8020FIT.AI SPRINT 1

PRESENTED BY TEAM FITFORCE

AGENDA
AGENDA
AGENDA

- FEEDBACK ADJUSTMENTS
- PROBLEM STATEMENT
- PROJECT DESCRIPTION
- WORKING AGREEMENT
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- SPRINT 1 BACKLOG
- METRICS
- RETROSPECTIVE
- SPRINT 2 PLANNING
- PROJECT DEMO (APP & API SCREENSHOTS)
- GITHUB LINK
- LIVE APP DEMO

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

ADJUSTMENTS OF FEEDBACK

- We changed one the "Bank End Developer" from the Roles And Responsibilities slide to "Back End Developer" as this was a spelling mistake

- We deleted the Project Tracker

- We changed the Persona slides to match the presentation slides

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.

PROJECT
PROJECT
PROJECT

8020FIT.AI is a comprehensive webapp deigned to optimize nutrition and fitness tracking. End users will take an in-depth quiz on what their 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.

MVP (Minimum Viable Product)

- User Profile and Registration
    a. Obtain user data via onboarding quiz: age, height, weight, fitness goals/experiences, workout preferences

- Workout Regiment/Recommendation – AI Generation
a. Use machine learning to adjust workout plan based on progress and/or user feedback
b. Dynamically recommend workout based on available equipment or alternative methods

-    Maintain user friendly webapp

-    AI Chatbot
a. Develop AI chat bot that can answer FAQs based on fitness

Project Name:	8020FIT.AI
Team:	Fit Force
Project Description:	8020FIT.AI is a webapp that uses AI to create as well as track custom tailored workouts and nutrition plans for users based on their own goals.
	For busy working professionals
	who want the maximum ROI from fitness and nutrition without it consuming their busy lives
	the 8020FIT.AI
	is a customer tailored workout and nutrition plan builder as well as tracker
	that takes all your information relating to current and goal body measurements, eating habits, training proclivities, athletic goals and so much more to create seamless resistance/cardio workouts along with a delicious but healthy nutrition plan with proper goal tracking
	unlike other health and fitness apps which are not a comprehensive solution, are difficult to use, and the information displayed in them just ends up causing more confusion for end users
	our application gets end users hyper targeted on their nutrition and fitness goals by a in depth quiz where the AI will give out custom workouts and nutrition plans along with why it is recommending each specific exercise and meal (based on quiz inputs) as well as tracking important KPIs regarding end user goals which will be created into stunning visuals that can be played around with if the goals need to be tweaked.
Benefit Outcomes:	- This app will be an all-in-one solution when it comes to everything health and wellbeing - Users will lose weight easily and it will be easier to track - Users will be able to build muscle - Users will be able to eat delicious, nutrient rich, and satiating meals - Users will have full clarify on where they want to take their health and fitness journey
Github Link:	https://github.com/htmw/2025SA-Team2

WORKING AGREEMENT OVERVIEW

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

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 workouts.

- 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

PROGRAMMING LANGUAGES

- Back End: Typescript
- Front End: React, Typescript

TOOLS

- Visual Studio Code
- AWS Amplify

TECHNOLOGIES

DATABASE

o AWS DynamoDB

API

o Workout Manager (wger) API

ALGORITHMS
ALGORITHMS
ALGORITHMS

ARITHMETIC

o Provides accurate
calculation of Body Mass
Index (BMI) along with
other crucial metrics

DECISION TREE

o Creates custom tailored
workout recommendations
for the end user

RESTFUL DATA FETCHING

o Allows us to get data from
a local or remote server
via Workout Manager
(wger) API

ALGORITHMS
ALGORITHMS
ALGORITHMS

REAL TIME DATA SYNC

o To keep frontend data in sync with backend

PROGRESS PREDICTION

o To predict user performance trends

AUTHENTICATION/ACCESS CONTROL

o Secures API and data access using AWS Amplify Auth (Cognito) with role-based access control

