8020FIT.AI SPRINT 0

PRESENTED BY TEAM FITFORCE



### MEET THE FITFORCE TEAM



ADRIAN EGASAN
Front End Developer



YAW MENSAH Back End Developer



MUSTAFA AL-TAMEEMI
Back End Developer



MIGUEL LUGO
Front End Developer

### MEET THE FITFORCE TEAM



**ROHAN PATEL**Back End Developer



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# 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.





8020FIT.Al 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**

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

### **TOOLS**

- Visual Studio Code
- AWS Amplify

# TECHNOLOGIES TECHNOLOGIES TECHNOLOGIES

**DATABASE** 

o 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 rolebased access control



**WEEKLY** 

Mondays @ 7:30pm

**SPR 000** 

January 25 - February 10

**SPR 001** 

February 10 - March 10

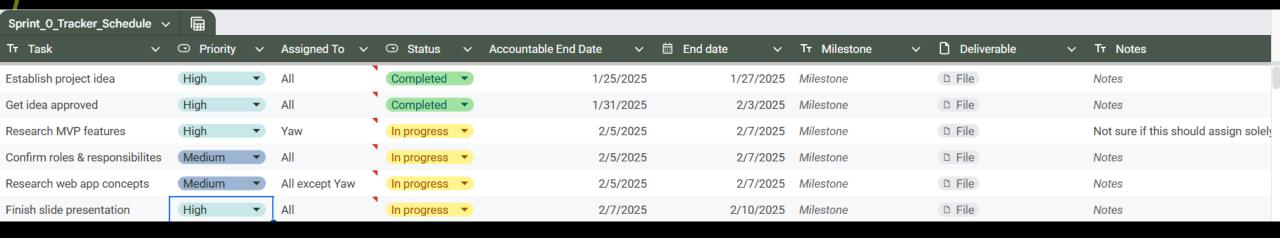
**SPR 002** 

March 10 - April 7

**SPR 003** 

April 7 — May 5

### PROJECT TRACKER



# 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 OVERWIEW

### 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

