Coach 4 Health

# Software Design project

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# Project Specification

Nowadays, everyone has a busy schedule. We are always caught up in long hours at work/univeristy and we feel that time is our biggest enemy. So, unfortunately we tend to neglect our health by leaving physical activities aside and by having an unsuitable diet.

To overcome the negative effects a sedentary lifestyle has on us, I will implement a fitness application that will be like a personal coach at home. This means that whenever its users do not have enough time to go to the gym, they can access the app and get assistance regarding a certain type of workout.

Next, I will describe shortly the main functionalities of this application called “Coach 4 Health”.

First of all, to use the application and benefit from it, the user must create a personal account, by completing a login form with his/her personal data. By having this account, the user can keep track of previous workouts and personal progress. He/She can also choose different healthy meal plans.

Secondly, the application will have a feature that will notify the user when noticing a longer period of time (let’s say a week or more) without any activity.

Another feature that could be added to the application is to suggest interesting online articles regarding fitness/working out based on the user’s preferences.

# Elaboration Iteration