Shape

Team Shape

Project Plan

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**Scope and Purpose of Document(MP):**

**Purpose of document(MP)**:

This document provides a detailed description of the goal and purpose of this application, its anticipated business and personal benefits, as well as the system’s capabilities and major functions. In the Github repository is a system context diagram which gives a high-level view of the interaction between the system and other entities as well as a schedule to track the progress of the project.

Shape is a fitness-based social media application where users not only have the ability to calculate their caloric needs, set fitness goals, and keep track of their overall progress, but it is also a space in which users may share advice, promote personalized workout routines, and post pictures and comments about their fitness journey.

**Problem/opportunity description (JL)**:

In a world that is becoming increasingly digitized the vast majority of the population have seen a decrease in physical activity and health. Within the last 5-10 years people have been trying to take back their health and extend their lifespan. Studies show that those who workout or exercise with a partner are 95% more likely to continue with their routine. Unfortunately, everyone cannot workout whenever they want and will have to try to fit their schedule in with someone else’s in order to stay on the right track. Shape brings the sense of companionship to your phone. Allowing its users to feel as if they are working out with a partner, even when they are not.

The goal and purpose of this application is to create a social media fitness app that allows users to not only keep track of their fitness goals and progress in a convenient and personalized way, but to also allow them to share their results with the world.

The goal of Shape is to promote fitness and create achievable goals with a focus on group behavior. The use of partners in the fitness world has proven to be very effective in keeping people committed to their routines. This app will allow its users to feel as if they are working out with a partner, without needing to fit their schedule in with someone else’s.

**Anticipated business/personal benefits (RP)**:

The business and personal benefits of these functionalities will increase user efficiency in the recording and tracking of their personal fitness. Users can then share these milestones with each other and benefit from positive feedback.

Business Benefits

* Daily utilization leads to higher ad revenue
* Increasing customer retention by emphasizing the community aspect of the app
* Increased brand outreach via social media

Personal Benefits

* Promote a healthier lifestyle
* Increase user motivation from positive follower feedback
* Ease user experience when tracking fitness goals and milestones

**System capabilities:**

Connect with friends: JL

* Allow access of contacts/connect other social media apps for suggested follows
* Message people directly and/or leave comments on their page
* Encourage followers and those the user is following to achieve their personal goals

Share photos: RP

* Take and upload photos of physical progress, meals, or workout routines from camera or document access on mobile smartphone
* Share pictures and/or videos directly to third party apps like Instagram, Facebook, Youtube, or Twitter
* Utilize simple template from Shape to advertise Shape app when posting content to third party apps

Journal/calendar: MP

* Allows users to input and record numeric data such as:
  + The date & time of a workout.
  + Current body weight & desired body weight.
  + Caloric value of food consumed.
* Section for general thoughts (feelings/mood/quotes), goals, milestones.

Adaptive calorie tracker/ calculator: MP

* Data is entered manually or alternatively received from myFitnessPal.
* Calculates user’s needed caloric values for weight maintenance, gain or loss.
* Journal/calendar will be automatically updated upon each entry.
* Users will receive recommendations for various exercise routines & meals based on data previously entered.

Charts: RP

* Format data from journal/calendar into spreadsheets and charts
* Share charts to follower/friends like with photos
* Charts can be exported to other spreadsheet formats, or pdf for personal use or statistical analysis

Create goals and receive feedback: JL

* In the journal the user can create and publish their goals
* Once published, followers can comment to help motivate you to continue to strive for one’s goals
* Users may also publish charts, recipes and other items that can help them or others to reach their goals

**System context diagram**: MP

**Schedule**: RP

**Staff organization**: Team Leader Ronak Patel, Michael Pajares Software Engineer, Jacob Lunger Software Engineer

**Tracking and Control mechanisms:** RP

The team leader is Ronak Patel. Progress for the project is monitored via scrum meetings in class, and weeking meetings on zoom. The regular meeting time is on Friday at 7pm, with an additional meeting on Sunday at 4 pm as needed. Working documents are stored on google drive for easy access and modification, with finalized sections pushed onto the Github repository. Weekly schedules are posted on the Trello page, which is based on the Work Breakdown Structure created on MS Project. Any changes or interruptions are reported to the team on Slack, and alternate meeting times are arranged.