VALORANTSTECH PVT. LTD.

RISE

Mobile App MVP Development Proposal

Client: RISE India

Project Type: Flutter Mobile Application

Objective: RISE MVP Phase1 Development

Date: January 2026

What is RISE?

Expert Coaching × Motivation × Accountability

RISE is an **AI-powered running app** built with a very specific motive: To act like an expert coach, sustain motivation to keep running, and enforce accountability to a training plan—without relying on rigid static programs.

RISE assumes users are human: They miss runs, they do extra base runs, they feel tired even when data looks fine. The system is designed to track everything, listen to how the user feels, adapt weekly, and keep users motivated and accountable—not guilty.

Core Pillars (Fundamental to the Product)

1. Tracking is the Foundation

Every run matters, especially normal base runs. Unlike competitors who focus only on planned workouts, RISE values every single run equally.

2. RPE-First Intelligence

Perceived effort (6–13 scale) is the primary signal for training load. Wearables don't capture mental fatigue—human feedback does.

3. Weekly Adaptation

Plans reset every week based on reality, not rigid 12-week programs. The AI adapts to what you actually did, not what was scheduled.

4. Motivation + Accountability

Social systems, visibility, and commitment are first-class features—not afterthoughts. Stay consistent without feeling guilty.

MVP Phase 1 Features

Essential features for investor demo - complete running experience

Onboarding & Goal Setting

Smart onboarding collects goal distance (5K/10K/21K/42K), target timeline, running experience, weekly availability, and constraints.

CORE

AI Training Plan Generation

RISE generates the first weekly training plan inside the app immediately after onboarding. Week-based, not multi-month rigid plans.
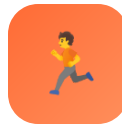
CORE

Google Calendar Sync

One-tap sync to Google Calendar. Training plan becomes your daily running alarm clock with automated reminders.

CORE

Base Run Tracking

User taps "Start Run" for normal base runs. No plan dependency, no friction. Tracks GPS, distance, time, pace, and heart rate (if available).

ESSENTIAL

Training Run Mode

Plan-driven runs are tagged internally. System knows the intended effort (easy, moderate, hard) but feels simple to the user.

ESSENTIAL

RPE-Based Feedback

After every run: "How did this run feel?" → RPE (6–13), harder/easier than expected, fatigue, soreness, mental stress. This is mandatory and differentiates RISE.

DIFFERENTIATOR

Training Load Calculation

GPS-Based Leaderboards

Each run contributes to acute training load using RPE (primary), run duration, and one supporting metric (pace/HR). Works without wearables.

INTELLIGENCE

City/State/Country leaderboards. Filters: Today/Week/Month/All-time and 5K/10K/21K/42K. Highest distance covered. Friendly competition without pressure.

MOTIVATION

Running Buddy Matching

Match users based on running goal (endurance/speed/distance), experience level, and pace range. Accountability and reduced dropout.

MOTIVATION

Progress Visibility

Streaks, run history, weekly summaries, effort consistency. Even easy base runs are validated, not dismissed. Full analytics dashboard.

ACCOUNTABILITY

Weekly Review

End of week evaluation: total runs, base vs hard balance, accumulated load, RPE trends, fatigue signals. Calm, honest, non-punitive.

INTELLIGENCE

Weekly Auto-Adaptive Plans

Brand-new training plan every week based on completed runs, training load, RPE patterns, and recovery signals. Progressive overload without spikes.

Complete User Journey

From first download to consistent training—visualized step by step

1

Sign Up & Onboarding

Users create an account with email/password authentication. Simple, secure, and fast—no unnecessary friction.

✓   JWT-based authentication

✓   Secure password storage

✓   Optional social login (future)

2

AI Call Integration

Tap to initiate a call with the Retell AI agent. Share your running goals, current fitness level, and weekly availability.

✓ Retell AI voice agent (already implemented)

✓ Natural conversation flow

✓ Web link with training plan sent within 5 minutes

3

Smart Plan Import

Paste the web link received from the AI call. The app fetches, parses, and structures your training plan automatically.

