
Group 4

**The Health and Fitness
Vision Document**

Version 1.2

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Revision History

Date	Version	Description	Author
24/10/2024	1.0	- Finish Introduction and Positioning.	Ngô Thanh Phương Dương
		- Finish Product Features and Non-Functional Requirements.	Nguyễn Huỳnh Minh Quang
		- Finish Stakeholder and Users Descriptions (except Stakeholder Summary).	Trương Thuận Kiệt
25/10/2024	1.1	- Finish Stakeholder Summary.	Vũ Thái Thiện
		- Update Alternatives and Competition.	Văn Diệp Bảo Duy
1/11/2024	1.2	- Fix Positioning and Product Features	Trương Thuận Kiệt
		- Fix non-functional requirements	Ngô Thanh Phương Dương

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Vision (Small Project)

1. Introduction

The introduction of this document provides an overview of the entire system. It includes the purpose of the system which is to deliver personalized workout plans, nutrition guidance, and progress tracking for users. The references of this document include users feedback, market research and best practices to ensure that the system meets demands of health and fitness landscapes.

2. Positioning

2.1 Problem Statement

The problem of	Fitness enthusiasts struggling to maintain a healthy lifestyle due to a lack of personalized fitness guidance, nutritional plans...
affects	Fitness enthusiasts, beginners and those with specific health goals.
the impact of which is	Difficulty in staying motivated, which can result in poor fitness outcomes and inconsistent habits.
a successful solution would be	Improve users overall fitness levels, health awareness, and commitment to their goals.

The problem of	Nutritionists facing challenges in providing personalized meal plans and guidance due to insufficient tools for understanding individual client needs and preferences
affects	Nutritionists and dietitians working with diverse clients seeking tailored dietary advice
the impact of which is	Users may struggle to adhere to dietary recommendations, leading to ineffective nutrition interventions
a successful solution would be	Provide nutritionists with comprehensive assessment tools, user-friendly meal planning

The problem of	Fitness coach/trainer struggling to keep clients motivated and accountable due to a lack of personalized fitness plans and progress tracking tools
affects	Personal trainers and fitness coaches who work with clients to achieve specific health and fitness goals
the impact of which is	Users may experience decreased motivation and inconsistent workout habits
a successful solution would be	Equip coaches with customizable training programs, effective progress tracking systems, and communication tools to provide ongoing support, ensuring users remain engaged, motivated

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The problem of	Developers struggling to implement highly personalized fitness and nutrition features due to limited insights into user behaviors and needs
affects	Web developers responsible for coding and implementing product features for fitness applications
the impact of which is	Development may lead to generic, less effective features that do not fully meet user expectations for personalization, which can reduce user engagement and retention
a successful solution would be	Equip developers with user behavior analytics, detailed user personas, and sample data for testing, enabling them to build more relevant and user-centric features that enhance app usability, functionality, and effectiveness

The problem of	Product managers struggling to align product features with the specific needs of diverse fitness users due to limited access to comprehensive user feedback and insights
affects	Product managers responsible for defining feature requirements and overseeing the development roadmap for fitness applications
the impact of which is	Misalignment between user expectations and delivered features, leading to lower user satisfaction, reduced product adoption, and higher churn rates
a successful solution would be	Provide product managers with direct access to user research, usage metrics, and feedback channels to better understand user needs. This will help them prioritize high-impact features, ensure alignment with user goals, and create more effective product strategy that boosts user engagement

The problem of	Admins facing challenges in managing user data, monitoring engagement metrics, and ensuring the platform's smooth operation due to complex data and limited management tools
affects	Web admins who manage user accounts, monitor engagement and handle web maintenance
the impact of which is	Difficulty in overseeing web performance, ensuring data accuracy and addressing user issues promptly, which may lead to decreased web reliability and user dissatisfaction
a successful solution would be	Provide admins with a robust, user-friendly dashboard that allows them to manage accounts, track user engagement, resolve issues, and maintain data security. This helps ensure a reliable platform experience, boosts user satisfaction, and supports effective data management

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2.2 Product Position Statement

For	Individuals who are conscious of health and fitness enthusiasts.
Who	Need personalized, accessible and adaptive fitness and nutrition guidance to achieve health-related goals.
The (product name)	Comprehensive health and fitness web.
That	Provide detailed workout plan, nutrition and progress tracking on an easy to use web.
Unlike	Incomprehensive apps or static workout plans.
Our product	Delivers customizable and dynamic plans that base on user health conditions, integrates expert advice, and ensures better long-term results.

