Project Vision

2nd February 2025

Version 1.0

Document History

No	Date	Author	Description	Version
1	01 Jan 2025	Akshay Kapoor	Initial Draft	0.1
2	01 Jan 2025	Shilpa Sosa George	Added “3.0 Stakeholder Analysis”	0.2
3	01 Jan 2025	Labdhi Bharat Shah	Added “5.0 Comparison Plan”	0.3
4	01 Jan 2025	Musaab Shirgar	Updated “2.0 Solution Overview” as per feedback from team	0.4
5	02 Jan 2025	Parbon Bannerjee	Added “4.0 Solution Scope”	0.5
6	02 Jan 2025	Nishita Ahuja, M. Asad Bin Faruq	Final review, formatting changes.	1.0

Table of Contents

1 Introduction

The purpose of this document is to outline the project vision for WellFit AI, a fitness and wellness application utilizing AI-powered technology. This document provides a high-level description of the solution, its stakeholders, functional decomposition, competitive analysis, and a business analysis work plan for successful implementation.

2 Solution Overview

2.1 Problem Statement

The problem of managing fitness routines, tracking exercises, calorie intake, and hydration levels effectively affects fitness enthusiasts of all levels, from beginners to professional athletes. The impact of this is inconsistent progress, lack of motivation, and difficulty in achieving fitness goals. A successful solution would provide AI-powered real-time feedback on exercise form, monitor calorie intake and hydration, and generate personalized fitness routines to help users achieve their health goals with ease and precision.

2.2 Problem Statement Template

The problem of	Managing fitness routines, tracking exercises, calorie intake, and hydration levels effectively.
Affects	Fitness enthusiasts of all levels, from beginners to experienced athletes.
The Impact of which Is	Inconsistent progress, lack of motivation, and difficulty in achieving fitness goals.
A successful solution would	Provide real-time feedback on exercise form using AI-powered motion tracking, monitor calorie intake and hydration, and suggest personalized fitness routines to help users achieve their goals with ease and precision.

2.3 Solution

WellFit AI is an AI-assisted fitness application designed for fitness enthusiasts, athletes, fitness and wellness centers, personal trainers, and beginners who aim to achieve their fitness goals without sacrificing time or convenience.

The application leverages AI-powered technology to observe body movements, such as counting push-up reps, monitoring calorie intake, and managing hydration levels. After analyzing water and calorie intake, WellFit AI provides a tailored set of exercises to suit individual fitness needs.

Each exercise comes with a short instructional video to guide users through proper techniques and ensure maximum effectiveness, making fitness accessible and personalized for everyone.

2.4 Solution Decomposition

For	Fitness enthusiasts of all levels.
Who	Want to effectively track their workouts, calorie intake, and hydration levels to achieve their fitness goals.
Product Name	WellFit AI
That	Tracks workouts using AI-powered movement recognition, monitors calorie intake and hydration, and provides personalized fitness routines.
Unlike	Other fitness apps on the market provide only generic plans or track time.
Our Product	Is a comprehensive wellness platform that combines AI-powered training with personalized nutrition guidance for a complete approach to health and fitness.

2.5 Technology

WellFit AI leverages the following technologies to deliver a unique and effective fitness experience:

- **AI-Powered Motion Tracking:** Advanced computer vision algorithms analyze user movements during exercise, providing real-time feedback on form and technique. This helps users perform exercises correctly, maximizing results and minimizing the risk of injury.
- **Calorie and Hydration Monitoring:** WellFit AI integrates with nutrition databases to track calorie intake and hydration levels. This data is used to personalize fitness routines and provide insights into overall health and wellness.
- **Personalized Fitness Plans:** AI algorithms analyze user data, including fitness goals, activity levels, and dietary preferences, to generate customized workout and nutrition plans. These plans adapt to user progress, ensuring continued engagement and optimal results.

By combining these technologies, WellFit AI offers a comprehensive and personalized fitness solution that empowers users to achieve their health goals and transform their lives.

2.6 Goal

The goal of WellFit AI is to empower fitness enthusiasts of all levels to achieve their health and wellness goals by providing a comprehensive, personalized, and engaging fitness experience.

