Team Profile(Great, but you should also discuss how the characteristics of each member's impact on the team.)

**- Team name: AMIGO**

 - **Personal Information:**

·       **Vo Tran Truong Duy (3818381):** was born on August 8th, 2001 in Tien Giang Province. He loves listening to music, and he can play the piano and harmonica as well. Duy found his IT interest during 11th grade, which is suitable for his working style: solving the problem by logic and making many things by his creativity. Up to now, Duy just has some basic and general knowledge about the IT area so he usually tries his best to gain more experience from school and learn more outside in his part-time.

·       **Bui Duc Huy (3817842):** was born on September 20th, 2000 in Ha Noi City, Vietnam. Reading books and watching videos are his hobbies and he does it very regularly because he believes that is a good way to get more knowledge efficiently. Huy has found his interest in IT since he watched a film called Wall - E. He recognized that it is our future when the robot is one of the most important parts of life. As a result, he wants to prevent all of the risks caused by AI. Participating in some robotic competitions such as Srobot and Robotacon, Huy has some foundation knowledge in programming.

·       **Hoang Ngoc Tuan (3817872):** was born in Ho Chi Minh City. He found interested in IT when he was in high school after being introduced to a programming app which is Grasshopper. Moreover, Tuan is keen on solving problems and expanding his creativity by playing the programming app. However, after enrolling in the programing course at RMIT University, Tuan has more chances to approach basic knowledge of programming languages.

·       **Nguyen Cat Tuong (3818196):** was born on Jan 4th, 1998 in HCM city. He is a big fan of sports such as badminton and tennis. Tuong found his IT interest when he had a chance to visit a sample smart home a year ago. This smart apartment is equipped with interior furniture (such as curtains, air conditioners, TVs, light systems…) automatically controlled by smartphones even though the host is away. Tuong just has some basic and general knowledge about the IT area such as C++, HTML, and CSS…

·       **Team name:** We choose Amigo for our team because it means ‘friends’ in Spain.

- **Team Profile:**

* **Vo Tran Truong Duy:**

Test 1 - LEARNING SKILLS:  Duy works and learns by hearing most, compared to seeing and doing. During a lecture, he can be able to easily comprehend, process and retain information.

Test 2 – CREATIVITY TEST: Persistence and Complexity have the highest grades, turn out that he can be able to process and manage complicated information with the persistent behavior. However, Duy’s Boldness score is quite low because he’s scared of trying something new or too challenged.

Test 3 – PERSONALITIES TEST: Duy is an introvert, and he’s quite observant and assertive, so he could get angry easily if someone can’t follow the flow of the team or be lazy. In addition, Duy always looks at the details meticulously and tries to imagine a bigger picture to tackle this issue.

* **Bui Duc Huy:**

Test 1 - LEARNING SKILLS:  Kinesthetic style is learning by doing. Consequently, this kind of learning style shows that Huy is good at getting more knowledge through physical activities. In fact, in Amigos, there are 3 different learning styles so it is a good element for us to support each other. For example, there is some theoretical knowledge that only showed in a textbook so a person who is good at getting knowledge by reading can share that for other people more easily.

Test 2 – CREATIVITY TEST: Due to the fact that most of Amigos' members have a high score in the creative test (> 70). As a consequence, it is possible for us to have many good ideas while doing the project.

Test 3 – PERSONALITIES TEST: Protagonists are natural-born leaders, full of passion and charisma, Protagonists easily see people’s motivations and seemingly disconnected events, and they are able to connect those ideas for a common goal. As a result, Huy tends to be a leader of a group that can connect with other members and ideas together for a team goal. Moreover, he is good at communication and motivating people so other teammates would have a good mood while they are doing a group project.

* **Hoang Ngoc Tuan:**

Test 1 - LEARNING SKILLS:   Tuan is good at working and studying by seeing. He is able to remember and learn well from what he has seen. In addition, he can process and organize well information in lecture classes.

