# My Fitness Program Distributor
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Team members:

Duc Nguyen, Tunglin Lee, Dongpyeong Seo, Tarun Sivakumar, Matthew Stone, Cameron Rabiyan

(Product Owner): Duc Nguyen

(Initial Scrum Master) Tunglin Lee

## Company or organization logo

*My Fitness Program Distributor*

*-A Fitness program that fits you*

# My Fitness Program Distributor

- Brief outline of problem/opportunity
  - For people who are busy and don't have the time to come up with a workout program of their own
  - Users can choose a pre-written workout program.
  - The workout program of their choice would then be emailed to them.

# My Fitness Program Distributor

- ## High level goal(s)
- Users are able to efficiently choose a workout program they want.

- Users are able to efficiently create their customized workout program.

- Email Workout Programs to Users

- Users are able to upload personalized workout programs they've designed

- Users are able to feedback/reviews for any provided workout program.

- Users can create an account with the website

# Sprint 1

## User Stories :

- As a powerlifter, I want to see programs only related with power-lifting so that I do not have to check the entire result page for a workout program.

- As someone who has never worked out before, I want to know the level of difficulty of any workout programs so that I know if it is within my range of capabilities.

- As a user, I want a specific routine so that I do not have to commit to an entire workout program

## Spikes:

– Learn basics of front-end UI development
  - HTML, CSS, JS, …
– Learn basics of backend development
  - Web frameworks (like Flask in Python)
  - Database
– Learning different kinds of fitness workout programs.

# Sprint 1

Infrastructure tasks (acquiring tools, setting up environment)

- Set up a GitHub repository

- Set up a Python Flask as a web framework library

- Set up a MySQL Database & DB schema for workouts & routines

- Fill out DB with well-organized workouts & routines

# Sprint 2

## User Stories:

- As an experienced fitness user, I want to design my own customized program since the provided programs do not align with my goals.

- As a user, I want to export my workout program to my email so that I don't need to re-visit the website and search for my program again when I exit the browser.

## Spikes:

- Study email API and try to apply it in back-end

- Study browser-side JS for the complicated logics in front-end

- More understanding of object oriented / Data Structure of JavaScript

- More understanding of design the webpage by CSS, HTML

## Infrastructure tasks:

- Apply front-end libraries (jQuery, bootstrap, …) to our service
- Set up a email account of our service

# Sprint 3

## User Stories:

- As a user, I want to upload the workout program I designed for others to use  because I have gotten great result from it.

- As a user, I want to give feedback to workout programs that are provided so that other users can see reviews before committing to a workout program.

- As a user designing a personal workout program, I want some recommendations/guidelines that I can refer to while I am designing my workout program so I know I am efficient.
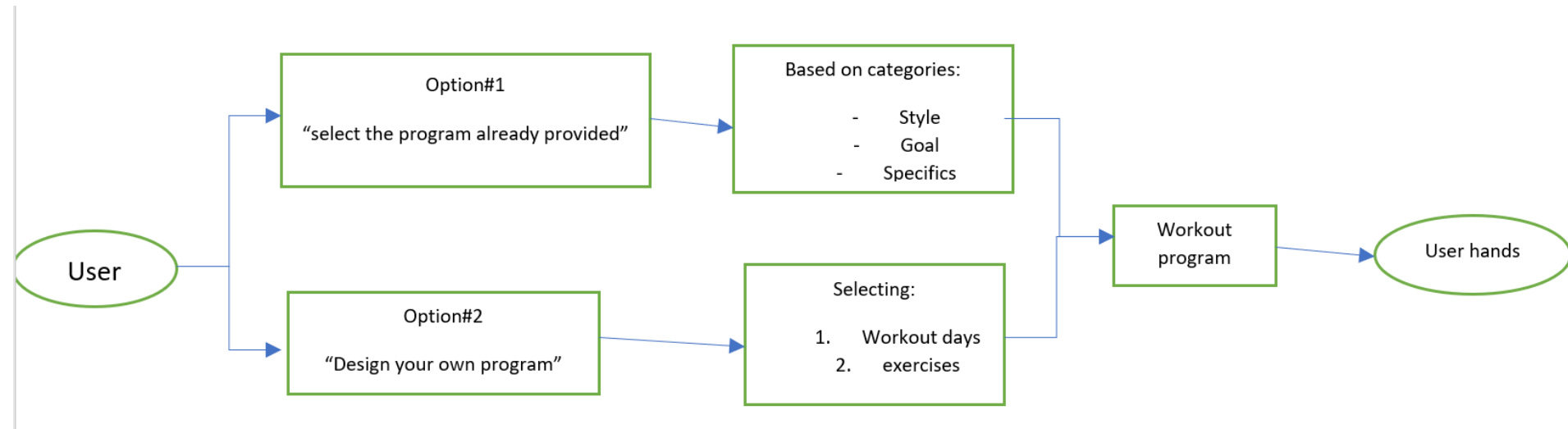
## Spikes:

- Study how to upload the file

- Study how to make a comment in website

## Infrastructure tasks:

- Modify DB schema to cover uploaded workouts and feedbacks

# Architecture

## Diagram of the project

# Challenges/Risks

[Challenge/Risk 1]

Organizing the database of workout program is not easy.

Why?

- We are not experts of designing every workout programs, nor certified fitness trainers.
- Need to design what attributes should contain in Database

# Challenges/Risks

[Challenge/Risk 2]

Have an user-friendly UI

Why?

- Not too many experiences with front-end programming

# Challenges/Risks

[Challenge/Risk 3]

Connect the Front-end , server and Database together.

Why?

- No experience of doing the connection before

# Technologies

[Technology 1] e.g. programming language(s)

- HTML

- CSS

- JavaScript

- Python

- Object oriented design

- Data Structure

- MySQL

- Node .js

# Technologies

[Technology 2] e.g. web framework


- flask

- jQuery

# Technologies

[Technology 3] e.g. development environment

- Sublime

- PyCharm

- MySQL

# Minimum Viable Product

- Users can choose pre-written workout programs
- Users can design their own workout programs
- The workout programs will be exported to their email

By the time of the release, our product should be able to export some kind of workout program (prewritten or user designed) to the customer via email.