BodSquad × WHOOP

Bringing members' WHOOP data into BodSquad: a proposal

PREPARED FOR	The BodSquad team
PREPARED BY	CodeNicely Software Services LLP
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> *Members already wear it. Now trainers can see it too.*

About CodeNicely

We're **CodeNicely Software Services LLP**, the team that built and still runs BodSquad: the server, the member app, the admin web and the TV app. We already know where health data lives in BodSquad today. This proposal adds WHOOP alongside it.

The Idea

Many BodSquad members train wearing a WHOOP band. Right now, that data stays in the WHOOP app.

We will let members **connect WHOOP to BodSquad with one tap**. From then on, their **Recovery, Strain, Sleep and workouts** come into BodSquad automatically. Members see them on the app's Home screen, and **trainers see each member's readiness before a session**, so they can make it heavier or lighter.

What We Can Integrate

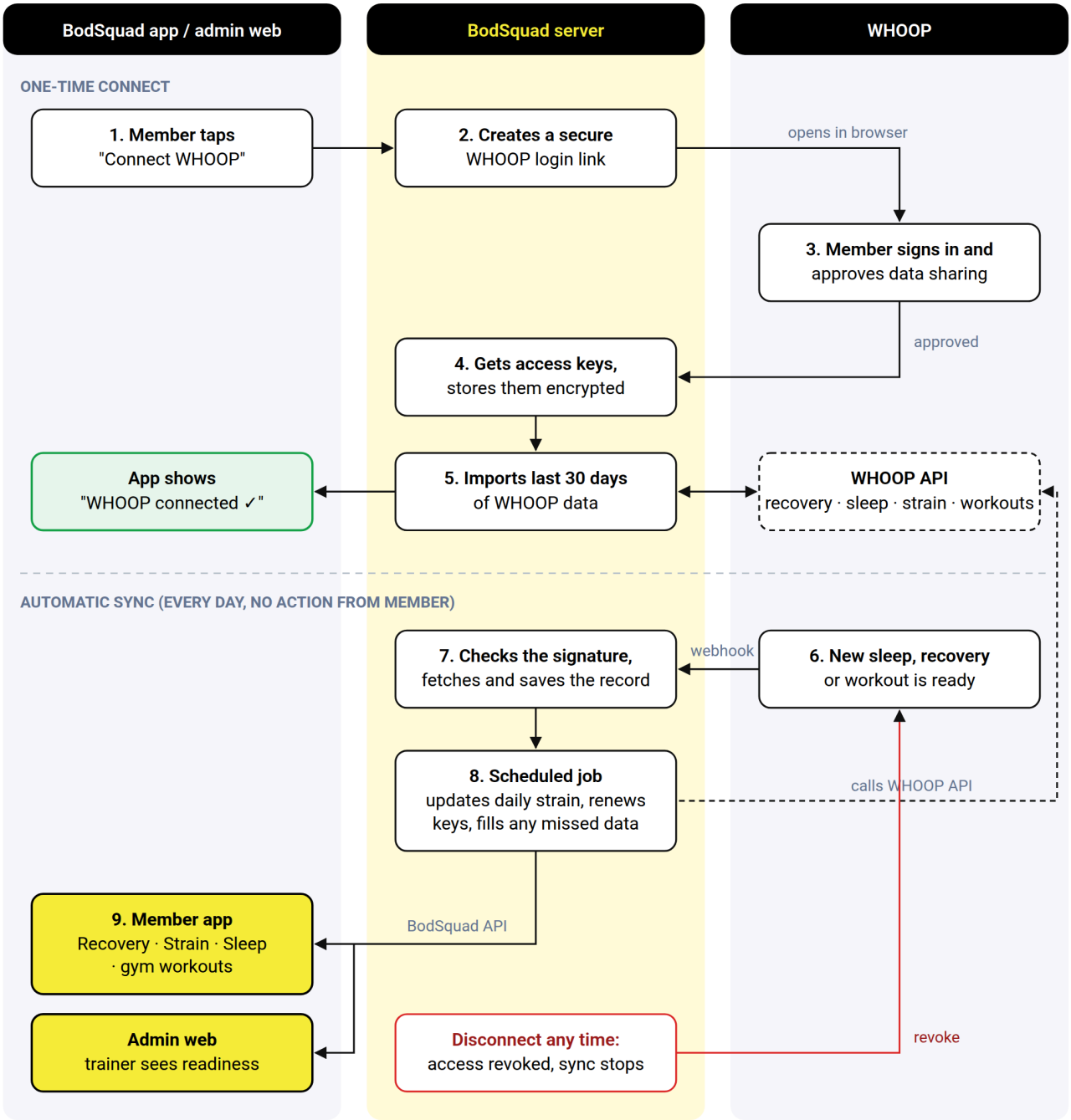
WHOOP has an official API (v2). The member approves access once inside WHOOP, and they can switch it off at any time.