SCHEDULE
SCHEDULE
SCHEDULE

WEEKLY Mondays @ 7:30pm

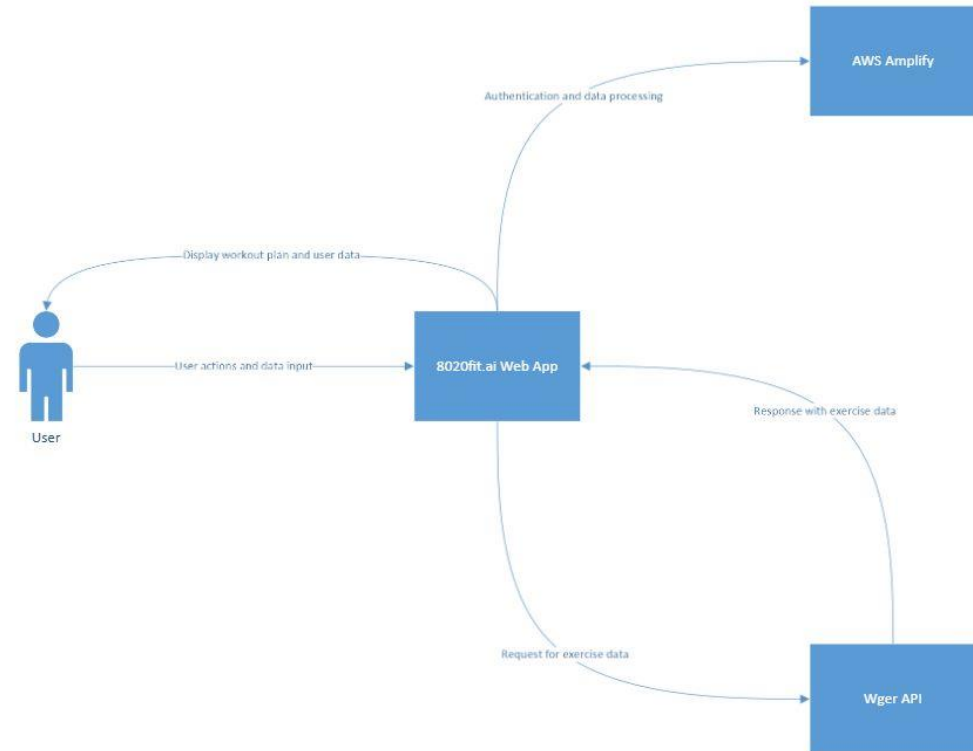**SPR 000** January 25 – February 10

SPR 001 February 10 – March 10
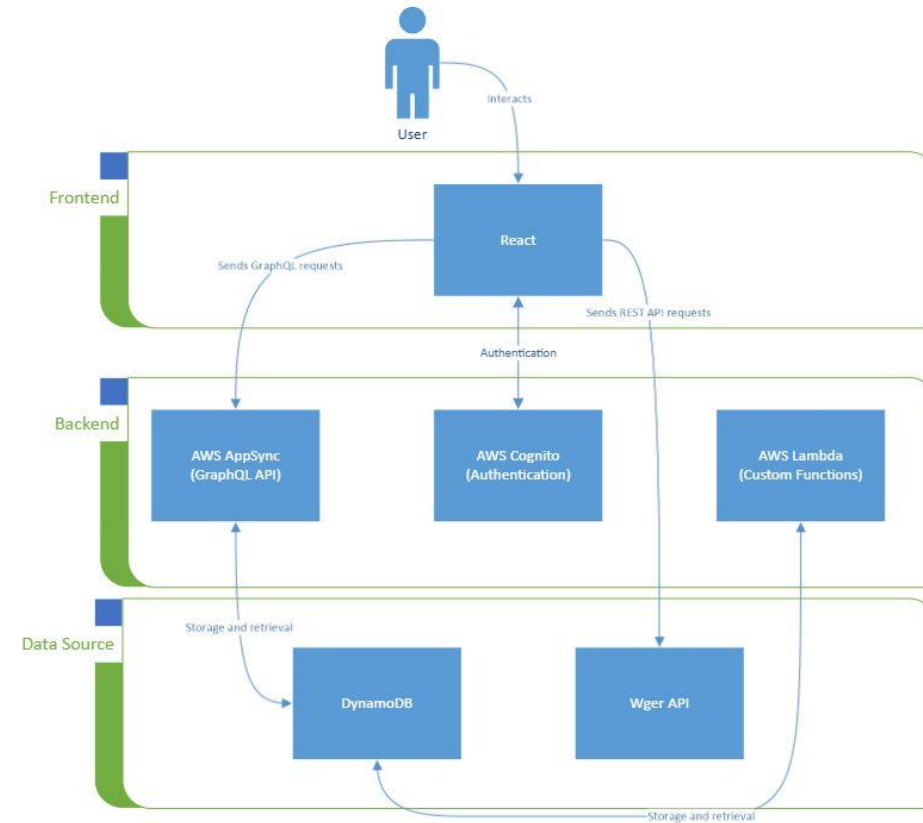
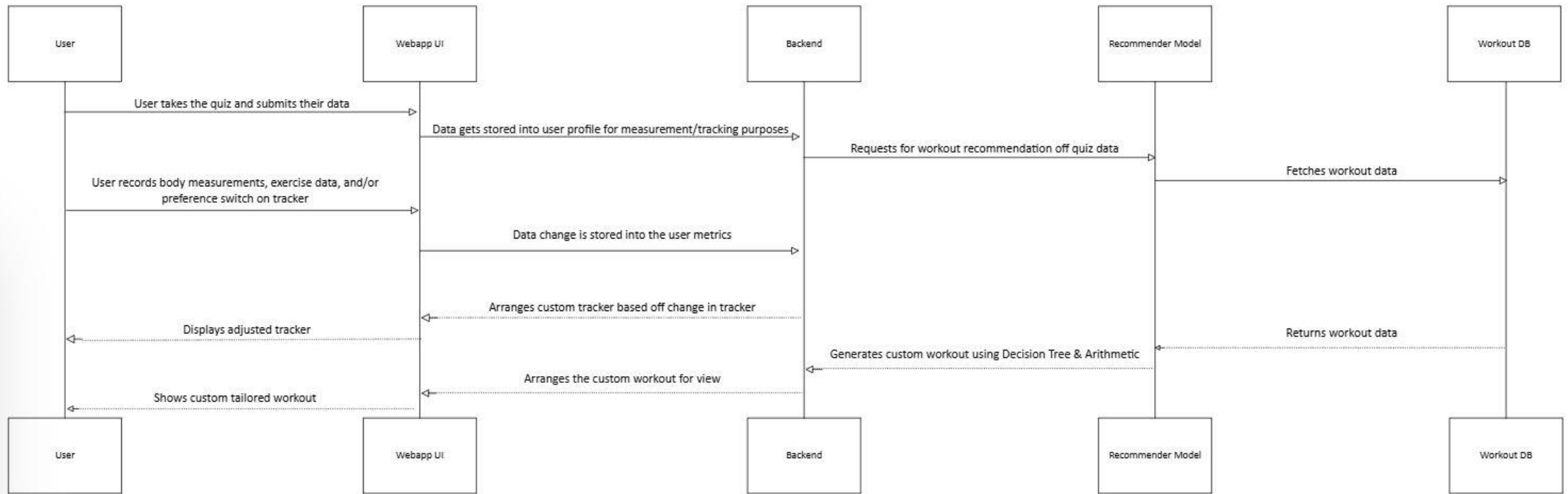**SPR 002** March 10 – April 7