Intended Use:

WellFit AI is intended to be used as a primary fitness companion for individuals who want to:

- **Track their workouts effectively:** The app uses AI-powered movement recognition to accurately monitor exercise form and repetitions, providing valuable insights into workout performance.

- **Monitor calorie intake and hydration:** WellFit AI helps users track their calorie consumption and hydration levels, enabling them to make informed choices that support their fitness goals.
- **Follow personalized fitness routines:** The app generates customized workout and nutrition plans based on individual goals, preferences, and progress, ensuring an optimized and engaging fitness journey.
- **Stay motivated and consistent:** WellFit AI provides progress tracking, goal setting tools, and reminders to help users stay on track and achieve their desired results.

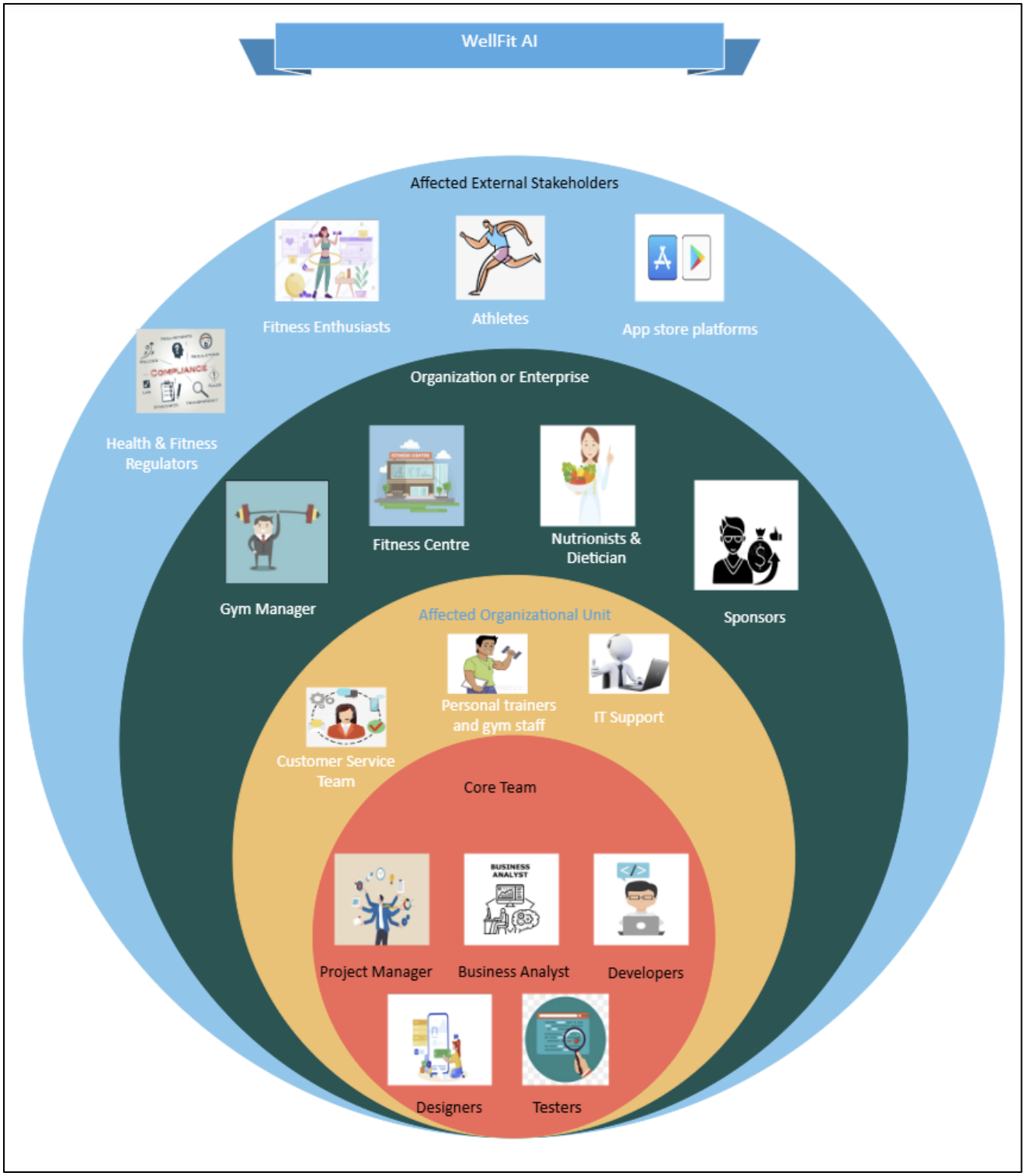
In addition to individual use, WellFit AI can also be utilized by:

- **Personal trainers and fitness centers:** To deliver personalized fitness plans and track client progress.
- **Nutritionists and dieticians:** To integrate personalized diet plans into the fitness routines.

