1.   **Website and APP development task:**

FOR COACHES: (this is a platform for physical education teachers / Strength and conditioning/fitness instructors/ personal trainers and sports coaches. Our responsibility as a company is to provide coaches with access to the platform/application. The type of membership is based on the number of athletes. We, as a provider, should not get involved with assigning and management of their players/clients/students to the platform. The coaches will be responsible for managing this.

We, as a company, are willing to sell this platform to the sports teams, universities, schools, gyms, and personal trainers.

MORE SPECIFIC BREAKDOWN OF TASKS

1. Change/ develop the Coach / Athletes UI- dashboard design

2. Athlete / coach portal messenger

3. Calendar notifications – coach, should be able to set a calendar (events, etc.) for their athletes, this should be linked with athlete's portal

4. Team workout/whiteboard:

1. Programme builder: the coach is able to use our programme builder functionally   to build their programmes and then   assign them to the team or individual athletes. Coaches also should be able to print their programmes (no images of the exercises   just a list- PDF or other forms)

2. Coaches can use our pre-set programmes (all programmes should be linked with videos of the exercises). Coaches also should be able to print their programmes (no

images of the exercises, just a list- PDF or other forms). Coaches can modify the programs by imputing additional sets, reps, changing exercises, changing the duration of the training   phase etc.

3. Coaches can   build their testing protocols (all testing protocols should be linked with videos of the test). Coaches also should be able to print testing protocols (no images just a list- PDF or other forms)

4. Coaches can   use our pre-set testing protocols (all tests should be linked with the videos of the tests). Coaches also should be able to print testing protocols (no images just a list- PDF or other forms)

5. The coach should be able to assign a team to a workout.

6. The coach should be able to view all the players on the screen (this is the scenario when one coach is in the weight room with a large   group of athletes).This functionality will help coaches to decrease   their workload and help them to collect data from athletes without   slowing down the train session.

Athletes will be able to:

● Mark their attendance

● Enter their well-being scores

● Bodyweight on the day

● A weight lifted for each set/exercise

● Number of reps lifted during each set

● The intensity of each set and the entire workout

5. Coaches leader board:

1. The coaches should be able to see who is the best performer across the team:

2. Overview of the gym workout (see individually how athletes performed in their weight session, who lifted the most and the heaviest weight. This then needs to be split into individual exercises across the entire team, and across days/ week/months/season)

3. Same functionality as above for the following criteria:

4. Attendance – how many sessions athletes attended/missed – across all gym session/training specific session- Coach should be able to add   criteria to their list if they want to

5. Attendance in additional activities (this functionality already exists)

6. Field statistics:

● Number of scores per player

● Number of passes per player

● Number of attacks per player

● Number of defenses per player

criterion should also be available to adjust/ create by the coach. Stats to be collected per game/ week/ month/ season

6. Backroom notification: (Who is out due to injury, how long for, when to   expect a player to be back, etc.) this can be done as a tick box"   injured/ rehab/ back to play with a comment box for medical staff to   add additional information regarding the injury status. Also, stats   for this section: how many times a particular person was out due to   injury

7. Coaches feedback – Players can record themselves performing   exercises; then subsequently, they should be able to upload this   video to their players portal and share it with a coach to seek feedback from the coach. Coach then send his feedback to the player.   We don't want to store the data anywhere; once received from the coach and player, the video should then erased from the system.

8. Coaches library- Coach can take a   video of the exercises and post to the players to watch. This can be   done in the form of a short video of "e.g basketball dribbling

TEAM ATHLETES PORTAL: athletes who have been assigned by a coach.

A mirror image of the coaches portal with all the functionalities assigned by a coach.

- Programme view

- Calendar

- Messenger

- Feedback room

2. **Individual Athletes:**

Management of these athletes is our responsibility. Sing up process, and program allocation should be automated and based on the selected criteria by the athlete). This is nothing to do with the TEAM ATHLETES from the portal mentioned above. These athletes are paying for the subscription and will follow a pre-set programme by our company.

LIST OF TASKS:

1. Change/ develop the Coach / Athletes UI- dashboard design (all sections e.g: "help", "sing in" etc.)

2. Athlete   Profiling section:

3. Sport, level   of athleticism" beginner/intermediate/advanced, number of sessions per week, location of the session "GYM / HOME",   Gender, Weight (KG/IB), height (cm/feet)- calculate BMI   automatically based on these criteria.

4. Calendar: Athletes should be able to set a calendar (events, races,   competition, Xmas, holidays or deload week etc.). A specific   algorithm will need to be applied for the programme to be effective.   A special algorithm will be to be created to achieve this. I will   provide you with a further explanation later in the process.

5.   The athlete should be able to set training days: (optional) if they   do that, the app should remind them about the training or notify them if they did not complete the workout on that day.

6.   The athlete should be able to select alternative exercises in their   programs (this functionality already exists but may need to improved)

7.   Self-screening: this functionality already exists but may need to be improved. This should be an optional function for our athletes.

8.   Testing: optional function for our athletes: they should be able to   select a testing method based on our recommendations and to retest   in 3/6/9/12 months' time to assess their progress. Also, athletes should be able to change the duration between testing days based on   their preferences.

9. Awards: notification which encourages athletes to train: e.g "their   personal best, number of sessions performed during the week etc."

10. Share workout   results option: share it with social media or with an external coach. This is functionality for the individual athletes who have   coaches not affiliated with our platform but they still want to see   their athletes progress: this can be shared via PDF report and send   to their email accounts

11. Coaches   feedback Premium option only for a "premium member":   Athlete takes a video and uploads to their profile page and sends to   one of our coaches to assess their technique and to comment on it. –   this means myself as an admin; I should have this functionality on   my profile to be able to connect and see all of the athletes. I guess we need some sort of "super Admin functionality for me as   an owner of this software so I can oversee all of the activities on the software and, at the same time, engage with my athletes.

PLEASE SEE BELOW:

Additional list of tasks to develop –LESS IMPORTANT at this stage

- Integration of the outside code: A friend is currently working on an app, which is essentially a motion tracker for the athletes: Athlete will be able to video their exercises, and subsequently, they will be given feedback about their form and needed corrections.

- More complex development: Integration with Heart rate monitors, Integration with nutrition apps, nutrients intake, calorie tracking,

Also, as mentioned before I have two developer involved in this project: One is a friend of mine who acts as an advisor in this project and second is the current developer who develops the website.

The advisor will be helping with the decision-making process, so at some point you will need to collaborate with him to. Also, he asked me to provide him with codes during the development, so could you tell me how are you planning to approach this project. Will you be developing in stages? where after a completion of one stage, you will be able to release the codes to us?

I am eager to start this project and I hope we will be able to find a mutual agreement.

1. As I understand your website is already created and you already have a web developer working on it. I was under the impression that we need to develop the apps only. If it needs to be done by us, then we are okay with that. But it will have its own costing.

1)Yes I have a web developer who has develop existing platform. However as you guys will be developing an app I was wondering if would be easier for all of us to ask you to develop the rest of the website to match the app capabilities. All of the point I have mentioned in my description will also need to be develop for the website. This is why I asked you to provide me with additional quote for the website development.

2. I understand that there will be an app for the athlete. Will coaches also run the mobile application?

2) yes the app is for the athletes and for coaches.

Although I think most of the time coaches will be using the website platform to build programmes and other things, but we also need to be able to provide them with a mobile capability.

1. Could you please let me know on which platform the existing website has been developed? Do we need to do the editing in the existing one OR do we need to create new and link with the older one?

2. Also, in which platform the database has been developed?

Azure is what runs the application and the SQL server

Code is developed on .NET