For	Nutritionists
Who	Strive to provide personalized dietary guidance to their clients.
The (product name)	Advanced nutrition management platform.
That	Offers customizable meal planning, nutrient tracking, and users communication features on an easy-to-use interface
Unlike	Generic meal planning apps that lack personalization.
Our product	Delivers comprehensive tools that enable nutritionists to create tailored meal plans based on individual dietary needs, monitor client adherence, and provide real-time support

For	Fitness coach/trainer
Who	Look to enhance client engagement and accountability.
The (product name)	Dynamic coaching and fitness platform
That	Provides customizable training programs, progress tracking, and motivational tools within a user-friendly environment
Unlike	Static training apps that do not adapt to individual client progress
Our product	Offers tailored workout plans that built based on users performanc

For	Developers
Who	Work on development of health and fitness web
The (product name)	Robust health and fitness web

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That	Provides a suite of APIs, user analytics, and customizable templates for building personalized fitness solutions
Unlike	Standard development tools that offer limited customization and insights
Our product	Delivers flexible, user-friendly development resources that empower developers to create dynamic, personalized fitness and nutrition features, ensuring seamless integration and better user engagement.

For	Product managers
Who	Oversee health and fitness web
The (product name)	Comprehensive product management solution for health and fitness
That	Provides a suite of APIs, user analytics, and customizable templates for building personalized fitness solutions
Unlike	Traditional project management tools that do not cater specifically to fitness and health products
Our product	Provides targeted insights and analytics, allowing product managers to make data-driven decisions, prioritize high-impact features, and enhance user satisfaction through tailored fitness solutions

For	Admins
Who	Manage health and fitness web
The (product name)	User-friendly admin dashboard for health and fitness applications
That	Streamlines user account management, monitors engagement metrics, and ensures data security
Unlike	Conventional admin tools that lack customization and real-time data tracking
Our product	Delivers a comprehensive admin interface that simplifies user management, enhances data accuracy, and provides actionable insights, enabling admins to maintain a reliable platform and support user satisfaction effectively

3. Stakeholder and User Descriptions

3.1 Stakeholder Summary

Name	Description	Responsibilities
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Teacher	Teacher in the course	Supervisor of the project, giving feedback and advice for building the system.
Developers	Members of Group 4	Design and develop the web.
System Administrators	Responsible for managing and maintaining the system	Manages backups, updates and security protocols.

3.2 User Summary

Name	Description	Responsibilities	Stakeholder
Fitness Enthusiast	Individuals who are passionate about staying fit and regularly engage in workouts and health routines.	<ul style="list-style-type: none"> - Track personal fitness goals and progress. - Use personalized workout plans. - Share workout achievements. 	Primary user group
Nutritionist	Professionals provide dietary recommendations and personalized nutrition plans based on user needs.	<ul style="list-style-type: none"> - Develop nutrition plans. - Provide guidance on eating habits. - Monitor and adjust plans based on user progress and feedback. 	Nutrition team
Fitness coach/trainer	Professionals provide workout routines and guidance to users.	<ul style="list-style-type: none"> - Create and update personalized workout programs. - Monitor user progress and give feedback. - Answer user questions related to fitness goals and routines. 	Coaching team
Admin	Administrators manage system operations, content and ensure compliance with community standards.	<ul style="list-style-type: none"> - Manage user accounts and permissions. - Oversee users' interactions with the web.. - Moderate user-generated content and resolve disputes. 	Management team
Product Manager	Oversee the development of product.	<ul style="list-style-type: none"> - Define product roadmap and features. - Gather feedback from users and stakeholders to prioritize updates. - Coordinate work across development, design and marketing teams. 	Business Team
Developers	Build and maintain the web.	<ul style="list-style-type: none"> - Implement system features - Ensure system reliability, security. - Fix bugs. 	Engineering Team

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3.3 User Environment

- **Number of People Involved:** Primarily, individual users will interact with the app, but future updates may enable features for fitness trainers or group collaborations.
- **Task cycle duration:** Users will spend varying amounts of time on the app, from quick log-ins for progress tracking (a few minutes) to longer sessions for workouts or reading fitness advice (up to an hour). The app should support both short and extended interactions seamlessly.
- **Environmental Constraints:** Since this is a web-based app, users will likely access it from both desktop and mobile browsers. It must be responsive to different screen sizes and accessible in multiple environments such as gyms, homes, or outdoor workout areas. Limited connectivity might still be an issue, so consider developing offline functionality for key features.
- **System Platforms:** The app will be accessible on all major browsers with a focus on compatibility with mobile browsers. It can be designed to work alongside future Progressive Web App capabilities to enhance mobile experiences.
- **Integration with Other Applications:** You might integrate with APIs from Google Fit, Apple Health, or wearable devices to gather fitness data. Integration with social platforms for sharing achievements could also enhance user engagement.
- **Tasks and Roles:** The app empowers users to manage their health goals, but it may also support trainers or healthcare professionals who need access to user data for monitoring and guidance.

