

SW Engineering CSC648-848-05
Summer 2024

FitNutri Hub
Team 03

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MILESTONE 2

Date: 06/11/2024

History Table

Milestone	Version	Date Submitted
Milestone 2	V1	7/9/2024

Table of Contents

1. Data Definitions.....	3
2. Prioritized Functional Requirements.....	4
3. UI Mockups and Storyboards.....	8
4. High-level database architecture and organization.....	17
5. High-level API and Main Algorithm.....	23
6. High-Level UML Diagrams.....	25
7. High-Level Application Network and Deployment Diagrams.....	28
8. Project Management.....	31
9. List of Team Contributions.....	32

1. Data Definitions

1. User Data

- 1.1. User ID: A unique identifier for each user.
- 1.2 Username: The chosen display name of the user.
- 1.3. Email: The user's email address for communication and account recovery.
- 1.4. Password: A hashed string used for user authentication.
- 1.5. Date of Birth: The user's date of birth.
- 1.6. Gender: The user's gender.
- 1.7. Height: The user's height.
- 1.8. Weight: The user's weight.

2. Activity Data

- 2.1. Activity ID: A unique identifier for each recorded activity.
- 2.2. Activity date: The Time and date when the activity took place
- 2.3. Activity type: The type of physical activity.
- 2.4. Activity duration: How long the user was doing the activity for.
- 2.5. Activity distance: The distance covered during the activity.
- 2.6. Calories burned: Estimated number of calories burned during the activity.
- 2.7. Heart rate: The user's average heart rate during the activity.

3. Nutrition Data

- 3.1. Meal ID: A unique identifier for each meal entry.
- 3.2. Meal type: The type of meal (breakfast, lunch, dinner, snack).
- 3.3. Food item: The name of the food item consumed.
- 3.4. Calories consumed: The number of calories in the food item.
- 3.5. Macronutrients: The amount of carbohydrates, proteins, and fats in the food item.
- 3.6. Micronutrients: List of Vitamins (A, B, C, D, E, and K) and Minerals (Ca, Mg, Zn, Fe) plus fiber content

4. Recipe Data

- 4.1. Recipe ID: A unique identifier for each recipe.
- 4.2. Recipe name: The name of the recipe.
- 4.3. Description: A description of the recipe.
- 4.4. Category: The recipe category (dessert, appetizer, main course).

- 4.5. Preparation time: The time required to prepare the ingredients.
- 4.6. Cooking time: The time required to cook the dish.
- 4.7. Total time: The total time required to prepare and cook the recipe.
- 4.8. Servings: The number of servings the recipe yields.
- 4.9. Ingredients: the name of the ingredients.
- 4.10. Nutrition information: nutritional information (calories, carbohydrates, proteins, fats, fiber, sodium).

5. Health Metrics

- 5.1. Health Goal: Defined health goal for the user (Health, Fitness, Performance, etc. goal)
- 5.2. Healthline: User health condition or treatments, if any restrictions
- 5.3. BMI: Simplistic measurement of a healthy range of weight related to height
- 5.4. RHR: The resting heart rate of the user
- 5.5. A1C Reading: Measure of the average level of blood sugar over a given time
- 5.6. Dietary Restrictions: List of foods that must be left out of a person's diet
- 5.7. Diet Plans: Categories and quantities of food that a person eats for a health outcome
 - Diabetes Management: Specific diet to manage diabetes
 - Ketogenic: A diet high in fats influences metabolism
 - Vegan: Diet consisting of no animal products
 - Vegetarian: Diet consisting of mainly plant sources
 - Paleo: Diet focussing on whole foods with high protein, low carbohydrates

6. Health Recommendations

- 6.1. Nutrition recommendation: A list of nutrients that will help user achieve their set goal
- 6.2. Meal recommendation: A list of meals or recipes that contain recommended nutrition
 - Daily Recommendation: Recommendation for that day
 - Weekly Recommendation: Recommendation for that week
 - Monthly: Recommendation for that Month
- 6.3. Workout recommendation: A prepared workout that will help the user achieve their goal

7. Tracking/Logging/Analytics

- 7.1. Weight: The weight that the user registered that day
- 7.2. Daily Calories: The number of calories the user consumed that day
 - Daily Protein: The amount of protein consumed that day

- Daily Carbohydrate: The amount of carbohydrates consumed that day
- Daily Fat: The amount of fat consumed that day

7.3. Exercise time: The amount of time the user exercised that day

7.4. Stress level: A 1-10 rating of the level of stress the user experienced that day

2. Prioritized Functional Requirements

1. User Account Management

- 1.1. A user shall securely sign up.
- 1.2. A user shall securely sign in.
- 1.3. A user should be able to create their profile (age, weight, height, fitness goals).
- 1.4. A user should be able to do password recovery/reset.
- 1.5. A user should be able to update their account.
- 1.6 A user should be able to delete their account.
- 1.7. A user shall be able to upload and manage profile pictures.
- 1.8. Users should be able to establish and monitor fitness goals with the app.

2. Social Features

- 2.1. Users shall be able to like, comment and share other user's posts.
- 2.2 A user shall be able to create posts.
- 2.3. A user shall be able to go back and edit posts.
- 2.4. A user shall be able to go back and delete posts.
- 2.5. Users should receive notifications when other users like their posts.
- 2.6. Users should receive notifications when other users comment on their posts.
- 2.7. The app shall provide moderation tools to manage community interactions and ensure a positive and supportive environment.

3. Tracking

- 3.1. A user shall be able to track their calories burned throughout their day.
- 3.2. A user shall be able to track their total steps throughout their day.
- 3.3. A user should be able to log their meals and snacks throughout their day.
- 3.4. The app shall provide feedback on the user's nutritional intake (calories, macronutrients carbohydrates, proteins, fats, vitamins, and minerals).

4. Analytics

- 4.1 The app shall provide information about the user's health.
- 4.2. The app shall provide messages in intervals to check up on the user.
- 4.3. A user shall be able to view statistics about their health & workout.
- 4.4. The app will provide an option for feedback so that the developers would be able to update the program.

5. Meal planning

- 5.1. The app shall offer customized meal recommendations based on the users' tastes and dietary constraints.
- 5.2. The application should produce meal plans.

- 5.3. Users should be able to personalize their meal plans using the app.
- 5.4. All meal nutritional information should be provided by the app.
- 5.5. Cooking directions and recipe recommendations should be included in the app.
- 5.6. The app shall allow customers to track their meals and read barcodes on packaged goods.
- 5.7. The app should provide users recipes.
- 5.8. All recipes shall list the nutritional values per serving.

