Progress Report
- Increment 2 -
Group #2

1) **Team Members**

   Carter Morrison, cbm19, Carter-morrison13

   Lance Fairbanks ljf19a, lfj19a

   Jacob Nemeth, jen19a, Jacobnemeth28

   Matthew O'Brien, mjo18, mjo18

   Jayen Lare, jsl19b, JayenLare

2) **Project Title and Description**

   Feelin' Good Fitness App. The purpose of our application is to be able to give a user ways to incorporate healthier lifestyles into their life through two main sections on our app, the fitness and diet components.. The fitness component will be aimed to allow our user to find a "catered" fitness plan involving workout regimen designed to help them stay in shape or get more active. The diet component will be aimed to help a user watch the food they are eating and help craft a diet aimed for certain goals the user defines. Both of these components will come together in a progress section on the home page, letting the user know if they are reaching self-set goals.

3) **Accomplishments and overall project status during this increment**

   With the foundation set up in the previous increment, this one focused on getting the starter code put together for the various features included in the components of the app. In the progression component, the html is organized into three categories, including a progression summary, a goals management section, and a before/after image module. There is some starter database code currently being developed for these categories, as the functionality will be polished for the final increment. In the fitness component, Jay and I were focused on finishing our requirements and started to work on the fitness hub. We were able to get the start page and worked on what we wanted to be on each page. In particular with the diet component we were able to get some basic functionality and the overall skeleton of what the next increment should capitalize and finish off. Work still needs to be done with connecting to the database and ensuring that the links between diet.html and the addbmr section are fixed.

4) **Challenges, changes in the plan and scope of the project and things that went wrong during this increment**

   One challenge for the progression component has been in attempting to store images and query/display them within the flask-sqlalchemy framework for the before/after category. This is because there are some unique data type interactions involved, as opposed to just storing and retrieving text. One challenge for the workout component was to implement images with flask. In this iteration, we were unable to get a viewable image, though. With the diet component, an issue of connecting the different web pages that form the diet component was proving to be an issue. There is also the issue of sizing on some portions of the component making it a bit difficult to read and this will be adjusted by the next implementation.

5) **Team Member Contribution for this increment**

   1. Lance Fairbanks
      a. Progress Report: Accomplishments, Challenges, Next increment plans

b. RD Document: Sequence diagram, operating environment, assumptions and dependencies
c. IT Document: Execution based functional testing, execution based non-functional testing, non-execution based testing
d. Source Code: Progression related markup and functionality
e. Video: Progression demonstration

2. Jayen Lare
   a. Progress Report: Fitness component updates, Accomplishments, Contributions
   b. RD Document: Functional requirements for workout section
   c. IT Document: Execution-based functional testing
   d. Source Code: workouts.html, helped build the workout portion of the project
   e. Video: Showed and talked about the current progress of the fitness portion

3. Matthew O'Brien
   a. aProgress Report: Contributions, Plans for next increment
   b. RD Document: Use Case Diagram.
   c. IT Document: Non execution-based testing
   d. Source code: diet.html, image uploads for design
   e. Video:

4. Carter Morrison
   a. Progress Report: Diet component updates for accomplishments and challenges.
   b. Rd Document: Same information for diet component as last increment.
   c. IT Document: Functional testing with the webpage.
   d. Source Code: diet.html implemented the BMR calculator, the table design for future connection to database, pushed the addBMR.html page and began the implementation for the form submission and reading in the BMR from the user.
   e. Video: Showed current progress of diet component and discussed future challenges and issues.

5. Jacob Nemeth
   a. Progress Report: Fitness component issues, next increment plans, accomplishments
   b. RD Document: Functional requirements for the workout section
   c. IT Document:N/A
   d. Source code: workouts.html, Focused on asking the user questions to gather information to cater a workout program to them. Image upload for design
   e. Video: N/A

*Please list each individual member and their contributions to **each of the deliverables in this increment** (be as detailed as possible). In other words, describe the contribution of each team member to:*

a) *the **progress report**, including the sections they wrote or contributed to*
b) *the **requirements and design document**, including the sections they wrote or contributed to*
c) *the **implementation and testing document**, including the sections they wrote or contributed to*
d) *the **source code** (be detailed about **which** parts of the system each team member contributed to and **how**)*
e) *the **video or presentation***

6) Plans for the next increment

For the progression component, the plan is to successfully have the goals category up and running with the database, allowing users to continuously track their goal progress. The progress overview category should also be linked to various stats (including those from other components) in order to

supply the user with valuable information. There will also be an improvement in the aesthetic of the app through various html and css strategies. If time permits, figuring out the image-store issues should allow for the before/after category to be operational by the final increment as well. For the next component, the workout component would like to add a database to log workout progression. We would also like to style our web pages better. We also would like to incorporate a go back a page button for better usability.

7) Link to video
   https://youtu.be/xo2sCexwJJo