FrogFit

Version 4.1

PROJECT PLAN
Texas Christian University
May 5, 2015
# Revision History

The following is a history of document revisions.

<table>
<thead>
<tr>
<th>Version</th>
<th>Changes</th>
<th>Edited</th>
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<tbody>
<tr>
<td>Version 1.0</td>
<td>Initial Draft</td>
<td>October 23, 2014</td>
</tr>
<tr>
<td>Version 1.1</td>
<td>Fixed Formatting, section and page numbering, Fixed wording in multiple sections,</td>
<td>November 14, 2014</td>
</tr>
<tr>
<td>Version 1.2</td>
<td>Table of contents, introduction, project overview, milestones and deliverables, risk management, and Glossary</td>
<td>December 7, 2014</td>
</tr>
<tr>
<td>Version 1.3</td>
<td>Revised Schedule, Software Resources, Added terms to glossary</td>
<td>January 21, 2015</td>
</tr>
<tr>
<td>Version 2.0</td>
<td>Revised Schedule</td>
<td>February 16, 2015</td>
</tr>
<tr>
<td>Version 2.1</td>
<td>Revised glossary and calendar</td>
<td>February 25, 2015</td>
</tr>
<tr>
<td>Version 2.2</td>
<td>Fixed Revision Numbering, Updated calendar, iteration text, and walk-throughs</td>
<td>March 17, 2015</td>
</tr>
<tr>
<td>Version 4.0</td>
<td>Formatting fixes</td>
<td>April 26, 2015</td>
</tr>
<tr>
<td>Version 4.1</td>
<td>Remove .0 and grammar fixes</td>
<td>May 5, 2015</td>
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**Revision Sign Off**

By signing the following, the team member asserts that he has read the entire document and has, to the best of knowledge, found the information contained herein to be accurate, relevant, and free of typographical errors.

<table>
<thead>
<tr>
<th>Name</th>
<th>Signature</th>
<th>Date</th>
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<tbody>
<tr>
<td>Bryan Kribbs</td>
<td></td>
<td></td>
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<tr>
<td>Geoffrey Adams</td>
<td></td>
<td></td>
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<tr>
<td>Matt Ratliff</td>
<td></td>
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</table>
# Table of Contents

Revision History.................................................................................................................................. I

Revision Sign Off .............................................................................................................................. II

1 Introduction ...................................................................................................................................... 1
  1.1 Purpose .................................................................................................................................... 1
  1.2 Section Overview ..................................................................................................................... 1

2 Project Overview ............................................................................................................................ 2
  2.1 Objectives ................................................................................................................................ 2
  2.2 Project Background ................................................................................................................... 2

3 Resource Specification .................................................................................................................. 3
  3.1 Software ................................................................................................................................... 3
  3.2 Hardware .................................................................................................................................. 3
  3.3 Contacts ................................................................................................................................... 3

4 Project Management ...................................................................................................................... 4
  4.1 Milestones and Deliverables ..................................................................................................... 4
  4.2 Team Member Roles and Responsibilities ................................................................................. 5
  4.3 Monitoring and Reporting Mechanisms ...................................................................................... 5
    4.3.1 Meetings ............................................................................................................................... 5
    4.3.2 Communication .................................................................................................................... 5
    4.3.3 Requirements Control .......................................................................................................... 5
    4.3.4 Weekly Activity Reports ....................................................................................................... 5
    4.3.5 Walk-Throughs ..................................................................................................................... 5
  4.4 Risk Management ....................................................................................................................... 6
    4.4.1 Risk Analysis and Planning .................................................................................................. 6

5 Glossary of Terms............................................................................................................................ 7
1 Introduction

1.1 Purpose
The purpose of this document is to provide a plan for the completion of the FrogFit application. This includes an overview of the project, tentative schedule, resources required, and deliverables that will be produced. It will also identify the roles and contributions of each team member, group communication channels, and a risk analysis and mitigation plan.

1.2 Section Overview
Section 2 Project Overview – Provides the background and primary objectives of the FrogFit system.

Section 3 Resource Specification – Lists resources needed for project production.

