Group 4

The Health and Fitness Vision Document

Version 1.1

Revision History

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

Table of Contents

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	Individuals 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.

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.

3. Stakeholder and User Descriptions

3.1 Stakeholder Summary

Name	Description	Responsibilities
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.	- 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.	- 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.	- 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.	- 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.	- 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.	- Implement system features - Ensure system reliability, security. - Fix bugs.	Engineering Team

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.	High
2	Nutrition and Meal Plans	Tailored meal plans designed by nutritionists, catering to dietary preferences and health goals.	High
3	Progress Tracking	Tracks user's workout progress, weight, and other health metrics to visualize improvements over time.	Medium
4	Motivational Notifications	Sends personalized reminders and motivational messages to encourage users to stay on track with their fitness routines.	Low

5	Customizable Dashboard	Users can configure their dashboard to highlight their most important metrics, activities, or goals.	Low

5.   Non-Functional Requirements

- **Performance Requirements:** support up to 1000 users, average page load time is under 3 seconds, response time for data-intensive operations is not 5 seconds.
- **Scalability Requirements:** accommodate a growing user base, starting from 1000 to 1500 users, support adding more servers, databases without significant rework.
- **Security:** User data, including health metrics and personal information, must be encrypted in transit and at rest.
- **Reliability:** In case of system failure, the app should automatically recover within 1 minute without data loss.
- **Platform Requirements:** The app must support cross-platform functionality, running on ios, android, and all major web browsers.
- **Robustness and Fault Tolerance:** Detect potential issues in real time and trigger alerts to the operations team, have a recovery plan in place.
- **Usability Requirements:** UI must be intuitive, responsive and accessible on various devices (desktop, smartphone, tablet).