Project 2

BurnOut - Your Wellness Companion

Group 97

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Github Repository - https://github.com/CS510-001-HW/FitnessApp

1. Poster

We have created a poster for this project.

BURNOUT

BurnOut - Your Wellness Companion is an all-in-one fitness and wellness application designed to help users track their daily calorie intake and manage their fitness goals. The app offers personalized fitness plans, calorie tracking, and social connectivity to motivate users through their wellness journey.

Features

-Burnout Bot for queries and help

-BMI Index Calculator

-Calorie History tracking

-View various workout programs

-View most popular workouts

-Recommend workouts based on personalized data

-Recommended Exercises for mental health

-Share your workout results with friends

-engage in calming breathing exercises designed to enhance your focus and relaxation. Experience a deeper connection between your mind and body as you elevate your fitness journey.

-Password validation

why try burnout?

Comprehensive Calorie Tracking
Unlike traditional apps that only track either calorie intake or calories burned, BurnOut tracks both, giving users a complete view of their daily energy balance.

Tailored Fitness Plans
BurnOut offers personalized fitness programs based on user-specific goals (weight loss, weight gain, or maintenance), which wasn't available before. Users can now achieve their targets with custom workout suggestions.

Seamless Social Connectivity
While most fitness apps focus solely on individual progress, BurnOut allows users to connect with friends, track each other's progress, and stay motivated through social support. This social aspect was missing from previous solutions.

BMI and Health Monitoring
Unlike older apps that only track fitness activities, BurnOut integrates a BMI calculator to help users monitor their health status and set realistic fitness goals based on their current physical condition.

User-Friendly Interface and Data Insights
BurnOut's intuitive design makes it easier for users to log activities and track progress with minimal effort. Detailed history and insights give users a clear view of their progress over time, improving user engagement and experience compared to previous apps.

whats next ?

Add a built-in timer to guide workout sessions: Introduce a customizable in-app timer that helps users stay on track during workout routines by timing exercises and breaks, ensuring an efficient workout.
Introduce achievement badges for fitness milestones: Reward users with achievement badges when they reach fitness milestones, motivating them to stay consistent and celebrate their progress.
Include guided meditation and breathing exercises: Provide a library of guided meditation sessions and breathing exercises to help users relax, reduce stress, and improve mental well-being alongside their physical fitness.
Enable sharing of fitness achievements on social media platforms like X: Allow users to easily share their workout results, milestone achievements, and fitness challenges directly to social media platforms, for improving motivation and community engagement.

TEAM
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2. A link to project repo

Github link - https://github.com/CS510-001-HW/FitnessApp

3. Rubric for REPO

Metric	Grade	Comments/Links
Video	3	Present On the Readme page Readme documentation
Workload is spread over the whole team (one team member is often Xtimes more productive than the others)	3	https://github.com/CS510-001-HW/FitnessApp/commits
Number of commits	3	15 Commits Overall
Number of commits: by different people	3	Number of commits: by different people
Issues reports: there are many	3	https://github.com/CS510-001-HW/FitnessApp/issues
Issues are being closed	3	24 issues closed
DOI badge: exists	3	Badges exist in readme file
Docs: doco generated format not ugly	3	Readme documentation
Docs: what: point descriptions of each class/function (in isolation)	3	Well Documented code with doc-strings
Docs: how: for common use cases X,Y,Z mini-tutorials showing worked examples on how to do X,Y,Z	3	
Docs: why: docs tell a story, motivate the whole thing,	3	With Burnout, your health journey transforms from a