✓ Automatic plan parsing from web link

✓ Structured weekly view

✓ Calendar sync ready

✓ AI-optimized plan (no manual editing)

4

GPS Run Tracking

Track every run with accurate GPS data using Flutter's native location services. Real-time metrics displayed beautifully.

✓ Native GPS tracking (no paid APIs)

✓ Real-time distance, pace, duration

✓ Route polyline on map

✓ Pause/resume functionality

✓ Background tracking support

5

Post-Run Feedback

After every run, provide quick feedback. This data helps the AI understand how your body is responding to training.

✓ RPE slider (Rate of Perceived Exertion)

✓ Energy level tracking

✓ Pain/discomfort indicators

✓ Data used for plan adaptation

Analytics Dashboard

Visualize your training journey with interactive graphs and key performance indicators.

✓ Total workouts completed

✓ Total minutes trained

✓ Average RPE trend

✓ Weekly distance progression

✓ Consistency percentage

✓ Interactive charts (Chart.js or similar)

7

City & Friends Leaderboards

Compete with runners in your city and see where you rank. Stay motivated through friendly competition.

✓ City-wide leaderboards

✓ Friends leaderboard (optional for MVP)

✓ Real-time ranking updates

✓ Weekly distance tracking

✓ Achievement badges

Technology Stack

Modern, scalable technologies chosen for rapid MVP development

Mobile Frontend

F **Flutter**
Cross-platform mobile framework

D **Dart**
Programming language

Geolocator
Native GPS tracking

Backend API

N **Node.js**
Runtime environment

E **Express.js**
REST API framework

JWT Auth
Secure authentication

Database

M **MongoDB**
NoSQL database

Mongoose
MongoDB ODM

Integrations

Retell AI
Voice agent (implemented)

Google Calendar API
Calendar sync

Firebase FCM
Push notifications

Deployment

Netlify
Backend hosting

TestFlight
iOS testing

Firebase App Distribution
Android testing

Development Timeline

6-8 week phased approach for investor demo

Week 1-2: Foundation

2 weeks

→ Flutter project setup with clean architecture

→ Node.js backend + MongoDB database

→ JWT authentication system

→ Onboarding flow UI/UX

→ AI training plan generation logic

Week 3-5: Core Features

3 weeks

→ GPS tracking (native Flutter Geolocator)

→ Base run + Training run modes

→ RPE feedback system (6-13 scale)

→ Training load calculation engine

→ Google Calendar API integration

→ Weekly plan auto-generation

Week 6-7: Social & Polish

2 weeks

→ GPS-based leaderboards (City/State/Country)

→ Running buddy matching algorithm

→ Progress tracking & analytics dashboard

→ Weekly review system

→ Push notifications (Firebase FCM)

→ UI/UX polish and animations

Week 8: Testing & Launch

1 week

→ Comprehensive testing (GPS accuracy, load calculations)

→ TestFlight (iOS) + Firebase App Distribution (Android)

→ Demo data population for MVP

→ Documentation and training

✅ MVP Feature Checklist

All features required for investor demo

✓ **User Authentication**

Email/password registration and login with JWT tokens. Password reset flow included.

✓ **Retell AI Integration**

Seamless integration with AI calling system. User receives web link with personalized training plan within 5 minutes.

✓ **Training Plan Import**

Paste web link to automatically import and structure training plan. Plan displayed in clean week-by-week view.

✓ **Native GPS Tracking**

High-accuracy real-time GPS tracking using Flutter Geolocator. Track distance, pace, route, and elevation without paid APIs.

✓ **Route Visualization**

Display run routes on map using OpenStreetMap tiles. Polyline rendering with real-time updates during runs.

✓ **Google Calendar Sync**

OAuth 2.0 integration for two-way calendar sync. Training plan automatically synced to user's Google Calendar with reminders.

✓ **Post-Run Feedback**

Collect RPE, energy level, and pain indicators after each run. Data used for AI plan adaptation.

✓ **Analytics Dashboard**

Interactive charts showing total workouts, minutes trained, average RPE, distance progression, and consistency rate.

✓ **City Leaderboards**

Real-time rankings of runners in user's city. Weekly distance totals and workout counts displayed.

