**Workout Tracker**

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**Overview:**

The project is titled “Workout Tracker” which is a mobile based application aimed to deliver a routine for a better and healthy lifestyle based on an individual’s health requirements. It includes a personalized dietary and workout plan which will enable the users to choose a balanced routine to meet their desired health status. No product has been released that emphasized on diet and workout simultaneously customized to every individual’s body configuration and desired outcome. The time required to execute this project is roughly a month or two. Since this application-based project requires both front end and back end development, a dependency is there to coordinate them both and hence the final product will be the result of the productivity achieved from both of them.

**Project Detail:**

**Project Goals**

We expect to be able to produce an application which will be able to provide the user with a suitable diet plan based on their body and health. The application will also be able to provide with a full body workout routine fetched from the database based on the user’s requirement.

**Functional goals**

* Allows the user to choose their gender and provide body and health details and then provides options for both exercise and diet plan.
* Allows the user to navigate and choose from selected diet plans and exercise routines and swap out according to his/her convenience.
* Allows the user to keep a track of daily activities and gives reminders to follow the routine set by the user.

**Technological goals**

The application is targeted towards mobile platforms.

**Quality goals**

* + Easy and friendly to use.
  + Customizable theme.
  + Qualitative aesthetics.

**Organizational goals**

To fill a niche in the market and use customer's feedback to customize and improve the software which will help us in further developing our skills and providing better software that benefits both the organization and its customers.

**Other goals**

* + Mobile based so portable.
  + Not dependent on the internet.

**Constraints**

Cannot cover all possible health concerns rather only the general ones.

**Project Scope**

The application will provide with exercise routines which will cover exercises for all body types and muscles and will tell the number of reps or exercises suitable for your body type.

The application will provide with diet plans based on your health concerns to help and normalize your dietary routines. There will be a number of diet plans to help you choose based on your preferences.

**Existing Work**

Our application will cover both workout and dietary routines. In previous applications, these two routines were separated and not brought together however our application is dependent on both routines and will provide the most efficient health plan.

Existing Apps:

[Jefit](https://www.jefit.com/)

[myfitnesspal](https://www.myfitnesspal.com/)

[Freeletics](http://www.freeletics.com)

**User Stories**

As a user, I want a suggested dietary and workout plan that meets my body configuration and desired goal. For example, the application should suggest me with 2-3 plans to opt from which will be fully customizable and it should also keep record of my progress and daily health status and help me lose weight or gain muscle and should also consider any medical complication that may arise and should adapt to it.

**Domain Model**

Classes: Workout, Diet, Body, User, History