deliver a punchline that makes you want to rush out and use the thing		daunting task to a rewarding adventure. Join us and take the first step towards a healthier, more fulfilling life. Because it's not just about tracking—it's about thriving. More explained in the readme doc and video :)
Docs: short video, animated, hosted on your repo. That convinces people why they want to work on your code.	3	Present in README file for the project
Use of version control tools	3	The project is hosted on Github. Everyone has created their own branches for making development changes
Use of style checkers	3	https://github.com/CS510-001-HW/FitnessApp/blob/main/.github/workflows/style_checker.yml
Use of code formatters.	3	https://github.com/CS510-001-HW/FitnessApp/blob/main/.github/workflows/code_formatter.yml
Use of syntax checkers	3	https://github.com/CS510-001-HW/FitnessApp/blob/main/.github/workflows/syntax_checker.yml
Use of code coverage	3	https://github.com/CS510-001-HW/FitnessApp/blob/main/.github/workflows/code_cov.yml
Other automated analysis tools	3	https://github.com/CS510-001-HW/FitnessApp/actions
Test cases exist	3	https://github.com/CS510-001-HW/FitnessApp/tree/main/tests

Test cases are routinely executed	3	https://github.com/CS510-001-HW/FitnessApp/actions
The files CONTRIBUTING.md lists coding standards and lots of tips on how to extend the system without screwing things up	3	https://github.com/CS510-001-HW/FitnessApp/blob/main/CONTRIBUTING.md
Issues are discussed	3	All issues are discussed on whatsapp before closing
Chat channel: exists	3	Whatsapp channel for communication
Test cases: a large proportion of the issues related to handling failing cases	3	2 issues that were bugs were addressed
Evidence that the whole team is using the same tools: everyone can get to all tools and files	3	Everyone is using same tools for avoiding conflicts
Evidence that the whole team is using the same tools (e.g. config files in the repo, updated by lots of different people)	3	Everyone is using same tools for avoiding conflicts
Evidence that the whole team is using the same tools (e.g. tutor can ask anyone to share screen, they demonstrate the system running on their computer	3	Everyone on the team can run the app
Evidence that the members of the team are working across multiple places in the code base	3	All team members are working on different places as can be seen from the commits. We have worked on different features
Short release cycles	3	

Does your website and documentation provide a clear, high-level overview of your software?	Yes	Present in the readme documentation
Does your website and documentation clearly describe the type of user who should use your software?	Yes	
Do you publish case studies to show how your software has been used by yourself and others?	No	
Is the name of your project/software unique?	Yes	The name burnout is unique but is worked on by different teams originating for same project
Is your project/software name free from trademark violations?	Yes	
Is your software available as a package that can be deployed without building it?	No	
Is your software available for free?	Yes	The code is present in a public repo
Is your source code publicly available to download	Yes	
Is your software hosted in an established, third-party repository likeGitHub	Yes	Hosted in github at https://github.com/CS510-001 -HW/FitnessApp
Is your documentation clearly available on your website or within your software?	Yes	The readme documentation is clearly available in the repo
Does your documentation include a "quick start" guide	No	But it does include steps to start the running process but there is no quick start
If you provide more extensive documentation, does this provide clear step-by-step	Yes	The Readme document in the github repo has step - by - step guide on installation

instructions on how to deploy and use your software?		https://github.com/CS510-001-HW/FitnessApp/blob/main/README.md
Do you provide a comprehensive guide to all your software's commands,functions and options?	Yes	
Do you provide troubleshooting information that describes the symptoms and step-by-step solutions for problems and error messages?	No	Future Scope
If your software can be used as a library, package or service by other software, do you provide comprehensive API documentation?	No	Future scope for having statistics being sent to other applications
Do you store your documentation under revision control with your source code?	Yes	Documentation in the readme file
Do you publish your release history e.g. release data, version numbers, key features of each release etc. on your web site or in your documentation?	Yes	
Does your software describe how a user can get help with using your software?	Yes	
Does your website and documentation describe what support you provide to users and developers?	Yes	
Does your project have an e-mail address or forum that is solely for supporting users?	Yes	