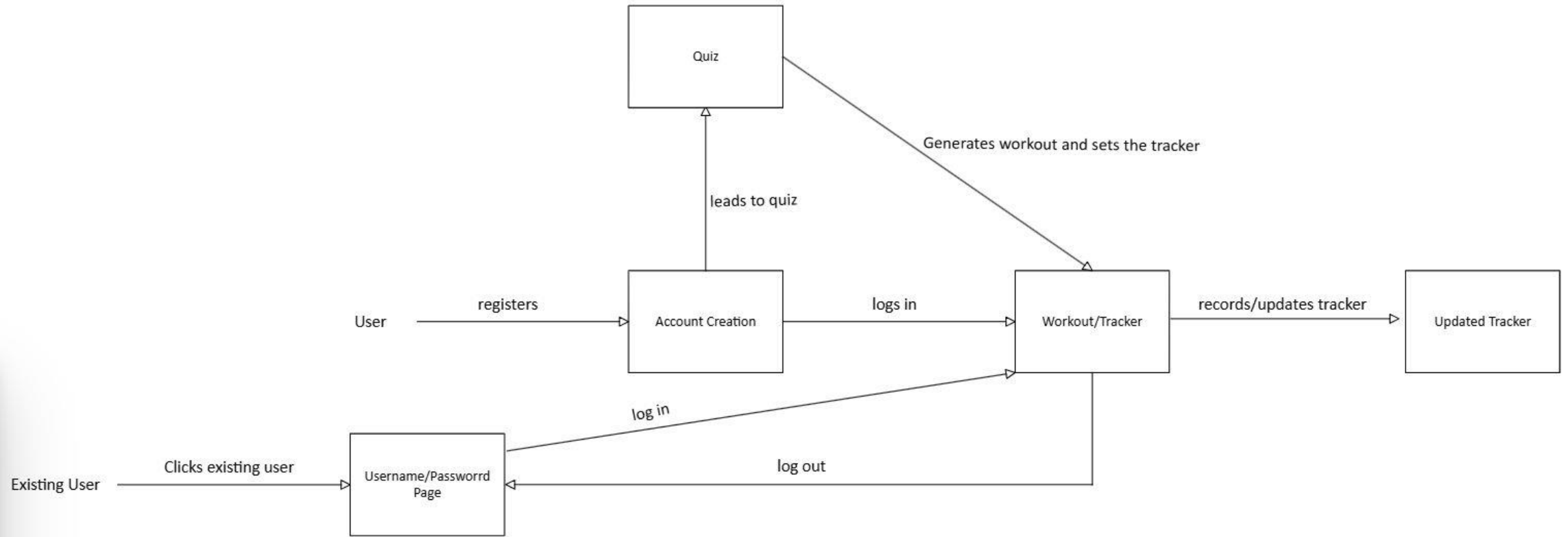**SPR 003** April 7 – May 5
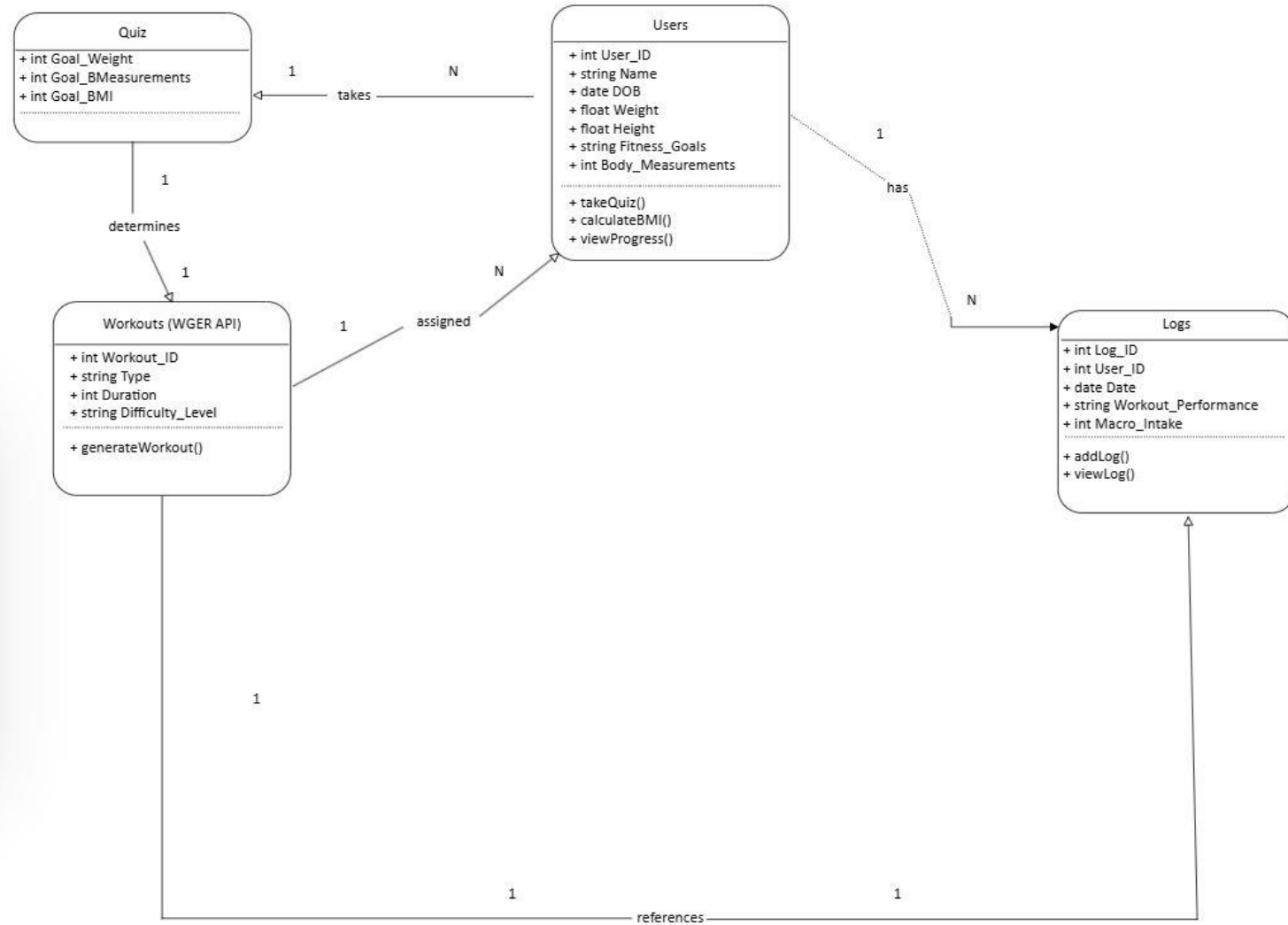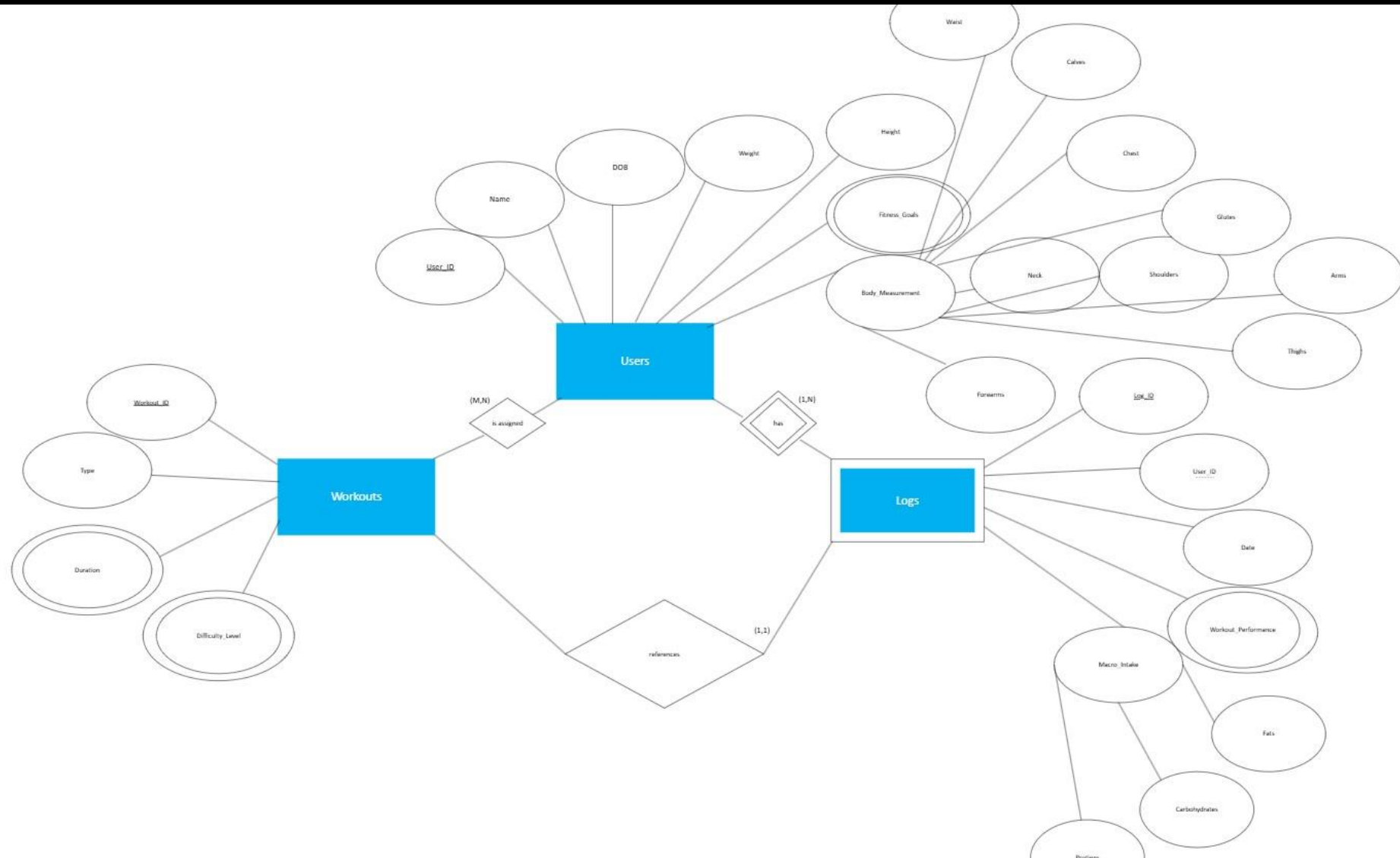
CONTEXT DIAGRAM

