Project Overview: GA-BoxJelly

GA-BoxJelly is a software project aimed at integrating data from Garmin watches into the CoachingMate system to enhance workout guidance for exercisers. The primary goal of the project is to collect and display real-time workout data from Garmin watches, enabling coaches to provide personalized feedback and tailored workout plans to exercisers. This will be achieved through secure connections and data storage, as well as user-friendly interfaces for both coaches and exercisers.

#### Key Features:

- Secure and real-time data integration: GA-BoxJelly will establish secure connections between Garmin watches and the CoachingMate system, allowing for real-time data transmission during workout sessions.
- Organized and secure data storage: The collected data will be stored on a secure server, ensuring privacy and easy access for analysis and guidance by coaches.
- Comprehensive data visualization and analysis: Coaches will have access to a user-friendly dashboard that enables them to analyze exercisers' data, identify trends, and provide personalized workout guidance based on individual needs and goals.
- Customizable data sharing: Exercisers will have control over which data they share with the CoachingMate system, allowing them to maintain their privacy while still benefiting from personalized coaching.
- Personalized feedback and progress tracking: Exercisers will be able to view their workout data within the CoachingMate system and receive tailored feedback from coaches, helping them improve their performance and reach their fitness goals.

By integrating Garmin watch data into the CoachingMate system, GA-BoxJelly will empower coaches to provide more accurate and personalized workout guidance, ultimately leading to better fitness outcomes for exercisers.

#### Background:

In recent years, the use of fitness wearables, such as Garmin watches, has increased exponentially as more people seek to monitor their workouts and improve their fitness levels. These devices collect valuable data, such as heart rate, distance traveled, and calories burned, which can provide insights into an individual's workout performance and progress. However, leveraging this data to provide personalized workout guidance has remained a challenge, especially for fitness coaches who work with multiple clients. Because these data were all stored locally which cannot be shared with coach of CoachingMate originally.

CoachingMate, a fitness coaching platform, aims to address this challenge by integrating data from Garmin watches into its system. This will enable coaches to access and analyze their clients' workout data and provide tailored feedback and guidance based on individual needs, ultimately helping exercisers achieve better results.

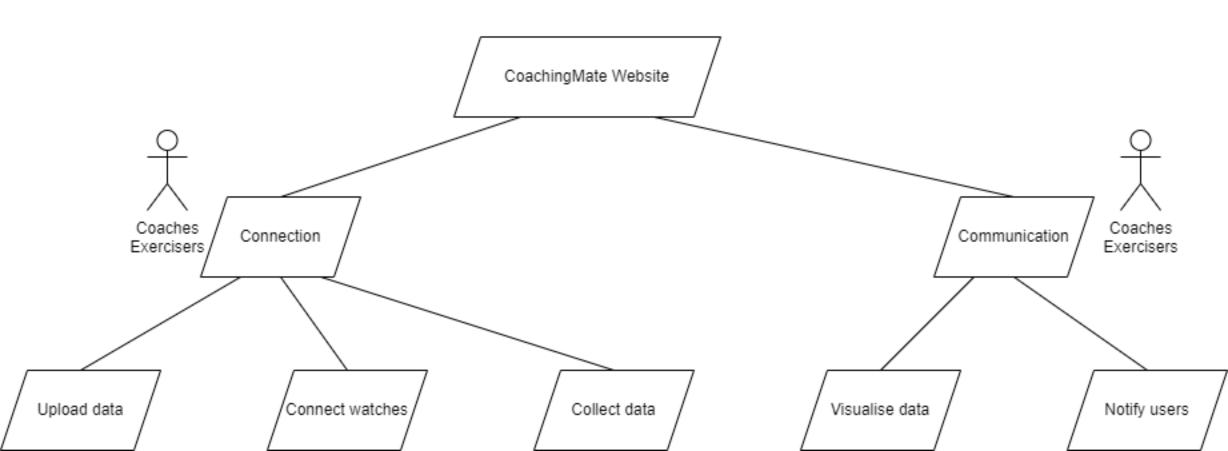
#### Goals:

- 1. Seamless data integration: Develop a secure and reliable method for connecting Garmin watches to the CoachingMate system, allowing for real-time data transmission during workout sessions.
- 2. Secure data storage and organization: Create a secure server for storing and organizing the collected workout data, ensuring easy access for coaches while maintaining exercisers' privacy.
- 3. Advanced data visualization and analysis: Develop a user-friendly dashboard for coaches to visualize and analyze exercisers' data, identifying trends and areas for improvement in their workouts.
- 4. Customizable data sharing options: Enable exercisers to control which data they share with the CoachingMate system, allowing them to maintain their privacy while benefiting from personalized coaching.
- 5. Personalized feedback and progress tracking: Implement features that allow exercisers to view their workout data within the CoachingMate system and receive tailored feedback from their coaches, helping them improve their performance and reach their fitness goals.

