Oct 10, 2019

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**System Request**

**Project Name:** Gym Buddy

**Business Need:**

Gym Buddy is an application that will help its users realize their fitness goals through with the main focus on weightlifting. The app could be put on the App Store or Google Play store either as a cheap paid application ($1) or offered for free and the revenue would come from playing advertisements.

**Functionality:**

The user will start their journey by registering/logging in, then enter their information (weight, height, lifestyle, age, gender...).

After logging in the users will be provided with some basic information, such as how many calories and in which form they should be consuming and how much sleep they should be getting. Then, they will be able to choose which workout plan they would like to follow (beginner, intermediate, advanced)

Finally, the users will be able to track their progress by logging their workouts and the weights that were used.

**Expected Value:**

Tangible:

* Revenue for the business from app downloads or advertisements run (depending on the business model)

Intangible:

* Value to the users who will be able to reach their fitness goals

**Special Issues or Constraints:**

* The user has to be logged in. Otherwise, the app cannot provide the proper experience. Therefore, implementation will need to have a database
* An SQL relational database will be used to store user data
* Implementation in Python / JS React Native / Swift (to be decided)