**PROJECT PLAN**

Problem Statement

* To design a health based project/application named ‘Fitness Pal’.
* Keeping a personalised record, Fitness Pal suggests healthier alternatives to any food item that user craves to consume at any particular moment.
* Maintains a personalised track for individuals using this project by maintaining a proper exercise schedule, nutritional values of various food items, mood based food substitute and helps tackle various health related problems.

Project Objectives

Major features of stated project would include:

* Personal profile: Maintains a personal profile of user and keeps the record of user’s age, sex, current weight and targets.
* Nutritional values of various food item: Keeps a record of nutritional values of various food items and help user keep tab of calorie intake.
* Mood based food substitute: It suggest a healthier alternative to any food item that user craves to consume at that particular moment.

Work Assigned:

* Personal Profile: Fahad Ahmad Ansari(12BCE0191)
* Nutritional values of various food item: Ashish Gupta(12BCE0163)
* Mood based food substitute: Sahil Samar(12BCE0218)

Feasibility Study

* It reaches out to all fitness freaks helping them to keep a proper track of their diet and workout.
* A planned approach and proper distribution of work among the teammates will help us to complete the project within the given timeframe. Using the incremental model for our project and taking the deadlines seriously will further help us in reaching our goals.
* A personalised track for individuals using this project by maintaining a proper exercise schedule, nutritional values of various food items, mood based food substitute and helps tackle various health related problems.

Process Model

* We chose to implement our project through **incremental model.**
* There are many reason for choosing incremental model. Some of them would be :

1. The cost of accommodating changing customer requirements is reduced.
2. It is easier to get customer feedback on the development work that has been done.
3. More rapid delivery and deployment of useful software to the customer is possible.

Deliverables

* Major deliverables produced by this project ‘Fitness Pal’ would be

1. Getting to know what to eat and when to eat it.
2. The project would help people to manage their so that their body get the required nutrients supply.
3. People will get to know which food item they shouldn’t eat and which one they should so as to get the right nutrient supply.

* We’ll be using HTML, CSS, PHP and JavaScript.