ARCHITECTURE DIAGRAM

SEQUENCE DIAGRAM

STATE DIAGRAM

CLASS DIAGRAM

ER DIAGRAM

Product Backlog

No.	User Stories	Acceptance Criteria	Feature	Story Points
1	As a user, I want to register for an account so I can access the webapp.	The user can input required information into the registration page: Full Name, Email address, Password, Date of Birth. Establish password encryption and secure user storage.	User Account	5
2	As a user, I want to complete an onboarding quiz so that I can get personalized fitness routines.	The quiz will collect information from users' answers on fitness goals, current metrics, and preferences. The quiz will collect information from users' answers on fitness goals, current metrics, and preferences. Database creation to save user preference and body metrics	User Account	6
3	As a user, I want to log in securely log in to my account and access my workout routines.	Users will be able to log in to their account with correct credentials. Incorrect credentials will show error message. Secure session token for authenticated users.	User Account	5
4	As a user, I want to be able to reset my password if I cannot access my account and workout info.	Users can request a password reset by email. Reset link directs to page where new password can be populated. Confirmation provided once the password reset is successful.	User Account	4
5	As a user, I want to build a workout routine based on my fitness goals and available equipment.	Design and create AI model to generate tailored workout plans. Format workout data to be displayed in the webapp.	Workout Regiment	10

Product Backlog (con't)

6	As a user, I want to edit my profile information to reflect my fitness progress and have new workout recommendations.	User can edit profile information (weight, height, age, fitness level). Updates can be found immediately in the database. Confirmation message upon successful change.	Workout Regiment	6
7	As a user, I want to delete my account since I no longer use this program.	Account deletion can be requested from the profile settings. User will verify if they want to delete account. User's data will be permanently removed from the database after confirmation.	User Account	5
8	As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.	Admins can view all users. Admins will be able to manage account permissions, deactivate, or delete accounts. Record of changes will be managed by system logs.	User Account	8
9	As a user, I want to view my workout plan to see the exercises, routines, sets, reps, equipment required to understand what I need to work on.	Users can view the workout plan in the workout distribution section. The workout will display reps, sets, equipment required, and details. User can navigate between different workouts.	Workout Regiment	7
10	As a user, I want to note/mark completed workouts so that I can can track my progress.	Users can mark single or full workout routines as completed. User's history will have updated log of workout. Users will be able to view history of workouts.	Workout Regiment	4

Sprint 1 Stories

No.	User Stories	Acceptance Criteria	Feature	Story Points	Priority
US_1	As a user, I want to register for an account so I can access the webapp.	The user can input required information into the registration page: Full Name, Email address, Password, Date of Birth. Establish password encryption and secure user storage.	User Account	5	2
US_2	As a user, I want to complete an onboarding quiz so that I can get personalized fitness routines.	The quiz will collect information from users' answers on fitness goals, current metrics, and preferences.The quiz will collect information from users' answers on fitness goals, current metrics, and preferences. Database creation to save user preference and body metrics	User Account	6	2
US_3	As a user, I want to log in securely log in to my account and access my workout routines.	Users will be able to log in to their account with correct credentials. Incorrect credentials will show error message. Secure session token for authenticated users.	User Account	5	2

Sprint 1 Stories (con't)

US_4	As a user, I want to be able to reset my password if I cannot access my account and workout info.	Users can request a password reset by email. Reset link directs to page where new password can be populated. Confirmation provided once the password reset is successful.	User Account	4	2
US_5	As a user, I want to build a workout routine based on my fitness goals and available equipment.	Design and create AI model to generate tailored workout plans. Format workout data to be displayed in the webapp.	Workout Regime	10	1
US_6	As a user, I want to edit my profile information to reflect my fitness progress and have new workout	User can edit profile information (weight, height, age, fitness level). Updates can be found immediately in the database. Confirmation message upon successful change.	Workout Regime	6	2
US_7	As a user, I want to delete my account since I no longer use this program.	Account deletion can be requested from the profile settings. User will verify if they want to delete account. User's data will be permanently removed from the database after confirmation.	User Account	5	2

Sprint 1 Stories (con't)

US_8	As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.	Admins can view all users. Admins will be able to manage account permissions, deactivate, or delete accounts. Record of changes will be managed by system logs.	User Account	8	1
US_9	As a user, I want to view my workout plan to see the exercises, routines, sets, reps, equipment required to understand what I need to work	Users can view the workout plan in the workout distribution section. The workout will display reps, sets, equipment required, and details. User can navigate between different workouts.	Workout Regime	7	1
US_10	As a user, I want to note/mark completed workouts so that I can can track my progress.	Users can mark single or full workout routines as completed. User's history will have updated log of workout. Users will be able to view history of workouts.	Workout Regiment	4	3