By achieving these goals, GA-BoxJelly will provide an enhanced coaching experience for both coaches and exercisers, harnessing the power of Garmin watch data to drive better fitness

outcomes.

Roles	Functional Goal	Quality Goal	Emotional Goal
	Help exercisers control which data they want to share	Accessible	Secured
CoachingMate (Coach)	Help CoachingMate owner connect to Garmin watches of exercisers'	Visualised	Convenient
Exerciser (Watch User)	Help exercisers connect the watch to CoachingMate	Attachable	Concerned
	Help exercisers upload the data from Garmin to CoachingMate	Real-time	
	Help CoachingMate collect data from Garmin watches in real time		
	Help coaches visualise and analyse exercisers' data		
	Help coaches get notifications about exercisers' status		
	Help exercisers view their own summaries of workout data		
	Help exercisers get feedback about their recent trainnings		



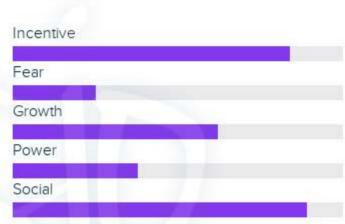
# **Coach Karen**



## Goals

- · Monitor clients' workouts remotely
- Provide personalized feedback and guidance based on clients' workout data
- Streamline her coaching process by having all her clients' workout data in one platform

## Motivation



Age: 42

Work: Fitness Coach and

Personal Trainer
Family: Married

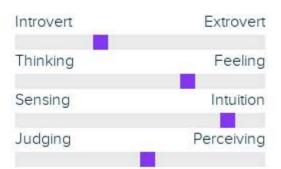
Location: Brisbane, QLD,AU

Gender: Female

## Challenges:

- Staying up-to-date with the latest fitness wearables and technology
- Ensuring clients' privacy and data security

## Personality



## Bio

Karen has been a fitness coach for over 15 years and runs her own personal training business. She specializes in strength training, weight loss, and functional fitness. Karen has a diverse clientele, including people of various ages, fitness levels, and backgrounds. She is always looking for innovative ways to monitor her clients' progress and provide personalized guidance to help them achieve their goals.

# **Exerciser Ethan**



Age: 28

Occupation: Software

Engineer

Family: Single

Location: San Francisco, USA

Gender: Non-binary

# Personality

Introvert	Extrovert
Thinking	Feeling
Sensing	Intuition
Judging	Perceiving

## Goals

- Receive personalized workout guidance based on their Garmin watch data
- · Easily track their progress and achievements
- . Maintain control over the data shared with their coach

# Challenges:

- Balancing work and fitness commitments
- Understanding and utilizing all the features of their CoachingMate dashboard.

## Motivation

Incentive Fear

Growth

Power

Social

## Bio

Ethan is a software engineer who has been working from home due to the COVID-19 pandemic. They have recently started a fitness journey to improve their overall health and reduce stress. Ethan has invested in a Garmin watch to track their workouts and progress. They have decided to work with a remote fitness coach to help them stay motivated and ensure they are performing exercises correctly.

### **Scope**

The final product of this project will be a **well-designed webpage** that displays the workout data for each activity and athletes, and let coaches monitor their athletes' performance

The key criteria of this project is for users to get familiar their progress in the training program and help them analyse and improve their performance.

#### In-scope:

- Key functions to be achieved including:
- Let coaches monitor their athletes' performance
- More features of analyzing data.
- Let users set permissions for what data can be shared for coaches to see

#### Out-scope:

As the data acquisition and front-end dashboard were realized by former group last year, the connection of Garmin API and build up of the front-end will not be involved in this project.