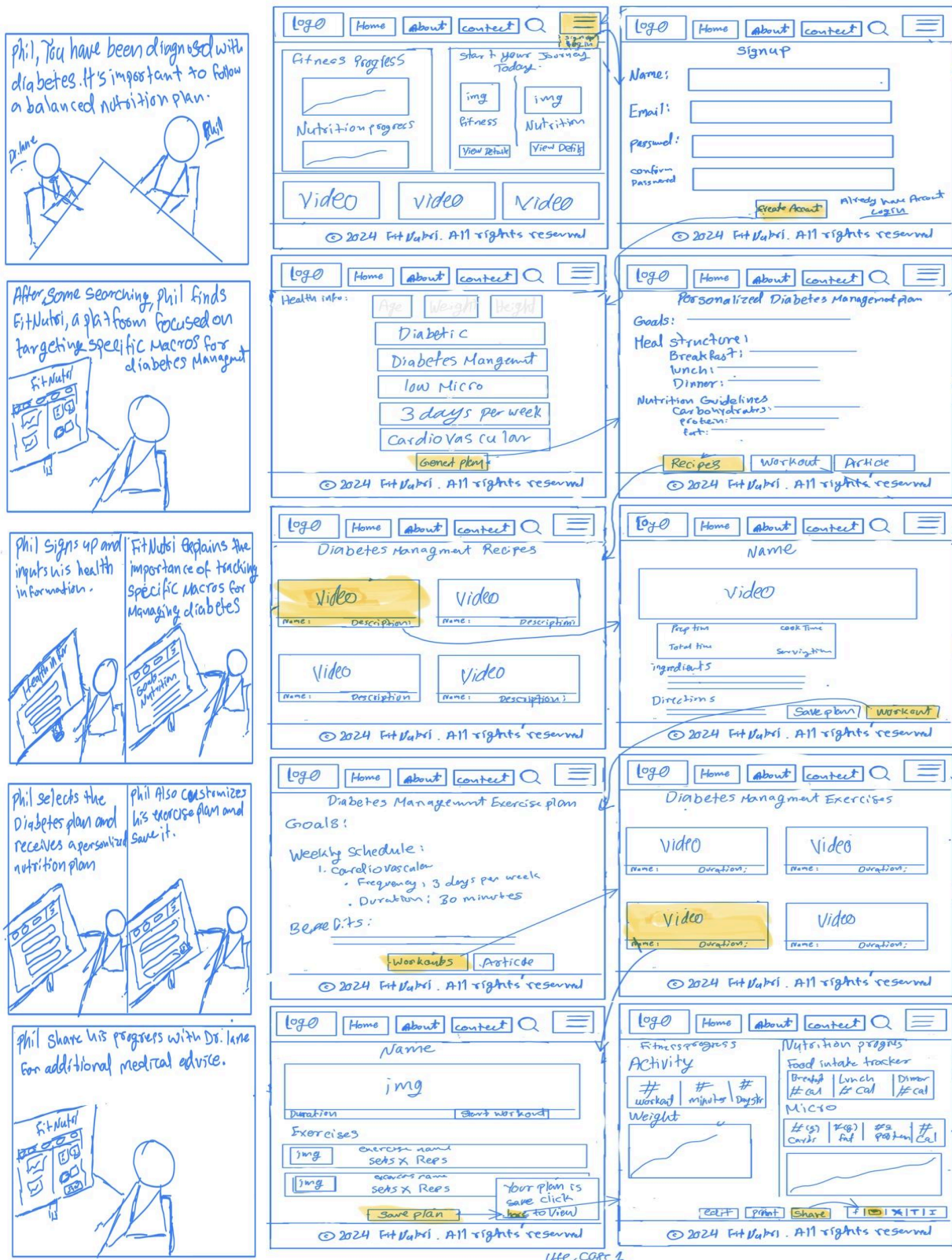
6. Workout Planning

- 6.1. A user shall be able to create personalized workout plans based on their fitness goals.
- 6.2. The app shall suggest pre-designed workout routines categorized by fitness level (beginner, intermediate, advanced) and specific goals (weight loss, muscle gain, endurance).
- 6.3. Customers shall be able to schedule workouts.
- 6.4. Customers shall be able to set reminders in the app.
- 6.5. Customers shall be able to track completed exercises.
- 6.6. A user shall have the option to follow live-streaming workout sessions led by fitness instructors.

7. Monitoring Fitness and Health

- 7.1. The app must work with other fitness tracker apps and devices.
- 7.2. The customers' physical activity must be tracked by the app.
- 7.3. The customers' physical activity must be linked to their dietary intake.
- 7.4. Taking into account the customers' activity levels, the app ought to offer insights and suggestions.
- 7.5. Customers should be able to establish and monitor fitness goals with the app.
- 7.6. The software ought to alert customers to their accomplishments and activity benchmarks.
- 7.7. customers should be able to check their overall health and nutritional status on a dashboard provided by the app.
- 7.8. The app needs to provide pointers and guidance on keeping an active lifestyle and a balanced diet.
- 7.9. Physical activity manual entry should be supported by the app.
- 7.10. Customers ought to be able to record their physical dimensions and weight on the app.

1. Use case 1:

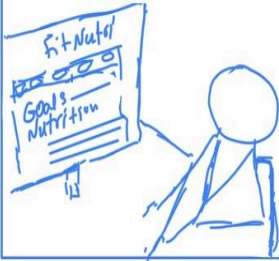


Use case 2:

Sarah has decided to follow a keto diet to improve her health and manage her weight.



Sarah signs up and enters her health information and is fascinated by its emphasis on macro tracking for keto.



FitNutri explains the keto diet principles and how it helps her achieve keto.



Sarah tracks her progress daily, feeling confident about managing her weight.



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Log Home about contact

Fitnes progress

Nutrition progress

Start Your Journey Today

img Fitness View Rehab

img Nutrition View Diet

Video Video Video

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Log Home about contact

Sign up

Name: _____

Email: _____

Personal: _____

confirm Password: _____

Create Account Already have Account Login

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Log Home about contact

Health info:

Age: _____ Weight: _____ Height: _____

Diabetic: _____

Keto diet: _____

high fat, low carbs: _____

3 days per week: _____

Weight loss: _____

Generate plan

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Log Home about contact

Personalized keto diet plan

Goals: _____

Meal structure:

Breakfast: _____

Lunch: _____

Dinner: _____

Nutrition Guidelines

Carbohydrates: _____

Protein: _____

Fat: _____

Recipes Workout Article

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Log Home about contact

Keto diet Recipes

video video

Name: _____ Description: _____

Name: _____ Description: _____

Name: _____ Description: _____

Name: _____ Description: _____

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Log Home about contact

Name

video

Prep time Cook time

Total time Servings/time

Ingredients

Directions

Save plan Workout

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Log Home about contact

Keto diet Exercise plan

Goals:

Weekly Schedule:

1. Weight loss

Frequency: 3 days per week

Duration: 30 minutes

Benefits:

Workouts Article

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Log Home about contact

Name

img

Duration Start workout

Exercises

img exercise name sets X Reps

img exercise name sets X Reps

Save plan Your plan is save click here to view

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Log Home about contact

Fitness progress

Activity

workout # minutes # days

Weight

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Log Home about contact

Nutrition progress

Food intake tracker

Breakfast Lunch Dinner

cal # cal # cal

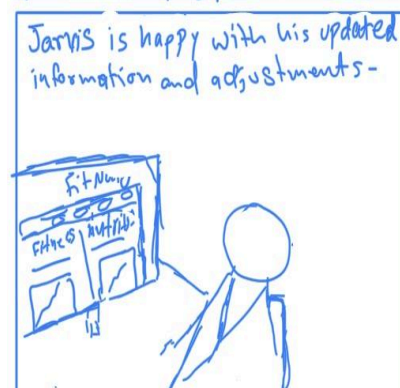
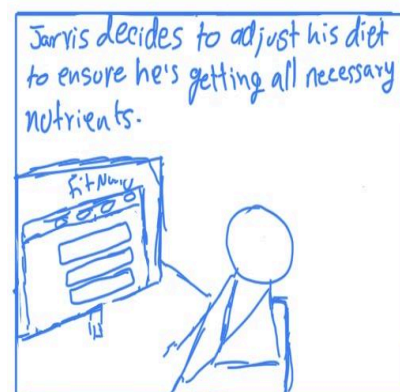
Macro

(g) Carbs # (g) Fat # (g) Protein # Cal

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USE CASE 2

Use case 3:



Use case 3: Jarvis's health journey on FitNutri.

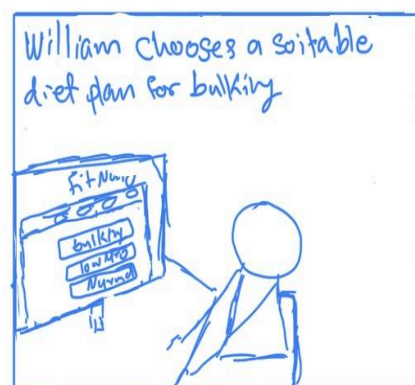
The user interface consists of several screens:

- Home Screen:** Displays "Fitness Progress" and "Nutrition Progress" graphs, a "Start Your Journey Today" section with "Fitness" and "Nutrition" options, and "Video" recommendations.
- Signup Screen:** Includes fields for Name, Email, Password, and Confirm Password, with a "Login" button.
- Login Screen:** Includes fields for Email and Password, and a "Login" button.
- Dashboard Screen:** Shows "Fitness Progress" and "Nutrition Progress" graphs, a "Food Intake Tracker" table, and a "Weight" graph.
- Personalized Vegan Diet Plan Screen:** Displays "Goals", "Meal Structure" (Breakfast, Lunch, Dinner), "Nutrition Guidelines" (Carbohydrates, Protein, Fat), and buttons for "Recipes", "Workout", and "Article".