Sprint 1 Test Case

US_01 As a user, I want to register for an account so I can access the webapp.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_01_01	Verify Account Creation	1. Navigate to registration page and click on sign-up tab. 2. Enter user information (name, email, DOB). 3. Check for email authentication. 3. Verify and finish account creation.	User will be successfully created and information stored in the database. The user should be able to log in.	Pass	Feb 17	Adrian
TC_01_02	Verify Account Sign-in	1. Navigate to sign in. 2. Enter user credentials, sign-in, and view webapp.	User will be able to log in to created account and access the webapp.	Pass	Feb 17	Adrian

US_02 As a user, I want to complete an onboarding quiz so that I can get personalized fitness routines.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_02_01	Taking Onboarding Quiz	1. Log into webapp. 2. Navigate to "Quiz" tab. 3. Complete quiz with preferences and answers. 4. Press on Submit button.	User should see their recommended workout routines. Quiz will generate fitness recommendations.	Pass	Feb 24	Mustafa
TC_02_02	Quiz Accuracy	The user will fill in the appropriate information on their health status and fitness goals.	The quiz page should provide all the correct fields for the users to enter and store them in the database.	Pass	Feb 24	Mustafa
TC_02_02	Correct Quiz Results	The user will receive a workout routine based off the results received.	The results should take no longer than 60 seconds to display the results in clear text for the user.	Pass	Feb 25	Mustafa

Sprint 1 Test Case

US_03 As a user, I want to log in securely log in to my account and access my workout routines.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_03_01	Confirm User Login	1. Locate sign in tab on the webapp. 2. Enter user credentials (email and password) and sign in to account.	User will be able to log in and be directed to their dashboard.	Pass	Feb 19	Adrian

US_04 As a user, I want to be able to reset my password if I cannot access my account and workout info.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_04_01	Successful Password Reset	1. Select "Forgot Password" on the login page. 2. Enter the registered email. 3. User will access personal email for password reset link. 4. Click the link, enter new password, and submit.	User should receive a password reset email, create a new password, and be able to log in.	Pass	Feb 20	Adrian

US_05 As a user, I want to build a workout routine based on my fitness goals and available equipment.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_05_01	Build Workout Routine	1. Log into the fitness webapp. 2. Navigate to the "Workout" tab. 3. Enter fitness goals and available equipment. 4. Submit details.	The user will receive a personalized workout routine based on the inputs.	Pass	Mar 6	Rohan

Sprint 1 Test Case

US_06 As a user, I want to edit my profile information to reflect my fitness progress and have new workout recommendations.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_06_01	Edit Profile Information	1. Log in to the webapp. 2. Navigate to the profile settings page. 3. Update fitness information. 4. Save the changes.	Changes will be saved successfully. Update information will reflect on the user's account.	Pass	Mar 4	Rohan

US_07 As a user, I want to delete my account since I no longer use this program.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_07_01	Remove Account Storage	1. Log into the webapp. 2. Navigate and click on the "Settings" tab. 3. Select "Delete Account". 4. Confirm account deletion.	The account should be permanently deleted. User will not be able to log in again.	Pass	Mar 6	Rohan

US_08 As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_08_01	Manage User Access	1. Log into the webapp. 2. Navigate and click on the "Settings" tab. 3. Select "Delete Account". 4. Confirm account deletion.	The system administrator should be able to manage user access, remove users, edit appropriate information.	Fail	N/A	N/A

Sprint 1 Test Case

US_06 As a user, I want to edit my profile information to reflect my fitness progress and have new workout recommendations.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_06_01	Edit Profile Information	1. Log in to the webapp. 2. Navigate to the profile settings page. 3. Update fitness information. 4. Save the changes.	Changes will be saved successfully. Update information will reflect on the user's account.	Pass	Mar 4	Rohan

US_07 As a user, I want to delete my account since I no longer use this program.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_07_01	Remove Account Storage	1. Log into the webapp. 2. Navigate and click on the "Settings" tab. 3. Select "Delete Account". 4. Confirm account deletion.	The account should be permanently deleted. User will not be able to log in again.	Pass	Mar 6	Rohan

US_08 As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.

TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_08_01	Manage User Access	1. Log into the webapp. 2. Navigate and click on the "Settings" tab. 3. Select "Delete Account". 4. Confirm account deletion.	The system administrator should be able to manage user access, remove users, edit appropriate information.	Fail	N/A	N/A

Sprint 1 Test Case

US_09 As a user, I want to view my workout plan to see the exercises, routines, sets, reps, equipment required to understand						
TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_09_01	See Workout Plan	1. Log into webapp. 2. Click "Workout" tab. 3. View exercises, sets, reps, and exercise details.	User should be able to view workout instructions and requirements.	Pass	Feb 28	Rohan

US_10 As a user, I want to note/mark completed workouts so that I can can track my progress.						
TC	TC Title	Step Description	Expected Results	Execution Status	Execution Date	Tester
TC_10_01	Workout Completion Notation	1. Login to the webapp. 2. Navigate to "Workout" tab. 3. Select a complete workout 4. Mark as complete.	Workout will be marked as completed and progress should be updated accordingly.	Pass	Mar 8	Rohan

Sprint 1 Stories Completed and Not

US_ID	User Stories	Completed Date	Story Points	Completed
US_1	As a user, I want to register for an account so I can access the webapp.	Feb 17	5	5
	Set up React + VITE front-end server		1	1
	Set up AWS Amplify and DynamoDB Backend		1	1
	Finalize design for homepage		1	1
	Integrate the front-end and back-end		2	2
US_2	As a user, I want to complete an onboarding quiz so that I can get personalized fitness routines.	Feb 24	3	3
	Access to the quiz		1	1
	Taking the quiz		1	1
	Quiz Results		1	1

Sprint 1 Stories Completed and Not

US_ID	User Stories	Completed Date	Story Points	Completed
US_3	As a user, I want to log in securely log in to my account and access my workout routines.	Feb 19	2	2
	Proper sign in screen		1	1
	A regular account should have access to all features of our app		1	1
US_4	As a user, I want to be able to reset my password if I cannot access my account and workout info.	Feb 20	2	2
	Get to the log in screen		1	1
	Go through the forget my password link for recovery		1	1

Sprint 1 Stories Completed and Not

US_ID	User Stories	Completed Date	Story Points	Completed
US_5	As a user, I want to build a workout routine based on my fitness goals and available equipment.	Mar 6	10	10
	Retrieve quiz results		3	3
	Match up the results with the WGER api		4	4
	Ensure it displays properly		3	3
US_6	As a user, I want to edit my profile information to reflect my fitness progress and have new workout recommendations.	Mar 4	3	3
	Access the account		1	1
	Update the profile information		1	1
	Ensure that the results update the workout recommendations		1	1

