# PROJECT AGREEMENT AND CONFIDENTITY CONTRACT

Project Title: GymBro Project Type: Cross-Platform Mobile & Web Application Technology Stack: Flutter (Web, iOS, Android), Firebase (Authentication, Firestore, Cloud Functions, Storage, Hosting) Prepared by: Develo Systems Effective Date: July 9, 2025

## 1. INTRODUCTION

This document serves as a formal agreement and Non-Disclosure Contract between Develo Systems (hereinafter referred to as the "Client") and the Ain Shams University Graduation Project Team consisting of six senior undergraduate students (hereinafter referred to as the "Contractors"), along with their academic supervisors (Professors and TAs). This agreement governs the full-cycle development of the AI-integrated GymBro fitness application and enforces strict confidentiality, data ownership, and professional delivery standards.

## 2. PROJECT OVERVIEW

GymBro is an AI-driven fitness platform tailored for mobile and web deployment. The system intelligently generates custom workout routines, nutrition plans, form corrections, and seasonal themes based on user-specific data and behavioral inputs. The application will be offered as a solution to elite gyms and fitness clubs.

Target Clients: LA7, Gold's Gym, Steel Fitness Club, Fibers, and nutritionists.

Modules:

User Profiling & Medical Intake

AI-Powered Workout Planner

Personalized Meal Planning System

Wearable Device & BLE Integration

Camera-Based Form Feedback

AI Coach Chatbot (LLM)

Seasonal & Regional UI Engine

Progress Dashboard & Analytics

Personality-Based GymBro Mode Selector

## 3. SYSTEM FEATURES & FUNCTIONAL SPECIFICATION

### A. USER PROFILING

Users input age, gender, height, weight, waist circumference.

Medical history: diabetes, osteoarthritis, ACL injuries, etc.

Goal setting: cut, bulk, maintain.

Fridge inventory logging: ingredient-based meal planning.

Region and religious/cultural calendar detection.

### B. WORKOUT GENERATOR (AI-Driven)

Routine adaptation based on injury constraints.

Variation logic by week, difficulty, and recovery.

Integration with wearable data: recovery rate, performance score.

Rest day logic based on HRV and sleep cycles.

### C. MEAL PLAN ENGINE

Ingredient-matching algorithm using fridge inventory.

Diet plan generator based on caloric need, goal, region, time of year.

Adjustments for fasting (e.g., Ramadan), holidays, or low-availability.

Nutritional charts and allergy sensitivity tagging.

### D. INTEGRATIONS (Embedded Systems)

Apple Watch, Samsung Watch, Whoop Band via BLE.

InBody scale data ingestion for body composition.

Realtime BLE connection status and data sync handling.

### E. FORM CORRECTION (Computer Vision)

Camera UI with real-time pose estimation.

Feedback logic for misalignment, posture corrections.

AI engine powered by PoseNet or MoveNet in Flutter-compatible packages.

Privacy-preserving image handling using local preprocessing.

### F. CHATBOT (LLM INTEGRATION)

AI-powered assistant for fitness/diet Q&A.

24/7 engagement with goal-based prompts and contextual understanding.

Auto-scheduling assistant for workout planning.

Chatbot tone inspired by Duolingo—personable, humorous, but assertive.

### G. LANGUAGE & PERSONALITY SELECTION

Users choose GymBro communication style:

Supportive: Encouraging, positive reinforcement, motivational quotes.

Judgy: Sarcastic, brutally honest feedback (e.g., "You skipped leg day AGAIN?").

Funny: Witty responses, gym humor, memes in text.

Strict: Military-style tone, no excuses.

### *Languages supported:*

English (neutral/professional)

Arabic – Egyptian dialect, includes colloquialisms and light jokes

French – formal and judgy tone(optional)

GymBro's personality is dynamic and can shift based on performance trends.

### H. SEASONAL THEMING & LOCALIZATION

UI theme adaptation for Christmas, Ramadan, Hajj, National Holidays.

Birthday customization and motivational styling.

Controlled via Firebase Remote Config.

I. PROGRESS TRACKING & ANALYTICS

Weight progression, sleep quality, workout consistency.

In-app charts and report exports.

Push notification for reminders and motivational updates.

## 4. PROJECT TIMELINE AND DELIVERABLES

Duration: 10 Months

*Phase 1 (Months 1–3):*

UI/UX for onboarding, web landing page.

Flutter app with Firebase Auth and user profiling.

Firestore data structure and security rules.

BLE simulator and body profiling rules.

*Phase 2 (Months 4–6):*

Core workout and meal modules.

BLE connectivity and wearable ingestion.

LLM chatbot MVP.

Seasonal theming setup.

Personality selector framework.

*Phase 3 (Months 7–9):*

AI workout refinement and live wearable syncing.

Form detection with feedback engine.

Multi-device offline BLE sync engine.

Language and tone variation logic.

*Phase 4 (Month 10):*

Final QA, model tuning, release builds.

TestFlight + Play Store beta.

Marketing website + client demo deployment.

## 5. CONFIDENTIALITY TERMS (APPLICABLE TO ALL SEGMENTS)

All source code, data models, LLM prompts, form logic, and UI/UX assets are the exclusive intellectual property of Develo Systems.

Professors and TAs are not permitted access to any codebase, training data, documentation, or raw files.

Project results may only be demonstrated via deployed builds, not code walkthroughs.

No student or faculty member may disclose, reproduce, or repurpose any component of the project, in part or full.

NDA remains binding for three (3) years post-delivery.

Legal reference: Egyptian Civil Code (Articles 147–150). Jurisdiction: Cairo.

**Appendix A – Individual Student / Professor / TA Signatories**

| # | Full Name | National ID | Signature | Date |
|---|-----------|-------------|-----------|------|
| 1 | _____ | _____ | _____ | July 9, 2025 |
| 2 | _____ | _____ | _____ | July 9, 2025 |
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