



Proposal for

Fitness & & Nutrition App and Website Development

For

Amanda Rahme

From

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Document Version History

Version	Date	Editor	Change	References
V1	7-Mar-2024	Ranjit Singh	Original	

Scope of Work

Below is our initial analysis of the scope of work based on the requirement documents provided:

User's app

Modules	Features	Description/ Functionality
Splash screen	First screen	<ul style="list-style-type: none"> • Splash screen will be displayed to the user after clicking on the app icon.
Register	User registration process	<ul style="list-style-type: none"> • Click on "register now" will redirect the users to a form to add their details for signup. • Select new user or company <p>New user registration: Registration details:</p> <ul style="list-style-type: none"> ○ Email id ○ Full name ○ Password ○ Confirm password ○ Gender
		<p>Company registration(for future) Registration details:</p> <ul style="list-style-type: none"> ○ Company name ○ Designation ○ Number of employees ○ Email id ○ Full name ○ Password ○ Confirm password ○ Gender <p>Note: Company registration will be added in the next stages.</p>

Buy Subscription plan	See the subscription packages and purchase	<ul style="list-style-type: none"> •New Users could see the subscription package(monthly/quarterly/6 months/yearly). •New Users can select the subscription package and pay the amount for the subscription plan. •New Users can click on the " Skip now" option to go to trial exercises of 7 days.
Tutorial screen	Display 3 to 4 tutorial screens for the app demo	<ul style="list-style-type: none"> •After purchasing any subscription plan, new users can see the 3 to 4 tutorial screens in the app and demonstrate how they can use the app.
Login	App login	<ul style="list-style-type: none"> •Users will enter their email & password to login into the app. <p>If the trainer has registered any user in the app, those users don't need to take the subscription package.</p>
Questionnaire or survey	Few steps for users to input the data	<ul style="list-style-type: none"> •Users can see the set of questions and enter the details. •There will be a survey asking questions from the users related to the workout routine, weight targets, Age, Height, Weight(current/target), etc.
Forgot password	Password recovery through Email	<p>Users can click on " forgot password" and enter their email address.</p> <p>Users will be received an email with the existing password or a link to change their password.</p>
Log in	Login through Email and password	<ul style="list-style-type: none"> •Users can log in to the app through Email and password
Trainer's profile	View Trainer profile	<ul style="list-style-type: none"> •Users can go to Trainer profile to view the complete details for their Trainer. <ul style="list-style-type: none"> ○Full Name ○Specialization ○Phone number ○Profile picture •Users can contact the trainer outside the app.
Personalized Daily plans	Show the personalized workout plans	<ul style="list-style-type: none"> •Users can see only the current date workout plans.

Exercises	See the exercises & timing	<ul style="list-style-type: none"> •Based on the questionnaire survey, users can see the exercises as well as exercise time under each day's workout plan. Exercises will be categorized in <ul style="list-style-type: none"> ○Abs ○Chest ○Back ○Arms ○Calves Exercises will be displayed based on equipment and weight. •A video demo will be attached with each exercise(optional). •"Pause button" to quit and add the injury.
Video options	Show video options	<ul style="list-style-type: none"> •Users will play/pause/forward/backward the exercise demo video. •To Watching the video would be optional for the users.
Log results	Log the Results	<ul style="list-style-type: none"> •Users can log results for workout plans on daily basis. •Users can add comments if there would any injuries during the training. • Users' track history will be recorded on the trainer's app. •Users can give feedback on a scale of 1 to 5 or add emojis after each workout.
Chat with trainer	Option to chat with trainer	<ul style="list-style-type: none"> •Users can go to the Trainer profile and chat with him. •Videos/images are allowed to send inside the chat.
Search trainer	<ul style="list-style-type: none"> •Search trainers <ul style="list-style-type: none"> ○Expertise ○Price range ○Distance from you •List of trainers •Sort trainers •Trainer details 	<ul style="list-style-type: none"> •New users can search for the trainers by filling the following fields <ul style="list-style-type: none"> ○Expertise: Crossfit, Strength, Athletic, Yoga, mobility etc ○Price range: <ul style="list-style-type: none"> ◆Less than \$50 ◆\$50 to \$70 ◆\$70 to \$100 ◆More than \$100 ○Distance range: 0 to 25 miles •New users can see the list of trainers •New users can sort the trainer's list •See the details of the trainers. •Send a request to the trainer