By catering to a wide range of users and use cases, WellFit AI aims to become an indispensable tool for anyone seeking to improve their health and wellness.

3 Stakeholder Analysis

3.1 Stakeholder Onion Diagram

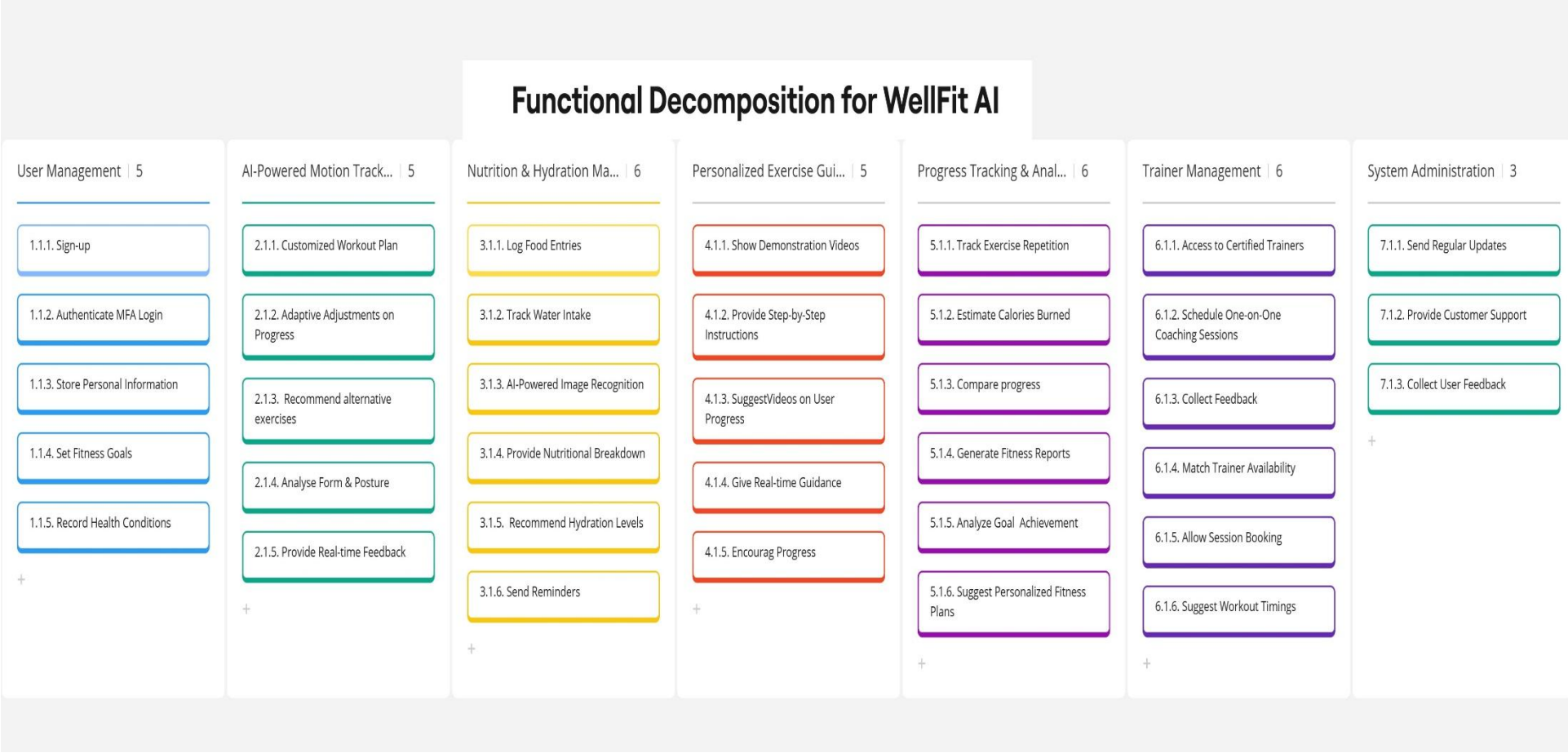


3.2 Stakeholder List & Roles

Stakeholder Group	Stakeholder	Impact/Interest/Role
Core Team	Project Manager	Oversee app development, manage timelines, and ensure alignment with stakeholder requirements.
Core Team	Business Analyst	Gathers and documents requirements, ensuring the app aligns with user needs.
Core Team	Developers	Build and maintain AI-powered features for fitness tracking and personalized plans.
Core Team	Designers	Create user-friendly interfaces and design a seamless user experience.
Core Team	Testers (QA Team)	Ensure the app meets quality standards and is free of bugs or issues before deployment.
Organizational Unit	Customer Service Team	Address user issues, provide guidance, and relay user feedback for improvements.
Organizational Unit	Personal Trainers and Gym Staff	Use the app to deliver personalized fitness plans and track member progress.
Organizational Unit	IT Support	Ensure technical stability and resolve any infrastructure-related issues.
Enterprise	Gym Owners and Managers	Provide operational feedback, ensure app integration in gym operations, and promote the app among members.
Organization or Enterprise	Sponsors and Advertisers	Provide financial backing, collaborate on marketing campaigns, and use the app for branding opportunities.
Organization or Enterprise	Fitness Centers	Serve as the primary venue for app usage, offering value-added services to members.
Organization or Enterprise	Nutritionists and Dietitians	Contribute expertise for personalized diet plans and fitness goals within the app.
Organization or Enterprise	Health & Fitness Regulators	Ensure compliance with industry standards and promote trust in the app's offerings.
