

Project Interview 1

Who am I interviewing???

Jude – Stake Holder 1 aka there to upload their workouts for others to look at

Interview Questions... (Typed)

1. Would an app where you can upload workouts or access other people's workouts be helpful?
2. What kind of look to the webpage would you like?
3. Do you think videos and photos on the actual website be helpful?
4. Do you think links to tutorials and maybe stores to buy things would be of interest?
5. What do you think would make a fitness app useful?
6. What general tools and options do you want available on the app?
7. What is a current issue you are facing with tracking or just working out in general?
8. Can you show me an example of a app you may use right now that is good?
9. Can you tell me about how you first got into working out and what helped guide you?
10. What is one thing you would need for the app to be useful to you right now?
11. What would be useful tools if you were to start working out all over again?
12. How do you think I would get others to use the app?
13. What would make this app popular or useful for you in the gym?
14. Would an app like this even be needed????

Interview Results...

1. Absolutely! It's always motivating to see what others are doing and to share your own routines for inspiration.
2. I prefer a clean and intuitive design, easy to navigate with clear categorization for different types of workouts.
3. Definitely! Visual aids can greatly enhance understanding of exercises and proper form.
4. Yes, having access to tutorials for exercises and links to purchase relevant gear or supplements would be convenient.
5. Customizable workout plans, tracking capabilities, a supportive community, and access to expert advice or guidance.
6. Workout log, progress tracking, nutrition guidance, exercise database, community forums, and maybe even challenges or competitions.
7. Sometimes I struggle with maintaining consistency in my workouts and staying motivated.

8. Sure, I really like apps like MyFitnessPal for tracking nutrition and Fitbod for generating personalized workout plans.
9. I started working out in college to improve my overall health and boost my confidence. Having friends who were into fitness helped guide me and keep me accountable.
10. Personalized workout recommendations based on my goals and fitness level would be crucial.
11. Access to beginner-friendly workouts, educational resources on proper form, and support from a community of like-minded individuals.
12. Offering a free trial period, partnering with fitness influencers or trainers for promotion, and leveraging social media marketing could help attract users.
13. Integration with wearable fitness trackers, easy sharing of workouts with friends or trainers, and a comprehensive exercise library.
14. Absolutely! With the increasing popularity of fitness and wellness, having a centralized platform for workout sharing and guidance would be very beneficial.

Problem Statement...

People that have been working out for a while need a place to find new workouts as well as share results of different plans because it can be hard to find one centralized place to share new workouts with others.

Insights

- Something nice to look at while navigating
- Offer different types of media
- Focused on the idea of building off the base aka tracking, connections, and other tools
- Key seems to be having an informational place to go!!