#### In scope

Epic ID	Epic	UserSt ory ID	User	Story	Moscow Priority	Acceptanc e criteria
1	Integration of data from Garmin watches to a server e	1a	CoachingM ate owner	I want to securely connect to exerciser's Garmin watches, so that I can receive their workout data in real-time.	must	The user can securely connect to exerciser's Garmin watches.

	2a	exerciser	I want to easily connect my watch to the Coaching Mate system, so that my workout data is available for my coach to review.	must	The data is synced to the coaching mate system
	3a	CoachingM ate owner	I want to store the collected data from Garmin watches in an organized and secure manner, so that I can access it for analysis and guidance.	should	The data is well-displayed in the dashboard so that the user can drag or analysis data easily
	4a	exerciser	I want to have control over which data is shared with the Coaching Mate system, so that I can maintain my privacy.	must	The user can control which data is allowed to be shared to others.

2	Display of collected data for better workout guidance	1b	CoachingM ate owner	I want to easily visualize and analyze the collected data from exercisers, so that I can provide personaliz ed workout guidance.	should	The user can visualize and analyze the collected data from exercisers.
		2b	exerciser	I want to view my workout data in the Coaching Mate system, so that I can track my progress and achieveme nts.	must	The user can view the workout data in the CoachingM ate system.
		3b	CoachingM ate owner	I want to set up alerts and notification s based on exerciser's data, so that I can provide timely advice and support during their workout sessions.	should	Exerciser data can be configured for alerts and notification s.
		4b	exerciser	I want to receive personaliz ed	should	The user can receive personaliz

	feedback from my coach based on my workout data, so that I can improve my performan ce and reach my fitness goals.	ed feedback from the coach based on the workout data.
--	--	---

Home	
1.2 GA-BoxJelly requirments	
1.3 Meeting notes	
1.3.1 2023-03-09 -GA Boxielly first project supervisor meeting	
1.3.2 2023-03-17 Project Kick-off Meeting notes	
1.3.3 2023-03-17 Weekly supervisory meeting (Sprint 1)	
1.4 Product requirements	
1.5 Project Details	
1.5.1 Technical details about the project	
1.6 ShareDrive	
1.7 Troubleshooting articles	
1.7.1 Background	
1.7.2 Former project problems	
1.7.3 Goals	

### **Home**

## **Project Overview**

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  exercisers' data, identify trends, and provide personalized workout guidance based on individual needs and goals.
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  tailored feedback from coaches, helping them improve their performance and reach their fitness goals.

By integrating Garmin watch data into the CoachingMate system, GA-BoxJelly will empower coaches to provide more accurate and personalized workout guidance, ultimately leading to better fitness outcomes for exercisers.

#### Complete these tasks to get started

- **☑** Edit this home page Click Edit in the top right of this screen to customize your Space home page
- Create your first page Click the Create button in the header to get started
- Brand your Space Click Configure Sidebar in the left panel to update space details and logo
- Set permissions Click Space Tools in the left sidebar to update permissions and give others access

#### Recent space activity



#### Lingkang Zhou

Home updated less than a minute ago • view change

Technical details about the project created about 5 hours ago

Project Details created about 5 hours ago

Goals created yesterday at 5:07 PM

Former project problems created yesterday at 5:03 PM

#### Space contributors

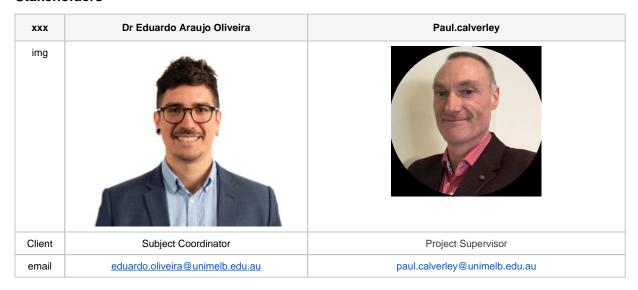
- Lingkang Zhou (less than a minute ago)
- Paul Calverley (1 day ago)
- Xiuyuan Zhu (1 day ago)
- Yuhang YAO (12 days ago)
- Rui Liu (13 days ago)
- ...