WHOOP DATA	WHAT WE RECEIVE	WHERE IT SHOWS
Recovery	Recovery %, HRV, resting heart rate, SpO2, skin temperature	Home card · trainer view
Strain	Day strain, calories, average and max heart rate, steps	My WHOOP screen
Sleep	Sleep performance %, sleep stages, efficiency, respiratory rate	My WHOOP screen · trainer view
Workouts	Sport, strain, heart-rate zones, calories, distance	Each gym visit
Profile and body	Height, weight, max heart rate	Member profile, BMI

Not possible through the API: live heart rate during a workout, for example on the gym TV. WHOOP's Bluetooth heart-rate broadcast may make it possible, so it's listed as an optional feasibility study.

How It Works

The member connects once (steps 1–5). After that, WHOOP tells our server whenever new data is ready, and the app and admin web update on their own (steps 6–9).



What We'll Build

Server (Django)

- **WHOOP connection**: secure WHOOP login, encrypted access keys per member, and disconnect.
- **Automatic sync**: a WHOOP webhook receiver plus a scheduled job that fills any gaps.
- **Gym matching**: WHOOP workouts are linked to the member's gym check-in.

Member app (Flutter: Android and iOS)

- **WHOOP card** on the Integrations screen, next to Apple Health / Google Fit.
- **My WHOOP** screen with today's Recovery, Strain and Sleep and a 7-day trend.
- **Readiness card** on Home, and WHOOP data on each gym session.

Admin web (React)

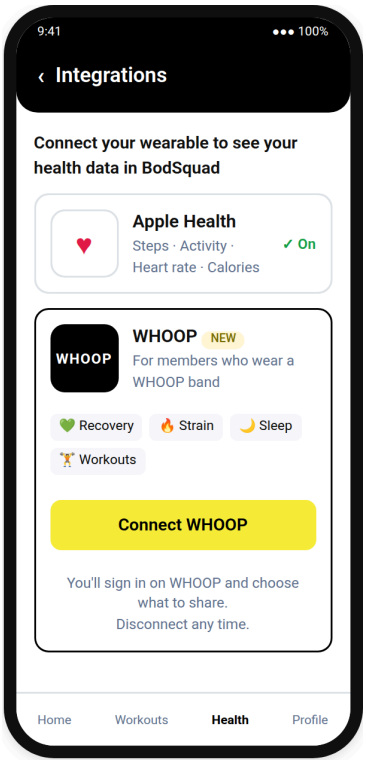
- **WHOOP tab** on the member profile.
- **Today's readiness** list for each trainer's PT members.