Progress charts	View the progress charts/graphs	<ul style="list-style-type: none"> •Users will be receiving an email from the admin on the completion of each phase. •Users can see the complete progress charts or graphs over time on the Email template. •Users can also see the progress charts or graphs based on specific data points. •Progress charts will be displayed on the radar too.
Push notifications	Receive notifications	<ul style="list-style-type: none"> •Users will be receiving push notifications for the following events: <ul style="list-style-type: none"> ◦when there is any reply
Feedback to Trainer	Give feedback to the trainer	<ul style="list-style-type: none"> •Users can give feedback to the Trainer from the app.
Edit profile	Make profile edits	<ul style="list-style-type: none"> •Users have the ability to make the changes in their profile(if any)
Help/Support	<ul style="list-style-type: none"> •Ticket generation •Live Chat 	<ul style="list-style-type: none"> •Users can go to the support feature to generate a ticket or can directly chat from the app. •Users will get a reply to their query within 24 hours of the ticket generation process.
Settings	Notification settings See other content pages	<ul style="list-style-type: none"> •Users can toggle on/off the different notification settings and also see the other content pages from the app.
Logout		<ul style="list-style-type: none"> •Logout from the app

Trainer app

Module	Features	Description/ Functionality
Splash screen	First screen	<ul style="list-style-type: none"> •Splash screen will be displayed to the trainer after clicking on the app icon.
Login	Login with Email & password	<ul style="list-style-type: none"> •Trainer will enter your email & password to login into the app.
Subscription plans	See the subscription packages and purchase	<ul style="list-style-type: none"> •Trainers could see the subscription packages(monthly/quarterly/6 months/yearly). •Trainers can pay for the subscription package based on the number of users per month. •Stripe will be used as a payment gateway. •Monthly subscription plans can be edited for the trainers.

Manage users	<ul style="list-style-type: none"> •Add/delete/edit •Search 	<ul style="list-style-type: none"> •Trainers can add/delete/edit the users •Trainers can see the list of the users. •User's personal details will be entered by the trainers. •Search the user by User ID, phone number, and Email. •Track the user activities and see each user's workout history or check if there are any injuries users have posted in any of the workouts in their profile. •Trainer can enable or disable any user. •User's List will be sorted (newest/oldest)
Workout plan	Prepare a customized workout plan for the users	<ul style="list-style-type: none"> •Trainer can select a particular user and view the existing workout plan •Trainer can customize the workout plan for that particular user(if required). •Trainer can add/delete/edit the demo videos for the workout plans.
Chat with users	Text message/send videos & Audio	<ul style="list-style-type: none"> •Trainer can see the list of users and select one of the users to chat with. •Trainer can send text messages to that user. •Trainer can send videos/audio and other images. •Trainer can receive all the user's messages in their message box.
Settings	<ul style="list-style-type: none"> •Notification settings •Add credit/debit card details •Delete the account 	<ul style="list-style-type: none"> •Trainers can turn on/off the notifications •Trainers can add credit/debit card details and set it for auto-renewal. •Trainers can delete the account from the app.
Help & Support	Request for any discrepancy or issues	<ul style="list-style-type: none"> •Trainer can go to the support feature to generate a ticket or can directly chat from the app. •Trainer will get a reply to his query within 24 hours.
Logout		•Trainer can log out from the app.