TODO: Home Page Design

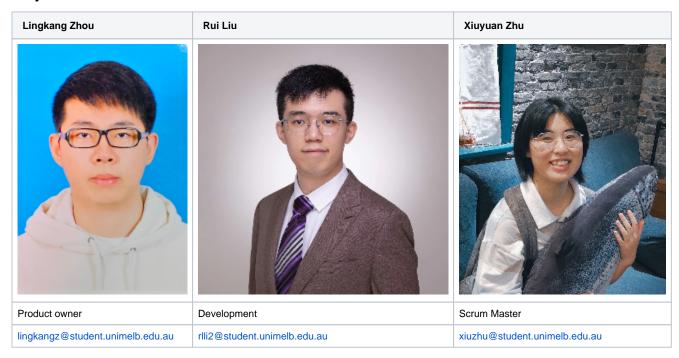
project specification 16 Mar 2023

- rate of process 16 Mar 2023
- page map 16 Mar 2023
- .... Yukun Li Lingkang Zhou @.....

#### **Stakeholders**



### **Porject Team**



Yuhang YAO	Yukun Li
Yuhang YAO	Yukun Li





Development Development
yuhyao1@student.unimelb.edu.au yukun2@student.unimelb.edu.au

## File share

Create file list

Title	Creator	Modified
ShareDrive	Lingkang Zhou	10 Mar, 2023

# **GA-BoxJelly requirments**

Target release	
Epic	
Document status	DRAFT
Document owner	Lingkang Zhou
Designer	
Developers	
QA	

### Goals

Background and strategic fit

Assumptions

## Requirements

#	Title	User Story	Importance	Notes
1				
2				

User interaction and design

### Questions

Below is a list of questions to be addressed as a result of this requirements document:

Question	Outcome

## Not Doing

# **Meeting notes**

Create meeting note

## Incomplete tasks from meetings

Description	Due date	Assignee	Task appears on
□ Next week's client meeting schedule 16 Mar 2023	16 Mar 2023		2023-03-09 -GA Boxjelly first project supervisor meeting
	24 Mar 2023		2023-03-17 Weekly supervisory meeting (Sprint 1)
☐ Compile a list of suggested UI improvements 24 Mar 2023	24 Mar 2023		2023-03-17 Weekly supervisory meeting (Sprint 1)
Access to AWS version source code 24 Mar 2023	24 Mar 2023		2023-03-17 Weekly supervisory meeting (Sprint 1)
<ul><li>Waiting for new update for AWS server from Eduardo 26 Mar 2023</li></ul>	26 Mar 2023		2023-03-17 Project Kick-off Meeting notes

## All meeting notes

Title	Creator	Modified
2023-03-17 Weekly supervisory meeting (Sprint 1)	Lingkang Zhou	yesterday at 4:48 PM
2023-03-17 Project Kick-off Meeting notes	Lingkang Zhou	yesterday at 4:48 PM
2023-03-09 -GA Boxjelly first project supervisor meeting	Lingkang Zhou	yesterday at 4:16 PM

## 2023-03-09 -GA Boxjelly first project supervisor meeting

#### Date

10 Mar 2023

#### Attendees

- Paul Calverley
- Lingkang Zhou
- Rui Liu
- @Xiuyuan Zhu
- Yuhang YAO
- Yukun Li

#### Goals

- GA Boxjelly first project supervisor meeting
- Break the ice, introduce each other
- Set up the confluence webpage invitation
- Introduce how to use confluence
- Introduce the use of slack
- Discuss who the product owner should be
- Discuss the setup of Github repositories
- · Discuss how to handle next week's client meeting

#### Discussion items

Time	Item	Who	Notes
5 mins	Break the ice, introduce each other	Everyone	Ice break
5 mins	Set up the confluence webpage invitation	Paul Calverley , Team	/
5 mins	Introduce how to use confluence	Paul Calverley	/
1 mins	Introduce the use of slack	Paul Calverley	/
5 mins	Discuss who the product owner should be	Team	/
1 mins	Discuss the setup of github repositories	Paul Calverley	/
5 mins	Discuss how to handle next week's client meeting	Paul Calverley , Team	/

#### Action items

- ✓ Product owner confirmation Lingkang Zhou 09 Mar 2023
- ☑ Confluence design Lingkang Zhou @Rui Liu @Xiuyuan Zhu @YuHang YAO Yukun Li 16 Mar 2023
- Setting up slack @Xiuyuan Zhu 13 Mar 2023
- Setting up Github repositories @YuHang YAO 13 Mar 2023
- Next week's client meeting schedule 16 Mar 2023
- Confirm with Edward whether our project can access previous project confluence space. 16 Mar 2023

