**Project Plan: (Fitness app)**Written by:

***( Syam Patnala***)

**1 Introduction**

I am syamkumar from IIIT-Sricity .This is a individual project which is also my passsion project. I am always passinate about beeing healthy and fit. Every morning when i wake up it drives me to jogging and exercise. Now i want to build an app which helps the people to eat right food and to do right exercise suggestions based on different age groupes we suggest different kinds of workout planes like yoga,meditation,exercise.

**2 Overview**  
Now a days there are many apps are there for fitness but the thing is those all apps have packed with lot of work out planes. User don't know where to start and if some user started some workout at that time he don't know what kind of food he has to take.

To cover these all problems i am designing this app.

This app is to select right workout plan based on different constraines such as age,food,weight etc.

**2.1 Customers**

Now a days fitness is essential for all age group people so all age group people are my customers. In the app design i have given selection criteria to deal with different age group of people.

**2.2 Functionality**

This app will give different options to the users. User have to fill the details at the end he will be suggested a good diet and exrcise plan for 1 week. This one week we will keep update the user about what he has to do.

At the end of the week user may write review so that other can know about the workout plan followed.

**2.3 Platform**

It is an web application built using Ruby on Rails.  
**2.4 Development Responsibility**

I am responsible for learnign new freame work Ruby on Rails and the app design.

**3 Goals and Scope**

The main goal of this application is to make the user follow easy planes and get results of beeing fit and happy.

**4 Deliverables**

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| --- | --- | --- | --- |
| **Milestones** | **Due Date** | **Release** | **Deliverable?** |
| *Prototype of fitness app* | 15/10/2015 | Pre-Beta | Yes |
| First Version of fitness app | 30/10/2015 | Beta | Yes |
| Second Version/Final of fitness app | 30/11/2015 | Final | Yes |
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**5 Risk Management**

**5.1 Risk Identification**

The main risk involved in the design of this app is understanding the user in correct way so that dwe can suggest him good workout planes.

**5.2 Risk Mitigation**

We can take advice from the people who have worked on designing the fitness app and fitness trainers,  
  **6 Scheduling and Estimates**

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| --- | --- | --- | --- |
| **Milestone** | **Due Date** | **Release** | **Deliverable?** |
| *Draft requirements/Documentation* | 15/09/2015 | R1 | No |
| *Finding out all Features* | 30/09/2015 | R1 | No |
| Prototype of Fitness app | 15/10/2015 | Pre-Beta | Yes |
| First Version of Fitness app | 30/10/2015 | Beta | Yes |
| Second Version/Final of Fitness app | 30/11/2015 | Final | Yes |

**7 Technical Process**  
Till now documentation part has been started and we are still deciding tools and technologies.