Super Admin Portal

Module	Description/ Functionality
Login	Login with Email and password
Dashboard	<ul style="list-style-type: none"> •Show the Total number of app users •Show the Total number of Trainers •Show the Total earnings •Graph to show the new users & trainers on monthly basis. •Show 10 new users •Show 10 new trainers •New Notifications

Manage users	<ul style="list-style-type: none"> •Super admin can see list of all users. •Super admin can add the details for the users or delete the user. •Super admin can modify the user details. •Super admin can see user's answers for the existing questionnaire.
Trainer management	<ul style="list-style-type: none"> •Super admin can see a list of all Trainers •Super admin can add the details for the Trainers or delete the trainers. •Super admin can modify the Trainers. •Super admin can see subscription details for the trainers. •Super admin can click on each trainer and see the number of users inside each trainer. •Super admin can use the search/sort/filters to refine the list of trainers based on earnings and other factors.
Create questionnaire	<ul style="list-style-type: none"> •Super admin can create a questionnaire set for the users •Add the questions and add options. •Select subjective or multiple-choice answers for each question.
Manage subscription plans	<ul style="list-style-type: none"> •Super Admin can add/delete/edit the subscription packages. •Super admin can enable or disable any subscription plan. •Super admin can set the display to see subscription plans(tile/grid)
Manage Exercises bundles	<ul style="list-style-type: none"> •Super admin can set the categories or subcategories for the exercises. •Super admin can add exercises, enter the time, and demo video after selecting of exercise category or subcategory. •Super admin can have full access to delete or edit the exercises.
Payments/Transactions	<ul style="list-style-type: none"> •Super admin can check the total number of payments/transactions.
Data analytics/reports	<ul style="list-style-type: none"> •Super admin can see the total reports and data analytics for <ul style="list-style-type: none"> ○Total number of users ○ a Total number of trainers ○Total earnings from Trainers ○Total earnings from New users ○Check the user performance and progress ○ See what is average age group ○Graphs /pie charts to represent these values. •Download the report for the trainers & subscription plans.
Notifications settings	Recieve notifications on multiple activities.
Send message/notifications	<ul style="list-style-type: none"> •Super admin can send the message or notifications to any user or trainer from the portal.

Add content pages	<ul style="list-style-type: none">•Super admin can add content pages from the dashboard. Content pages: <ul style="list-style-type: none">○FAQ○Terms and conditions <ul style="list-style-type: none">•Super admin can enable or disable any page.
Help & Support	<ul style="list-style-type: none">•See all the inquiries for the users.•Click on each inquiry to Reply and chat with the users & trainers.
Logout	Super admin can log out from the system.

Project Kickoff phase

Here we will be onboarding you and your project into our organization. A dedicated PM will be assigned to you who will walk you through the next steps from here on which include

- Setting up your project in our project management system.
- Creating a dedicated communication mechanism between you and the team.
- Preferred tools: Basecamp/Slack/Jira.
- Version control: Git/Gitlab/Bitbucket

Project Delivery Process

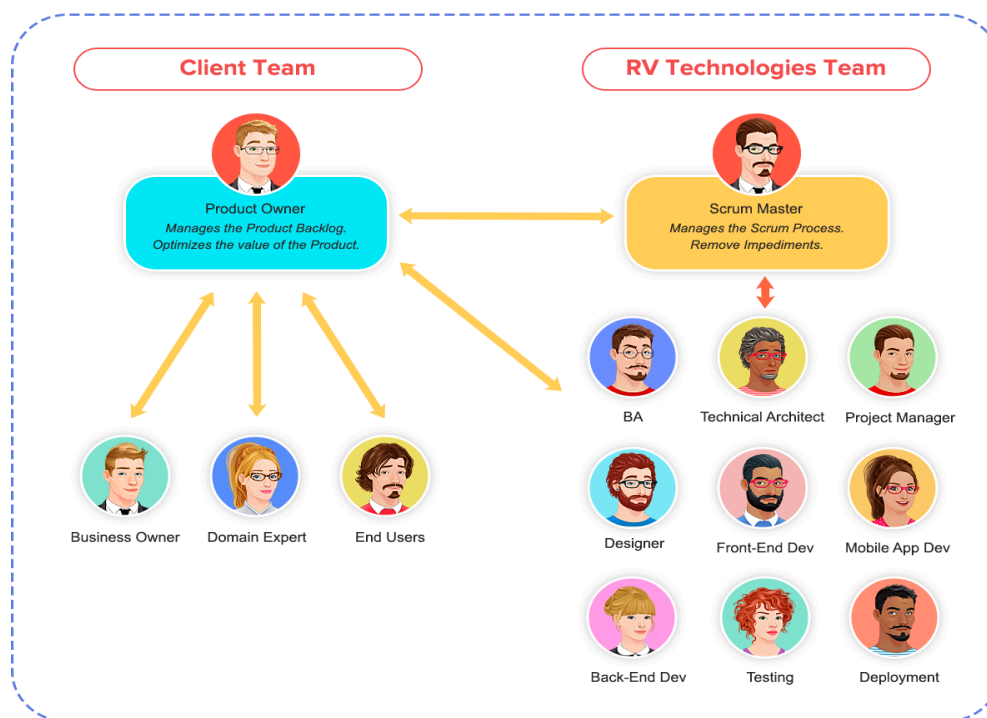
Our project delivery process follows the AGILE methodology where we deliver projects in short sprints. We will be following the Agile methodology in the following way:

