RMIT International University Vietnam

Assignment Cover Page (Group)

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Subject Code:	COSC2083
Subject Name:	Introduction to Information Technology
Location & Campus:	Saigon South
Title of Assignment:	Project Proposal
Teachers Name:	Long Nguyen Minh
Group Name:	F-APP
Group Members:	Kim Nguyen Ngoc_s3970589 Jimin Cho_s3940575 Huy Luong Anh_s3979199 Minh Phan Nhat_s3978598
Assignment due date:	20/11/2022
Date of Submission:	20/11/2022
Declaration of Authorship:	We declare that in submitting all work for this assessment we have read, understood and agree to the content and expectations of the Assessment Declaration
Consent to use:	We do NOT give RMIT University permission to use our work

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Project background

Numerous people are concerned about nutritional imbalance and the rise in obesity rates. *According to Shattuck (2017), obesity rates did not exceed 15% in any U.S. state in 1985, and by 2016 no state had a rate under 20%. Currently, the average obesity rate is over 33%[1]*. It is obvious that correcting dietary imbalances will benefit society.

As rates of physical activity have decreased, there is an increasing epidemic of obesity (Skinner et al., 2018, cited in Armstrong, 2019)[2].. IT professionals are not exempt from this rule. In particular, persons who spend several hours sitting in chairs and avoid outdoor activities are more likely to be exposed to obesity or underweight risks.

As a result, our group developed an interest in the topic of nutritional imbalance. BMI is one of the well-known and practical measurements of obesity. By dividing one's weight by the square of height, individuals can quickly determine their present physical state. Our group identified shortcomings in other BMI calculators. This was the issue with only giving out the basic necessities of data, such as the present situation and statistics. Our group believed that it would be more practical if it offered suggestions as to what types of management are required beyond just calculating BMI. Therefore, we made the decision to develop a calculator that does not require users to check their BMI, search for exercises online, or find another calculator to see how many calories they consumed today. Users can calculate their daily caloric intake and receive suggestions depending on their BMI using our project. This allows users to know roughly whether they should reduce their diet, exercise, or increase their diet.
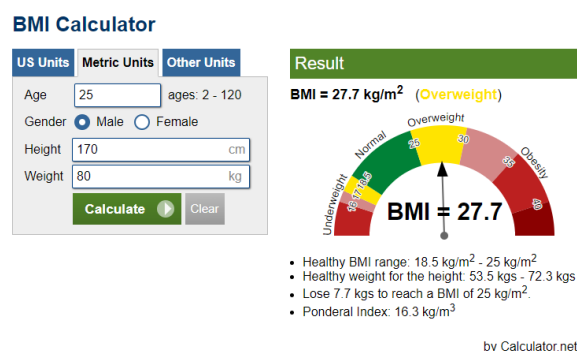
Other calculator example
Source: Calculator.net

[1]*Shattuck, M. 2017, Control diet, weight in diabetes fight: As rates of obesity increase, so too do rates of Type 2 diabetes, Appleton, Wis.*

[2]*Armstrong, S. & Wong, C. (2019) Physical Activity Interventions Improve Quality of Life of Children With Obesity: Should We Expect Them to Also Decrease Body Mass Index? Journal of adolescent health. [Online] 65 (3), 309–310.*

People

Phan Nhat Minh (s3978598)

s3978598@rmit.edu.vn

0907459988

Role: Project leader, designer

Interest in the topic: This topic not only help other people but also my health as well.

Skills: Project managing, making media, writing reports.

"I am a dedicated person for whatever that I'm working for. And I also like Bun bo as well so that is why I'm interested in this topic so that I can eat Bun bo without worrying."

Jimin Cho (s3940575)

s3940575@rmit.edu.vn

0765047285

Role: Making slides and website.

Interest in the topic: Interested in diet, and want to experience in website producing through this project.

Skills: Making slides, HTML.

"I am currently on a diet and I am very interested in it. My goal is to experience website creating and I hope this project will help me lose weight."