Section 4 Project Management – Lists team members and their tasks, along with the ways communication and risk management will be approached.

Section 5 Glossary of Terms – Defines all the project-specific terms that are included in this document.
2 Project Overview

2.1 Objectives
The primary objective of this project is to create an Android app and administrative web portal that will allow athletes and coaches to enter, modify and track workout data. The project will enable athletes and coaches to identify and capitalize on the athletes’ strengths and weaknesses. The application provides categorical fitness scores as well as an overall fit score. The categorical fit scores and workout data entered by the athletes can also be viewed over time.

2.2 Project Background
Living a healthy lifestyle has become a major focus in today’s society due to the rising number of Americans with conditions linked to obesity, over eating, and living an inactive lifestyle. There are many thoughts and products on the market that are used to help with this so-called epidemic. One such workout routine is called Crossfit. According to their site, “The aim of Crossfit is to forge a broad, general and inclusive fitness.”

For the growing number of people participating in Crossfit, there are plenty of systems that can show athletes where they are excelling; however, there is not a single system specifically designed for Crossfit that can identify the area of fitness that an athlete is deficient and provide a single, comprehensive fitness score.

FrogFit is designed to fill this gap in the market by allowing athletes and coaches to collect workout data, compare it to individual benchmarks, and provide them with a fitness score. This fitness score coupled with a confidence rating, will help define the strengths and weaknesses of each athlete.
3 Resource Specification

3.1 Software Programming
- Microsoft SQL Server 2012
- Microsoft SQL Server 2012 Management Studio
- Microsoft Visual Studio 2013
- ASP.NET MVC 5
- Android device running Jelly Bean or above
- Eclipse Luna with GIT plugin
- Android SDK Tools

Server Connection and File Transfer
- CoreFTP / WinSCP
- CoRD / Putty
- Remote Desktop Connection

Productivity
- Camtasia
- Google Drive
- Google Mail
- Microsoft Office 2013

3.2 Hardware
- Microsoft Windows Server 2012 R2 Standard 64 Bit (Chalkbucket Provided)
- Android device running Jelly Bean or above
- Internet capable device

3.3 Contacts
Dr. Donnell Payne – D.Payne@tcu.edu
Steve Johnston – Steve@chalkbucketlabs.com
4 Project Management

4.1 Milestones and Deliverables

October 10, 2014 – Website Skeleton
October 18, 2014 – Project Plan (Version 1.0)
October 26, 2014 – Requirements Document (Version 1.0)
December 5, 2014 – Design Document (Version 1.0)
December 12, 2014 – Iteration 1 Testing
December 19, 2014 – Iteration 1
February 06, 2015 – Iteration 2 Testing
February 13, 2015 – Iteration 2
March 17, 2015 – SRS Abstract Due
March 20, 2015 – Iteration 3 Testing
March 27, 2015 – Iteration 3
April 1, 2015 – NTASC Abstract Submission
April 10, 2015 – SRS Poster Due
April 17, 2015 – Student Research Symposium
April 17, 2015 – Iteration 4 Testing
April 18, 2015 – North Texas Area Student Conference
April 20, 2015 – Iteration 4
April 24, 2015 – Final Testing
April 29, 2015 – Final Due with DVD
April 30, 2015 – Final Presentation

Iteration 1
Website template created. App basic layout/wireframes completed. Database server created. Connectivity between all components established.

Iteration 2
Ability to navigate the mobile app and website with limited data passing. Database schema created and Web API functioning.

Iteration 3
Majority functionality of mobile app and website screens with FitScore calculation and majority of data retrieval. Limited graphing capability.
Iteration 4
Full app, site, database, calculations, and web API functionality.

4.2 Team Member Roles and Responsibilities
Geoff Adams – Tech Lead, Android Developer, Testing Lead
Bryan Kribbs – DBA, Document Lead, Admin Site Architect
Matt Ratliff – Project Lead, Android Developer, Brazos Site Architect

4.3 Monitoring and Reporting Mechanisms

4.3.1 Meetings
Group Meetings will be held at 5pm every Monday in the senior design lab at Tucker Technology Center and will be conducted in order for the group members to discuss issues, ideas and communicate project progress. Additional meetings can be scheduled as needed.

