Fit Planet

Group Number : 17

1.1 Project Description

Our service is a personal fitness guide. It gives the diet and workout plan for users based on factors like BMI, food preferences, previous health ailments, etc. Our service stands out as a one-stop solution for all your personal fitness and dietary needs. It is probably the only service using which a user can take guidance from the trainer of their choice.

1.1.1 Background

There are many resources available on the Internet regarding nutritional values of food items and workout suggestions but they aren't personalized.

There are a lot of professional fitness trainers and people want to interact and get suggestions from the trainer of their choice.

Few fitness trainers have their personal websites, but there isn't a common platform for users to make a choice of selecting their preferred trainer

1.1.2 Purpose

Fitness is very essential to everyone these days. Nowadays, most of the people are not aware of proper diet and workout they must do to be fit.

What we are trying to do is:

1. Providing the users, a proper diet plan based on their food preferences and workout plan suitable for their body.
2. Bringing the trainers and trainees to a single platform.
3. This service provides the equivalent food required for a typical person but not just shows the calorific value he has to take.

1.1.3 Assumptions and Constraints

- Unregistered users will have no access to the application.
- Users will be able to log in or access any functionality of the software only if an internet connection is available.

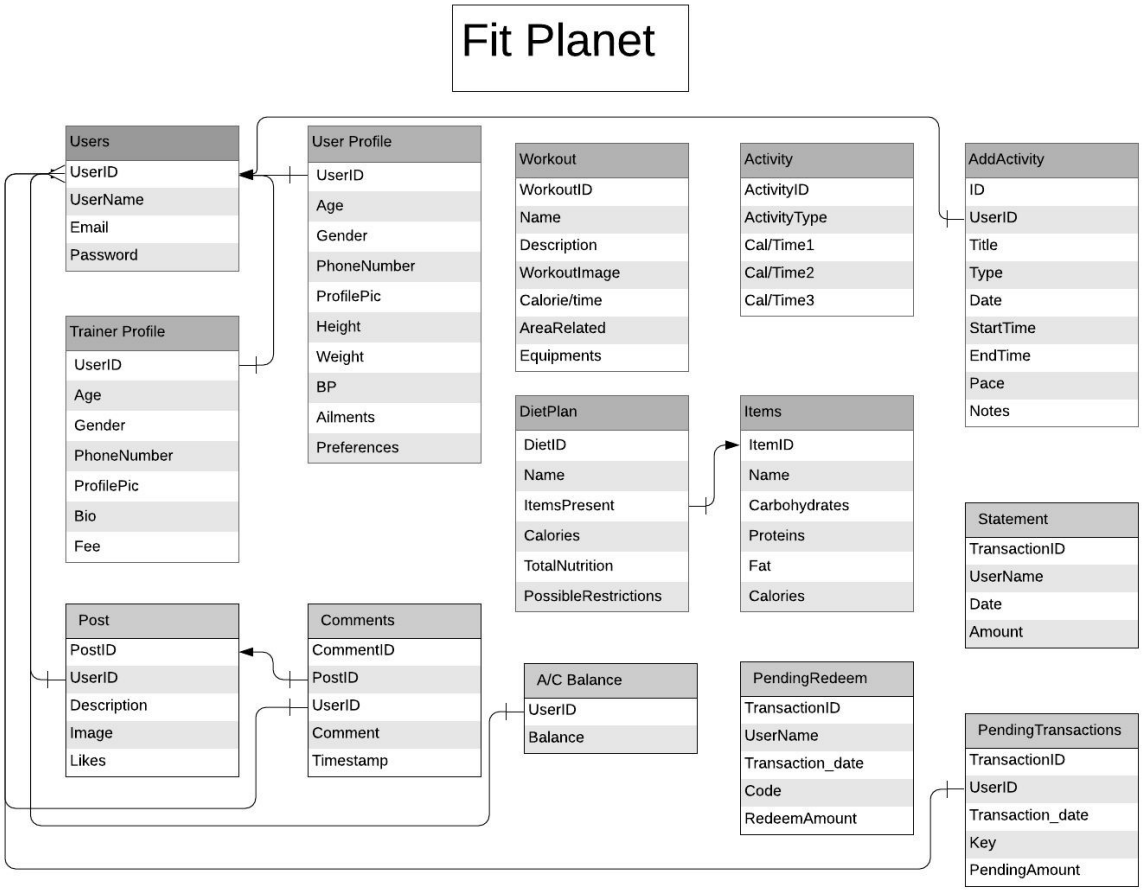
1.1.4 Interfaces:

- Trainer, trainee, and admin will have separate interfaces.

2 Functional Requirements

2.1. DATA REQUIREMENTS:

ER Diagram



2.2 Functional Process Requirements

End Users:

- Can register.
- Registered users will be authenticated by the login.
- Can view/change personal details/profile at any time.
- Trainees Can get diet plans based on their food preferences(veg,non-veg).
- Trainees get workout plans based on their BMI, previous health ailments.
- Trainees can read the articles posted by all trainers.
- Trainees can select a trainer of their choice by paying the fee charged by the trainer.
- Trainees can interact with their trainers.
- Can rate and review the trainers.
- Trainees can keep track of the activities they do over the day and see their improvement statistics.
- A trainer can give diet and workout plan to the trainee.
- Trainers can post fitness articles.

System Admin

- Responsible for accepting the request of trainers joining the site.
- Can see details of users/trainers.
- Can maintain record of all trainers/users.
- Can add/delete trainers/users.

3.OPERATIONAL REQUIREMENTS:

3.1 SECURITY:

- Only registered users will have access to any functionality.
- Data like passwords, interaction between the users cannot be accessed by anyone including system admin.
- Trainees cannot view the details of other trainees.
- Trainees/trainers can not change the personal details/profile of trainers/trainees.
- Trainees cannot edit or post fitness articles.
- Trainers cannot edit the ratings and reviews given to them.

3.2 SYSTEM AVAILABILITY:

- It should be available 24/7. User traffic is expected to peak at the early hours of the day and evening.

3.3 FAULT TOLERANCE:

- The payment gateway need not be available all the time.
- The chat box may be needed only when the trainee wants to interact with the trainer.
- Failure of payment gateway and chat box will not have any effect on other basic functionalities.

3.4 DATA CURRENCY:

- When the user logs into the site, they can access recently posted articles.

3.5 RELIABILITY:

- When the system fails temporarily, there won't be any critical loss to the users or functionalities except for the fact that it might result in a communication gap between trainer and trainee.

3.6 RECOVERABILITY:

- In case of a failure in any system functionalities or corruption of data, the system will be recovered as soon as possible.

3.7 CAPACITY:

- Application will have to store data related to users' details like login information, their personal suggestions, static data like workout videos, trainer-trainee interactions, and informative articles posted.

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