3.4 Alternatives and Competition

- **StrongLifts 5x5:**
 - Strengths:
 - Simple and effective weightlifting program for beginners.
 - Tracks progress automatically and provides easy-to-follow workouts.
 - Weaknesses:
 - Limited variety in exercises, mainly focused on compound lifts.
 - Minimal customization options for more advanced users.
- **JEFIT:**
 - Strengths:
 - Large exercise database with detailed instructions and workout plans.
 - Allows for customizable routines and progress tracking.
 - Weaknesses:
 - Free version contains ads, and premium features require a subscription.
 - The user interface can be complex for beginners.
- **Fitbod:**
 - Strengths:
 - Personalized workout recommendations based on user progress and goals.
 - Adapts routines based on available gym equipment.
 - Weaknesses:
 - Subscription model limits access to full features.
 - Heavy reliance on algorithms may not suit all users.

4. Product Features

No.	Feature	Description	Priority
1	Personalized Workout Plans	Customizable workout routines based on user fitness goals, preferences, and fitness level (For end users like gym enthusiast)	High

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2	Nutrition and Meal Plans	Tailored meal plans designed by nutritionists, catering to dietary preferences and health goals. (For nutritionist and end users)	High
3	Progress Tracking	Tracks user's workout progress, weight, and other health metrics to visualize improvements over time. (For end users, personal trainers, healthcare providers)	Medium
4	Motivational Notifications	Sends personalized reminders and motivational messages to encourage users to stay on track with their fitness routines. (For end users looking to maintain motivation, personal trainers)	Low
5	Customizable Dashboard	Users can configure their dashboard to highlight their most important metrics, activities, or goals. (For end users, personal trainers, and coach)	Low

5. Non-Functional Requirements

- Performance Requirements:

- Regular user: Quick loading (2-5 seconds). Daily stats should load instantly, and summary stats should load in a few seconds for easy tracking.
- Personal Trainer / Health Coach: Fast access to client data, allowing trainers to view multiple profiles and track client metrics without lag.
- Admin: The admin should experience quick response times when managing user data, viewing analytics, or updating content so that app updates are efficient and reliable.

- Scalability Requirements:

- Regular user: As more users join, regular users should still experience fast load times and smooth interactions, whether they're logging workouts, accessing meal plans, or viewing their progress.
- Personal Trainer / Health Coach: The app should support bulk operations (like sending messages or updating plans...) for coaches managing a large number of clients, allowing them to scale their services effectively.
- Admin: Admins should be able to scale backend infrastructure (like servers and databases) to support growth in users, data storage, and new features without compromising app performance.

- Security:

- Regular user: data encryption to secure personal health data, with multi-factor authentication for secure login and reassurance that sensitive information is protected and compliant with privacy regulations.
- Personal Trainer / Health Coach: Coaches' access to client data should be role-based, with clients' explicit consent for data sharing, Security standards ensure trainers only access authorized data to build trust.
- Admin: Admins require role-based access control to secure sensitive parts of the app and ensure compliance with privacy laws to safeguard user data and reduce legal risks.

- Reliability:

- Regular user: high uptime so users can access fitness and nutrition data anytime. Fast recovery after outages with minimal impact on saved data.
- Personal Trainer / Health Coach: reliable access to client and history logs without data loss, ensuring coaches can access all client interactions seamlessly and backup features that guarantee data integrity.
- Admin: stable performance with real-time error tracking and system recovery, allowing admins to resolve issues quickly and maintain user trust.

- Platform Requirements:

- Regular user: The app should be fully responsive and accessible on multiple devices, such as

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desktops, tablets, and smartphones, allowing users to seamlessly track fitness activities on the go.

- Personal Trainer / Health Coach: Trainers should be able manage client profiles and plans across platforms, especially desktops and tablets, for a comprehensive view of client progress and easy data input.
- Admin: Admins should be able to manage the app, monitor performance and handle user support across platforms. A web-based admin dashboard provides flexibility, allowing access from both desktops and mobile devices.

- **Robustness and Fault Tolerance:**

- Regular user: The app should gracefully handle incorrect or incomplete data inputs, such as missing workout details or invalid nutrition logs, by providing user friendly error messages and guidance on how to correct the issues.
- Personal Trainer / Health Coach: Coaches need reliable access to client profiles and history without data loss, even in the event of crashes. This requires robust data storage and backup solutions, ensuring client records are consistently accurate and accessible.
- Admin: Admins need access to backup and recovery tools to quickly restore the app to a table state in case of major issues. This includes access to version control or rollback options after critical errors or faulty updates.

- **Usability Requirements:**

- Regular user: A straightforward, visually appealing interface with clear icons and labels makes it easy for users to navigate, log workouts, and view progress without needing a tutorial.
- Personal Trainer / Health Coach: rainers should have quick access to client profiles and workout logs, with search, filter, and sorting options to view or update client data easily. An organized layout minimizes time spent navigating through data.
- Admin: An intuitive dashboard with clear data visualization and quick navigation helps admins manage user accounts, monitor app usage, and troubleshoot issues efficiently.