

Fitness App Development Roadmap

Overview

This document outlines the development roadmap for our fitness application, focusing on three main components: 1. Injury & Recovery 2. Nutrition & Health Dieting 3. Workout Tracker & Recommendations

Phase 1: Injury & Recovery (Current)

Core Components

- **Database & RAG**
 - Injury Database
 - Recovery Phases
 - Treatment Data
 - Progress Metrics
- **User Features**
 - Injury Assessment
 - Progress Tracking
 - Recovery Recommendations
 - Warning Signs Detection
- **API Layer**
 - Data Endpoints
 - RAG Query Endpoints
 - User Progress Endpoints

Timeline: 2-3 months - Month 1: Database & RAG setup (current) - Month 2: User features & API - Month 3: Testing & refinement

Phase 2: Nutrition & Health Dieting

Core Components

- **Database & RAG**
 - Nutrition Database
 - Diet Plans
 - Food Items
 - Health Metrics
- **User Features**
 - Diet Assessment
 - Meal Planning
 - Nutrition Tracking
 - Health Recommendations
- **API Layer**
 - Nutrition Endpoints
 - Diet Planning
 - Health Tracking

Timeline: 2-3 months - Month 1: Nutrition database & RAG - Month 2: Diet planning features - Month 3: Integration with injury recovery

Phase 3: Workout Tracker & Recommendations

Core Components

- **Database & RAG**
 - Exercise Database
 - Workout Plans
 - Performance Metrics
 - Progress Tracking
- **User Features**
 - Workout Planning

- Exercise Tracking
- Performance Analysis
- Custom Workouts
- **API Layer**
- Workout Endpoints
- Exercise Data
- Progress Tracking

Timeline: 2-3 months - Month 1: Exercise database & RAG - Month 2: Workout tracking features - Month 3: Integration with previous components

Phase 4: General Health Expansion

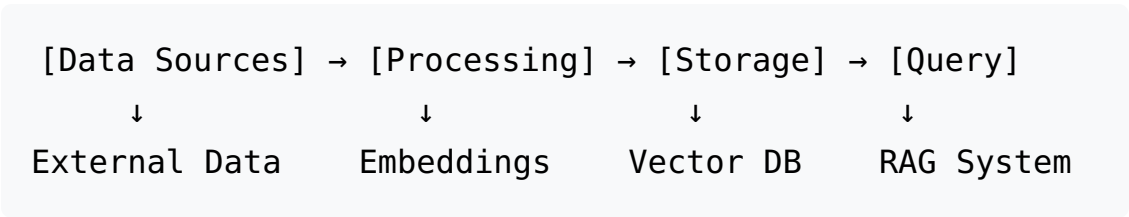
Core Components

- **Database & RAG**
- Health Conditions
- Medical Guidelines
- Treatment Options
- Prevention Strategies
- **User Features**
- Health Assessment
- Condition Tracking
- Treatment Monitoring
- Health Recommendations
- **API Layer**
- Health Endpoints
- Medical Data
- Treatment Tracking

Timeline: 3-4 months - Month 1: Health database expansion - Month 2: New features development - Month 3-4: Integration & testing

Common Elements Across All Phases

RAG Implementation



User Interface

- Dashboard
- Progress Tracking
- Recommendations
- Settings

Data Integration

- User Input
- RAG Processing
- Recommendation Engine
- Progress Tracking

Security & Privacy

- User Authentication
- Data Encryption
- HIPAA Compliance
- Privacy Controls

Development Priorities

Current Phase (Injury & Recovery)

- Complete database setup
- Implement RAG system

- Create basic API endpoints
- Develop core user features

Next Steps

- Begin nutrition database design
- Plan diet recommendation system
- Design meal tracking features

Future Planning

- Research exercise databases
- Plan workout tracking system
- Design performance metrics

Key Principles

- Strong RAG integration
- Scalable architecture
- Clear data flow
- User-focused features

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