Test 2 – CREATIVITY TEST: Paradox is his highest skill, which he simply accepts to work in a contradictory environment. Nevertheless, Tuan’s weakness skills are Perspective and Connection which are important to be equipped when we are working as a team.

Test 3 – PERSONALITIES TEST: Tuan is an active person that he likely to take part in group activities and get energized by social activities. Moreover, the test shows that he is also open-minded and imaginative.

* **Nguyen Cat Tuong:**

Test 1 - Myers-Briggs test:   He enjoys taking responsibility for his actions, and takes pride in the work he does – when working towards a goal, Logisticians hold back none of his time and energy completing each relevant task with accuracy and patience.

Test 2 – CREATIVITY TEST: His creativity score is not as high as an average score so he is not suitable for creating new things or designing UI/UX.

Test 3 – LEARNING STYLE TEST: kinesthetic is his primary learning style. He could gain new information through the process of physical activity.

* **Group processes:**
* About the previous assignment: Assignment 2, we did very well for all the aspects of the assignment, from doing the research, writing the report to assemble the ideas together, everything was fluent and successful. We feel satisfied with the grade of the assignment. However, we also got some small unexpected mistakes for each part of the assignment that we would improve it more in this one.
* In terms of the process of assignment 3, we get more work to deal with, especially creating the actual product - a dynamic website. Therefore, each member has to work harder for this assignment. Our team learned all the steps of making a complete website, from front-end to back-end. Fortunately, the time before the deadline is quite a lot that we could use it to fulfill our knowledge about these things. In addition, we also make sure that each member could exploit as much as their strengths to complete the assignment fluently and successfully.
* **Career Plans:**

**·**   Vo Tran Truong Duy: chooses software security for his future career.

·       Bui Duc Huy: chooses AI for mobile and robotics and computer, and security.

·       Hoang Ngoc Tuan: chooses design software or web for his future career.

·       Nguyen Cat Tuong: chooses software developers or web security for his future career.

**→** Overall, all of us have different aspects of interest and habit so it’s quite hard for us to work together because there will be some parts that someone likes but the other doesn’t. However, we think each aspect has its own attraction, which we can learn something good from them. From that way, each member could get a little knowledge and find out some informative documents for their future jobs. In addition, we all take responsibility for working as a team so we didn’t find any difficulty, in terms of characteristics. Although we don’t get the same age, it’s not a big problem that we always follow the works from the leader, and support each other.

### Tools:

### As in Assignment 2, you need to have a group website and a GitHub (or similar) repository for your group.

In your report, you should include a brief description of what you have done, and include the following

* The link to your group’s website
* The link to your group’s Git repository (GitHub, BitBucket, etc.)
* Your comments on how well the audit trail on the Git repository reflects your group’s work. You will presumably only be able to do this close to the time of submission.

### Project Description:

#### Scope and Limits(**At least one paragraph is expected**)

“*There's no such thing as perfection. You're never finished with a film. You run out of time.*”-- Peter Jackson, director of `The Lord of the Rings’ and ‘The Hobbit’ trilogies

One of the more difficult parts of project planning and execution is to define the scope and limits of the project. As mentioned above, you never really complete a project like these; all you can ever do is your best in the time available. Part of that involves setting priorities and accepting that there will be features that will take too long to develop. This means that it is important to set a scope for your project, as a means of ensuring that you make the most of the time available. For example, if you are developing a game, you might consider only producing one level and two or three characters, in order to show a proof-of-concept, rather than develop three levels and ten characters.

The scope is probably the most crucial part of your plan, and also the most difficult to define. One way to define the scope is to think of the deliverables for your project, i.e. what outcomes would you be able to show to someone who asks you to see the results of your work. This will also include several statements about what will not be part of the project. For example, if you are using Open Street Maps to show the location of all your favorite shops, the deliverables would include the updated map, but not the Open Street Maps technology itself. It would also not include many other features of Open Street Maps, or other interesting locations -- just those which show your favorite shops.