Highlight: Trainer Readiness

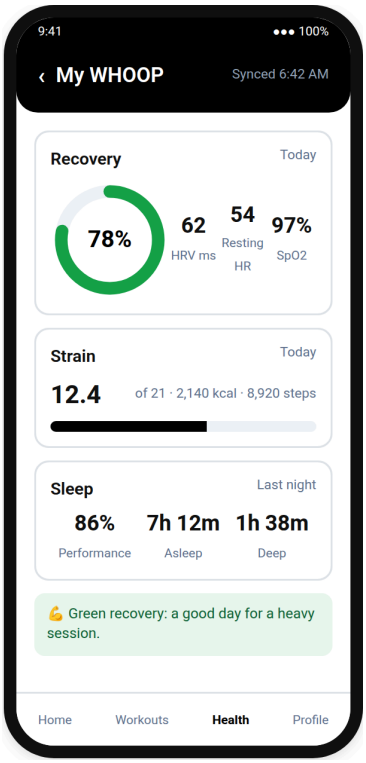
> Each morning, a trainer opens the admin web and sees every PT member's **Recovery % in green, amber or red**, with last night's sleep and yesterday's strain beside it.
>
> **Green means go heavy. Red means mobility and light work.** Trainers make better calls, members feel looked after, and fewer people get injured from overtraining.

How It Will Look

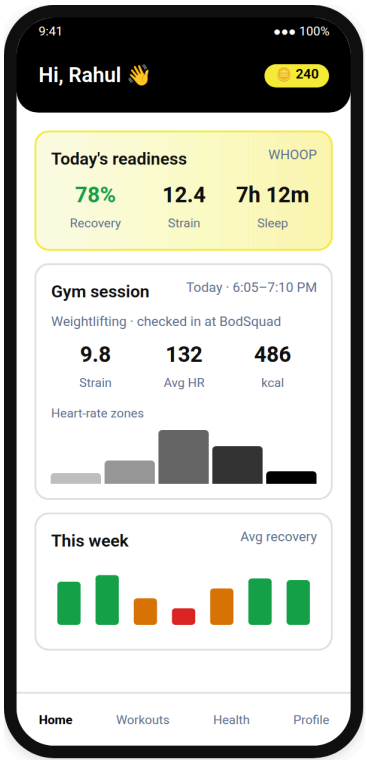
Mock-ups in BodSquad's current style, with sample data. Final screens are confirmed in the design week.