Sprint 1 Stories Completed and Not

US_ID	User Stories	Completed Date	Story Points	Completed
US_7	As a user, I want to delete my account since I no longer use this program.	Mar 6	2	2
	Sign into to account you wish to delete		1	1
	Delete account under settings		1	1
US_8	As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.	N/A	3	0
	Sign in to an admin account		1	0
	View the number of connected accounts		1	0
	Remove any inactive accounts		1	0

Sprint 1 Stories Completed and Not

US_ID	User Stories	Completed Date	Story Points	Completed
US_9	As a user, I want to view my workout plan to see the exercises, routines, sets, reps, equipment required to understand what I need to work on.	Feb 28	5	5
	Sign in to an account		4	4
	Go to Profile to view workouts.		1	1
US_10	As a user, I want to note/mark completed workouts so that I can track my progress.	Mar 8	3	3
	Get access to your profile		1	1
	Mark a workout as complete		1	1
	Ensure that the completed workouts are updated for each account		1	1

Team Velocity

Sprint 1 Velocity

Total Story Points: 61

Velocity: 53 story points completed.

Committed Ratio
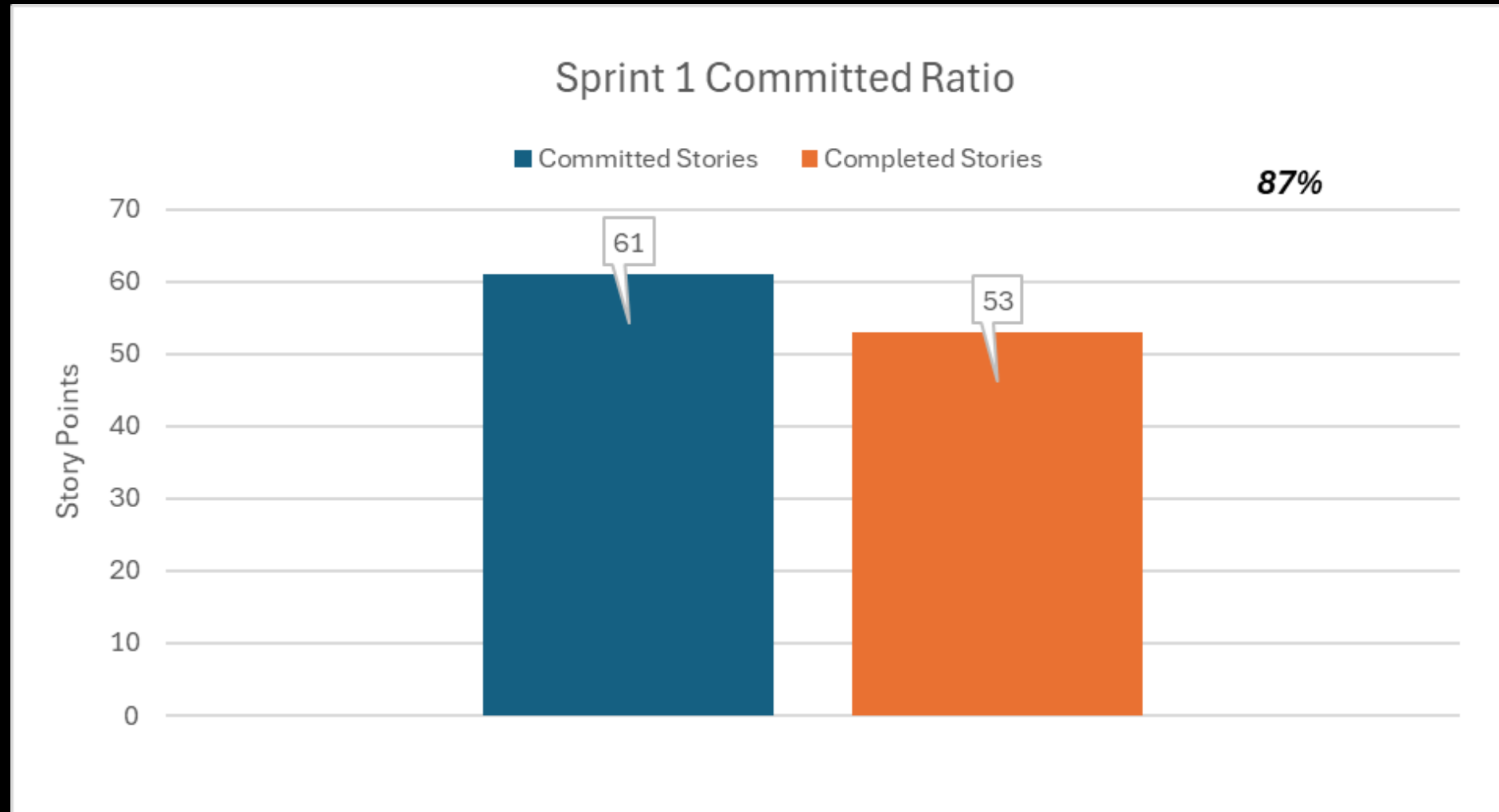
Sprint 1 Burndown Chart
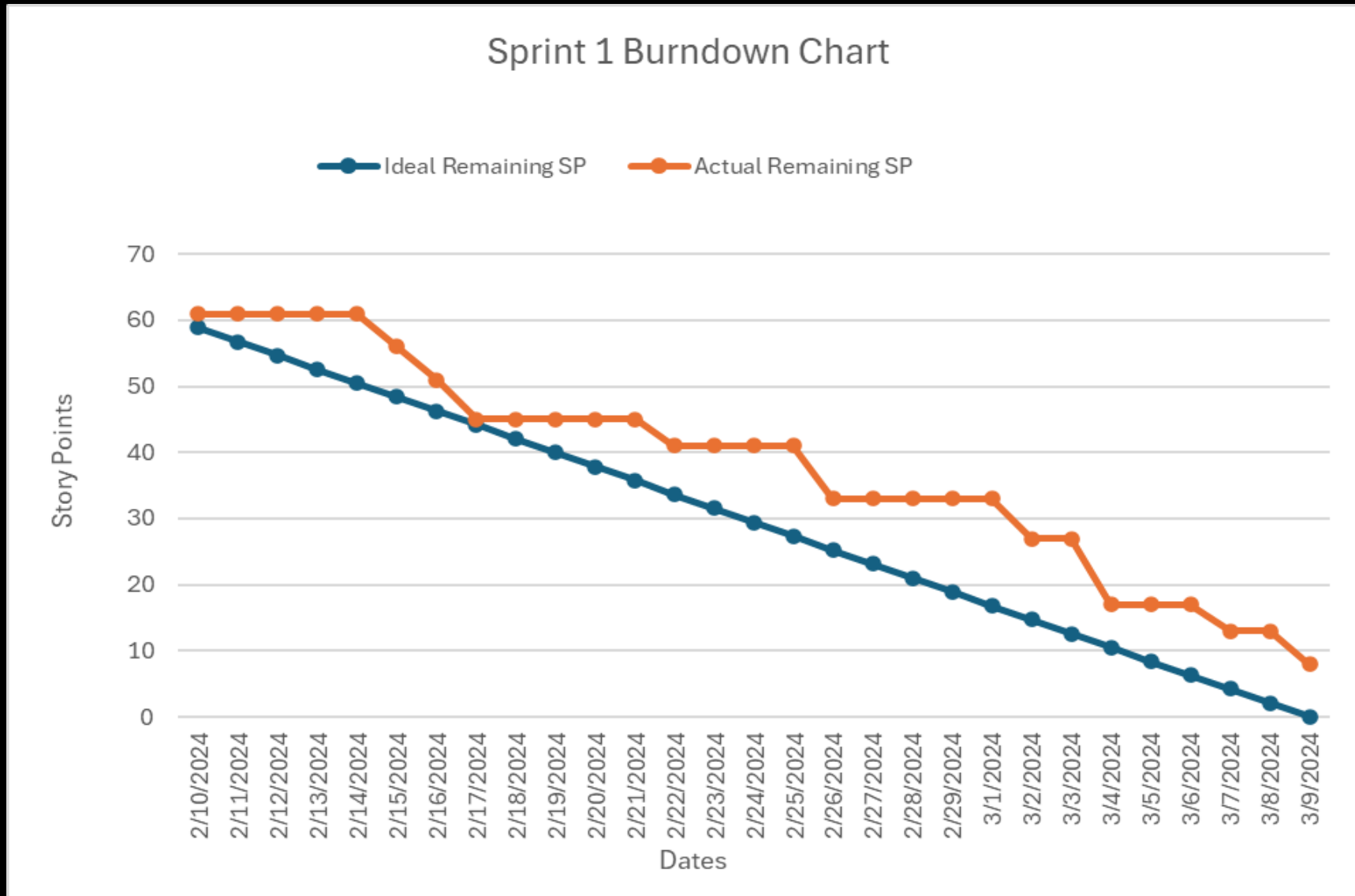
RETROSPECTIVE

