Capstone Project Proposal

<u>Stack Focus</u>: This will be a full-stack application with a balanced focus on FE and BE development. It will use React/Redux.

<u>Type</u>: This will be a web application (a workout tracker app).

<u>Goal</u>: The goal of this project is to provide users with a fitness tracking platform where they can log workouts, set goals, monitor progress, and complete fitness challenges.

<u>Users</u>: The target audience includes anyone wishing to track their fitness - this covers most demographics and ranges from inexperienced beginners to advanced athletes. The FastFit game helps break down an entry barrier, because users can complete the FastFit game in lieu of planning/scheduling a workout routine. The game takes the thought out of it and lets the user take instant action.

<u>Data</u>: Data will be pulled from the wger API which provides access to exercises, workouts, and other fitness-related data. The API will populate the app and the FastFit game with exercises and let users create/log their workouts. Other data collection will include workout logs, goals, progress statistics, and profile information all generated by the user.

<u>Features/Notes</u>: The aspects of this app that will differentiate it from other apps will be the gamification of the exercise process via the FastFit game. Users can play this game that lasts 20 minutes, provides 30 unique exercises, and allows 40 seconds per exercise. It is a quick way to sneak in a workout and take the mental energy out of the process. Aside from this, the remainder of the app will follow suit with other fitness applications by providing a place to set goals, track progress, log workouts, and interact with friends. There will be a voice-to-text feature in the Log Workout section so users can quickly iterate their workout and log it without the tediousness of typing everything. The app will use Gmail for user authentication and Firebase for cloud storage.