



# Gymnetics

## Sprint 0

Team Byte Squad

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# Meet the Gymnetics



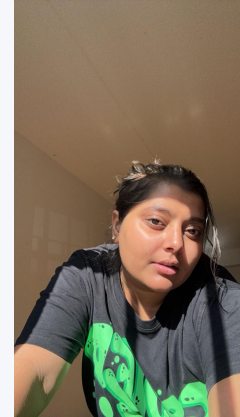
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# Problem

- Consumers feel overwhelmed by the number of supplement options and don't know what's right for them.
- Shoppers often buy products they don't actually need, leading to waste or potential harm.
- Many people aren't sure which store is reliable, affordable, or has the most effective products





# Product Overview

**Gymnetics** is an AI-powered supplement store that provides personalized recommendations based on each user's fitness data. By analyzing information such as height, weight, age, and other relevant metrics, Gymnetic suggests supplements from our store tailored to the user's individual needs—focusing on what their body may be lacking to help them reach their fitness goals more effectively. Machine learning techniques will be used to personalize fitness and nutritional intake.





# Benefits

- **Individualized supplement recommendations** -No more stressing about what to buy. Based on your goals and statistics, our platform makes customized suggestions for you.
- **Spending more effectively**- Customers are not going to waste cash on unnecessary extras that don't help their goals.
- **Encourages consistency**- Reminders to record meals and follow your plan make it simpler to stay on course.
- **Keeps up with developments throughout your journey**-Our recommendations will adapt to your evolving fitness objectives. It is designed to keep growing with you.
- **Reduces stress**-Purchasing supplements is more accessible and not as intimidating.

# Working Agreement Overview

## Gymnetics Working Agreement

June 16, 2025

### COMMUNICATION

Our team has decided to use WhatsApp as our main communication tool for quick updates, questions, and task follow-ups. We also hold regular virtual meetings through Google Meet to talk in more detail. These meetings are scheduled twice a week at 8:00 PM. After each meeting, any assigned tasks or important notes will be shared in the WhatsApp group to make sure everyone is on the same page, including those who may have missed the meeting. All members are expected to check the group chat regularly and stay updated throughout the week.

#### Communication Framework:

- Main channels: WhatsApp for messaging and updates; Google Meet for video meetings
- Weekly meetings: Twice a week on Google Meet at 8:00 PM
- Follow-up: Tasks posted on Jira
- Team members are expected to stay active in the chat and give an early notice if they can't attend a meeting

### WORKFLOW

Each meeting, the team will go over what needs to be done, and members will be able to volunteer for tasks that they are comfortable with. Responsibilities must be clearly assigned so that everyone understands who is doing what. Throughout the week, team members should update the group on their progress so that others can provide feedback or assistance as needed.

We believe that teamwork is essential, and no one should feel compelled to work alone. If someone is falling behind or requires assistance, others are urged to jump in and help keep things going. Our goal is to divide tasks equally, keep on track, and support one another so that the project is done properly and on schedule.



# Demographic/Audience

## Our target audience:

- Young adults (18–30) and college students attempting to keep up with employment, school, and fitness.
- Beginners who are confused about where to begin using supplements or who feel lost in the gym.
- Intermediate lifters who are prepared to engage in more serious activities (such as bulking or competing).

## What they are looking for:

- A detailed plan for healthy nutrition and exercise.
- Reliable suggestions they can completely rely on.
- A method for maintaining motivation, accountability and consistency

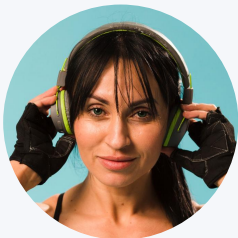
## Why Gymnetics?:

- It helps customers reach their fitness objectives without the need for a personal trainer, saves time, and clears up any uncertainties a user may have.