Nguyen Ngoc Kim (s3970589)

s3970589@rmit.edu.vn

0392803666

Role: Presentator

Interest in the topic: To learn more programming languages

Skills: Presenting

"I am interested in IT and want to work in a big 4 technology companies in the future. Also, my hobby is playing music and if I have a chance I will become a singer as well."

Luong Anh Huy (s3979199)

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0399390377

Role: Adviser, supporter

Skills: Presenting, proof-reading, critical thinking, attention to details

"I'm fascinated in coding and problem solving, A.I and brain teasers, which is why I chose IT as my major. I'm looking forward to learning new stuff and making new friends during my years in university."

Project Scope

	Priority	Feature	Description	Note
		For trainee		
In scope	**High**	**Diagnose body status**	Caculate base on data input: - Height - Weight - Age - Gender - Other sickness - …	
		Give conclusion about body status	Get input from user about their exercises, meals,... in order to give more accurate suggestion	
		Daily data input	Get input from user about their exercises, meals,... in order to give more accurate suggestion	
		Recommendations /Advices/Solutions for your status		
	Medium	**Home page**	"Log in options: Create a account or sign up with Google/Facebook/... Forget password Sign up a [app name] account"	
		Meals, food, exercises library and how to make/do it at home	Provid a wide selection of meals and exercises beside the one that already provided in the advices.	

		Feedback	User can give feedback on our free program and user experience in general	
		Search engine	Searching for specific exercise, meals or trainer	
		PT filter (location)	If trainee would like to meet the trainer face-to-face, this will help	
		Progress summary	Give weekly progress summary for users (maybe create a level, challenge or something like that) to encourage user keep trying to be fit	
	Low	**Identity verification**	Both trainees and trainers are required to verify the identity (only for paid plans)	
		Advertisement	Resource for developing	
		Payment	Payment options for premium version and donation	
	For trainers			
	Medium	**Profile tools**	Give trainers chance to introduce themselves on our app	
		Trainees management	- Track trainee progress - Communicate with trainees - Plan meals and exercises for trainees - Trainees feedback	
		Income	Trainers will receive a portion (20% - 40%) of trainee's subscription	

Out of scope	Data input from smart watches and fitness devices	Automatically input exercises data from smart watches Ex: Apple watch can show the burned calories after doing exercises, we can get input from this so that the user do not have to manually input to the app	
	Premium version (Paid plans)	There are a option (premium plan) for hiring a PT for better experience	
	PT feedback and rating		

Timetable *Timetable could be changed*

| Done | In progress | Have not started |

Phase	Task	Duration	Start	Finish	In-charge	Note
PROPOSAL [EARLY FEEDBACK]	Self research and idea brainstorm	4 days	Nov 4 2022	Nov 7 2022	All	
	Finalize the projects' idea	1 day	Nov 8 2022	Nov 8 2022	Minh	Meeting at 1.1.018 for 2 hours
	Proposal structure	1 day	Nov 9 2022	Nov 10 2022	Minh	Meeting at 2.4.005 for 1 hour
	Proposal first draft	2 days	Nov 9 2022	Nov 11 2022	Minh	Meeting
	First draft adjusting	1.5 days	Nov 11 2022	Nov 12 2022	Minh	Meeting at 1.2.26 for 1.5 hours
	First draft finalising for early feedback	1.5 days	Nov 12 2022	Nov 13 2022	Minh	Meeting at 1.1.018 for 2 hours
PROPOSAL [FINAL]	Adjustment base on feedback		After feedback release	Nov 18 2022	Minh	Meeting ater receiving feedback
	Final adjustment (content & visual)	1 day	Nov 18 2022	Nov 19 2022	Minh	Meeting