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Use case 3

Use case 4:



Home About Contact

Fitness Progress

Nutrition Progress

Start Your Journey Today

Fitness

Nutrition

View Diet

Video

Video

Video

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Home About Contact

Name:

Email:

Password:

Confirm Password:

Create Account

Already have Account? Login

Home About Contact

Email:

Password:

Login

Home About Contact

Health Info:

Age:

Weight:

Height:

Normal

bulk diet

low Micro

3 days per week

Cardio Vas cu lar

Generate plan

Home About Contact

Personalized bulk diet plan

Goals:

Meal Structure:

Breakfast:

Lunch:

Dinner:

Nutrition Guidelines:

Carbohydrates:

Protein:

Fat:

Recipes

Workout

Article

Home About Contact

bulk diet Recipes

Video

Name:

Description:

Video

Name:

Description:

Video

Name:

Description:

Video

Name:

Description:

Home About Contact

NAME

Prep time

Cook time

Total time

Serving time

Ingredients:

Directions:

Save plan

Workout

Home About Contact

Fitness progress

Nutrition progress

Activity

Weight

Food intake tracker

Breakfast

Lunch

Dinner

Micro

of meals

of protein

of fat

of carbs

of calories

of protein

of fat

of carbs

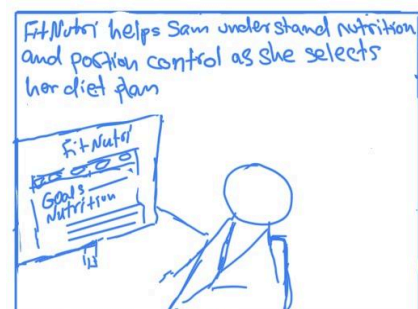
of calories

Edit

Print

Share

Use case 5:



log@ Home about contact Q

Fitness progress

Nutrition progress

Start your Journey Today.

img fitness View Results

img Nutrition View Diet

Video Video Video

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log@ Home about contact Q

Sign up

Name:

Email:

password:

confirm password:

create Account Already have Account? [login](#)

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log@ Home about contact Q

Health info:

Age: Weight: Height:

Normal

Vegan diet

low Micro

3 days per week

Cardiovascular

Go next plan

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log@ Home about contact Q

Personalized Vegan diet plan

Goals:

Meal structure:

Breakfast:

Lunch:

Dinner:

Nutrition Guidelines:

Carbohydrates:

Proteins:

Fats:

Recipes Workout Article

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log@ Home about contact Q

Vegan diet Recipes

Video

Name: Description:

Video

Name: Description:

Video

Name: Description:

Video

Name: Description:

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log@ Home about contact Q

NAME

Video

Prep time: Cook time:

Total time: Servings:

Ingredients:

Directions:

Save plan Workout

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log@ Home about contact Q

Vegan diet Exercise plan

Goals:

Weekly Schedule:

1. Cardiovascular

Frequency: 3 days per week

Duration: 30 minutes

Benefits:

Workouts Article

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log@ Home about contact Q

Vegan diet Exercises

Video

Name: Duration:

Video

Name: Duration:

Video

Name: Duration:

Video

Name: Duration:

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log@ Home about contact Q

Name

img

Duration: Start workout

Exercises

img exercise name sets X Reps

img exercise name sets X Reps

Save plan Your plan is saved. Click here to view

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log@ Home about contact Q

Fitness progress

Nutrition progress

Activity

worked # minutes # days

Weight goal #lb

Food intake tracker

Breakfast Lunch Dinner

Cal # Cal # Cal

Micro

Carbs # Fat # Protein # Cal

EDIT Print Share

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Use case 5

Use case 6:

Theo, a 32-year old software developer, decides to train for his first Marathon.



Theo, navigates through FitNutri discovering it's fitness and nutrition tracking capabilities.



Theo uses FitNutri to plan meals that balance his macro needs for endurance.



As the race day approaches, Theo reviews his comprehensive training and nutrition data and found out that he is confident to finish the marathon.



Hand-drawn wireframes for the FitNutri application, showing the user journey from login to final review.

Page 1: Home

Navigation: Logo, Home, About, Contact, Search, Menu

Sections:

- Fitness Progress: Line graph showing progress over time.
- Nutrition Progress: Line graph showing progress over time.
- Start Your Journey Today: Buttons for 'Fitness' and 'Nutrition', each with a 'View Stats' link.
- Video: Three video thumbnails.

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Page 2: Signup

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Name:
- Email:
- Personal:
- Confirm Password:

Buttons: [Create Account](#) (highlighted), [Already have Account? Login](#)

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Page 3: Health Info

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Age:
- Weight:
- Height:
- Normal: ☐
- Vegan diet: ☐
- Low Micro: ☐
- 3 days per week: ☐
- Cardiovascular: ☐
- General plan: ☐ (highlighted)

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Page 4: Personalized Vegan diet plan

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Goals:
- Meal structure: Breakfast: , Lunch: , Dinner:
- Nutrition Guidelines: Carbohydrates: , Protein: , Fat:

Buttons: [Recipes](#) (highlighted), [Workout](#), [Article](#)

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Page 5: Vegan diet Recipes

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Video: (highlighted)
- Video:
- Video:
- Video:

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Page 6: Recipe Details

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Name:
- Prep time:
- Cook time:
- Total time:
- Servings:
- Ingredients:
- Directions:

Buttons: [Recipes](#) (highlighted), [Save plan](#), [Workout](#)

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Page 7: Vegan diet Exercise plan

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Goals:
- Weekly Schedule:
 - 1. Cardiovascular
 - Frequency: 3 days per week
 - Duration: 30 minutes
- Benefits:

Buttons: [Workouts](#) (highlighted), [Article](#)

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Page 8: Exercise Details

Navigation: Logo, Home, About, Contact, Search, Menu

Form:

- Name:
- Duration:
- Exercises:
 - Exercise name: Sets: Reps:
 - Exercise name: Sets: Reps:
- Workout:
- Buttons: [Save plan](#) (highlighted), [Your plan is saved. Click here to view](#)

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Page 9: Fitness and Nutrition Progress

Navigation: Logo, Home, About, Contact, Search, Menu

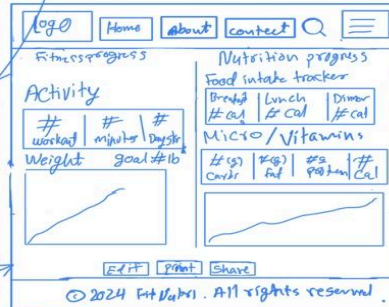
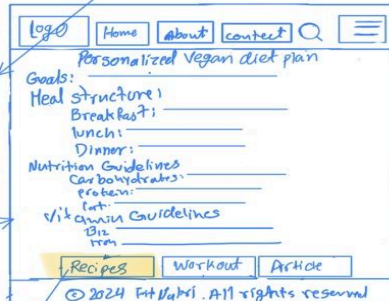
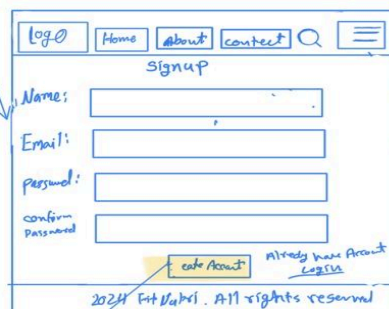
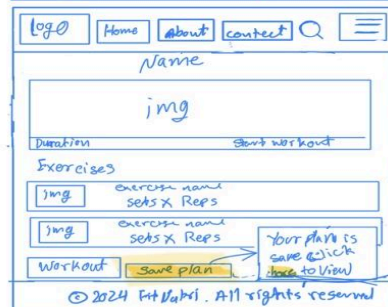
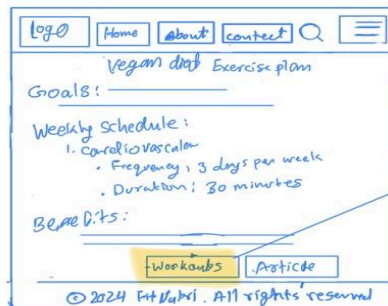
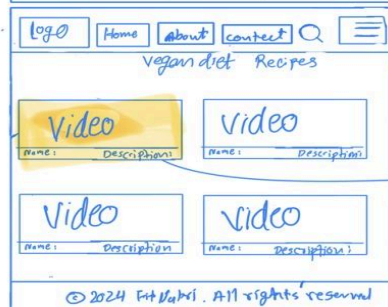
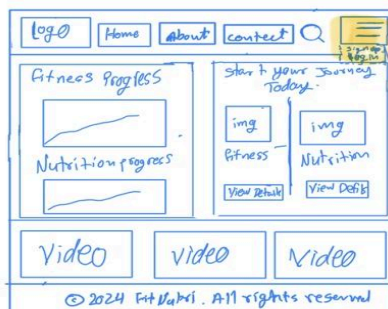
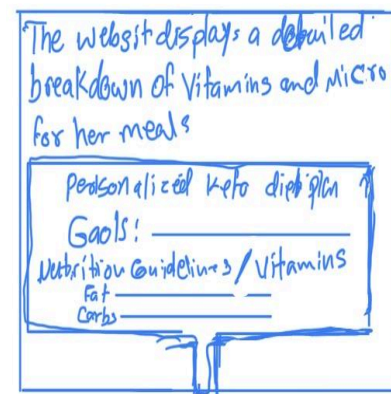
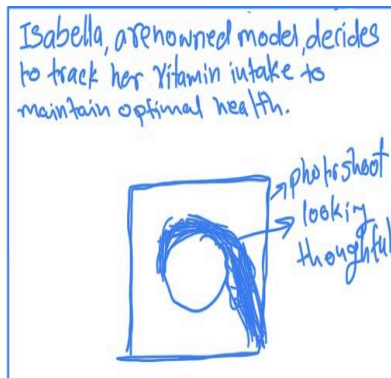
Form:

