



Request for Quotation

Health & Wellbeing App/Web Development

Background

Sort Your Fit Out is an online Health, Fitness and Wellbeing company established by Richie Swan. Richie has 20 years' experience within the Health and Fitness industry and created Sort Your Fit Out 2 years ago. Sort Your Fit Out is designed to be a Health Club in your pocket! It is an online space where members are supported in improving their health, fitness and wellbeing using a variety of personalised tools suited to their individual goals.

Sort Your Fit Out currently operates via an interactive website that members engage with daily to track their weight loss, steps, calories as well as access our recipe books. We have weekly focused support and education to aid a healthy lifestyle. Members have multiple classes to choose from each week with a variety of Instructors. All classes are live streamed on Instagram and then saved for members to catch up at any time. The business is now looking to move towards a more streamlined business model supported by an app.

Requirement

We are looking for a developer to create an iOS and Android app for Sort Your Fit Out programme members. The app will include all of the functionality currently available on the website along with some additional features.

The apps will also require an API and backend to be developed. The current website was built in Laravel so we would ideally like for the API and backend to be developed as an extension to this. However, we would also consider having a separate API and backend developed in a different language.

Skills Required:

Demonstrable knowledge, understanding and capability in

- developing iOS and Android apps
- developing APIs
- developing backend systems

Project requirements:

- iOS and Android App. Hybrid (Flutter, React Native, etc) or native or equivalent.
 - Backend and API. Preferably Laravel as this can be built as an extension of the existing website and admin system.
 - All current website functionality as set out below.
- Sign up
 - Pay for membership via Stripe
 - Account
 - Login
 - Add and edit user details
 - Reset password
 - Complete ParQ form
 - Yes / no questions
 - Can't proceed unless no answered to all questions
 - Introduction / Help
 - Select weight loss goal (0lbs, 0.5lbs, 1lbs, 1.5lbs, 2lbs)
 - What to expect video
 - Equipment you may find useful images and Amazon links
 - Challenge info image and text
 - Before and after photo tutorial images and text
 - App tutorial videos (My Fitness Pal and NutraCheck)
 - View live workouts timetable
 - User profile
 - Graph showing projected weight loss over the course of the programme
 - Graphic to show weekly calories consumed and weekly calories remaining
 - Links to Instagram & Facebook pages
 - Add daily steps & calories
 - Add weekly weight measurement
 - Add before and after photos
 - Add before and after measurements (weight, bum & belly)
 - Weekly focus
 - Display information added to admin system
 - New information visible each week as the programme progresses
 - Recipe books
 - Show recipe book PDFs
 - Workouts
 - Section for each fitness instructor that shows their workout videos
 - Programmes
 - Shows the current and previous programmes the user has joined
 - Selecting a programme navigates to that programme's user profile
 - If sign up is open for the next programme users can sign up by pressing a button
 - Leaderboards (Top 20)
 - Total weight loss
 - Total steps
 - Weekly weight loss
 - Weekly steps
 - Meal Planner
 - Select date
 - Add and edit meals (name and calories)
 - Add meals & total calories for breakfast, lunch, dinner and snacks
 - Calculate total calories for the day
 - Add daily calories to daily calories on user profile

- FAQs
 - List of questions and answers about the app and programme
- Messages
 - Send messages to SYFO
 - Read messages from SYFO
 - Formatted like a text message thread
 - Notifications when new message received

New additional features to be added into the app

- Section to view recorded livestreams (managed via the admin system)
- Pull health data from device (Apple Health / Google Fit and/or equivalent) to populate steps, calories and weight
- Push notifications (managed via the admin system)

Deliverable Timescale

The project is ready to start immediately on appointment (anticipated mid December 2022) and must be delivered before the end of May 2023.

Indicative Budget

The maximum budget for the project is £20,000 (excluding VAT).

Evaluation Criteria

Quotations will be assessed and scored on the following criteria:

Quality/ Technical Merit (50%)

Supplier must demonstrate they have the technical and professional capability to deliver the requirement.

Delivery Timescale (20%)

Supplier must demonstrate they can deliver the requirement to timescales above.

Cost/Value for money (30%)

Does supplier offer value for money. This will not necessarily be the cheapest quote.

Scoring Methodology

4 Excellent	Proposal meets and in some places, exceeds the required standard
3 Good	Proposal meets required standard
2 Acceptable	Proposal meets the required standard in most respects, but is lacking or inconsistent in others
1 Poor	Proposal falls short of expected standard
0 Unacceptable	Completely or significantly fails to meet required standard or does not provide the relevant answer

Proposal Format

Proposals should clearly demonstrate how they meet the requirement set out above.

Deadline and Submission

Proposals are required by Friday 9th December 2022 electronically addressed to Richie Swan, email address admin@sortyourfitout.com

Date Published

23rd November 2022

This work is part funded through the European Regional Development Fund.

Conditions of Tender

- Please be aware that due to the relatively low indicative budget for this work (i.e. less than the current OJEU limits) there is no regulatory obligation for us to provide feedback if you are unsuccessful.
- We reserve the right to discontinue this tender process at any time and not award a contract.
- You will not be entitled to claim from us any costs or expenses which you may incur in preparing and/or submitting your Tender at any stage of this exercises. This applies whether or not your organisation is successful.