External Stakeholders	Fitness Enthusiasts	Use the app for AI-driven tracking, personalized plans, and progress monitoring.
External Stakeholders	Athletes	Utilize advanced tracking features for optimizing performance and training.
External Stakeholders	App Store Platforms	Host and distribute the app, manage updates, and drive visibility among users (Google Play Store, Apple app store)

4 Solution Scope

Functional Decomposition Diagram



4.1 Solution Features & Functions

- **AI Recommendations –** Suggest new exercises based on user progress.
- **AI-Powered Movement Tracking –** Counts reps and tracks form for exercises like push-ups and squats.
- **Calorie and Hydration Monitoring –** Logs daily intake and adjusts workout recommendations accordingly.
- **Progress Insights & Analytics –** Provides visual tracking of fitness journey.
- **Personalized Fitness Plans –** Custom workout and nutrition plans based on user goals.
- **Goal Setting & Reminders –** Encourages consistency through alerts and reminders.
- **Sleep Tracking –** Monitors sleep to optimize recovery and adjust workouts.
- **Short Instructional Videos –** Ensures proper exercise technique.

5 Comparison Analysis

Feature	WellFit AI	GoodLife Fitness	Fitbit
AI Recommendations	✅	❌	❌
AI-Powered Movement Tracking	✅	❌	✅
Calorie and Hydration Monitoring	✅	❌	✅
Progress Insights & Analytics	✅	✅	✅
Goal Setting & Reminders	✅	✅	✅
Personalized Fitness Plans	✅	❌	✅
Book Gym Classes	❌	✅	❌
Short Instructional Videos	✅	❌	❌
Sleep Tracking	✅	❌	✅
Wellness Reports	✅	❌	✅

5.1 Why Choose WellFit AI?

WellFit AI stands out from competitors by offering a **complete wellness platform** that integrates **AI-driven movement tracking, nutrition monitoring, sleep tracking, and personalized fitness recommendations** in a single application.