Are e-mails to your support e-mail address received by more than one person?	Yes	
Does your project have a ticketing system to manage bug reports and feature requests?	Yes	[Issues · CS510-001-HW/FitnessApp](#)
Is your project's ticketing system publicly visible to your usersso they can view bug reports and feature requests?	Yes	Bugs and issues are discussed among the team member
Is your software's architecture and design modular?	Yes	
Does your software use an accepted coding standard or convention?	Yes	
Does your software allow data to be imported and exported using open data formats? e.g. GIF	Yes	
Does your software allow communications using open communications protocols? e.g. HTTP	Yes	
Is your software cross-platform compatible? e.g. does it run under two or more of WindowsUnix/Linux and Mac OS X or can be used from within two or more of Internet Explorer Chrome Firefox and Safari?	Yes	
Does your software adhere to appropriate accessibility conventions or standards?	Yes	

Does your documentation adhere to appropriate accessibility conventions or standards?	Yes	
Is your source code stored in a repository under revision control?	Yes	
Is each source code release a snapshot of the repository?	Yes	
Are releases tagged in the repository?	Yes	
Is there a branch of the repository that is always stable? (i.e. tests always pass code always builds successfully)	Yes	
Do you back-up your repository?	Yes	
Do you provide publicly-available instructions for building your software from the source code?	Yes	
Can you build or package your software using an automated tool?	Yes	setup.py has all the requirements
Do you provide publicly-available instructions for deploying your software?	Yes	Present in the readme file
Does your documentation list all third-party dependencies?	Yes	FitnessApp/requirements.txt at main · CS510-001-HW/FitnessApp
Does your documentation list the version number for all third-party dependencies?	Yes	FitnessApp/requirements.txt at main · CS510-001-HW/FitnessApp

Does your software list the web address, and licences for all third-party dependencies and say whether the dependencies are mandatory or optional?	Not Applicable	
Can you download dependencies using a dependency management tool or package manager?	Yes	
Do you have tests that can be run after your software has been built or deployed to show whether the build or deployment has been successful?	Yes	
Do you have an automated test suite for your software?	Yes	
Do you have a framework to periodically (e.g. nightly) run your tests on the latest version of the source code?	Yes	Workflow runs · CS510-001-HW/FitnessApp
Do you use continuous integration, automatically running tests whenever changes are made to your source code?	Yes	Workflow runs · CS510-001-HW/FitnessApp
Are your test results publicly visible	Yes	Workflow runs · CS510-001-HW/FitnessApp
Are all manually-run tests documented?	Yes	
Does your project have resources (e.g. blog	Yes	FitnessApp/README.md at main · CS510-001-HW/FitnessApp

Does your website state how many projects and users are associated with your project?	Yes	CS510-001-HW/FitnessApp
Do you provide success stories on your website?	No	
Do you list your important partners and collaborators on your website?	Yes	CS510-001-HW/FitnessApp
Do you list your project's publications on your website or link to a resource where these are available?	No	
Do you list third-party publications that refer to your software on your website or link to a resource where these are available?	No	
Can users subscribe to notifications to changes to your source code repository?	Yes	
If your software is developed as an open source project (and not just a project developing open source software),do you have a governance model?	No	
Do you accept contributions (e.g. bug fixes, enhancements, documentation updates, tutorials) from people who are not part of your project?	Yes	
Do you have a contributions policy?	Yes	

Is your contributions' policy publicly available?	Yes	
Do contributors keep the copyright/IP of their contributions?	Yes	
Does your website and documentation clearly state the copyright owners of your software and documentation?	Yes	
Does each of your source code files include a copyright statement?	Yes	
Does your website and documentation clearly state the licence of your software?	Yes	
Is your software released under an open source licence?	Yes	MIT license
Is your software released under an OSI-approved open-source licence?	Yes	https://opensource.org/licenses/
Does each of your source code files include a licence header?	Yes	All files include a license header
Do you have a recommended citation for your software?	No	
Does your website or documentation include a project roadmap (a list of project and development milestones for the next 36 and 12 months)?	No	
Does your website or documentation describe how	No	

your project is fundedand the period over which funding is guaranteed?		
Do you make timely announcements of the deprecation of components, APIs,etc?	No	
Do you publish your release history e.g. release data, version numbers, key features of each release etc. on your web site or in your documentation?	Yes	