# PERSONA 1 - UNORGANIZED STUDENT



**"I WANT TO LEAD A HEALTHIER LIFESTYLE WITHOUT EXTREME DIETING AND EXERCISE. I WANT TO BE CONSISTENT AND DISCIPLINED."**

## MARIA CASTRO

### EXPERIENCE

Beginner - only familiar with at home bodyweight workouts

\*\* Maria will input all her information (age, weight, height, and goals) and receive a 3 day workout split, macro breakdown, and supplement suggestions. She will receive reminders to log in her meals. The suggestions from the store will be daily multivitamins, creatine, and whey isolate or plant-based protein powders.

### DETAILS

- 20 years old
- 5'5", 135lbs
- Full time student & part -time Bookkeeper

### GOALS

- 1 Build Lean Muscle Mass
- 2 Learn How to Weightlift
- 3 Eat Consistent & Healthy Meals

### PAIN POINTS

Has only been to the gym a handful of times, inconsistent with workouts & getting enough meals in the day. Doesn't know what to eat.



# PERSONA 2 - AMATEUR BODYBUILDER



**"I WANT TO BECOME A BODYBUILDER AND JOIN MY FIRST COMPETITION THIS YEAR. "**

## JAMES BROWN

### EXPERIENCE

Intermediate - lifts often but doesn't keep track of his nutrition & weight

\*\* James will input all his information (age, weight, height, and goals) and receive a 5 day workout split, macro breakdown, and supplement suggestions. The suggestions will be creatine, pre workout, mass gainer, fish oil , and whey isolate or whey blend protein powders.

### DETAILS

- 28 years old
- 6'2", 178 lbs
- Retail Sales Associate

### MOTIVATIONS

- 1 Build Muscle Mass & Strength
- 2 Join bodybuilding competition
- 3 Reach 210 lbs

### PAIN POINTS

Doesn't have a consistent workout split, doesn't know how to track macros & calories, not familiar with supplements



# What is MVP?

- The Minimum Viable Product (MVP) is the simplest version of our app that delivers core value to users.
- For Gymnetic, the MVP means:
  - Basic user login and registration
  - Personalized profile setup (height, weight, goals)
  - Viewing a supplement store
  - Adding items to cart
  - Mock checkout (no real payments)
  - Personalized fitness plan and nutritional recommendations
- This allows users to experience our fitness ecosystem from Day 1!



# CREATING AN ACCOUNT

- A first time user registers their account on the app before signing in.
- Once inside the app, a user can navigate to a supplements store where they can select items on the screen and add them to a cart.
- Once satisfied they open the cart and pay the online checkout.

## Create Account

Join us to start your fitness journey

Email Address *	Password *
test@gmail.com	*****
First Name *	Last Name *
Frank	test
Weight (kg) *	Height (cm) *
67	6
Fitness Goal *	
Ribbed	

Create Account

Already have an account? [Sign in](#)

# SIGNING IN

## Welcome Back

Sign in to access your account

Email Address \*

|

Password \*

Sign In

Don't have an account? [Sign up](#)



# SUPPLEMENTS STORE

Fitness Store

[SUPPLEMENTS](#) [LOGOUT](#)

## Premium Supplements

Whey Protein Isolate

### Whey Protein Isolate

OptimumNutrition

Premium whey protein isolate for muscle recovery and growth

Protein

\$49.99

★★★★☆

Add to Cart

BCAA Complex

### BCAA Complex

Dymatize

Branch Chain Amino Acids for muscle preservation

Amino Acids

\$29.99

★★★★☆

Add to Cart

Creatine Monohydrate

### Creatine Monohydrate

MyProtein

Pure creatine for strength and power

Performance

\$19.99

★★★★☆

Add to Cart

Pre-Workout Energy

### Pre-Workout Energy

C4

Advanced pre-workout formula

Energy

\$39.99

★★★★☆


Add to Cart

Omega-3 Fish Oil



ZMA Complex

# CHECKOUT



**Fitness Store**SUPPLEMENTSLOGOUT

## Shopping Cart

 BCAA Complex  
\$29.99  
-  + 

### Order Summary

Subtotal	\$29.99
Shipping	Free
<b>Total</b>	<b>\$29.99</b>

PROCEED TO CHECKOUT



# Gymnetic MVP Features

- ✓ User Sign-up/Login
- ✓ Profile: Add height, weight, fitness goals
- ✓ Browse Supplements Store
- ✓ Add to Cart
- ✓ Mock Checkout (no payment yet)
- ✓ Simple Trainer Dashboard
- ✓ Customized workouts and nutritional recommendations