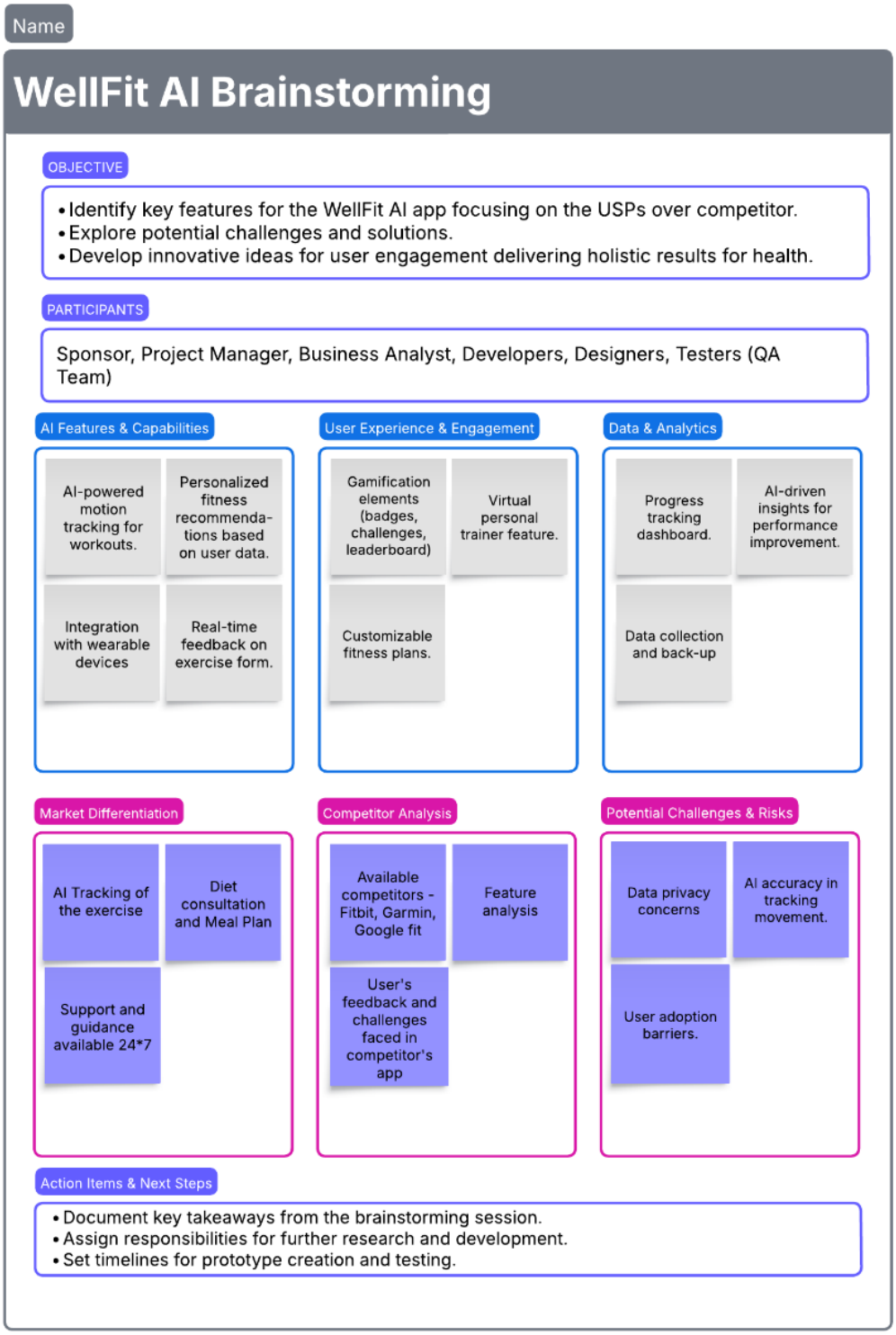
5.2 Business Analysis Work Plan

Ref ID	Work Package	Activity	Task	Assigned to	Target Complete Date
1	Project Proposal & Vision				
1.1		Part 1 - Proposal Presentation			
1.1.1			Team Work Session 1	Team	15-Jan-25
1.1.2			Draft Presentation	Parbon & Shilpa	16-Jan-25
1.1.3			Team Review Presentation	Labdhi & Musaab	17-Jan-25
1.1.4			Presentation Day	Akshay & Asad	18-Jan-25
1.1.5			Professional Review	Akshay & Asad	18-Jan-25
1.1.6			Proposal Submission	Nishita	19-Jan-25
1.2		Part 2 - Project Vision			
1.2.1			Team Work Session 1	Team	26-Jan-25
1.2.2			Stakeholder Analysis	Shilpa	28-Jan-25
1.2.3			Product Decomposition	Parbon	29-Jan-25
1.2.4			Business Analysis Work Plan	Akshay	30-Jan-25
1.2.5			Brainstorming for Features and Analysis	Labdhi	30-Jan-25
1.2.6			Draft Document	Asad & Musaab	31-Jan-25
1.2.7			Document Review and Testing	Asad & Musaab	31-Jan-25
1.2.8			Vision Submission	Nishita	01-Feb-25
2	Deliverable 2 - Requirement Analysis				
2.1		Elicit Business Requirements			
2.1.1			Stand up	Team	02-Mar-25
2.1.2			Context Diagram	Shilpa	03-Mar-25
2.1.3			Survey Analysis & Results	Nishita	05-Mar-25
2.1.4			Interview Analysis & Results	Parbon	06-Mar-25
2.1.5			Personas	Musaab	07-Mar-25
2.1.6			Scenarios	Labdhi	07-Mar-25
2.1.7			User Journey	Akshay	07-Mar-25
2.1.8			Document Review and Testing	Asad	08-Mar-25
2.1.9			BA Work Plan update	Asad	08-Mar-25
2.1.10			Document Submission	Shilpa	09-Mar-25
3	Deliverable 3 - Requirements Design Part 1				
3.1		Transition from Business requirements to			
3.1.1			Stand up	Team	21-Mar-25
3.1.2			User Case	Shilpa	23-Mar-25
3.1.3			User Story	Labdhi	24-Mar-25

3.1.4		System Specifications	User Story Map	Labdhi & Musaab	24-Mar-25
3.1.5			Mid – Fi Mockups & Storyboard	Musaab & Akshay	26-Mar-25
3.1.6			Scenarios	Parbon	27-Mar-25