- Scope of Work will be divided into a Product Backlog which is a comprehensive list of features to be delivered for the entire project.
- Items from the product backlog are prioritized into sprints as per discussion with the client. Each sprint is between 2 to 4 weeks.
- At the end of every sprint, we will be sharing the progress in delivering the items decided for that sprint. The progress could be in terms of either clickable prototypes (especially in the first few weeks) to fully functional features/ modules as per the sprint.
- After every sprint, we will be taking feedback on the previous sprint and will commit to what will be delivered in the next sprint.
- This will help clients launch important features and start getting feedback from potential users and investors so that their feedback can be incorporated, in the subsequent sprints.



Team Structure

- 1-Designer
- 1- Mobile app developer
- 1- Back end developer
- 1- Web developer
- 1- QC Quality control/ Testing
- 1- Project Manager



Business Analysis Phase

A business analyst from our side along with a Scrum Master will be involved and together they will deliver the following in close coordination with you:

Design phase

RV Technologies will assign a designer to design the mockups as per wireframes provided by the client. Up to 3 revisions to the mocks are included and any other changes will be billed separately on an hourly basis. High-fidelity designs will be created for your app at the first stage for approval first and then it will further go to the development phase.

Development phase

In this phase we will do the development of the following as per the scope of work (finalized after the BA phase) which includes the following:

- User's App
- Trainer's App
- Super Admin Portal
- Website Development
- Database design
- Technical Architecture

Testing phase

Testing will be performed sprint-wise based on the mentioned dates on Project Plan shared with the client. Sprint-wise testing includes

1. Functional/Integration testing: This testing will cover detailed testing of requirements.
2. Regression testing: This testing will include reviewing reported issues and regression
3. Testing of this & previously delivered sprints requirements.
4. Usability Testing: The app will also be tested on the following devices including responsive design (if any) if.
 - iPhone 15, 14
 - iPhone 13
 - iPhone 12, 12 Pro, 12 Pro Max & 12 Mini
 - iPhone SE (2nd generation)
 - iPhone 11 & 11 Pro.
 - Galaxy S20 & S20+
 - Galaxy S20 Ultra.
 - Galaxy S10e & S10+

Dashboard will be tested on the following browsers (Latest versions till the date of testing)

- Chrome
- Safari
- Firefox
- Microsoft Edge

Acceptance Testing: The client will make sure that the scope defined above has been delivered and the app is working fine on the devices mentioned above

Code review process

Here are some of our code review processes:

- Maintainability- We make the easy to read for any developer and be self-explanatory so that it can be easily maintained.
- Check Invalid input/states- We check for the code's input parameters & Strings etc.
- Correctness- Multiple tests should be executed especially unit testing to see the ability of the code.
- Define Architecture
- Manageability- We check that code is easily readable, easy to understand, and highly manageable. Significant steps and instructions should be commented on for better understanding.
- Reusability- reducing the file length and size, saving space, and also making the code much more organized. We follow the DRY principle (Don't Repeat Yourself) and code with no duplication.
- Usability- From an end-user perspective, we need to figure out if the UI of the product is understandable or not.