# 2023-03-17 Project Kick-off Meeting notes

#### Date

17 Mar 2023

#### Attendees

- Lingkang Zhou
- @Eduardo Araujo Oliveira
- @Paul.calverley
- @whole project team

#### Goals

- Introduction to the project
- Introduction to the current platform
- Introduction to the structure of former team work
- Distrubution of Gramin Watches

#### Discussion items

Time	Item	Who	Notes
15min	Introduction to the project	Eduardo	
25min	Introduction to the current platform	Eduardo	
15min	Introduction to the structure of former team work	Eduardo	
5min	Distrubution of Gramin Watches	Eduardo	

#### Action items

Set up the front end and backend on local machines (not initially on AWS) 24 Mar 2023

Waiting for new update for AWS server from Eduardo 26 Mar 2023

# 2023-03-17 Weekly supervisory meeting (Sprint 1)

#### Date

17 Mar 2023

#### Attendees

- Lingkang Zhou
- Paul Calverley
- Rui Liu
- Yuhang YAO
- Yukun Li
- Xiuyuan Zhu

#### Goals

- Review the Project Kick-off meeting
- Organize the code structure of the former project
- Organize the checklist of tasks that need to be completed in sprint 1

#### Discussion items

Time	Item	Who	Notes
10min	Review the Project Kick-off meeting	All participants	
10min	Organize the code structure of the former project	All participants	
10min	Organize the checklist of tasks that need to be completed in sprint 1	All participants	

#### Action items

<b>~</b>	Register with garmin connect 24 Mar 2023
<b>v</b>	Set up the front end and backend on local machines (not initially on AWS) 24 Mar 2023
<b>~</b>	Go through and test, test, test the front end from beginning to end 24 Mar 2023
	Make a note of any things not working (defects) 24 Mar 2023
	Compile a list of suggested UI improvements 24 Mar 2023

### Useful information (May)

Docker containers - server (Java), web server (React front-end), database server. Alternative, Virtual PC. VMWare.

Access to AWS version source code 24 Mar 2023

### Original meeting documents



Paul Calverley ...9023619765].pdf

# **Product requirements**

Add Product requirements

Title	Designer	Developers	Document owner	Document status	Epic	QA	Target release
GA-BoxJelly requirments			Lingkang Zhou	DRAFT			

## **Project Details**

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CoachingMate, a fitness coaching platform, aims to address this challenge by integrating data from Garmin watches into its system. This will enable coaches to access and analyze their clients' workout data and provide tailored feedback and guidance based on individual needs, ultimately helping exercisers achieve better results.

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# Technical details about the project

### **Project Management Tools**

- Confluence SpaceTrello
- Slack
- Github

### **Development Environment**

- Frontend:
  - node: v14.17.6
  - vue-cli: 2.9.6react: 16.9.34
- IDE: VScode
- Program: Linux, MacOS, Windows
- Framework: Frontend-backend structure
- Brower: Chrome

## **ShareDrive**

Drive for file sharing

File	Modified *
Microsoft Word Document Formor_project_debug_process.docx	20 Mar, 2023 by Lingkang Zhou
Drag and drop to upload or browse fo	or files

# **Troubleshooting articles**

Add troubleshooting article

Title	Creator	Modified
Goals	Lingkang Zhou	yesterday at 5:07 PM
Former project problems	Lingkang Zhou	yesterday at 5:03 PM
Background	Lingkang Zhou	yesterday at 4:55 PM

## **Background**

### Background:

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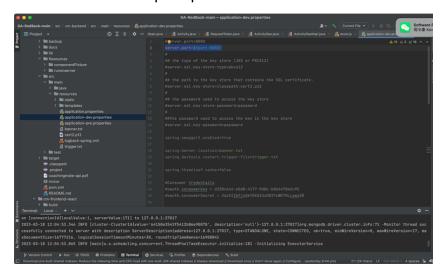
# Former project problems

Process1change the address of the database

lmg1

The location selected in img1 is changed to the address of the database, which is the address on the server.

## Process2: backend portoptional



If the default port 8080 is occupied locally, it needs to be modified.

