Health Track - Personal Health and Fitness Tracker

Study Project

Module Project Management

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# Product Vision Board

**Health Track** is a mobile application designed to help users monitor, manage, and achieve their health and fitness objectives. The app prioritizes simplicity and functionality, providing a comprehensive set of tools to track daily activities, fitness routines, and overall well-being. It is tailored for individuals seeking an easy way to stay on top of their health goals.

**Key Functionalities:**

* **User Registration and Profile Management**: Create a personalized account to tailor health and fitness goals to your unique needs.
* **Health and Daily Activity Monitoring:** Keep track of daily steps, calorie consumption, hydration levels, sleep habits, and exercise routines efficiently.
* **Goal Setting and Progress Analysis**: Set realistic health targets and monitor achievements through progress summaries and insights.
* **Wearable Device Integration**: Seamlessly sync with smartwatches and other fitness devices to capture real-time data.
* **Alerts and Notifications:** Receive reminders to stay consistent with hydration, workouts, or other activities.
* **Visual Data Insights**: Use charts and dashboards to analyze trends and understand your health journey better.

**Target Audience:**

* Individuals looking to enhance or maintain their health and fitness.
* Fitness enthusiasts and occasional exercisers in search of a user-friendly app for tracking progress.
* Owners of wearable fitness devices seeking to maximize the utility of their collected data.

**Unique Value:** Health Track simplifies the fitness journey by offering a straightforward yet powerful platform, enabling users to make informed decisions about their health and empowering them to live healthier, more active lives.

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| **Section** | **Description** |
| **Vision** | Empower users to live healthier, more balanced lives by providing a personalized health tracking platform. |
| **Target Group** | Health-conscious individuals, fitness enthusiasts, and users with wearable devices seeking to improve their lifestyle. |
| **Needs** | - Track physical activities (steps, exercise). - Monitor hydration, nutrition, and sleep. - Set and achieve fitness goals. - View progress insights to stay motivated. |
| **Product** | A mobile app that allows users to log activities, integrate with wearable devices, receive reminders, and view progress reports. |
| **Business Goals** | - Attract 50,000 active users within the first year. - Partner with wearable device companies. - Generate revenue via premium subscriptions and ads. |

**Table 1: Product Vision Board**

# User Stories

**User Stories Examples:**

1. As a user, I want to create an account and set up a profile so that my health data is personalized.
2. As a user, I want to log my daily steps so that I can track my physical activity.
3. As a user, I want to set daily water intake goals so that I can stay hydrated.
4. As a user, I want to sync the app with my smartwatch so that my activity data updates automatically.
5. As a user, I want to view weekly progress charts so that I can see trends in my fitness journey.
6. As a user, I want to receive reminders to drink water so that I stay on track with my hydration goals.
7. As a user, I want to record my sleep hours so that I can analyze my sleep patterns.
8. As a user, I want to log my calorie intake so that I can monitor my diet.
9. As a user, I want to join challenges with friends so that I stay motivated to reach my fitness goals.
10. As an admin, I want to monitor system performance so that I can ensure smooth app operation.

# Estimation and Ordering of User Stories

# Estimating User Stories

Todo: Conduct a round of planning poker and record your estimates in this chapter!

Hint: An explanation of how you arrived at your estimations is not necessary.

# Ordering User Stories

Todo: Discuss with your team which user stories have the highest business value and sort your user stories accordingly!

Hint: An explanation of how you arrived at your decision is not necessary.

# Definition of an MVP

**Core Features for MVP:**

1. User registration and profile setup.
2. Logging of daily steps and calorie intake.
3. Basic progress charts for activity tracking.
4. Integration with a wearable device for step tracking.
5. Water intake reminders.

# User Story Mapping (optional)

Todo: Create a user story map in which you arrange your user stories! Specify the corresponding users, the backbone, the walking skeleton, the user stories and possible releases (the first release should be your MVP). This task is optional.