# Tech Stack

## Backend

- Java
- Spring Boot

## AI Integration

- Deepseek

## Third Party

- Docker
- AWS S3
- Stripe

## Frontend

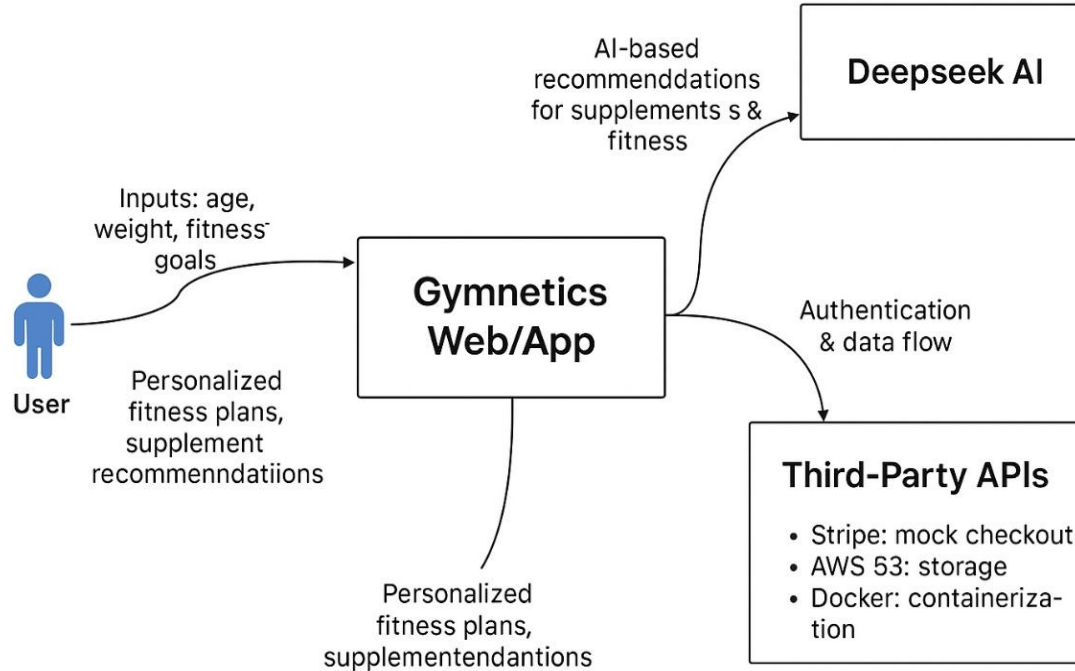
- React
- CSS
- HTML

## Database

- MySQL



# Context Diagram





# Timeline



INITIATIVE	OBJECTIVE	May 22	June 11	July 9	July 31	Aug 22
Sprint 0	Develop a business application, personas, a schedule. Record presentation and retrospective. Introduce the MVP.					
Sprint 1	Develop user stories with acceptance criteria, test cases, and backlogs. Record retrospective and sprint planning.					
Sprint 2 Part 1	Continue developing user stories with acceptance criteria, test cases, and backlogs. Record retrospective and sprint planning.					
Sprint 2 Part 2	Present the functional MVP with minimal usable features. Present more stories and build on top of this MVP. Record a final retrospective and sprint planning.					





# Retrospective

- Chose an AI centered supplement store platform to help with personalized fitness and nutrition support.
- Product aligned with the team's interest in fitness, health, and AI technology.
- Weekly check-ins were made to stay on track and align tasks effectively.
- Completed the requirements of an MVP, target demographic, problem we are solving, as well as the tech stack we will be moving forward with.
- Next steps would be to start the sprint 1 as written in the timeline.

# THANK YOU



<https://github.com/htmw/2025Su-ByteSquad/wiki>