Our Deliverables

- User's App
- Trainer's App
- Super Admin Portal
- Fully Functional Website
- Related source codes of app

Client Deliverables

- Stock Image license
- Content & Logo
- Cloud web hosting
- Google/Play store account

Out of Scope

- Purchasing of extensions or any third-party licenses
- Anything not mentioned as part of the scope above will be billed extra.

Support and Warranty

We will support any bugs or issues on the app as per the scope of work agreed upon up to 60 days post-acceptance/Sign Off on the contract. Once a solution has been signed off, we go into a warranty period where the project team will continue to be available to fix any bugs you may discover during the period of the warranty.

Code Assets Ownership

After deploying the app to the respective stores, you will be the sole owner of your apps & code assets. We will give you the complete source code and deploy the code to Git.

Maintenance

After the warranty period you can hire us on a monthly basis OR on an hourly basis as per the maintenance contract.

Technology Solution

We shall be delivering a hybrid app using the following technologies & tools.

Service	Technology Name
Graphic Designing	Adobe XD or Figma
Hybrid app development	Flutter
Website development	Laravel/Node.js
Web Hosting	AWS or any other third party
Database	Firebase or MySQL

Timelines

It should take us **6 to 7 months** to complete the project with the above-defined scope of work depending on the number of revisions, timely feedback, and approval from your end.

Cost

Work Area	Pricing in AUD	Estimated time
Hybrid Mobile apps for User, Trainer & Super Admin Portal and Fully Functional Website	40,000	Around 6 Months

Payment Milestones

Milestones	Amount in AUD	Time frame
Milestone 1: Upfront Payment To allocate resources, project planning & architecture design.	8000 AUD	1-week
Milestones 2: Mockup designs <ul style="list-style-type: none">Mockup designs for User's app, Trainer's app, and Super Admin Panel	2000 AUD	3-4 weeks

<ul style="list-style-type: none"> • Website Design • Feedback & Client Approvals 		
Milestone 3: Development phase for User's app <ul style="list-style-type: none"> • Splash screen • Register • Buy Subscription plan • Tutorial screen • Login • Questionnaire or survey • Forgot password • Login • Trainer's profile • Personalized Daily plans Development phase for Super admin portal <ul style="list-style-type: none"> • Login • Dashboard • Manage users • Create staff members Parallel Website Development	5000 AUD	3-4 weeks
Milestone 4: Development phase for User's app <ul style="list-style-type: none"> • Exercises • Video options • Log results • Chat with trainer Development phase for Super admin portal <ul style="list-style-type: none"> • Create Questionnaire • Manage subscription plans Parallel Website Development	5000 AUD	2-3 weeks

Milestone 5: Development phase for User's app <ul style="list-style-type: none"> • Progress charts • Push notifications • Feedback to Trainer • Edit profile • Help/Support • Settings • Logout Development phase for Super admin portal <ul style="list-style-type: none"> • Manage formula attributes • Manage Exercises bundles Parallel Website Development	5000 AUD	2-3 weeks
Milestone 6: Development phase for Trainer's app <ul style="list-style-type: none"> • Splash screen • Login • Subscription plans Development phase for Super admin portal <ul style="list-style-type: none"> • Trainer management Parallel Website Development	5000 AUD	2-3 weeks
Milestone 7: Development phase for Trainer's app <ul style="list-style-type: none"> • Manage users • Workout plan • Chat with users • Settings • Help & Support • Logout Development phase for Super admin portal <ul style="list-style-type: none"> • Payments/Transactions 	5000 AUD	3-4 weeks

Parallel Website Development		
Milestone 8: Development Phase for Super Admin Portal <ul style="list-style-type: none"> • Data analytics/reports • Notifications settings • Send message/notifications • Add content pages • Help & Support • Logout Parallel Website Development	3000 AUD	2-3 weeks
Milestone 9: Final testing and deployment <ul style="list-style-type: none"> • Final Testing • Final Feedback implementation • Deployment to code to the server. • Deployment of apps to their respective Stores 	2000 AUD	1-week