GOOD

○ Flexibility for group meetings

○ Assigned roles and responsibilities based off strengths

○ We were good at looking from a macro perspective on webapp features

BAD

○ We had a hard time breaking down steps to build out the model

○ We did not have a good predication of how long each feature was going to take

○ We were coding in silos and decided last minute on who's code to work off
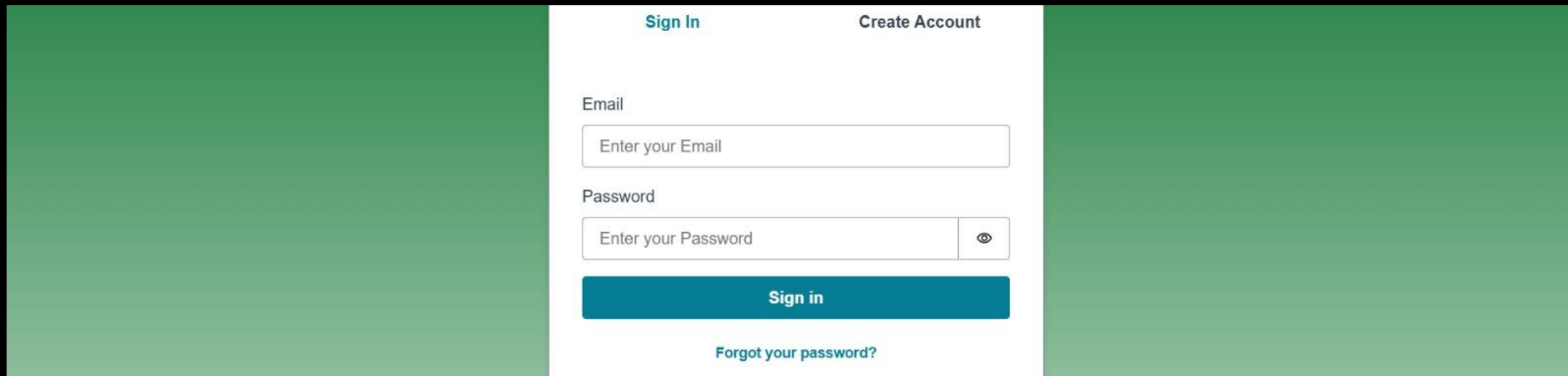
APPLY

○ Be more diligent during Sprint 2 recording when breaking down features

○ We will work off each other's code more

○ Daily updates on what everyone in the group is doing

Sprint 2 Planning

US_ID	User Stories	Acceptance Criteria	Feature	Story Points
US_1	As a user, I want to use an AI chat feature.	The app will allow the user to communicate with an AI chat bot in order to gain insight health and workouts while also answering questions the user might have about proper exercise.	Artificial Intelligence	15
US_2	As an admin, I want to make the webapp more user friendly.	The app will display clear text and buttons for the users.	Webapp	10
	User Stories Carry Over from Sprint 1			
US_8	As an admin, I want to manage users and user access to remove inactive accounts and maintain a viable platform.	Admins can view all users. Admins will be able to manage account permissions, deactivate, or delete accounts. Record of changes will be managed by system logs.	User Account	3

APP
SCREENSHOT

APP SCREENSHOT

APP SCREENSHOT

APP SCREENSHOT

APP SCREENSHOT

Home   AI Chatbot   Workout   Quiz   Tracker   Settings

Get Started

Your Recommended Workout

Based on your quiz answers, here are some exercises you might try:

- **1-Arm Half-Kneeling Lat Pulldown**
  Attach a D-Handle to a high pully. And use your lat muscles to pull the weight single handedly.
- **2 Handed Kettlebell Swing**

  Two Handed Russian Style Kettlebell swing

- **3D lunge warmup**
  As a warmup, use light dumbbells, one in each hand. Lunge in alternating directions, forward, sideways, backwards and 45 degree angles.
- **4-count burpees**

  Starting position:

  Stand straight, feet hip-width apart.

