CEN 302 Software Engineering
Epoka University
Instructor: Aida Bitri, PhD
Spring Semester, 2022 – 2023

Group Members

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Role Distribution

Ilirjana Didani: Software Design and Modeling, Software Development

Irsi Hida: Maintenance Plan and Software Evolution, Software Development

Klea Laro: Software Design and Modeling, Software Development

Kleard Jaupi: User Requirements and Specifications

Minella Bishka: Maintenance Plan and Software Evolution, Software Development

Problem

Our team identified that many people struggle to balance their fitness goals with their dietary choices, especially when first getting started in the gym. It can be difficult to find or make a workout and meal plan that fits individual goals and cater to dietary preferences.

There are a lot of fitness programs and meal plans available, but few are tailored to the specific needs and goals of the user. This lack of personalization can lead to ineffective workouts and meals that do not satisfy the individual's needs.

Solution

Our team proposes a fitness and meal planning application that uses AI algorithms to create personalized workout plans and meal planning options based on individual fitness goals. The app will offer a convenient and effective solution to help users achieve their objectives while also sticking to their dietary preferences.

Aim and Objectives

Our application strives to help users reach their fitness goals and enhance their overall wellness by offering individualized training routines and meal planning that consider their specific needs and preferences.

Our main objectives are to:

Come up with a seamless user experience that is easy to navigate and understand, allowing users to quickly access and utilize the app's features

Continuously improve and optimize the AI algorithms and technology used by the app to ensure that workout plans and meal delivery options are highly accurate and effective

Offer comprehensive nutritional and fitness education resources to help users make informed decisions about their health and wellness

Offer a range of subscription and payment options to provide flexibility and affordability for users of all budgets

Description

"Nutrifit" will be a fitness and meal planning application designed to help users achieve their fitness objectives with ease and efficiency.

Our users will receive workout plans and meals that are specifically designed to meet their needs and help them achieve their desired outcomes. Users can choose from a wide selection of meals that are specifically designed to meet their dietary requirements, making it easier than ever to stick to their dietary goals.

Our app will also offer a range of motivational features to keep users engaged and motivated throughout their fitness journey. Users can connect with peers through community features and peer support groups, and access educational resources that provide comprehensive information on nutrition, fitness, and healthy living.