Also, be aware of the phenomenon of "scope creep", which is the tendency for projects to incorporate more and more features. There is nothing wrong with being ambitious, but you only have a certain amount of time.

#### Overview:

* **Topic**:

Nutrition and Fitness is a website that is available on both PC and mobile phones is easily used. In short, this website is used to balance the number of nutrition that people consume and support people who are doing gymnastics. Moreover, Nutrition and Fitness also suggest for customers many options that they can reduce obesity and heart disease. It is a good assistant for people who want to lose weight because Nutrition and Fitness are able to calculate the number of calories that people consume to release the best solution for customers.

Moreover, this web also guides people on how to release or reduce nutrition so they can avoid overweight and obesity, and have better health status. We hope that we could give a guaranteed source for people to improve their healthy life. This project is also useful for us to enhance our CV when getting a job.

* **Motivation**:

Health plays an important role in daily life. However, people are prone to ignore their health status. People are stuck in their businesses and they usually do not have enough time to work out or select nutrients for their meals. Our project is a website which people are able to use at home, so they do not spend much time preparing meals. Nowadays, there are many websites and apps that focus on fitness and health but they are not really credible. Furthermore, this project guides people on how to manage their diets and nutrients that they consume every day so that customers are able to avoid obesity and have better health status.

* **Landscape**:

Due to the fact that health is one of the most considerable problems in the world. There are many websites that show people how to get good health by advising a healthy diet or some exercises such as therealfoodrds.com and thehealthymaven.com. However, those websites cannot calculate and show the users how they are with personal statistics like are they obesity or did they get enough fiber. Based on those statistics, our website can show the user what exactly they can do to have better health and avoid general information.

<https://therealfoodrds.com/>

<https://www.thehealthymaven.com/>

#### Detailed Description:

1. **Aims:**

This project gives our teammates a chance to improve our teamwork skills such as planning, problem-solving and decision-making, and how to create a website. We expected to develop people’s awareness about fitness and health that they can improve their health as well as their family. Moreover, they can change their eating habits in order to reduce the number of people has heart diseases and obesity. The most important step is creating a website because it is a huge challenge for us. Due to the fact that our group decided to set priority for this step. We are making an effort to this project to become a unique and attractive website about fitness and health, which brings clients convenience.

After completing this project, we are going to achieve experiences of working as a team and web development. These experiences might contribute to our success in the future. Moreover, raising people’s consciousness about health and fitness is the most expected goals of my project. Also, we are able to have deeper learning about web development because this stage is the most difficult part that we have to cross over.

1. **Plans and Progress:**

Our project is being developed to raise people’s consciousness and support customers who want to keep fit, stay healthy and lose weight.

We have planned some features that help clients to improve their health:

Firstly, the website will ask customers to sign an account up so that we are able to record and follow their health. Also, the website will ask customers to provide their weight every day in order to help them see clearly their changes. Moreover, the website will base on the information that customers provide every day to create a meal or some dishes which are suitable for their diets.

Lastly, there are many kinds of work-out tutorials that we put in the home of the website. Customers are able to choose any kind of tutorial that they find excitement in. Furthermore, these tutorials contain not only video clips but also theory and images that clearly describe how the exercise is. Therefore, customers are easier to deeply understand the details of the exercises.

Working on this project is our huge challenge because web development is a new field that we are approaching. We have already finished the sign in and log in the step which is the hardest part that we have to come over. It took us 2 weeks to understand and complete this stage. The most confidant of the sign in and log in a stage that we can show errors to customers when they repeated the wrong password, wrong email. However, when the errors are shown up, the websites will be refreshed without clearing the right information. This stage that we think it is the hardest part of this project because it is required to have insight into the database as well as HTML. Also, the home has already been done with many tutorials for customers so that they have massive choices.