  Steps:

  1. Squat low and support yourself on the floor with your hands between the knees and in front of your feet, your back straight.
  2. Keeping your hands on the floor, jump your legs backward into high plank position.
  3. Jump your feet forward to return to the squat position.
  4. Repeat.
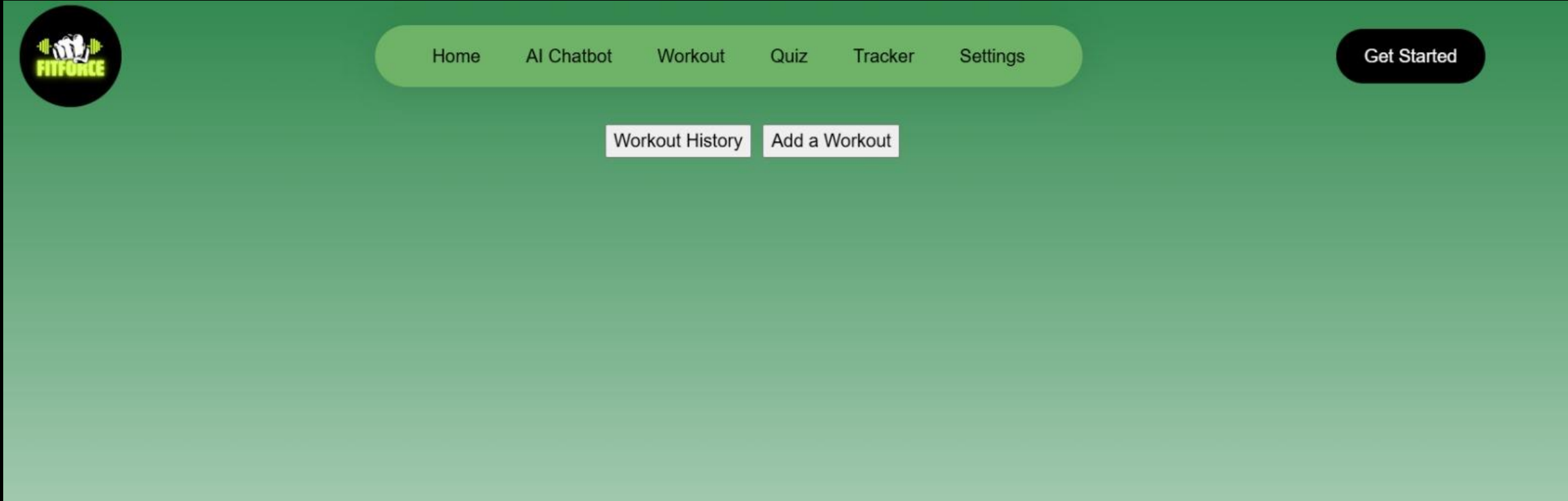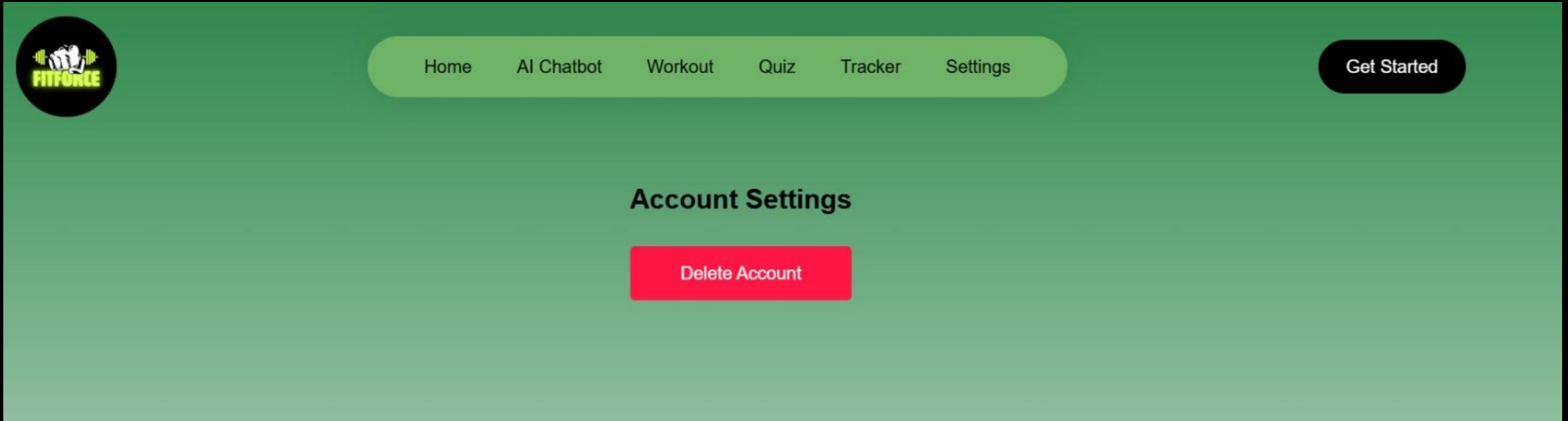
APP SCREENSHOT

APP SCREENSHOT

API
API

AWS AMPLIFY API

o Type: GraphQL API

o Purpose: Manages user onboarding data (storing fitness preferences, goals, etc.).

o How it Works:

  o AWS Amplify automatically generates GraphQL API endpoints to interact with DynamoDB.

  o Instead of manually sending HTTP GET or POST requests (like in Axios), Amplify abstracts API calls through its client models.

WGER API

o Type: REST API

o Purpose: Fetches exercise recommendations based on user preferences.

o How it Works:

  o The app makes GET requests to the Wger API to retrieve exercise data that matches user preferences.

  o This is done through fetch() in the Workout.tsx component.

AWS COGNITO AUTHENTICATION API

o Type: Authentication API

o Purpose: Manages user authentication (sign-up, login, and identity verification).

o How it Works:

  o AWS Cognito handles authentication and returns a user token after login.

  o This token is used to authorize API requests to Amplify's backend.

API

```javascript
//   This retrieves the onboarding data for the logged-in user.
const result = await client.models.OnboardingData.list({
  filter: { userID: { eq: userID } },
});


//  This saves the user's fitness preferences into DynamoDB.
await client.models.OnboardingData.create({
  userID,
  age: parseInt(formData.age, 10),
  fitnessGoalType: formData.fitnessGoalType,
  workoutFrequency: formData.workoutFrequency,
});


// This updates existing records for the user.
await client.models.OnboardingData.update({
  id: existingRecordId,
  userID,
  preferredWorkoutTime: formData.preferredWorkoutTime,
});


// This API call retrieves workouts based on fitness categories and available equipment.
const url = `https://wger.de/api/v2/exercise/?language=2&category=${categoryParam}&equipment=${equipmentParam}`;
const response = await fetch(url);
const data = await response.json();


// This retrieves the authenticated user's ID to associate data with them.
const currentUser = await getCurrentUser();
console.log(currentUser.userId);
```

THANK YOU

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