

# **Proposal**

UFit

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Submitted in partial fulfillment  
Of the requirements of CSC-431  
Software Engineering course project

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## **Preface**

This is a proposal for the “UFit” project for partial fulfillment of the requirements of a Software Engineering course (CSC431) project in the department of Computer Science at the University of Miami.

This proposal provides the scope and context of the project to be undertaken. It details the intended user group and the value that the system will have to them.

The intended audience of this document is the course professor and teaching assistants so that they can determine whether the project should be approved as proposed, approved with modifications, or not approved.

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## Overview

### 1. Purpose, scope, and objectives

Physical activity or exercising plays a crucial role in maintaining a healthy lifestyle and improving mental health. UFit is a fitness and social networking mobile application that will connect individuals who are looking for ways to stay active and meet their fitness goals. The purpose of this application is to:

- Help people achieve their personal fitness goals by customizing workout plans (based on desired intensity, target muscles, existing injuries, etc.)
- Design diet plans based on fitness goals (losing/gaining/maintaining weight/building muscles/increasing stamina, etc.)
- Connect persons on the app to each other to help them find gym buddies to work out with based on fitness goals and location. Also recommends suitable gym locations with the necessary equipment to achieve their goals nearby
- Target age group is 18 - 40
  - College students
  - Young professionals

### 2. Project description

Our mobile application will help users find gym buddies to get over their gym fears. Once a user matches with a buddy, they can sync workout plans to keep each other on track throughout your workout. This application will also have features that help users keep track of fitness goals and find suitable exercises.

This app will include the following features:

- **Register Account/Login Account** (Plan to use existing software)
  - Stores users personal information, such as name, email, age, height, weight, activity levels, BMI (calculated by app), location (optional)
  - Offers 3rd party user login options, such as Google or Facebook login. It also takes and stores user health data from 3rd party apps such as AppleFit/Google Fit
- **Fitness Goals/Preferences**
  - Allows users to enter data based on their desired workout intensity, workout type (cardio, strength training, endurance, HIIT, etc.), frequency, target weight

- Documents any existing/old injuries they have which may prevent them from doing certain exercises, the maximum amount of time they have to workout daily

- **Workout Planner:** Creates customized workout plans based on fitness goals and workout preferences entered, which evolves based on fitness progress
- **Diet Planner:** Calculates the calorie deficit/surplus and macro percentages needed to reach fitness goals
- **Social Aspect:** Connects users with similar fitness goals and locations who want to workout with a buddy or a group
- **Progress Tracker:** Allows users to enter their workouts in a workout log, assigns points for consistency and competition with friends