- Fitness progress: Activity table with columns for # workout, # minutes, # days.
- Nutrition progress: Food intake tracker table with columns for Breakfast, Lunch, Dinner, # cal, # carb, # fat, # protein, # cal.
- Weight:
- Goal:

Buttons: [Edit](#), [Print](#), [Share](#)

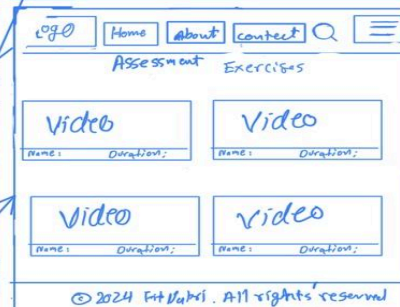
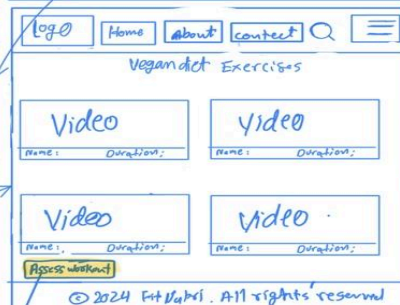
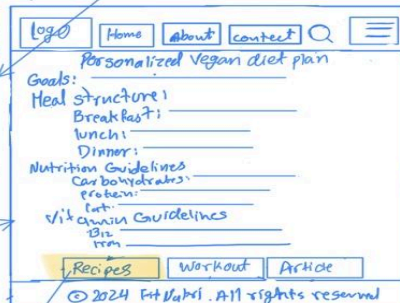
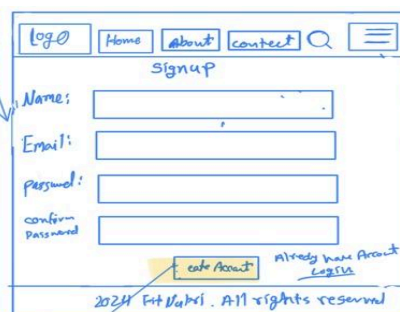
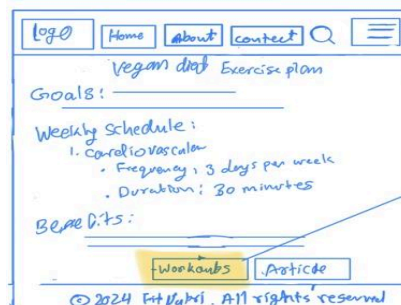
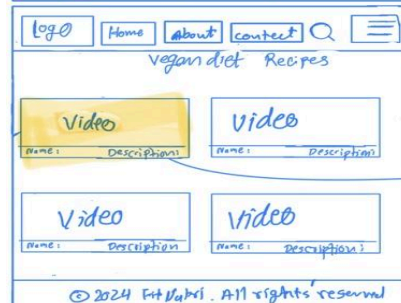
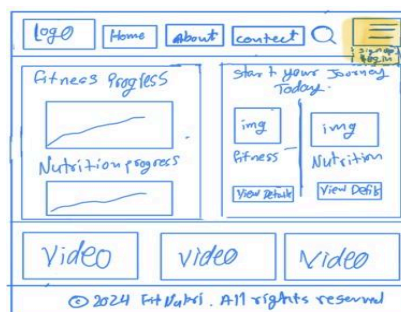
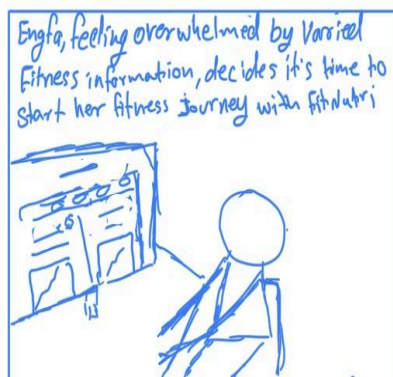
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Use case 7:



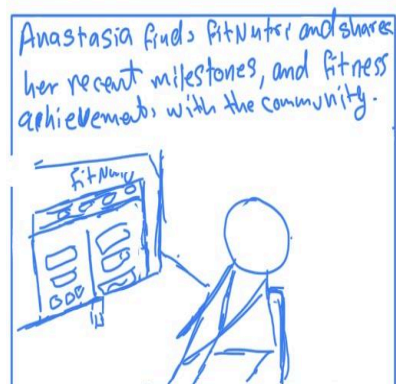
Use case 7

Use case 8:



use case 8

Use case 9:



Use Case 9: User Journey for FitNutri

The journey starts with a user (Anastasia) feeling isolated and seeking a community. She finds FitNutri and shares her recent milestones and fitness achievements with the community. She spots an upcoming challenge on FitNutri and decides to join. She eventually meets up with local members for a group workout.

The user interface consists of several screens:

- Home Screen:** Displays "Fitness Progress" and "Nutrition Progress" charts, a "Start your Journey Today" section with "img" placeholders for "Fitness" and "Nutrition", and "View Results" buttons. It also features a "Video" section.
- Signup Screen:** Includes fields for "Name:", "Email:", "password:", and "confirm Password:". A "create Account" button is present, along with a link for "Already have Account? login".
- Login Screen:** Includes fields for "Email:" and "password:", and a "login" button.
- Profile/Activity Screen:** Displays "Fitness progress", "Activity" (with a table for "workout", "minutes", "Days"), "Weight goals: #lb", "Achievements" (with "img" placeholders), and "Nutrition progress" (with a "Food intake tracker" table for "Breakfast", "Lunch", "Dinner" and columns for "#cal", "#carb", "#fat", "#protein", "#cal"). It also includes a "Micro/Vitamin" section with a table for "#(g)", "#(g)", "#(g)", "#(g)" and columns for "Carb", "fat", "protein", "Cal".
- FitNutri's Community Screen:** Displays "Nutrition advice" and a "Submit" button.
- Community discussions Screen:** Displays "Community discussions" with "img" placeholders and "UserID" labels.