Img 2

```
A Aberdate-Amenia use) configurated react yet with discountial Control of the Con
```

If the above back-end interface is changed, the front-end listening interface also needs to be changed, and the change location is shown in Img2.

If the local environment used is MAC, there is a problem with node18, and node 16 must be used.

#### The Pom file may also need to add version

as shown in the picture below

```
<?xml version="1.0" encoding="UTF-8"?>
xsi:schemaLocation="http://maven.apache.org/POM/4.0.0 https://maven.apache.org/xsd/maven-4.0.0.xsd">
 <modelVersion>4.0.0</modelVersion>
 <parent>
    <groupId>org.springframework.boot</groupId>
   <artifactId>spring-boot-starter-parent</artifactId>
   <version>2.3.3.RELEASE</version>
   <relativePath/> <!-- lookup parent from repository -->
 </parent>
 <groupld>coachingmate-analytics</groupld>
 <artifactId>coachingmate</artifactId>
 <version>0.0.1-SNAPSHOT
 <name>coachingmate</name>
 <description>Demo project for Spring Boot</description>
  <iava.version>1.8</iava.version>
    <packaging>jar</packaging>
  </properties>
 <dependencies>
   <!--
  <dependency>
   <groupId>org.springframework.boot</groupId>
   <artifactId>spring-boot-starter-data-mongodb</artifactId>
 </dependency>
 <dependency>
   <groupId>org.mybatis.spring.boot</groupId>
   <artifactId>mybatis-spring-boot-starter</artifactId>
   <version>2.1.3</version>
 </dependency>
   <dependency>
   <groupId>mysql</groupId>
   <artifactId>mysql-connector-java</artifactId>
    <scope>runtime</scope>
 </dependency>
```

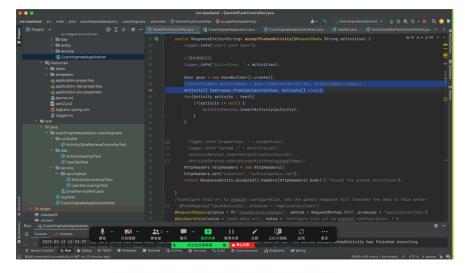
```
<!-- https://mvnrepository.com/artifact/com.alibaba/fastjson -->
    <dependency>
       <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-web</artifactId>
    </dependency>
<!--
       <dependency>-->
<!--
          <groupId>org.springframework.boot</groupId>-->
<!--
          <artifactId>spring-boot-starter-security</artifactId>-->
<!--
       </dependency>-->
    <dependency>
       <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-devtools</artifactId>
      <scope>runtime</scope>
      <optional>true</optional>
    </dependency>
    <dependency>
      <groupId>oauth.signpost</groupId>
      <artifactId>signpost-core</artifactId>
       <version>1.2.1.1</version>
    </dependency>
       <dependency>-->
<!--
          <groupId>com.google.api</groupId>-->
<!--
         <artifactId>api-common</artifactId>-->
          <version>2.1.5</version>-->
       </dependency>-->
    <!-- https://mvnrepository.com/artifact/io.springfox/springfox-swagger2 -->
    <dependency>
      <groupId>io.springfox</groupId>
      <artifactId>springfox-swagger2</artifactId>
      <version>2.9.2</version>
    </dependency>
    <dependency>
      <groupId>io.springfox</groupId>
       <artifactld>springfox-swagger-ui</artifactld>
      <version>2.9.2</version>
    </dependency>
    <!--
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-data-redis</artifactId>
    </dependency>
    <dependency>
       <groupId>com.alibaba</groupId>
      <artifactId>fastison</artifactId>
      <version>1.2.62</version>
    </dependency>
    <dependency>
      <groupId>com.darwinsys</groupId>
      <artifactId>hirondelle-date4j</artifactId>
       <version>1.5.1</version>
    </dependency>
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-aop</artifactId>
    </dependency>
    <!-- mongodb -->
    <dependency>
       <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-data-mongodb</artifactId>
    </dependency>
    <dependency>
       <groupId>org.springframework.boot</groupId>
       <artifactId>spring-boot-starter-thymeleaf</artifactId>
    </dependency>
```

```
<dependency>
       <groupId>com.sun.mail</groupId>
       <artifactId>jakarta.mail</artifactId>
       <version>2.0.1</version>
    </dependency>
    <dependency>
       - <groupId>org.springframework.boot</groupId>
       <artifactId>spring-boot-starter-test</artifactId>
      <scope>test</scope>
       <exclusions>
         <exclusion>
           <groupId>org.junit.vintage</groupId>
           <artifactId>junit-vintage-engine</artifactId>
         </exclusion>
       </exclusions>
    </dependency>
    <!--swagger API-->
<!--
       <dependency>-->
<!--
          <groupId>com.spring4all</groupId>-->
<!--
          <artifactId>swagger-spring-boot-starter</artifactId>-->
          <version>1.9.1.RELEASE/version>-->
<!--
<!--
          <exclusions>-->
<!--
            <exclusion>-->
<!--
               <groupId>io.springfox</groupId>-->
<!--
               <artifactId>springfox-swagger-ui</artifactId>-->
            </exclusion>-->
<!--
<!--
          </exclusions>-->
<!--
       </dependency>-->
<!--
       <dependency>-->
          --> <groupId>com.github.xiaoymin</groupId>-->
<!--
<!--
          <artifactld>swagger-bootstrap-ui</artifactld>-->
          <version>1.9.6</version>-->
<!--
<!--
        </dependency>-->
    <dependency>
       <groupId>junit</groupId>
       <artifactld>junit</artifactld>
       <scope>test</scope>
    </dependency>
    <!-- https://mvnrepository.com/artifact/commons-io/commons-io -->
    <dependency>
       <groupId>commons-io</groupId>
       <artifactId>commons-io</artifactId>
       <version>2.4</version>
    </dependency>
    <dependency>
       <groupId>com.xxx.www</groupId>
       <artifactId>out-jar-2</artifactId>
      <version>1.0.0</version>
       <scope>system</scope>
       <systemPath>${project.basedir}/lib/FitReader-1.1.jar</systemPath>
    </dependency>
    <dependency>
       <groupId>org.projectIombok</groupId>
       <artifactId>lombok</artifactId>
       <version>1.18.20</version>
    </dependency>
    <dependency>
       <groupId>com.google.code.gson</groupId>
       <artifactId>gson</artifactId>
       <version>2.9.0</version>
    </dependency>
        <dependency>-->
<!--
          <groupId>jakarta.validation</groupId>-->
<!--
          <artifactId>jakarta.validation-api</artifactId>-->
<!--
<!--
          <version>7.0</version>-->
        </dependency>-->
<!--
  </dependencies>
  <build>
    <plugins>
       <plugin>
```

