

Proposal for Fitness App

By Joe Harper

I am proposing to create a fitness app for my client, ToKa Fitness. This proposal will show what the system will do. It will allow the user to log in or sign up for an account and therefore access all the features on the app. I also need to make sure that people who have disabilities can access the app, it must be accessible for everyone.

In order for this app to function, the following system requirements are the minimum to make it work.

Planning and System Requirements:

Mobile Device:

- 1.3GHz dual-core processor
- 1GB of RAM
- Android 5 to Android 11 OS – and iOS 8 to iOS 13
- 1,440mAh battery

PC:

- Processor: 1GHz
- RAM: 1GB
- Hard disk space: 16GB
- Graphics card: X9
- Display: 800x600

Emerging Tech:

In the future, this app could be on a smartwatch. It would be easy to operate, provided that the smartwatch can have apps installed onto it. If you can have apps installed onto it, you can use it as a wearable. This could be useful if you want to practice outdoors, and if you have forgotten your phone. In the future, you could also have it as something to wear for VR, if you don't want to go outside – you could use a VR headset and practice indoors and just practice with the app.

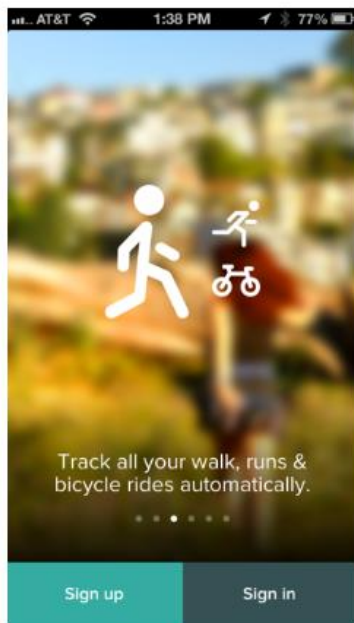
Business context:

The business provides personal training sessions, which is something which I intend to incorporate into my app. In the app, you must be able to access personal training sessions. If you cannot, then this has not met my requirements. I also need to make sure in the app you need advice about fitness training and how much exercise you should do daily. I also must make sure you need advice about healthy living. The app should give you some information

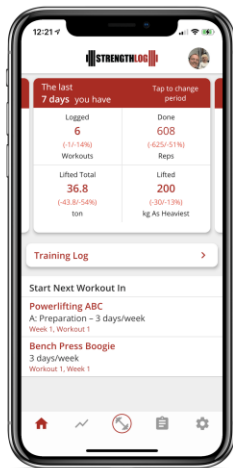
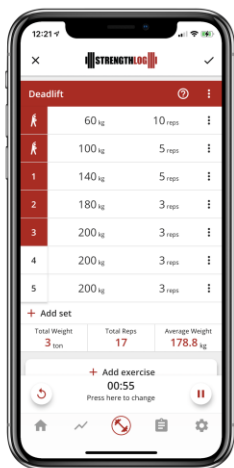
about how you can stay healthy, and give you reminders about how you should eat your five a day.

Research:

I conducted some research to give me some ideas and inspiration and work out what I liked and didn't like.



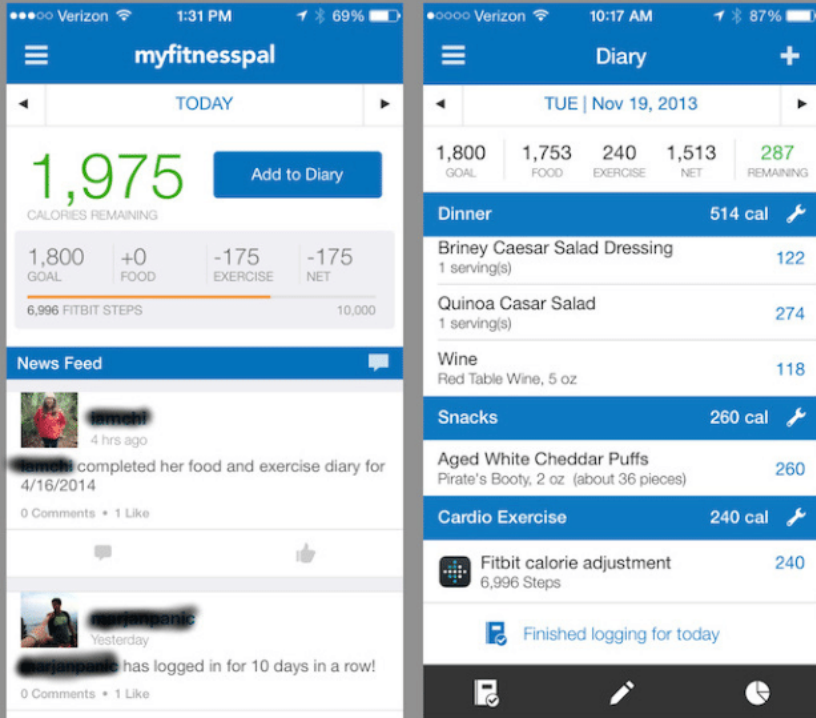
I like the look of this one, all you have to do is either log in or sign up and once you have done that, you can access the rest of the app. It's a good size and you can make out what it's trying to say. It's very user friendly.



Despite this one having a lot of information and telling you about the number of lifts you've done, there's a lot of information on this app and it makes it difficult to read and understand, which makes it difficult to use.



This one looks good but there is a lot of detail to it, and a lot of buttons you have to press which could be irritating.



This one looks useful but has a lot of text and other bits and bobs so is not a simple thing to create.

Functional requirements:

- the user must be able to log in to the system
- the user must be able to sign up for an account
- the user must have advice about fitness
- the user must have advice about healthy living
- the user must have digital content to support their training (GIFs)
- the user must have digital content to support their healthy lifestyle
- the system must encourage users to go premium
 - the premium user must be able to have paid for content
- the system must have accessibility features, for users with sight loss
- the user should be able to book a personal training session
- the user should be able to see the main screen

Non-functional requirements:

- good performance
- good response time
- system should be readable
- secure – make sure can log in and store any important data used by the user or client
- easy to make the font size bigger
- usability – make sure it is easy to use
- the user can ask for help using with using the system

Accessibility and legal issues:

- keyboard accessibility
- colour contrast, suitable for visually impaired
- copyright of the use of images and videos
- colour-blindness and the partially sighted user
- error messages to also have an error icon

- headings
- alternative text
- forms
- downloading materials
- equalities act

Mitigating risk:

To mitigate risk, I will have a log in or sign-up function. If you don't have an account, then you will have to sign up. To do the sign-up function then I will make sure I do a SQL injection command that inserts user details into a database. Once the details have been entered then the database will store them until you exit the app, which means you will need to sign up again. I will also make sure that the user agrees to the terms and conditions of the app, which can be made available on request. This is purely in case somebody has an accident whilst training, which means that the user is only responsible for any accident that happens to them whilst training.

Key performance indicators (KPIs):

- Log in
The user should be able to log in within at least 10 seconds
- Number of new customers
The database should be able to scale up to 10,000 users
- Provide information to users
The app should be able to give information and advice to 20 users a week
- Encourage users to go premium
The app should display a message once a day asking if the user wants to go premium, and try out some of the other features provided by ToKa Fitness
- Provide digital content
The app should be able to provide digital content, such as videos every time they click onto the piece of advice they need

Business context: