

## Scope of Work Document

**Scope of Work (SOW)** - Is an agreement between an employee/contractor and employer outlining services work to be completed by the employee. SOW's are used commonly in technology jobs and contract work.

Please submit your Scope of Work Document by **Jul 2** detailing the project you plan to complete. (Make a copy and answer the questions below about your Application. You will submit with your Final Project PowerPoint / Slideshow)

### Deliverables:

#### ***Describe your application in detail. What does it do? How does it work?***

I plan to create a Fitness Training App which is an application that helps users plan, track, and manage their fitness activities as well as nutrient intake. Using Qt and C++, I seek to implement a user-friendly interface where users can log their workouts by entering details like exercise name, set count, rep count, and weight lifted. Users may also record cardio sessions and log the duration and calories burned. I hope to allow users to view their growth over time (whether it be growth in weight, sets, reps, or calories burned). I also aim to implement a system where users can enter in specific foods they ate and attach details such as calorie count, fat count, protein count, etc. Users may be able to compare calorie consumption with their calories burned. All user data will be saved in files so they can always view their history and potentially create monthly/weekly reports on their growth. I hope this application becomes a practical tool for users to achieve personal health and fitness goals.

### Milestones:

#### ***Core Features (min 3)***

1. Ability to Log Weight Related Exercises
  - a. Ability to enter exercise name, rep count, set count, and weight lifted.
2. Ability to Log Cardio Related Exercises
  - a. Ability to enter cardio duration and calories burned.
3. Ability to Log Nutrient Intake
  - a. Ability to input specific foods eaten and their calorie, protein, or fat count.

***\*I am planning to make a calendar-like application so users can easily review past days or plan future workouts.***

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**Special Features** - How do you want it to work in the future after you have more time to develop the idea and your programming skills?

1. I want to be able to generate growth charts so users can see their growth visual which may motivate them in the future.
2. I also want the user to be able to set fitness goals such as burning X amount of calories during the day. It gives them a sense of accomplishment.
3. I also want to include a food database since many people do not know the calorie count of everyday items (apple, banana, etc).
4. I also want to be able to allow users to connect with each other and share workouts with each other (similar to Strava).
5. I will try to make this mobile friendly since many people go to the gym with their phones.

Depending on how long this project takes me, I might be able to get some of these ideas implemented.

**Timeline: FINAL PROJECT & PRESENTATION: Jul 23, 2025. LATEST ACCEPTED Jul 25, 2025.**