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4. High-Level DB Architecture & Organization

a. User (Strong)

i. Attributes:

UserID(PK)/Username/Email/Password/DateOfBirth/Gender/AccountID(FK)

1. Each user shall have exactly one account
2. A user shall log into their account using secure authentication.
3. A user shall fill out one health information form.
4. A user shall be able to choose many types of nutrition
5. A user shall be able to choose many types of workouts
6. Users shall write many dietary restrictions
7. A user shall generate one personal nutrition plan
8. A user shall generate one personal workout plan
9. A user shall be able to share many personal workout plans on social media.
10. A user shall be able to share many personal nutrition plans on social media.
11. A user shall view many recipes
12. A user shall view many exercises
13. Users shall submit many forms and attach files to these forms.
14. Users shall view forms from other users.
15. Users shall like and receive notifications for many posts.
16. Users shall customize their notification settings.
17. Users shall search for recipes and workouts using keywords.
18. Users shall be able to share, edit and print fitness and nutrition progress many times.

b. Account (Strong)

i. Attributes:

AccountID(PK)/UserID(FK)/Email/Password/RecoveryEmail/RecoveryPhone/ProfileUpdateTime

1. An account shall belong to one user at most
2. An account shall be associated with one email at most

c. 3. Health Information(weak)

i. Attributes:

HealthInfoID(PK)/UserID(FK)/CurrentWeight/GoalWeight/FitnessLevel/DietaryPreferences/NutritionTypeID(FK)/WorkoutTypeID(FK)

1. A health information shall be filled by one user
2. A health information shall contain many Types of Nutrition
3. A health information shall contain many Types of workout
4. A health information shall contain one article base on personal nutrition plan

5. A health information shall contain one article base on personal fitness plan
 6. A Health information shall include a history of user health data over time.
 7. A Health information shall include user goals related to weight, fitness level, and dietary preferences
- d. Types of Nutrition(weak)
 - i. Attributes: NutritionTypeID (PK)/Description/RecommendedCalories
 1. A type of Nutrition shall be chosen by many users
 2. A type of Nutrition shall contain one article
 - e. Types of Workout(weak)
 - i. Attributes: WorkoutTypeID (PK)/Description/ExpectedCalorieBurn
 1. A type of workout shall be chosen by many users
 2. A type of workout shall contain one article
 - f. Exercises(Weak)
 - i. Attributes: WorkoutID (PK)/WorkoutName/Duration/IntensityLevel/CaloriesBurnedEstimate, WorkoutTypeID (FK)
 1. An exercise shall include instructional videos and images
 2. An exercise shall provide estimated calories burned
 3. An exercise shall be viewed by many users
 - g. Recipe(Weak)
 - i. Attributes: RecipeID(PK)/DietType/PreparationTime/CookingTime/IngredientList/UserRatingAverage/NutritionTypeID(FK)
 1. A recipe shall consist of many dishes
 2. A recipe shall be categorized by diet type (ex., keto, vegan)
 3. A recipe shall allow users to comment and rate its effectiveness and taste
 4. A recipe shall be viewed by many users
 5. A recipe shall include instructional videos and images
 - h. Personal nutrition plan(weak)
 - i. Attributes: PlanID (PK)/UserID (FK)/PlanDetails/CreationDate
 1. A personal nutrition plan shall be generated by many users
 2. A personal nutrition plan shall be shared by many users
 - i. Personal fitness plan(weak)
 - i. Attributes: FitnessPlanID (PK)/UserID (FK)/WorkoutDetails/StartDate/EndDate
 1. A personal workout plan shall be generated be many users
 2. A personal workout plan shall be shared be many users and social media

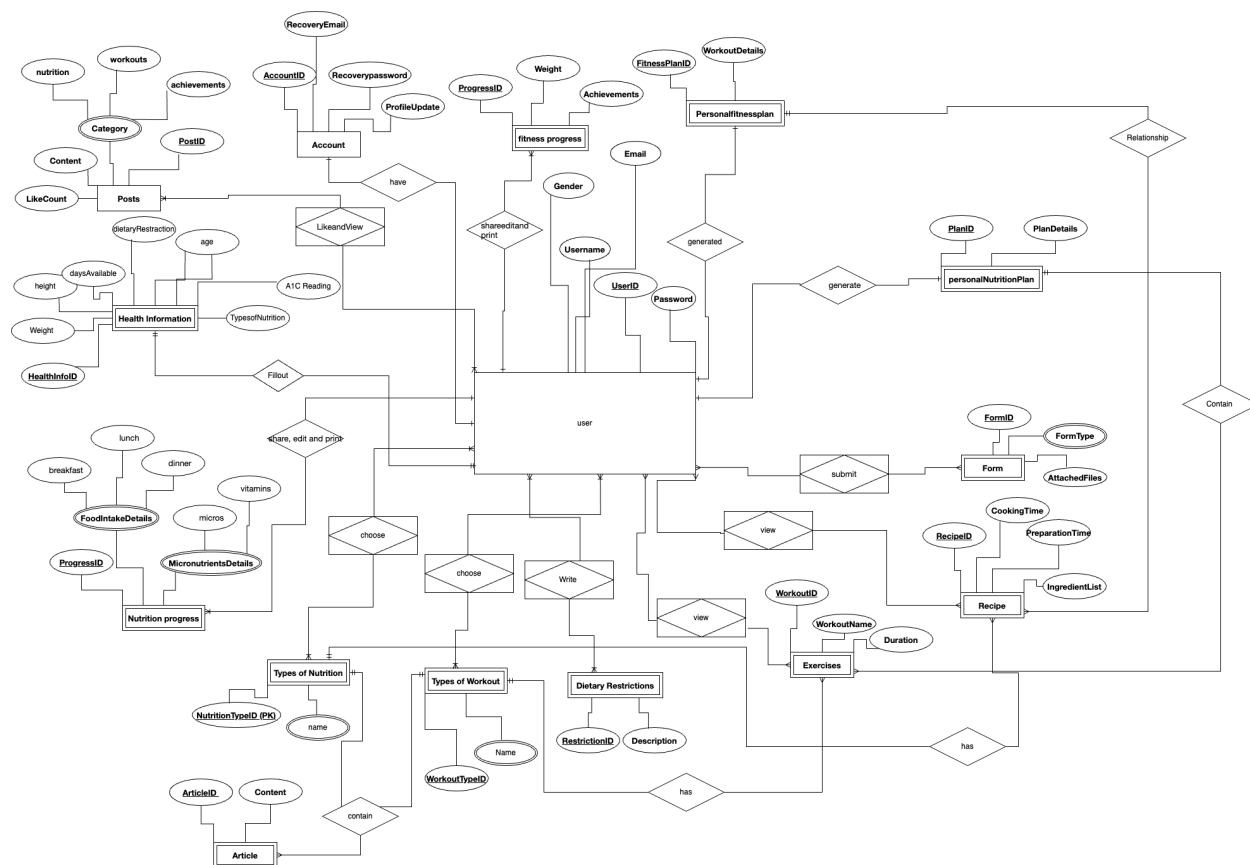
- j. Dietary Restrictions(weak)
 - i. Attributes: RestrictionID (PK)/UserID (FK)/RestrictionType/Description
 - 1. A Dietary Restrictions shall be written by many users
- k. Assess(weak)
 - i. Attributes: AssessID (PK)/UserID (FK)/DateAssessed/AssessDetails
 - 1. An assess shall be generated by many users
- l. Form(weak)
 - i. Attributes:FormID(PK)/UserID(FK)/SubmissionDate/FormType/Attached Files (count of files attached)
 - 1. A form shall be submitted by one users
 - 2. A form shall contain many files sent by the users
 - 3. A form shall be categorized by topic (ex., nutrition, workouts, achievements)
 - 4. A form shall allow users to request support or submit feedback directly to the service team
- m. Posts(strong)
 - i. Attributes: PostID (PK)/UserID (FK)/PostDate/Content (textual content of the post)/Category (e.g., nutrition, workouts, achievements)/LikeCount (number of likes received)
 - 1. A post shall be liked by many users
 - 2. A post shall allow users to engage through comments and replies
 - 3. Posts can be categorized by topic (Ex, nutrition, workouts, achievements)
- n. Notifications(strong)
 - i. Attributes: NotificationID (PK), UserID (FK), NotificationType, NotificationDate, NotificationContent
 - 1. Notifications shall be received by many users for likes and comments on their posts
- o. Article(weak)
 - i. Attributes:ArticleID (PK), RelatedToNutritionTypeID (FK), RelatedToWorkoutTypeID (FK), Content
 - 1. An article shall contain one type of nutrition
 - 2. An article shall contain one type of workout
- p. Nutrition progress
 - i. Attributes: ProgressID (PK), UserID (FK), Date, FoodIntakeDetails, MicronutrientsDetails
 - 1. Nutrition progress shall be editable by one user
 - 2. Nutrition progress shall display food intake(ex., breakfast, lunch ,dinner), micros and vitamins to one user
- q. Fitness progress