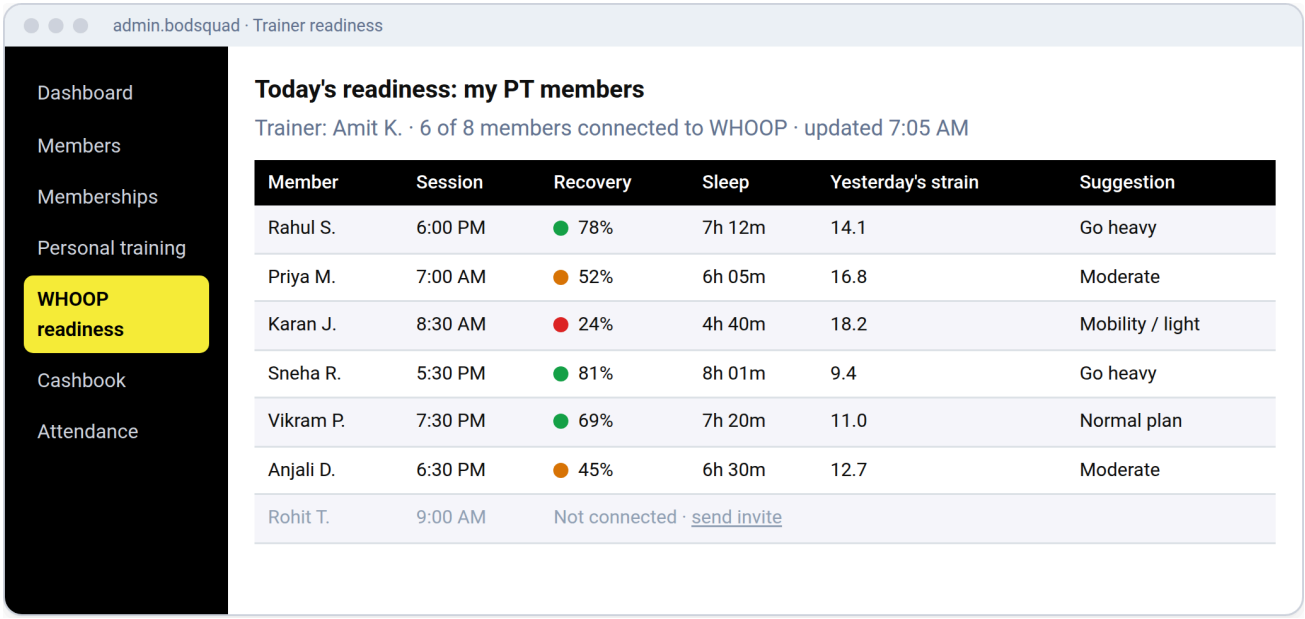
Integrations: connect WHOOP



My WHOOP: today's numbers



Home: readiness and gym session



Admin web: the trainer's readiness list

How Existing BodSquad Keeps Running

- WHOOP is **opt-in**. Members who don't connect it see no change.
- Apple Health and Google Fit keep working exactly as they do today.
- No forced app update. Older app versions simply don't show the WHOOP card.
- The staff attendance app and the website are not touched.

Requirements From You

- **WHOOP developer account** created with a BodSquad email. We'll guide the setup.
- **10 WHOOP-wearing members** for the pilot. WHOOP lets a new app connect 10 members at first, then raises the limit in steps (100 → 1,000 → 5,000 → unlimited) after reviewing each request.
- **Decision on trainer visibility**: Recovery and Sleep only, or workouts too.
- **Sign-off on the consent text** and the privacy policy update (India's DPDP Act).
- **One short review call per week.**

Timeline: 4 Weeks

PHASE	FOCUS	DURATION
0	UI/UX for the 4 screens · WHOOP developer app setup	**0.5 week**
1	Server: WHOOP connection, webhook, sync · App: connect flow	**1.5 weeks**
2	My WHOOP screen · Home card · gym sessions · admin readiness view	**1 week**
3	QA · 10-member pilot · Play Store and App Store release	**1 week**
	Total	**~4 weeks**

Investment & Payment

Fixed Project Cost

Rs. 2,45,000 + GST

Payment Schedule

MILESTONE	%
Advance, on project confirmation	**50%**
Pilot build handed over (end of Phase 2)	**30%**
On store release	**20%**

What's Included

The full scope above: server WHOOP module, member app screens (Android and iOS), admin readiness view, UI/UX, QA, the 10-member pilot and the store release.

Optional Add-ons

ADD-ON	COST
BodCoins for effort: award BodCoins for WHOOP workouts and weekly strain goals	**Rs. 35,000 + GST**
Live heart rate on gym TV: feasibility study using WHOOP's Bluetooth broadcast	**Rs. 25,000 + GST**

Optional annual maintenance (WHOOP API changes, new WHOOP data types) is quoted separately on confirmation.

What's Not Included (Pass-Through to Client)

- Any WHOOP developer-program fees. We found no API fees in WHOOP's developer documentation.
- Cloud hosting changes, if member numbers grow a lot.

Guidelines & Requests

- **GST** is 18% extra, paid by the client.
- **Third-party costs** are billed directly to the client.
- **Codebase** is delivered after each payment milestone is cleared.
- **Bug warranty**: 90 days of free bug fixes after launch.
- **Change requests** are most useful in writing (email, Google Doc or WhatsApp) so we can plan them properly.
- **Communication** goes through the Project Manager and Team Lead.
- **Timeline accuracy** is ±15%. WHOOP's review times are outside our control.
- **Termination**: development cost for delivered features remains payable, and the advance is non-refundable.

Next Steps

1. Confirm acceptance of this proposal.
2. Initiate the **50% advance payment**.
3. Kickoff begins as early as **1 December 2026**, or within **7 days** of confirmation and advance receipt, whichever is later.
4. Phase 0 (UI/UX and WHOOP setup) starts on kickoff.