

My Fitness Program Distributor

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My Fitness Program Distributor

-A Fitness program that fits you

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.

High-level goals

1. Searching
Users are able to efficiently choose a workout program they want.
2. Customizing
Users are able to efficiently create their customized workout program.
3. Feedback
Users are able to give/get feedbacks for their workout programs

Sprint 1

User Stories

1. As a powerlifter, I want to see programs only related with power-lifting so that I don't have to check the entire result page for a workout program.
2. As a fitness beginner, I want to know the level of difficulty of workout programs so that I can check if it is within my range of capabilities.
3. As a user interested in only each routine, I want to know information about only specific routine so that I don't 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
- Learn fitness workouts and their characteristics

Sprint 1

Infrastructure tasks (acquiring tools, setting up environment)

- Set up a GitHub repo
- Set up a server using AWS
- Set up Python Flask as a web framework library
- Set up a MySQL Database
- Set up a DB schema for workouts & routines
- Fill out DB with well-organized workouts & routines

Sprint 2

User Stories

1. As an experienced fitness user, I want to design my own customized program since the provided programs do not align with my goals.
2. 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

- Learn email API and try to apply it in back-end
- Learn browser-side JS for the complicated logics in front-end
- Learn advanced UI design with HTML, CSS, JS

Infrastructure tasks

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

Sprint 3

User Stories

1. As a user, I want to upload the workout program I designed for others to use because I have gotten great result from it.
2. 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.
3. 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.

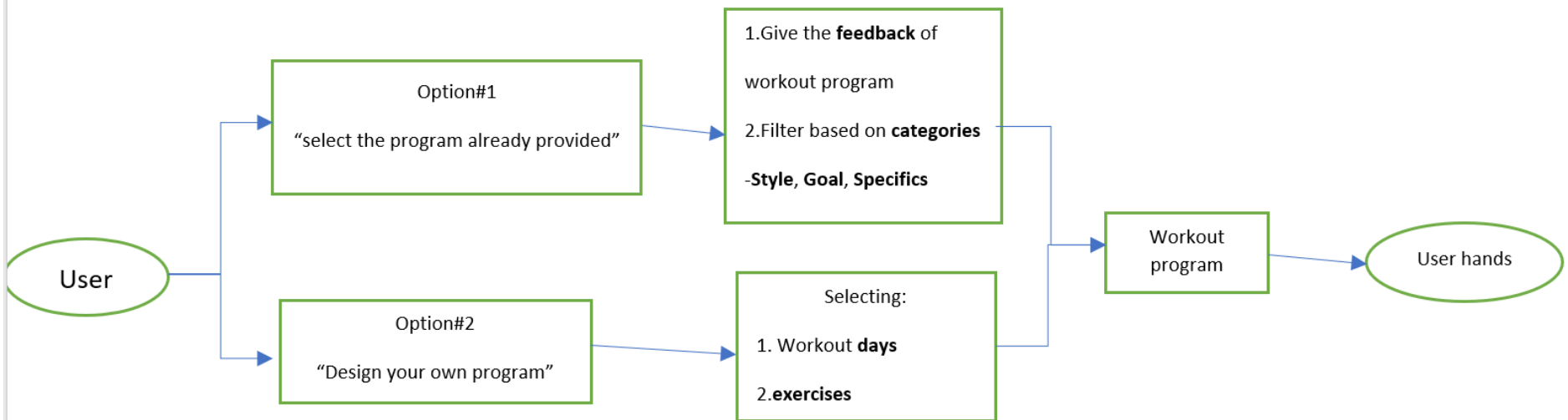
Spikes

- Learn basics of authentication logic
- Design proper UI & policy for our feedback system

Infrastructure tasks

- Modify DB schema to cover uploaded workouts and feedbacks

Service Architecture



Challenge / Risk 1

Organizing the database of workout program

Why?

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

Challenge / Risk 2

Making a good interactive UI

Why?

- Not too many experiences with front-end programming

Technologies

- Front-end
 - HTML, JavaScript, CSS, Bootstrap, ...
- Back-end
 - Amazon Web Services (AWS)
 - Python (with Flask), MySQL, ...
- GitHub
- Slack

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.