



Fast N Fit

Mobile Application Development | Term Project

Abstract

Proposal Document for the Fast N Fit android application.

Introduction

FastNFit is a community-based health and fitness mobile application. It aims to offer a social environment for people interested in health and fitness. The application will be fueled by user generated content, users will be able to submit and view exercise programs within the application. All programs in the application will be submitted by users of the application, so if a user finds a certain program works really well for them or finds a useful workout on the internet, they can submit it to the application for other users to try out. Users will be able to rate programs submitted to the application; this will help ensure high quality content within the application.

1. BACKGROUND

FastNFit aims to be a one stop workout companion for a user looking to exercise and improve their personal health. A survey carried out during the gathering of requirements showed a very positive response to the premise of using a mobile application for the purposes outlined above and an overwhelming majority confirmed they already use online sources to put together their workout programs. Respondents also agreed they were more likely to stick with exercising as part of a group or in collaboration with other people. These findings show that by combining all of the things people find useful into one application, It has the potential to fill a gap in the market and help people get active and improve their health.

2. OBJECTIVES

The main focus of the application is to create a positive community for like-minded people to have a place to get together and help each other in achieving a common goal. The application will provide a discussion section where people can discuss the programs in the application and any other health and fitness topic they wish. Additionally, a one to one messaging system will be attempted, this serves many purposes but the main one is to help users pose any questions they may have about a program to its author.

3. SCOPE

3.1. GYM WORKOUT TRACKER & TRAINER

This application allows users to browse a list of premade programs and edit them if they wish. However, the list of programs on selection are static and won't change dynamically. The application also does not offer any social or community-based functionality. It supports dynamic user generated content and has a virtually endless source of workout programs. It

also offers social functionality to foster a sense of community and offer a positive environment to encourage exercising.

3.2. DAILY WORKOUTS

This application supplies the user with premade, static workouts. The workouts provided are heavily focused around the idea of working out at home.

3.3. FITNESS & BODYBUILDING

This application allows users to browse premade programs and to create their own. Users are not able to edit existing programs or submit their own for other users. The application also has no community functionality.

3.4. TECHNOLOGIES/RESOURCES

RESOURCE	DESCRIPTION
Windows Host Machine	Developing an Android applications requires the Java Integrated Development Environment.
Android Studio	Written in Java, requires an IDE that provides greater functionalities. We are using android 3.5.1. However, android 3 or above is recommended.
Physical Android/HAXM	Both, a physical android device or HAXM can be used to run and preview the development.
SQLite	An SQLite database, to store application data on device.