

# **Fitness Tracker**

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# SYSTEM STUDY

## Requirement Gathering

Requirements gathering for a fitness tracker requires identifying the specific features and functionality that users need, such as activity tracking, fitness programs, and nutritional guidelines and this also requires understanding the user experience , including considerations of ease of use and availability.

### 1. Project overview?

The "Fitness Tracker" project is a web-based service designed to help users reach their fitness goals and adopt a healthier lifestyle. It provides personalized fitness and nutrition planning, activity tracking, and access to a community of like-minded individuals. With features such as an e-commerce platform for fitness products, it offers comprehensive solutions to improve physical well being with expert guidance from trainers and nutritionists

### 2. To what extend the system is proposed for?

The proposed system aims to better assist users in maintaining and improving their overall physical fitness and well-being. It has features on goal setting, fitness analytic, nutrition guidelines, activity tracking and community engagement, providing a comprehensive solution for users' fitness needs

### 3. Specify the Viewers/Public which is to be involved in the System?

This program caters primarily to health-conscious individuals and fitness enthusiasts who wish to improve their physical well-being. Additionally, it includes trainer, nutritionists, and administrators who play a role in providing guidance, support, and monitoring of program effectiveness.

### 4. List the Modules included in your System?

- ◆ User Management
- ◆ Fitness Assessment
- ◆ Workout and Nutrition
- ◆ E-commerce
- ◆ Expert Guidance
- ◆ Activity Tracking
- ◆ Community Engagement
- ◆ Educational Content
- ◆ Location Services
- ◆ Live/Video Sessions

5. Identify the users in your project?

- ❖ Regular Users
- ❖ Trainers
- ❖ Nutritionists
- ❖ Admin

6. Questionnaire to collect details about the project?

- What is the primary goal of the "Fitness Tracker" project?

The primary goal of the "Fitness Tracker" project is to assist individuals in monitoring and improving their physical fitness and overall well-being through personalized fitness and nutrition plans, activity tracking, and a supportive community.

- Who is the intended audience for this project?

The intended audience includes health-conscious individuals, fitness enthusiasts, trainers, nutritionists, and administrators managing the system.

- What are the core features of the "Fitness Tracker" system?

Core features include user registration and login, fitness assessment, workout and nutrition planning, e-commerce capabilities, expert guidance, activity tracking, community engagement, and educational content.

- How do users interact with the system, and what roles do trainers, nutritionists, and administrators play?

Users can register, set goals, access plans, track activities, and engage with the community. Trainers and nutritionists offer personalized guidance, and administrators manage the system and content.