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**What is the project (non-technical description)?**

For this project, our group proposes the idea of creating a software application that essentially acts as a fitness planner or guide. It will be a user’s everyday outlet of fitness and self-care/wellness guides and tips. With a range of workouts, training videos, nutritional tips, routines, daily calories control calculator and more. The interface would allow the user to choose which day of the week they are within their fitness plan. Doing so would present them with the platforms suggested workout routine/ meal prep for the day. Also, we can add videos or images to the workout guide to make it easier for the user to perform them correctly/safely. If we establish a functional base then we can discuss the option of adding a feature in which the user inputs their vitals ( weight, height, age, body type) and based off those specifications, the app would suggest a workout plan on its own. Similarly, we can instead just allow the user to skip inputting that data by selecting a specific type of plan. For example, a fat burning plan, a muscle building plan, a cardio plan, etc. But this will be for a later date to discuss as it will be more complex. Also, we can create a login page with a username and password entry that would be stored in a database to have access to the premium features. This would probably require a database to store the info.

**What are the needs/impact/benefits? for this project, impact, benefits?**

There are lots of people who cannot go to a gym, especially during the unprecedented pandemic. They need a helping hand to figure out how to go about their workouts. This software application aims to help these people by providing a workout plan they can go through in their own home and continue fostering health in our users by helping them live a healthier lifestyle. The impact and benefits of the app will be the newfound or continued health of our users. (In the long term a benefit to ourselves could be a mild source of income by monetizing the application.)

**Who will use the output of this project?**

Consumers looking to exercise from home will use our app to leverage information and tips into their everyday life to improve their exercising routines and overall well being. The demand for our app is high, due in part to the Covid-19 outbreak which is keeping people inside their own homes and preventing them from travelling to a gym.

**The resources you will need, human, machine, other?**

We will need to use website development tools. So we will primarily be using HTML and Javascript to produce our app. CSS will also be important for style. For the HTML and CSS operations we could use Brackets but that is subject to change of course. Also, one important aspect to the development of this project will be putting to use web browsers/tools to check the functionality of our app. One such tool we will use is Google’s page speed test. Also notepad++ when we develop without using an IDE,

and [IDE(s)] when developing with an IDE. For visuals, we will also use Gimp to produce images. We will be using the [methodology] methodology because it offers [x, y, and z]. We will also need to leverage someone who is knowledgeable in the area of health and fitness for things such as nutrition, exercise, sports medicine, etc to ensure we are not going to cause harm with our app.

**Non- technical rundown of the process co**

First we must decide which type of health and fitness app we are targeting (Personal Training, Diet & Nutrition)and later we can decide if we want to add more features such as stretching, techniques, mindfulness, etc. Then we would prioritize the most sought after features for those types of apps by researching pre-existing websites/apps to see what is most popular and favored the most. The workload will then be split into groups based on comfortability and experience with a strong emphasis of communication throughout to ensure we are on the same page and one team is not falling behind as this will hurt our While these features are being developed, unique features to our app will be brainstormed and prioritized for later iterations. Rinse and repeat for each category of fitness we wish to include in our app.

**What is the schedule for the project and its milestones?**

Iteration 1: For this iteration we plan to get the website framework running. This will take some time, as we need to figure this out almost from scratch.

Iteration 2: Complete front page. Get the workout page fleshed out and connect a database for user info and application info.

Iteration 3: Take a decent chunk of time communicating with each other to make sure we still have the same goal in mind and that no one is falling behind on the work. Choose extra content/features to add from our list. Figure out workout page customization. Prioritize new content/features from this for once customization is complete.

Iteration 4: Focus on finishing new content categories. If time is left over, begin items in Iteration 5.

Iteration 5: polishing (squashing bugs), rigorous testing of site, and focusing on building supplementary content, (I.E. Form videos, recipes for healthy meals, calorie charts for major foods, etc.)

Milestones:

1. Get the shell of a website working.
2. Get a workable version of a workout plan
3. Workout plan customization complete
4. User Info Storage
5. Supplementary content complete
6. Connect databases.
7. Front page complete
8. New features completed that are decided on in iteration 2 and 3