themselves. Once we get the users BMR we can input it into yet another equation shown below.

Women: BMR = 655 + (9.6 × weight in kg) + (1.8 × height in cm) – (4.7 × age in years)

Men: BMR = 66 + (13.7 × weight in kg) + (5 × height in cm) – (6.8 × age in years)

If you are sedentary (little or no exercise) : Calorie-Calculation = BMR x 1.2

If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375

If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55

If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.725

If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = BMR x 1.9

(https://www.checkyourhealth.org/eat-healthy/cal\_calculator.php)

iiii. **System Context – Using Visio or a similar drawing tool, create a System Context Diagram which depicts the primary uses of the system and the information that is exchanged between them and the system**

2. **Schedule - Using MS Project, create a Work Breakdown Structure Chart, identifying all tasks required to complete this team project, its dependencies and resources for each of the tasks. Your paper submission should include a printout of the Network Diagram (AKA PERT chart) and a printout of the Gantt Chart.**

**Submit the MS Project file as a separate file from your plan document.**

**3. Staff Organization**

-Brandon Zabriskie

Leader - Brandon Zabriskie

Work will be distributed equally throughout the group.

**4. Tracking and Control Mechanisms - Describe how you plan to track changes to this document (especially those items in Section 2) and techniques that you will use to monitor the progress of the various tasks. For example, do you have regular meetings, how do you use groupware to keep the documents in-synch and current, etc.**

-Brandon Zabriskie

We do have our meeting on Tuesday mornings to discuss our plans over zoom, and later this month in person, for this project. In between meetings we have a website called slack for a live chat and sharing links. For keeping documents up to date we are using google drive which is a cloud service that will keep all of our documents for each of the team members up to date as we make changes. This can be used for documents and spreadsheets.