✓ **Push Notifications**

Firebase FCM for workout reminders, plan updates, and motivational messages.

✓ **Weekly AI Adaptation**

Automated Sunday analysis of training week. AI adjusts next week's plan based on performance and feedback.

✓ **Training Load Management**

Display weekly training load scores and trends. Recommendations for recovery based on RPE and volume.

Executive Summary

A focused MVP to showcase RISE's AI-powered running platform to investors

6-8

Weeks Development Timeline

7

Core Features for MVP

100%

Focus on Running Experience

Flutter

Cross-Platform Mobile App

Investment Breakdown

Transparent pricing for MVP development and deployment

Complete MVP Development Package

₹3,50,000

Development + Deployment | 1.5 Months Timeline

What's Included

- ✓ Flutter mobile app (iOS & Android)

- ✓ Node.js backend API with MongoDB

- ✓ GPS tracking implementation (native, no paid services)

- ✓ Retell AI integration & web link parser (Already implemented)

- ✓ Google Calendar sync integration

- ✓ Post-run feedback & analytics dashboard

- ✓ City-wide leaderboard system

- ✓ Push notifications (Firebase FCM)

- ✓ JWT authentication & user management

- ✓ TestFlight & Firebase App Distribution setup

- ✓ 6-8 weeks development timeline

- ✓ Complete documentation & code handover

- ✓ 1 month post-launch support included

💰 Important: Cost Clarification

This proposal covers DEVELOPMENT + DEPLOYMENT ONLY.

This Proposal don't have monthly maintainance costing after 1 month support.

The following costs are **NOT included** and will be borne by the client:

- Domain purchase and registration
- Infrastructure costs (server hosting, cloud services)
- Map services costs (if any paid tier is required)
- Third-party API costs (Google Calendar, Firebase, etc.)
- App Store and Play Store developer accounts
- Any other third-party service subscriptions

Timeline: 1.5 months (6-8 weeks)

Total Investment: ₹3,50,000 (Development + Deployment only)

Payment Terms

40% - Project kickoff
30% - Mid-development (Phase 2 completion)
30% - Final delivery & deployment

Not Included

• Maintainance Cost
• Domain & hosting costs
• Third-party API costs (Google Calendar, Firebase)
• Ongoing maintenance after 1 month
• Retell AI (which is already implemented

Monthly Costs (Estimation for client)

- Netlify hosting: ₹0 - ₹2,000
- MongoDB Atlas: ₹0 - ₹2,500
- Firebase (notifications): ₹0 - ₹1,500
- Google Calendar API: Free
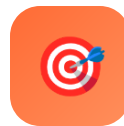
Total: ₹0 - ₹6,000/month

Why Valorants Tech?

Your trusted partner for building investor-ready MVPs

Rapid MVP Development

We specialize in building functional MVPs quickly without compromising quality. Perfect for investor demos and early user testing.

Startup Experience

We understand the startup mindset—focus on core features, ship fast, iterate based on feedback. We've helped multiple startups launch successfully.
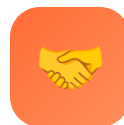
Technical Excellence

Modern tech stack, clean code architecture, and scalable solutions. Your MVP will be ready to grow into a full product.

Transparent Communication

Weekly demos, clear milestones, and constant updates. You'll always know exactly where your project stands.

Flutter Expertise

Deep expertise in Flutter development for beautiful, native-feeling apps on both iOS and Android from a single codebase.

Post-Launch Support

1 month of included support post-launch. We're here to ensure your investor demo goes smoothly and handle any issues.

Ready to Build RISE?

Let's transform your vision into a working MVP that will impress investors and validate your concept with real users.

Next Steps

1 **Review & Discuss**

Review this proposal and share any questions if have

2 **Contract & Kickoff**

Sign agreement and make initial payment to begin development

3 **Weekly Progress Updates**

Regular demos and updates throughout the 6-8 week development cycle

4 **Demo and Go-Live on Playstore/Appstore**

TestFlight/Firebase distribution ready for your demo

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Building the Future, One App at a Time

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Proposal Date: January 2026

This proposal is valid for 30 days from the date of issue.