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Final Project Proposal: **Ways to Fitness**

**Background**

I was inspired by the TED talk (<https://www.youtube.com/watch?v=8KkKuTCFvzI>). The main finding of this 75year-long Harvard research is that rather than money, power or popularity, people who maintain good relationships with people can live happier, healthier and longer. So, I want to **connect social and fitness together** as the objective of my site.

There are many fitness rooms in Hong Kong, but newcomers like us don’t know where to find them and what facilities are in them. Moreover, much exercise like tennis, badminton or basketball require more than one person to play. And as the Harvard research shows, proactive relationships benefit both mental and physical health, which pluses the exercise itself, should be wonderful activities to enhance our fitness.

**Objectives**

Help people to know where the fitness rooms are.

Filter the fitness rooms by facilities

·         [specific & measurable obective 2]

·         [specific & measurable objective 3]

**Scope**

[What will be the end result of the project? Describe what phases of work will be undertaken.]

**Timeframe**

|  |  |  |
| --- | --- | --- |
|  | Task | Start and End Dates |
| Phase One | … | … |
| Phase Two | … | … |
| Phase Three | … | … |

**Project Budget**[Describe the main project expenses: non-recurring & monthly recurring.]

**Key Stakeholders**

|  |  |
| --- | --- |
| Client | [name] |
| Sponsor | [name] |
| Project manager | [name] |

**Monitoring and Evaluation**

[Describe how progress will be evaluated throughout and at the end of the project. Formulate clear indicators for setting goals and measuring results.]