We are working on the personal weight record and meal recommendation stage that we expected to finish in a short time. Moreover, we are going to add some more features to the home. In addition, we are going to collect news about health and fitness and put them in the home. We are also adding BMI calculation in personal weight record page, customers will do the calculation then the result will be automatically saved with the day when customers do the calculation so that they are able to see how they change and how much weight as well as BMI they have reduced than the previous results. Moreover, we expected to add a button called “suffer” to the meal recommendation function, which helps customers to change the dishes that our apps provided if they do not like these.

Initially, we planned to add a charge function that seems to be a PT online for clients but we decided to remove it. Moreover, we had expected to create a platform for an administrator who manages posts and articles on this project. However, because of spending 2 weeks on finishing sign in and log in stage, it seems impossible for us to create a platform for an administrator.

* + 1. **Roles:**

From the beginning, we have already decided that each person has their own roles that suit their dominances and aptitudes. If someone does his part which is not his interest, the productivity would be decreased and it affects the whole grade for other members.

There are 4 members in the Amigo group: Duy, Huy, Tuan, and Tuong. After discussion, we decided that:

- Duy will get a role in writing the report mainly, supporting the back-end part and doing the presentation. He has good writing skills so he wants to get this role. He also tries his best to support back-end for a web designer.

- Huy will write the report, support the front-end part and do the presentation. Over 2 Assignment, we know that he could design the website well for the users, so we decided to give this role for him.

- Tuan will take part in writing the report and research all the information about health care and nutrients. This project is inspired by his Assignment 2 so he understands this project really well. Therefore, he could do it fluently.

- Tuong will create the whole website, get a full-stack website development. He used to do it so he could make it easier. Then he gets the information from Tuan and some support from Duy and Huy.

* + 1. **Scope and Limits:**

To be honest, we have a lot of good ideas for this project so we had to spend a lot of time to decide which project is the most suitable for us by making some comparison between each idea. The idea could be easy enough for us to put into practice and it has to be helpful that everyone would use this website for a purpose. Consequently, a healthy website has been chosen which can help people who consider their health can know what should they do to improve their own health. Luckily, we are really good at making a plan and working as a team. As a result, after choosing the project we can do this project quite quickly and also have enough time to relax to avoid stress because of overworking.

As the introduction in assignment 2, we will make a healthy website for people who want to know about their health and how to improve it. Therefore, our website is necessary to have the sign-up function so the users would have specific information about their health and avoid the general one which can make them confused. However, there are many people who would utilize our website so it is a good idea to use cloud computing to store all of the information. In that case, we use the google cloud that the user can utilize their google account to sign up into our website. The main function of this website is to calculate the IBM of the user and giving them advice based on that information. That advice could help them know how many time they should spend to do exercise or what should they eat to have good health. In contrast, this is just a website so the users have to check their own weight and their height quite regularly to update their information again. Fortunately, this website also has a function that people can see their previous statistics. In addition, our website also connects to some videos on youtube that teach the users how to work-out in the right way. Furthermore, there are some PT that the users can hire them and get more information and experience to do exercise. On the other hand, from the beginning, there might be not enough PT for every user because of the popularity of the website.

* + 1. **Tools and Technologies:**
* SOFTWARE:
* Sublime Text: for coding HTML and CSS which are the foundation for coding a website. After doing assignments 1 and 2, all of the members in a group have received some basic experiences to coding HTML on this software.
* Xampp: To run the localhost on the computer. Just only Tuong knows how to use this type of software.
* HARDWARE: Windows operating system.

* + 1. ​**Testing:**

First of all, we will check each function of the website separately because we can easily fix some errors we might have before we try all of that. After that, we test it by making an admin account and try all of the features that the website has at the same time. Moreover, we also send this website to our friends who also consider their health to make sure that our website works efficiently with different statistics. This project would be successful when we are possible to make an account and the website can calculate the statistics that we entered and give us some useful advice that helps us have better health.