

8020FIT.AI SPRINT 0

PRESENTED BY TEAM FITFORCE



MEET THE FITFORCE TEAM



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MEET THE FITFORCE TEAM



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AGENDA AGENDA **AGENDA**

- **PROBLEM STATEMENT**
- **PROJECT DESCRIPTION**
- **PERSONAS**
- **TECHNOLOGIES**
- **ALGORITHMS**
- **PROJECT SCHEDULE**
- **RETROSPECTIVE**
- **WORKING AGREEMENT**
- **WIKI LINK PAGE**

PROBLEM PROBLEM **PROBLEM**

People fail to achieve their nutrition and fitness goals due to overcomplicated health/fitness apps, lack of education, hectic lifestyles, expensive personal trainers & gym memberships, and misinformation in the nutrition & fitness industries.



A man in a gym is shown from the side, lifting a barbell with a large weight plate. The background is a brick wall with a sign that has the number '5'. The image is overlaid with a dark blue and black geometric design on the right side.

PROJECT PROJECT **PROJECT**

8020FIT.AI is a comprehensive webapp deigned to optimize nutrition and fitness tracking. End users will take an in-depth quiz on what their nutrition and fitness goals are as well as body measurements and goal body measurements. The AI will then create custom tailored workouts and meal plans for the user. End users will also be able to log their workouts and macros to see if they're on track.

WORKING PROFESSIONAL PERSONA

- Age: 28
- Occupation: Marketing Manager
- Fitness Level: Beginner
- Technology Comfort: Moderate
- Goals: She wants to increase energy levels and lose weight, prefers quick and efficient.
- Challenges: limited time due to a demanding job, limited knowledge about effective workout routines, hard to stay motivated.



COLLEGE STUDENT PERSONA

- Age: 22
- Occupation: Student
- Fitness Level: Intermediate
- Technology Comfort: High
- Goals: Build muscle and increase strength, trying new workout routines.
- Challenges: Limited equipment availability at his gym so he prefers body weight and minimal equipment exercises, needs a variety of workouts to prevent boredom



MIDDLE AGED MOM PERSONA

- Age: 38
- Occupation: Stay at home parent
- Fitness Level: Beginner
- Technology Comfort: Low to moderate
- Goals: Maintaining health and boosting energy for her family, prefers low-impact exercises that can fit around her children's schedules
- Challenges: Finds it challenging to set aside dedicated time for workout, overwhelmed by complex fitness apps, needs workouts that are gentle but effective, due to past injuries



TECHNOLOGIES TECHNOLOGIES TECHNOLOGIES

PROGRAMMING LANGUAGES

- Back End: Python, Node.js
- Front End: React, Javascript

TOOLS

- Visual Studio Code
- AWS Amplify

TECHNOLOGIES TECHNOLOGIES **TECHNOLOGIES**

DATABASE

- AWS DynamoDB

API

- Workout Manager (wger) API

ALGORITHMS

ALGORITHMS

ALGORITHMS

ARITHMETIC

- Provides accurate calculation of Body Mass Index (BMI) along with other crucial metrics

DECISION TREE

- Creates custom tailored workout recommendations for the end user

RESTFUL DATA FETCHING

- Allows us to get data from a local or remote server via Workout Manager (wger) API

ALGORITHMS

ALGORITHMS

ALGORITHMS

REAL TIME DATA SYNC

- To keep frontend data in sync with backend

PROGRESS PREDICTION

- To predict user performance trends

AUTHENTICATION/ACCESS CONTROL

- Secures API and data access using AWS Amplify Auth (Cognito) with role-based access control



WEEKLY

Mondays @ 7:30pm

SPR 000

January 25 – February 10

SPR 001

February 10 – March 10

SPR 002

March 10 – April 7

SPR 003

April 7 – May 5

PROJECT TRACKER

Sprint_0_Tracker_Schedule										
Task	Priority	Assigned To	Status	Accountable	End Date	End date	Milestone	Deliverable	Notes	
Establish project idea	High	All	Completed		1/25/2025	1/27/2025	Milestone	File	Notes	
Get idea approved	High	All	Completed		1/31/2025	2/3/2025	Milestone	File	Notes	
Research MVP features	High	Yaw	In progress		2/5/2025	2/7/2025	Milestone	File	Not sure if this should assign solely	
Confirm roles & responsibilities	Medium	All	In progress		2/5/2025	2/7/2025	Milestone	File	Notes	
Research web app concepts	Medium	All except Yaw	In progress		2/5/2025	2/7/2025	Milestone	File	Notes	
Finish slide presentation	High	All	In progress		2/7/2025	2/10/2025	Milestone	File	Notes	

RETROSPECTIVE RETROSPECTIVE RETROSPECTIVE

GOOD

- Quick decision making led to good project idea and establishing roles
- Flexibility on working together and meeting
- Clarity when team started executing on action items

BAD

- Late planning that led to a rushed feeling
- Meeting structure was lacking
- Communication in the group chat regarding task updates

APPLY

- Implement a framework for meetings
- Team members will update the task tracker so that we can manage the project
- Update each other every three days on task status

WORKING AGREEMENT OVERVIEW

Communication Framework:

- Primary channels: Whatsapp for instant messaging and video meetings
- Weekly mandatory Video meetings via Whatsapp: **Mondays at 7:30pm**
- Meeting summaries/immediate action items posted on Whatsapp
- Advance notice required for meeting absences
- Additional meetings scheduled as needed

Workflow Framework

- Task assignments: Volunteer based during Whatsapp meetings
- Task tracking: Google Sheets
- Updates: **Every 3 days** via Whatsapp Messages
- Collaboration: Share task approaches for feedback
- Workload: Equally divided; team support for struggling members

Team Values Framework

- Foster an effective, inclusive, and flexible environment
- Provide constructive criticism, avoid personal attacks
- Encourage open communication about project concerns before personal deadline
- Report interpersonal conflicts to team leader

Completion Framework

- **Set personal deadlines before official deadline**
- Record responsibilities and deadlines on GitHub
- Completion criteria: Functional code meeting project requirements **2 days** before self accounted deadline
- Team code testing and review by **at least 2 other members**
- Align documentation with code
- Update code on GitHub
- Determine submission channel in advance



THANK YOU

[HTTPS://GITHUB.COM/HTMW/2025SA-TEAM2/](https://github.com/HTMW/2025SA-TEAM2/)