4.3.2 Communication
Communication within the group will primarily be conducted through text message, email, or face-to-face. Communication with our client will be conducted via email or phone calls. To share documents and files we will use email, Google drive, or upload them to our internal website.

4.3.3 Requirements Control
Project requirements will be monitored throughout development and testing phases. Any proposed changes will be discussed with all group members, the client, and Dr. Payne. Once deemed necessary, the requirements document and all other relevant documentation will be amended to reflect the current state of the project.

4.3.4 Weekly Activity Reports
Weekly Activity Reports will be created throughout the project and finalized on Thursday, either during or after class. The reports will consist of the tasks that each team member is assigned for the week. This will help monitor the progress of each member and ensuring project milestones will be met on time.

4.3.5 Walk-Throughs
Requirements Document version 1 – 10/28/2014
Project Plan and Requirements document walk through - 11/14/2014
Project Plan and Requirements document walk through - 12/7/2014
Iteration 1 Walk through – 12/16/2014
Design Document Review – 01/17/2015
DB Design & Function Review – 03/05/2015

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## 4.4 Risk Management

### 4.4.1 Risk Analysis and Planning

<table>
<thead>
<tr>
<th>Contingency</th>
<th>Probability/Severity</th>
<th>Mitigation Strategy</th>
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</thead>
<tbody>
<tr>
<td>Illness/Ebola</td>
<td>Low/Critical</td>
<td>Google Hangout</td>
</tr>
<tr>
<td>Achieving Deadlines</td>
<td>High/Critical</td>
<td>Keeping to Schedule, Frequent Updates, Intergroup Communication</td>
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<tr>
<td>Loss of Communication with Server</td>
<td>Low/High</td>
<td>Communicate with Steve to resolve issue.</td>
</tr>
<tr>
<td>Application Latency</td>
<td>Medium/Low</td>
<td>Refactoring Code.</td>
</tr>
<tr>
<td>Loss of Contact with Client</td>
<td>Low/High</td>
<td>Contact Dr. Payne and Co-Founder of Chalkbucket Labs</td>
</tr>
<tr>
<td>Inexperience with development tools</td>
<td>High/Medium</td>
<td>Tutorials and outside aid from experienced persons</td>
</tr>
<tr>
<td>Inability to access required data</td>
<td>High/Low</td>
<td>Wait or leverage faculty members for support</td>
</tr>
</tbody>
</table>
5 Glossary of Terms

Administrative Web Portal - Internet web page that gym owners/managers use to update the content on their FrogFit site.

Android - An open-source operating system used on mobile devices.

ASP.NET MVC – Open source web application framework used to create applications.

Benchmark Workout – Workout designed to measure and benchmark an athlete’s performance and improvements through repeated and irregular appearances in a workout of the day. Benchmark workouts can be in one of the categories; Girls, Heroes, Notables.

Categories – There are eight fitness categories that are considered when creating an overall fitness score.

- Body Weight
- Endurance
- Heavy Weight
- Light Weight
- Long
- Olympic Lift
- Power Lift
- Speed

Class – Classification system for athletes. The classifications include Beginner, Intermediate, Advanced, and Master.

CoRD – A remote desktop application used on Macs.

Crossfit - Strength and conditioning program that is by design broad, general, and inclusive.

Microsoft SQL Server - A relational database system designed for business or enterprise environments.

Remote Desktop Connection – is one of the components of Microsoft Windows that allows users to take control of a remote computer or virtual device over a network connection.

Rx – When a workout is completed “as prescribed” by the coach. This includes doing the correct movements, weight, and rounds. Also known as, Rx’d.
**Web API** – An application programming interface for both the webserver and web browser that allows retrieval of structured data.

**WinSCP** – is a secure FTP client for Windows with features that include FTP, SSL/TLS, SFTP via SSH, and HTTP/HTTPS support.

**WOD** – (Workout of the Day) A set of movements that athletes will complete for a given day.