PREPARATION	JavaScript (optional)	2 weeks	Nov 22 2022	Dec 6 2022	Jimin	
	Getting familiar with HTML and Github				Jimin & Kim	
	Medical research about BMI calculation				Jimin	
	Market research				Huy	
DEVELOPING	UI/UX first brainstorm	5 days	Dec 6 2022	Dec 11 2022		
	UI desgin	2 weeks	Dec 11 2022	Dec 25 2022	Minh	
	Complete UX	1 week	Dec 11 2022	Dec 18 2022	Huy	
	UX testing/operating	1 week	Dec 18 2022	Dec 25 2022	Huy	
	PLAN A: Protoype using JavaScript (if possible)	2 weeks	Dec 25 2022	Jan 8 2023	Jimin	
	PLAN B: Prototype using UI demos	2 weeks	Dec 25 2022	Jan 8 2023	Minh & Jimin	
PRESENTATION	Presentation plan	2 days	Dec 19 2022	Dec 21 2022	Kim	
	Presentation slides	5 days	Dec 21 2022	Dec 26 2022	Jimin	
	Presentation script	2 days	Dec 26 2022	Dec 28 2022	Huy	
	Presenting practice	2 days	Dec 28 2022	Dec 30 2022	All	A demo presentation will occur

	Presentation final adjustments	1 day	Dec 29 2022	Dec 30 2022	Minh	
	Presenation day	1 day	Jan 13 2023	Jan 13 2023	All	
FINAL REPORT	Remaining sections' outlines	2 days	Dec 26 2022	Dec 28 2022	Minh	
	Outlines finalising	5 days	Dec 28 2022	Jan 2 2023	Minh	
	Adjustments & reflections	1 week	Jan 2 2023	Jan 9 2023	All	
	Final review before submitting	1 day	Jan 14 2023	Jan 14 2023	Minh	

Communication

Face-to-face communication: meetings at school or outside

Online communication: Facebook

Documents, references, pictures,… storage: Google Drive (current), GitHub, Web (pending)

Urgent situations: Phone

Formal communication: RMIT email

Group commitment:

- <u>**Reply group message within 2 hours max**</u> (if not please provide suitable reason)
- Keep updating your progress on the main group so that we all know what we are doing.
- Be on time for face-to-face meetings (10-15 minutes late is acceptable).
- In some cases, if we can not gather for a meeting then an online meeting will occur.
- Important discussions should be face-to-face if possible

<u>**Before any tasks, a meeting is required.**</u>

While doing a task, try to <u>**update the progress to the team group on Facebook**</u> so that other teammates can send help if needed.

Email will be used for formal situations.

<u>**All documents, meeting minutes, notes,... will be saved in a shared folder on Google Drive.**</u>

<u>**If a person in the group does not respond to group activities within a day**</u>, we will give a warning for the first time. From the second time, we will consider having a face-to-face conversation or report to the lecturer for a final decision.

Risks

Time management

Problem: Each member is working on multiple projects, taking multiple courses at the same time, so time will be the our biggest

Solution: We will split the workload equally to make sure that we have the same workload on this project.

Lack of knowledge

Problem: This project is about building and developing a mobile app/website, so we, newbies in IT may have some difficulties in building the prototype for the project.

Solution: If learning other programming languages is not possible, we will use 2D graphics demo instead.

Cost

Problem: Although, many early phases in app development are cost-free. But we think in the future when the developing work becomes more serious, it won't be cost-free anymore.

Solution: Using free resources on the Internet and free services provided by the school.

Communication

Problem: In some special cases like technological problems, or health-related problems,… a member can not give information to the team as soon as possible, and there would be miscommunications internally. This may lead to inefficient operation in general.

Solution: We committed to communication in the group so that we when do the backups and have enough spare time to finish the missing part of the disappearing friend.

Scope creep

Problem: We still don't have much experience in making and operating a complete project before so there are some aspects that we could not expect and have prepared for it.

Solution: We will try to stick to the scope as much as we can and make it perfect than come up with unexpected and unneccessary features.

Performance

Problem: The project outcomes or project prototype might not meet our expectations and also users' expectation. This could lead to the failure of the project.

Solution: Feedback from users is an important part in our development. We will consider to change and fix the problem base on users' feedback.

Market

Problem: The project idea and background are not so distinctive so joining the market will be a tough challenge for a new project like us.

Soultion: Our biggest aim of the project is the user experience so we think that will make us stand out from other opponents that already joined the market.