



GO-TRI-GO

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FROM

Ben Lerude

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TO

Katie Ingram

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Overview & Goals

The team of Ana Rodriguez and Ben Lerude will engineer a mobile app that will serve as a platform for the multi-level, customizable triathlon training program. We can work with Katie on developing a logo, design scheme, and the actual functionality of the app. We can also work together on strategizing how to make the app live and available on the App Store if that would be helpful. Of course, this proposal is up for modification and development, but as of now we will focus on the features outlined in the next section.

Our Services

Logo/Design: we can come together to create a catchy and engaging logo for the app, and discuss design patterns and ideas to create an appealing product. The milestones are more for Ana and I to keep track of what needs to be done, but feel free to check them out!

Milestones: logo design, color scheme selection, decide on general user interface themes and patterns

Registration/Login: users will register with a username, password, and email, and that information will be stored in a database that administrators will have access to. This will allow users to be able to save where they're at in the training program, and be able to log back in and find themselves on their current workout.

Milestones: registration page, login page, MongoDB database setup, authorization flow

Current Workout view (default): users will always have a 'current workout', which is the specific day that they're at in the training program. Once that workout is completed, they can indicate that, and view the next workout in the regimen.

Milestones: page layout, load content, workout level selection, completion button/saving, links to tutorials, feature for locating nearest place to purchase necessary gear (when applicable)

Weekly Plan navigation: users can also view the entire training program in full with a tab/dropdown menu on the side. Here, they can view previous workouts they've done, and look ahead to plan their training schedule for the upcoming week, month, etc. A marker will always indicate which workout they're currently on, so they can get back to the correct day after browsing others.

Milestones: load content into database, enable smooth navigation between weeks/days, store progress

Tutorials: another option in the sidebar menu will be the tutorials catalog, where users can view all the need-to-know information about what gear they need, what vocabulary they need to brush up on, etc. While that information is rolled out incrementally through the workouts, this is an area where it will all be in one place for easy searching and reviewing.

Milestones: load content, organize user interactions/navigation between different sections (vocab, gear, etc.)

Log/Journal: users can use this space to record their thoughts or jot down notes as they see fit. The log will be broken up into multiple sections (i.e. diet, stretching, pain/soreness levels, and more) for a much more organized and usable system of keeping notes.

Milestones: store/sort entries, define/create categories

Of course, there is flexibility in adding new features as we go, but this is a great starting point!

Support

Ana and I are here for any questions and conversations that you want to have! We'll be trekking around Europe but should be available on a daily basis to check in as things move forward. We're also happy to try out any training workouts or help in that way, as we'll need to exercise while abroad!

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Ana contact:

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Fee Summary

Hourly Rate			\$2,800.00
We've agreed to a charge of \$40 per hour. Time logging can be done through this platform, and we will keep specific logs of when we worked, what we worked on, and what was actually accomplished so that you feel good about the money you're spending!			
Based on the milestones laid out above, I'd estimate this project taking about 70 hours TOTAL, assuming that we come up with more ideas for features as we go. We'll stay in communication about rates as we proceed, and the number below is just an estimate for total cost given what has been outlined.			
ITEM NAME	UNITS	RATE (USD)	TOTAL
GO-TRI-GO planning and design	12.0	\$40.00	\$480.00
GO-TRI-GO app development	50.0	\$40.00	\$2,000.00
Finalizing GO-TRI-GO content and getting it on the App Store	8.0	\$40.00	\$320.00
Total			\$2,800.00