3.1.7			Business Analysis Workplan	Asad	28-Mar-25
3.1.8			Document Review and Testing	Nishita	29-Mar-25
3.1.9			Document Submission	Nishita	29-Mar-25
4	Deliverable 4 - Requirements Design Part 2				
4.1		Hi-Fidelity Mockup Storyboard			
4.1.1			Stand up	Team	06-Apr-25
4.1.2			Brainstorming - Innovation	Team	08-Apr-25
4.1.3			Mockups Quality	Labdhi & Musaab	09-Apr-25
4.1.4			Seamless Workflow	Shilpa & Parbon	10-Apr-25
4.1.5			Live Presentation	Asad & Nishita	12-Apr-25
4.1.6			Video Demo	Akshay	13-Apr-25
4.1.8			Document Review and Testing	Shilpa	14-Apr-25
4.1.9			Document Submission	Nishita	16-Apr-25
5	Deliverable 5 - Sketches				
5.1		Workshop 1 - Sketches for a Mobile App			
5.1.1			Stand up	Team	09-Mar-25
5.1.2			Work Flow Diagram	Every Team Member	11-Mar-25
5.1.3			Sketch Quality	Labdhi & Musaab	13-Mar-25
5.1.4			Storyboard	Shilpa, Parbon & Nishita	14-Mar-25
5.1.7			Document Review and Testing	Akshay & Asad	15-Mar-25
5.1.8			Document Submission	Nishita	16-Mar-25
6	Deliverable 6 - Mid Fi Prototype				
6.1		Workshop 2 - Mid Fidelity for a Tablet Device App			
6.1.1			Stand up	Team	16-Mar-25
6.1.2			Alignment to Sketch	Every Team Member	18-Mar-25
6.1.3			Quality of the Mockup	Labdhi & Musaab	20-Mar-25
6.1.4			Storyboard (alignment to diagram)	Shilpa, Parbon & Nishita	21-Mar-25
6.1.5			Document Review and Testing	Akshay & Asad	22-Mar-25
6.1.6			Document Submission	Nishita	23-Mar-25

6 Additional Content

6.1 Brainstorming



6.2 References

Angosto, S., García-Fernández, J. & Grimaldi-Puyana, M. A systematic review of intention to use fitness apps (2020–2023). *Humanit Soc Sci Commun* **10**, 512 (2023). https://doi.org/10.1057/s41599-023-02011-3

Dan Bracaglia, J. M. (2025, January 15). *Best fitness trackers 2025: Tested and rated for every budget*. Retrieved from Tom's Guide: https://www.tomsguide.com/us/best-fitness-trackers,review-2066.html