



# GetFit – Workout Tracker

Course	CSC 225 – Fundamental Structures
--------	----------------------------------

Team Name	HAT Trick
-----------	-----------

Team Members	Andy Mera
	Tucker Nelson
	Hunter Rice

**Get Fit: Workout Tracker**

## Executive Summary

**Your executive summary should resemble an elevator pitch: your motivation is to quickly persuade a decision maker to get involved in your project.**

- What is the purpose of your project; what problem(s) does it address?
- Why is your project important; why is it relevant?
- Who could your project help; who is your audience or customer?

Purpose: Create a fun way to track workouts and help people meet their fitness goals.

Relevance: Many people have fitness related goals and using our application could benefit them.

People: Anyone who enjoys exercising or wants an accessible system for tracking their workouts.

## Timeline

Milestone	Name	Due Date
Milestone 1	Group Contract	Tuesday, January 23
Milestone 2	Project Plan and Proposal	Thursday, February 8
Milestone 3	Design & Pitch	Thursday, February 29
Milestone 4	Detailed Tasks	Tuesday, March 26
Milestone 5	Progress Presentation	Thursday, April 18
Milestone 6	Final Presentations	Friday, May 3

**Get Fit: Workout Tracker**

## Milestone Summary

Milestone 1				
Group Contract				
Item	Description	Estimated Hours	Actual Hours	Date Completed
Purpose	Create a final project team			
Summary	Self-organize into groups of 3-4 students for working together on the semester project.  All team members will need to complete the group contract and agree to its terms, holding each other accountable for contributing to the final project throughout the semester.			
Task M1A – Team Member Names	List all team members with full (first and last) names on the group contract document			
Task M1B – Team Name	Come up with a name for the group/team to be addressed as during presentations; list the name on the group contract document			
Task M1C – Weekly Meeting Time	Block off an hour of time once per week when all team members could regularly meet as necessary throughout the semester; list the time in the group contract document			
Task M1D – Signatures	Each team member signs the group contract document (this may be a digital signature or initials)			
Task M1E – Planning Document	Complete the cover page of the planning document, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into the table).			
Milestone 2				
Project Plan and Proposal				
Item	Description	Estimated Hours	Actual Hours	Date Completed
Purpose	Determine final project topic	10 mins	10 mins	2/8//2024
Summary	As a group, choose a topic all team members want to work on; discuss potential ideas and come to a group consensus what your project will be and why it is important.	5 mins	5 mins	2/8/2024
Task M2A –	Complete the project proposal document	15 mins		2/8/2024

**Get Fit: Workout Tracker**

<b>Project Proposal Document</b>				
<b>Task M2B – Presentation</b>	Present the project proposal to the class	10 mins	n/a	
<b>Task M2C – Planning Document</b>	Complete the executive summary section of the planning document, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into the table).	15 mins	~10 mins	2/8/2024
<b>Milestone 3</b>	<b>Design and Pitch</b>			
<b>Item</b>	<b>Description</b>	<b>Estimated Hours</b>	<b>Actual Hours</b>	<b>Date Completed</b>
<b>Purpose</b>	<b>Create a general look-and-feel for your project, present your project to the class</b>			
<b>Summary</b>	Determine how you want your final project deliverables to look, including color scheme, graphics/images, and placement and layout of major components (e.g. buttons, input fields, data, instructions, etc.).  Armed with your project proposal and design mockups, show the class what you plan to accomplish with your project. Think of the class as potential investors or contributors; why should they care about your project?			
<b>All 3 - Task M3A – Major Components</b>	Create a list of major components that will be included in your project (e.g. input/output, images, instructions, etc.)	20 mins	30 mins	2/20/2024
<b>Andy - Task M3B – Color Scheme</b>	Create a color scheme for your project for a consistent design	5 mins	3 mins	2/20/2024
<b>Tucker/Hunter - Task M3C – Design Mockups</b>	Create design mockups (use lorem ipsum filler text, at least basic boxes/shapes if not actual design) to show the planned layout of project deliverables, including any major pages/screens that will be included in the final project	1 hour	1 hour	2/19/2024
<b>All 3 - Task M3D – Presentation</b>	Pitch the project to the class	10-15 minutes		
<b>Hunter - Task M3E – Planning Document</b>	Include screenshots of all design mockups, list of components (labeled for easy identification), screenshots of the project pitch presentation, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into	3 hours	2 hours	2/28/2024

**Get Fit: Workout Tracker**

	the table).			
<b>Milestone 4</b>	<b>Detailed Task List</b>			
<b>Item</b>	<b>Description</b>	<b>Estimated Hours</b>	<b>Actual Hours</b>	<b>Date Completed</b>
<b>Purpose</b>	<b>Plan the remaining tasks required to complete the project</b>			
<b>Summary</b>	<p>As a team, figure out what needs to happen in order to take the project from its current design and planning stage through implementation to completion.</p> <p>Break down each major component of the project to estimate how much work you think it will take to complete, and what detailed tasks/actions will need to be performed for each.</p>			
<b>Task M4A – Gantt Chart</b>	Create a Gantt chart showing a detailed task breakdown with expected due dates and assigned team members			
<b>Task M4B – Presentation</b>	Present your Gantt chart and task list to the class			
<b>Task M4C – Planning Document</b>	Include a screenshot of the Gantt chart, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into the table).			
<b>Milestone 5</b>	<b>Progress Presentation</b>			
<b>Item</b>	<b>Description</b>	<b>Estimated Hours</b>	<b>Actual Hours</b>	<b>Date Completed</b>
<b>Purpose</b>	<b>Provide the class with a project status update</b>			
<b>Summary</b>	Show the class (client) what work has been completed toward the final project deliverables.			
<b>Task M5A – Presentation</b>	Present your work progress to the class			
<b>Task M5B – Planning Document</b>	Include screenshots of your presentation, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into the table).			
<b>Milestone 6</b>	<b>Final Presentation</b>			
<b>Item</b>	<b>Description</b>	<b>Estimated Hours</b>	<b>Actual Hours</b>	<b>Date Completed</b>

**Get Fit: Workout Tracker**

<b>Purpose</b>	<b>Show your completed project to the class</b>			
<b>Summary</b>	Share your hard work over the course of the semester with the class.			
<b>Task M6A – Presentation</b>	Present your completed project to the class			
<b>Task M6B – Planning Document</b>	Include screenshots of your final project deliverables and presentation, fill in the date each milestone task was completed in the milestone summary, and detail the additional milestone activities in the Milestone Summary section (insert new rows into the table).			

<b>Resource List</b>				
<b>Resource Name</b>	Google Slide			
<b>URL</b>	<a href="https://www.google.com/slides/about/">https://www.google.com/slides/about/</a>			
<b>Date Accessed</b>	Recurring			
<b>Notes</b>	Used theme provided by google.			
<b>Resource Name</b>	Color Hunt			
<b>URL</b>	<a href="http://www.colorhunt.co">www.colorhunt.co</a>			
<b>Date Accessed</b>	2/20/2024			
<b>Notes</b>	Inspiration for color pallets.			
<b>Resource Name</b>				
<b>URL</b>				
<b>Date Accessed</b>				
<b>Notes</b>				
<b>Resource Name</b>				
<b>URL</b>				
<b>Date Accessed</b>				
<b>Notes</b>				
<b>Resource Name</b>				
<b>URL</b>				
<b>Date Accessed</b>				
<b>Notes</b>				