Why RV Technologies



**12+ Years
of Experience**



**120+
Members Team**



**High
CSAT Score**



**Agile
Process**



**On time delivery
of projects**



**Quality
Infrastructure**



**Effective
Communication**



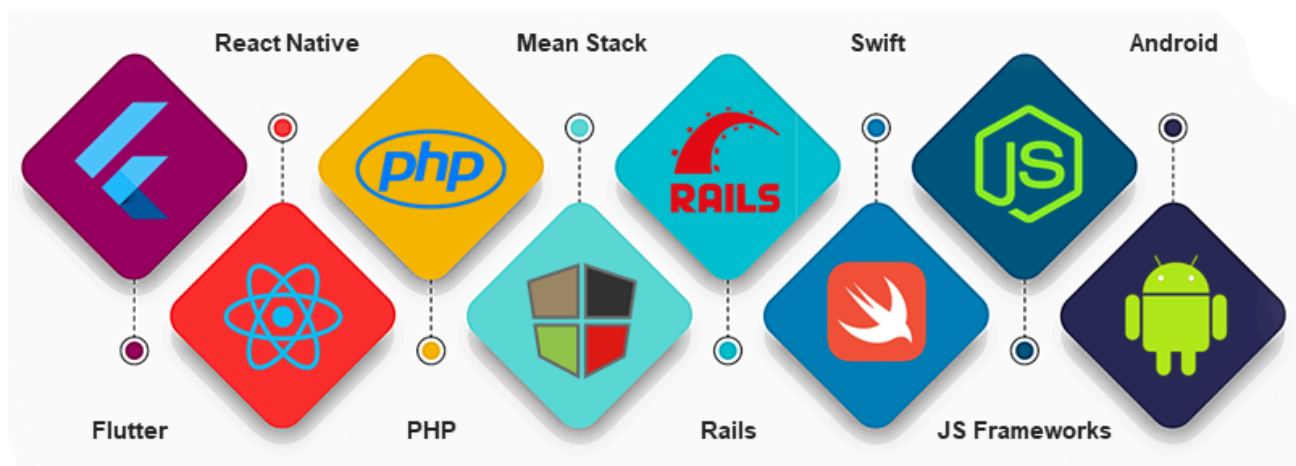
**NDA
Guaranteed**

About us

Since 2007, RV Technologies has been developing cost-effective mobile as well as web-based applications for the clients across the globe. Having served more than 20 countries and developed 5000+ projects, RV Technologies has become a renowned brand with a team of 130+ full-time employees. We are headquartered in Mohali India with Other Registered offices in UK and Canada.



Services



Testimonials



KIMBERLY GRAY
CEO, Uvii, New York,

The app successfully attracted users and caught the attention of investors. RV Technologies implemented a fluid Scrum methodology, created an outstanding product, and easily accommodated budget limitations.



MARK WRIGHT
Owner & Founder, Hong Kong

RV Technologies successfully delivered the product, and the client expects that the app will gain positive feedback in the near future. Aspects of the project that seemed complex were seamlessly completed by the team.



GLEN WILSON
Director, Full Range Camping

The app's free- and premium membership users rose significantly since RV Technologies Softwares Pvt. Ltd.'s involvement. Internal stakeholders of the camping directory company praised the team's reliability and ability to deliver what was required.



EASWARAN KANASON
Director, NRGEDGE Singapore

The company is quite satisfied with the RV Technology team's performance throughout the duration of the project. The company appreciated the team's reliability and cost-efficiency in carrying out their tasks. The company was most impressed.

Awards



Ratings
— 4.8 —
★★★★★



Ratings
— 4.96 —
★★★★★



Ratings
— 4.8 —
★★★★★



Ratings
— 10 —
★★★★★



Ratings
— 4.9 —
★★★★★



Ratings
— 4.9 —
★★★★★



Ratings
— 4.8 —
★★★★★



Ratings
— 98% —
★★★★★