- i. Attributes: ProgressID (PK), UserID (FK), Date, ActivitiesDetails, Weight, Achievements
 - 1. Fitness progress shall be editable by one user
 - 2. Fitness progress shall display activity(ex. number of workout, minutes and days of strike), weight, lb and achievements to one user

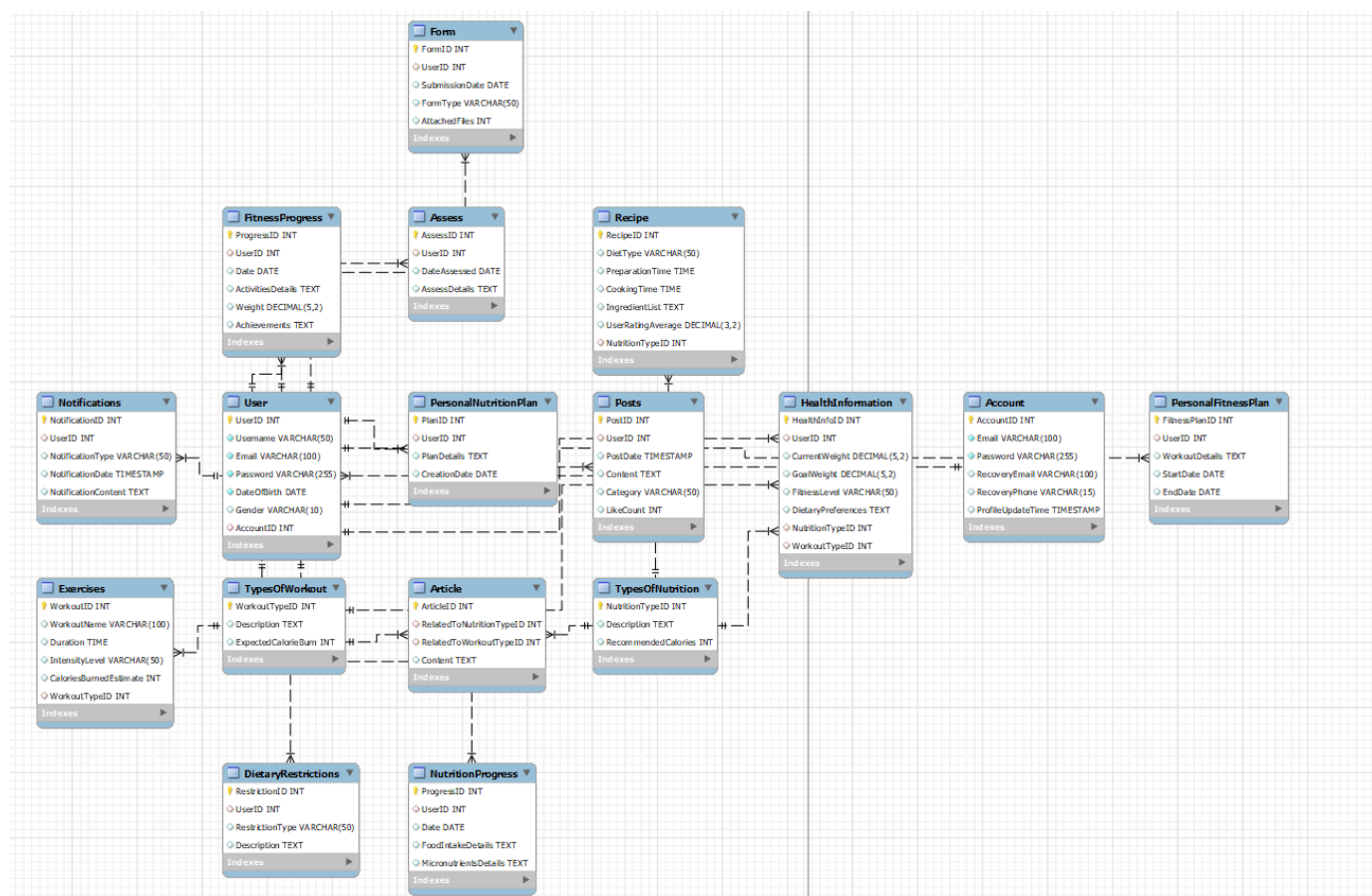
Define the DBMS

We decided to use MYSQL as the database management system for the project due to its simplicity and ease of use. Integration of anything needed is a breeze and very smooth. Frameworks and programming languages are essentially global with MYSQL which makes using it very easy.

ERD:



EER:



5. High-Level APIs and Main Algorithms

5.1. APIs Exposed

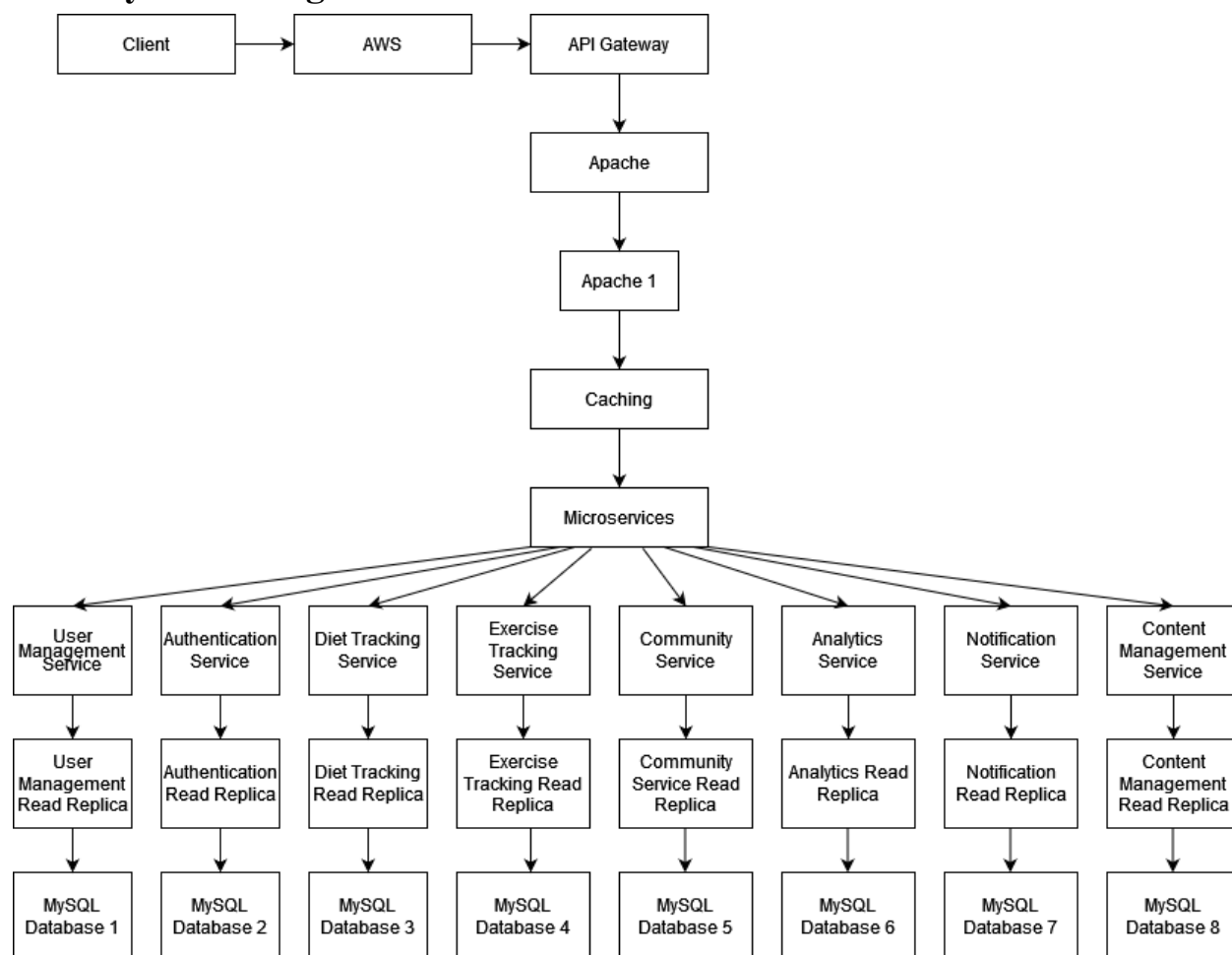
1. **User Management API:** This API will handle user related operations such as:
 - a. Endpoints for registration, login, profile retrieval, update, and deletion.
 - b. Authentication endpoints for user login and token management.
 - c. Authorization mechanisms to control access to user data.
2. **Nutrition Tracking API:** This API will manage food logging and nutrition data:
 - a. Endpoints for searching, retrieving, and logging food items.
 - b. Functionality to calculate and retrieve nutritional information based on logged food items.
 - c. Integration with external food databases or APIs for comprehensive food data.
3. **Workout Planning API:** This API will handle workout creation, scheduling, and tracking:
 - a. Endpoints for creating, retrieving, updating, and deleting workout plans.
 - b. Possible/future integration with wearable devices or fitness trackers to import and synchronize workout data.
4. **Community Engagement API:** This API will handle social interactions within the app:
 - a. Endpoints for creating, retrieving, updating, and deleting posts, comments, and likes/encouragements.
 - b. Functionality to manage user groups and group challenges (motivation inducing mechanism).
5. **Content Management API:** This API will handle the management of static content such as articles, recipes, and educational resources:
 - a. Endpoints for managing recipes and their ingredients, instructions, and nutritional information.