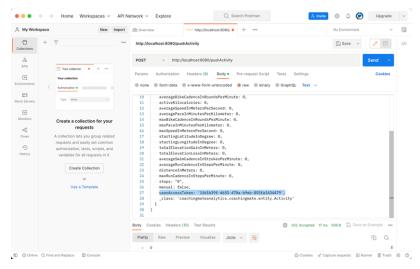
The above is the available pom file, and two versions have been changed, but it may be different due to different local environments.

### call\_back\_url of Dev- propert;

Data\_samples\_backend/backendata/regisgtry-controller To enter the website here, you need to change the push URL.



#### Gson conversion problem



### **Goals**

#### Goals:

- 1. Seamless data integration: Develop a secure and reliable method for connecting Garmin watches to the CoachingMate system, allowing for data transmission after workout sessions.
- 2. Secure data storage and organization: Create a secure server for storing and organizing the collected workout data, ensuring easy access for coaches while maintaining exercisers' privacy.
- 3. Advanced data visualization and analysis: Develop a user-friendly dashboard for coaches to visualize and analyze exercisers' data, identifying trends and areas for improvement in their workouts.
- Customizable data sharing options: Enable exercisers to control which data they share with the CoachingMate system, allowing them to maintain their privacy while benefiting from personalized coaching.
- 5. Personalized feedback and progress tracking: Implement features that allow exercisers to view their workout data within the CoachingMate system and receive tailored feedback from their coaches, helping them improve their performance and reach their fitness goals.

By achieving these goals, GA-BoxJelly will provide an enhanced coaching experience for both coaches and exercisers, harnessing the power of Garmin watch data to drive better fitness outcomes.

Trello: https://trello.com/b/3wup1hgd/comp90082

 $Github: \ https://github.com/COMP90082-2023-SM1/GA-BoxJelly$