Table of Contents

---

1. Executive Summary

The beFitMamas project aims to develop an innovative website to support mothers battling postpartum depression. The website will empower mothers by providing a supportive and non-judgmental community, enabling them to express their emotions, share stories, seek guidance, and connect with fellow mothers facing similar challenges. This project plan outlines the technical requirements, project timeline, resource allocation, risk management, quality assurance measures, and budget for the successful development and launch of beFitMamas.

The target audience for beFitMamas includes mothers who are experiencing postpartum depression and seeking a supportive community, as well as those looking to adopt healthier eating habits and achieve fitness goals. By creating a virtual haven for mothers, beFitMamas aims to ensure that no mother must face their struggles alone, fostering understanding, support, and a sense of belonging.

2. Technical Requirements for website

The beFitMamas website will meet the following technical requirements:

- Use Java as the programming language for development and an Integrated Development Environment (IDE) for website development.
- Include comments within the code to describe the program's functionality, with comments above each method declaration explaining the task accomplished by the method and comments within each method explaining each step of the process.
- Build a Graphical User Interface (GUI) based on wireframe diagrams, using Java Swing for desktop website, and Java Server Pages (JSP) for website.
- Implement event handling for user interactions within the GUI, using listeners for Java Swing or Android to call methods when the user clicks on buttons or menu items, and using the request object in web website to respond to user events in the HTTP request and response cycle.
- Wireframe.cc, NetBeans, Diagram.net, and MySQL Workbench
- Github.com https://github.com/banesars/beFitMamas
- Padlet
  https://padlet.com/banesaromerosegovia/befitmamas-kanban-project-9ps4ln49srolkvzi

3. Project Timeline

Phase 1: Requirements Gathering and Planning

- Duration: 1 week

- Tasks: Conduct user research, define project scope, create wireframe diagrams, finalize technical requirements, and develop a project plan.

Phase 2: Development

- Duration: 1 week
- Tasks: Set up a development environment, implement frontend and backend functionality, design, and develop GUI components, integrate user authentication, and blog features, implement calendar and progress tracking functionalities, create curated workout routines and recipe sections, and perform comprehensive testing.

Phase 3: Deployment and Launch

- Duration: 1 week
- Tasks: Prepare for deployment, perform final testing, fix any identified issues, create marketing materials, launch the beFitMamas website, and monitor user feedback.

4. Resource Allocation

Development Team:

- **Project Manager**: Banesa Romero Segovia
- **Scrum Master**: Ali Odeh
- **Frontend Developer**: Banesa Romero Segovia
- **Backend Developer**: Trayshawn Seamster
- **MySQL Database**: Rene Dobgima
- **Business Logic Layer**: Ali Odeh
- **Wireframe**: Jerry Nyumah
- **Entity relationship diagram**: Rene Dobgima
- **Marketing Specialist**: Jerry Nyumah
- **UX/UI Designer**: Trayshawn Seamster
- **Content Writer**: Banesa Romero Segovia
- **Quality Assurance Specialist**: Trayshawn Seamster

5. Risk Management

Identify potential risks, assess their impact and probability, and develop mitigation strategies. Examples of risks include delays in development, resource constraints, technical challenges, and user adoption.

6. Quality Assurance

Implement a comprehensive quality assurance plan, including regular testing, bug tracking, and user feedback collection to ensure high-quality. Continuously monitor and analyze user feedback to improve the platform and stay ahead of competitors.

7. Budget

The budget for the beFitMamas project includes various components necessary for its successful development and launch. Below is an overview of the estimated expenses:

Development

- Salaries for the development team.
- Software licenses and development tools.

Design and Content
- Fees for graphic designers and content writers
- Licensing costs for stock images or other visual assets

Hosting and Infrastructure

- Web hosting services to support the website
- Cloud infrastructure costs for data storage and processing.

Marketing and Promotion

- Marketing materials production (brochures, banners, etc.)
- Advertising expenses (online and television ads, social media campaigns)
- PR activities (press releases, media outreach, events, and promotions to raise awareness)

Contingency Fund

- A reserve budget to address unexpected expenses or scope changes during the project.

Maintenance and Support

- Post-launch maintenance and support expenses, including bug fixes and updates.

Miscellaneous

- Any unforeseen circumstance.

The total budget for the beFitMamas project is estimated at $1 million to $5 million USD. During the project, we will continuously review the budget and make necessary adjustments. We have various funding options, including company resources, grants, sponsorships, and crowdfunding campaigns.

8. Conclusion

BeFitMamas is a community that empowers mothers who experience postpartum depression to manage their health. With tailored workouts and healthy recipes, BeFitMamas provides the support that mothers need to overcome this challenge.

9. References

These are links of where we got the photos of food

https://www.tasteofhome.com/recipes/baked-cheddar-eggs-potatoes/

https://www.eatingwell.com/recipe/7919883/chipotle-chilaquiles/

https://theforkedspoon.com/avocado-toast/