5.2 Main Algorithms

1. **Personalized Recommendations** that will deliver users specific workout plans, dietary insight, recommendations, and other experiences based on their experience and goals.
2. **Content-based filtering** so we can show the user things they might be interested in. By analyzing the user's workout history, dietary preferences, and stated goals, FitNutri could recommend similar workouts, recipes, or meal plans that align with their patterns or choices. Some users might have a preferred cuisine (subject to change) or type of workout.

3. **Keyword-Based Search** will allow users to search using keywords related to workouts, recipes, ingredients, dietary restrictions, and fitness goals.
4. **Faceted Search** will allow users to further refine their search results using multiple filters, enhancing the search experience. For example, users could filter recipes by dietary restrictions, cuisine (subject to change), ingredients, and calorie range.
5. **Trending Content** algorithms could be used to identify and highlight trending topics in the community section of FitNutri. This would surface engaging content and promote community involvement.
6. **Personalized Content Feeds** that, based on a user's interests, connections, and activity, could display a personalized community feed. This personalized feed would prioritize content from groups or users they follow and engage with.

6. System Design



Summary of Components:

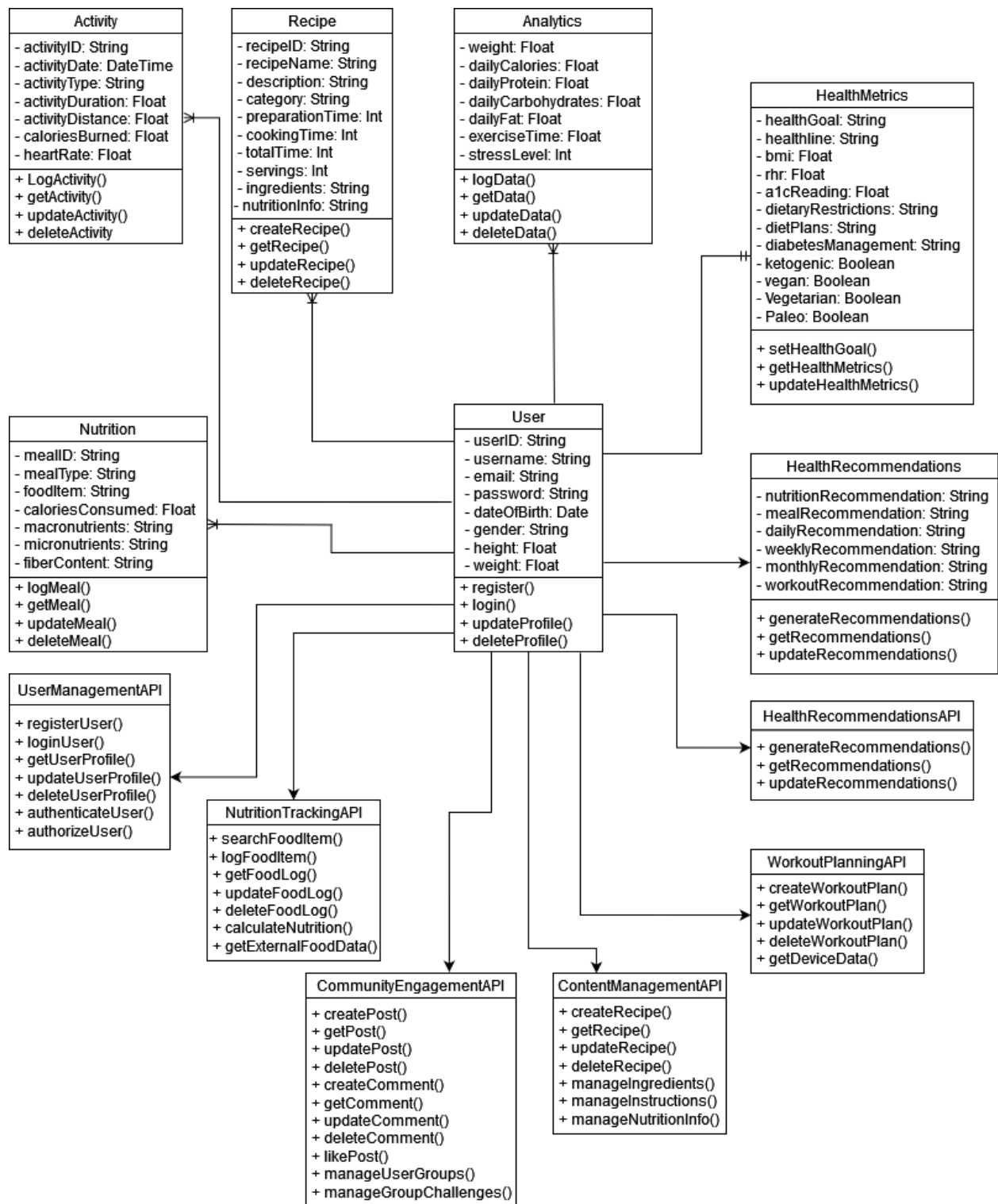
The FitNutri site will make use of several microservices which include user management, authentication, diet, and exercise. Breaking down the services in this way will allow for easier maintenance and scaling.

Load balancing will be handled using multiple servers and microservices so that servers will be able to distribute traffic as needed.

Caching will be used to prevent prevalent requests from always needing server response. By caching user information and other important features, the load on servers will be reduced further.

Database replication will be used to increase reliability by allowing data to still be available even if the original server disconnects.

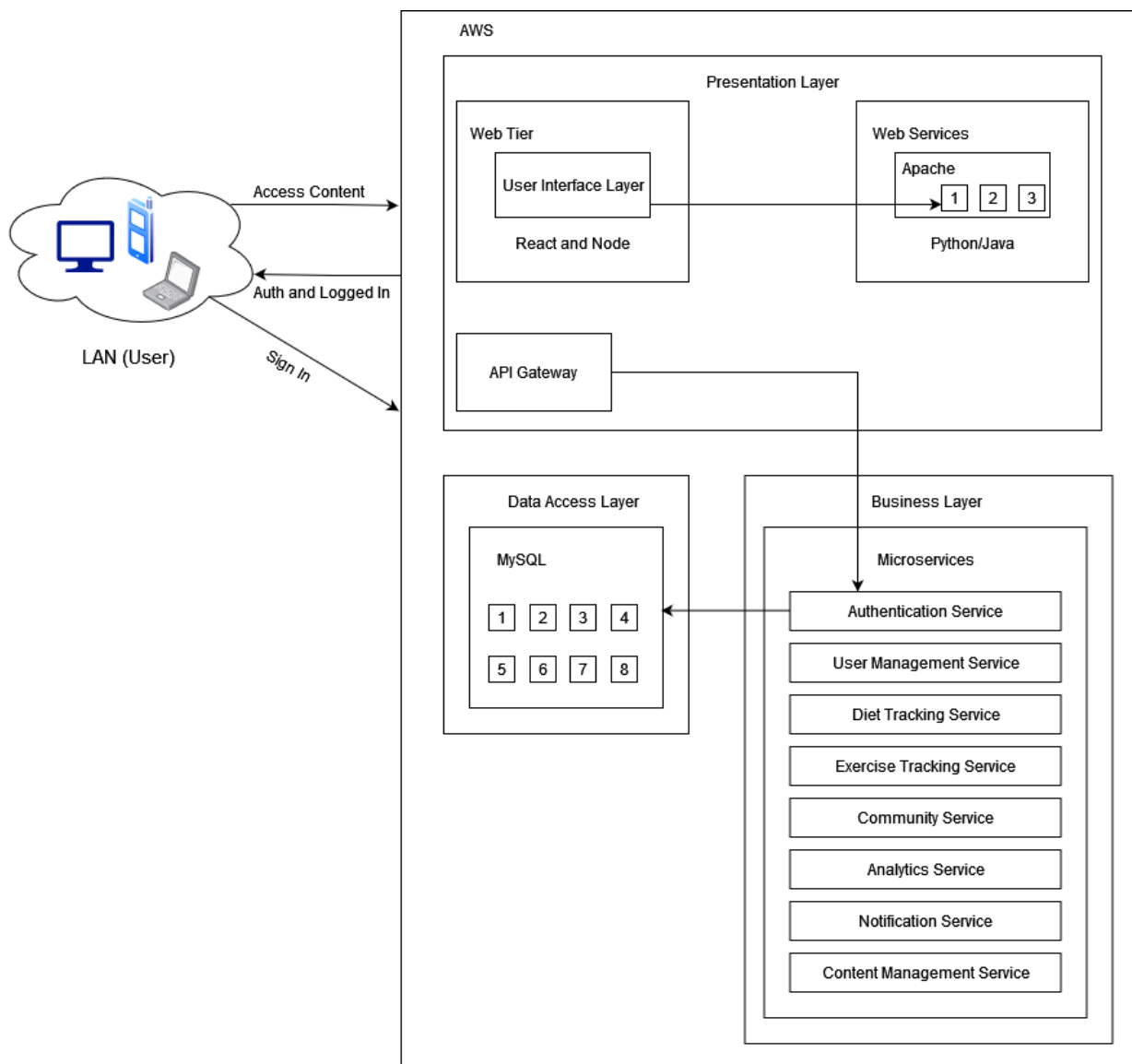
Authentication will be handled using an API Gateway making it so that data is encrypted while it is transmitted.



Summary of Design Patterns:

Of the various UML design patterns, three were specifically utilized because of their importance in reliability and consistency. First is the usage of the singleton pattern. This was important for making sure that there would not be multiple instances needed to perform their actions which reduces the overall resources required. Second is the factory pattern which allows for subclasses to create objects on their own. This is important for allowing the subclasses to make new objects as needed without having to rely on changing code. Third is the observer pattern which makes it so that all states of an object stay updated. This allows the objects to always be in sync so there is more consistency when relaying data.

7. High-Level App Network and Deployment Design



8. Identify Actual Key Risks

8.1 Skills Risks:

- FitNutri uses Java and Spring Boot for the backend and JavaScript and React for the frontend. This requires team members to quickly learn and adopt. Insufficient expertise could lead to delays, errors, and challenges in implementing features effectively.

8.2 Schedule Risks:

- A significant schedule risk is the shorter development time frame compared to teams during Fall and Spring semesters. This compressed schedule increases pressure and the likelihood of encountering delays and feature goals not being met.

8.3 Technical Risks:

- Integrating various technologies poses a technical risk. FitNutri leverages an impressive technology stack, including AWS, MySQL, Linux/Bash, Apache, and more. Ensuring seamless integration and compatibility among these technologies could be challenging and might lead to unforeseen technical issues, causing delays in development.
- FitNutri may face performance risk if the backend is not adequately optimized to handle high traffic as the user base grows. Ensuring the app scales effectively to accommodate a large number of users without degradation in performance is critical.
- Ensuring the app runs smoothly involves continuous monitoring and maintenance. Any downtime or operational failure can lead to a loss of user trust and revenue.
- Relying on third-party services (e.g., AWS, APIs) introduces a risk if those services experience outages, change terms, or discontinue services, potentially disrupting FitNutri's functionality.
- If the app is not user-friendly, it could lead to low retention rates and negative reviews.

8.4 Teamwork Risks:

- Effective collaboration and communication are important for a software development team, especially one that is fully remote like ours. Miscommunication, coordination issues, failure to attend meetings, and the lack of in-person interaction could lead to delay-inducing misunderstandings and decreased team cohesion.

8.5 Legal/Content Risks:

- Ensuring compliance with data privacy regulations like GDPR and CCPA is essential. Failure to adequately protect user information or obtain necessary consent could result in legal consequences.
- The reliance on user-created content within FitNutri, specially on the topic of health and fitness, introduces a whole world of content risks. Ensuring the accuracy, reliability, and appropriateness of this content is vital to mitigate legal and reputational risks.
- Protecting user data from breaches and cyber-attacks is crucial. Any vulnerability can lead to data loss, which could damage the app's reputation and lead to legal repercussions.

8.6 Market Risks:

- There is a risk that the market demand for fitness and nutrition apps could change due to new trends, economic conditions, or changes in user preferences. This could affect the app's growth and profitability.

9. Project Management

To manage our M2 tasks, our team used Google spreadsheet and Notion as our primary task management tools. I (team lead) created our own channel called “FitNutri” to be able to keep track of our progress. Notion already gave me an outline of things I might need to keep everything organized. We have a task folder where we can add tasks, assign team members, add deadlines, and if it is a high or low priority. We are also able to update our status to say if we are “in progress” or “done”. This layout provides a clear overview of the workload and progress for each member and team lead. There is also a document area for important information that is needed when doing this milestone.

We think having questions when doing this milestone when we are not in a meeting is important. That’s why it is important to have our Discord channel for Team 03 to communicate in. This serves as our primary communication channel for discussions, questions, and collaboration. By having this Discord channel everyone is able to call and communicate.

Google Docs is also an essential tool for us because we write everything on a shared doc. We are able to collaborate and the team lead is able to write feedback. Having the doc ensures that everyone is on the same page regarding the details and expectations of the project. With docs, we are able to have all our work done on the same page. With all these tools we will continue utilizing Notion, Discord, and Google Docs for our task management and communication.

10. Detailed List of Contributions

NO.	Member	Contribution	Rating
1	Michelle Nguyen (Team Lead)	<ul style="list-style-type: none"> Helped work on the mockup drawings. Created a notion to keep track of tasks. Looked over the document for corrections and grammar, Planned meetings. Helped with the EDR. Wrote out the Project Management. 	
2	Mitchell Caine	<ul style="list-style-type: none"> The first 4 use cases for the UI/mockup. Helped Ali Hadwan with the storyboard and had a 1 on 1 meeting to discuss the design of the application/website. Worked on the flow chart diagram for our system design. The system design. Wrote out the summary components. Used mySQL to organize our functions on our application. Summary of the design pattern. 	10
3	Shreejana Bartaula	<ul style="list-style-type: none"> n/a 	0
4	Eduardo Enrique Muñoz Alvarez	<ul style="list-style-type: none"> Planned out the EDR diagram with Ali Hadwan. Worked on the high-level database architecture. Worked on mySQL to create the eer. Defined our DBMS. 	10
5	Nilofar Ali	<ul style="list-style-type: none"> Worked on data definitions. Worked on prioritized functional requirements 	8
6	Uzair Hamed Mohammed	<ul style="list-style-type: none"> programmed the backend of our prototype. Wrote out the high-level APIs and Main Algorithms. Collaborated with John to create the high-level app network and deployment design. Identify actual risks with John. 	10
7	John Collins	<ul style="list-style-type: none"> Worked on data definitions. Collaborated with Uzair to create the high-level app network and deployment design. Worked and collaborated with Uzair on the actual risks. 	8

9	Ali Hadwan	<ul style="list-style-type: none">• Planned out the application/website design.• Drew out the use cases.• UI Mockups and storyboards.• Drew all, planned, and collaborated with the team if everyone agreed with everything.• Worked on the edr on draw.io.• Programmed the front end of our prototype and collaborated with Uzair.	10
10	Ali A	<ul style="list-style-type: none">• n/a	0