



Project Pitch

Introduction

Physical activity is an important part of EVERYONE's daily lives *at any age*. Studies have shown that physical activity is CRUCIAL for mental and physical health, longevity, and overall well-being.

But there exists *various barriers* keeping us from reaching our goals: difficulty getting started, repetitious/bland routines, etc.

How can we overcome the obstacles preventing us from achieving our ideal lifestyle goals?

Description

Our app will provide a card-based system for exploring and learning workouts, with each card showcasing an exercise, and its step-by-step instructions. Additionally, we will introduce engaging features on the website to make the fitness journey more fun, interactive, and enjoyable for users.

Overview:

1. Set of exercise cards for each muscle group.
2. Each card provides detailed instructions on how to perform the exercise, including proper form tips and recommended sets.
3. Allow users to create personal accounts to track their fitness journey, and build workout decks to customize their workout experience.
4. Introduce the concept of randomness into workouts or routines to add variety and keep the workout experience fresh and exciting.

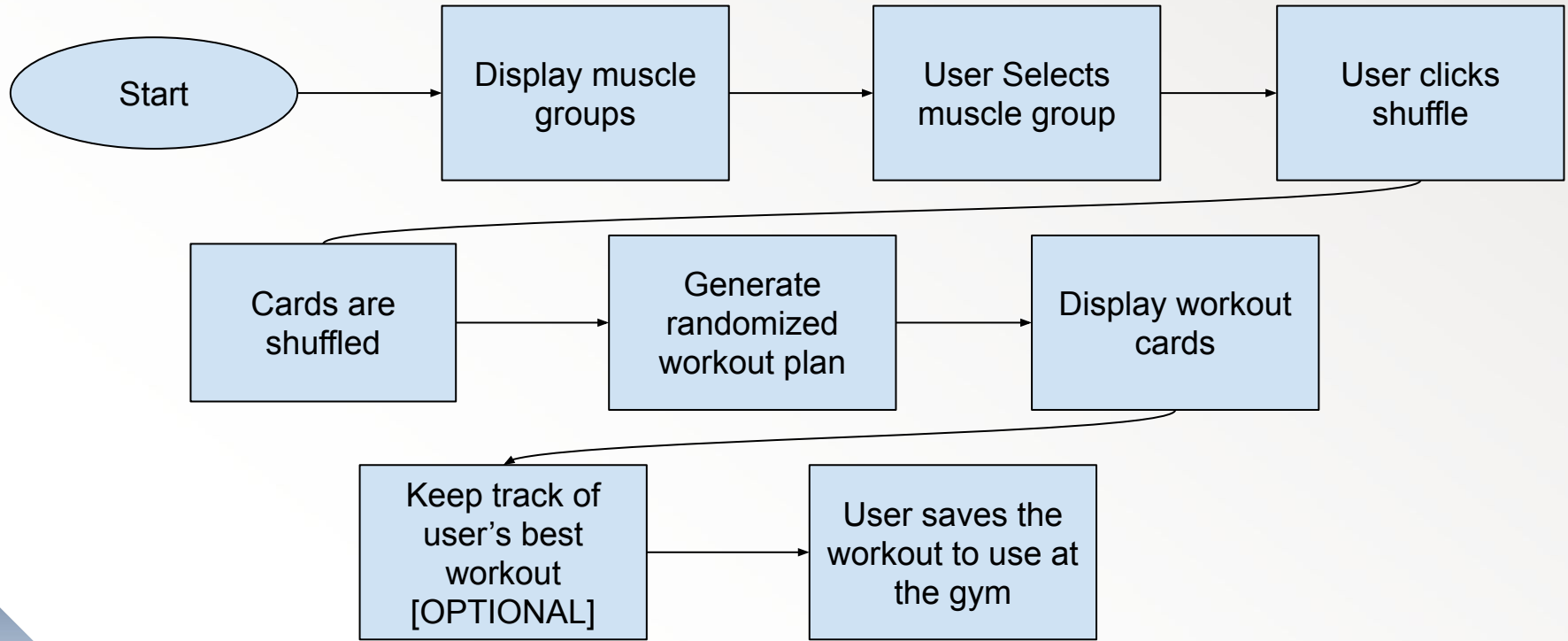
Risks

Risks	Mitigation
Scope creep – we keep adding “cool” features and run out of time	Time-box vertical slices ; anything >2 days goes to ice-box
Data-model unknowns – shuffle / filter / stats logic might be trickier than it looks	Week-1 spike prototype to prove JSON schema + local storage early
Low user engagement – if first time use feels clunky, we loose users	Guerilla test in Week 2 with 3 classmates, tweak cards/onboarding
Exercise safety - incorrect movement/weight might cause injuries	Credible sources , require 2-person review, add safety disclaimer & possible video link
Merge conflicts & design drift – parallel work trips us up	GitHub Flow + PR shepherd (one teammate rotates reviewing every PR)
No automated tests – regressions sneak in as we refactor	Jest unit tests + Playwright smoke test for “Shuffle Workout” button

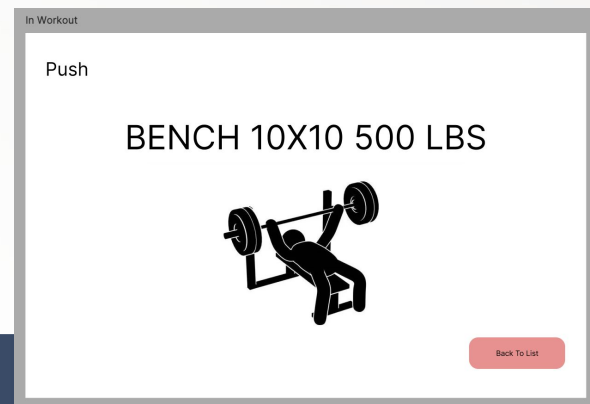
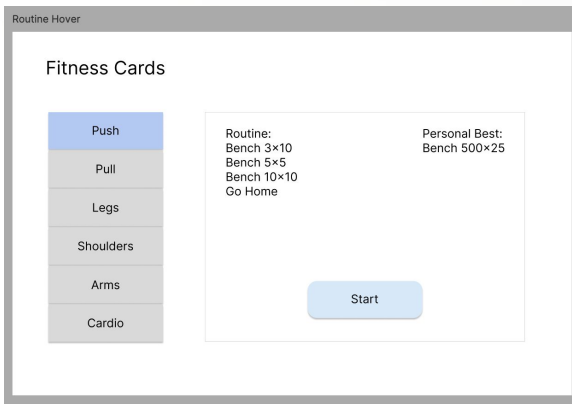
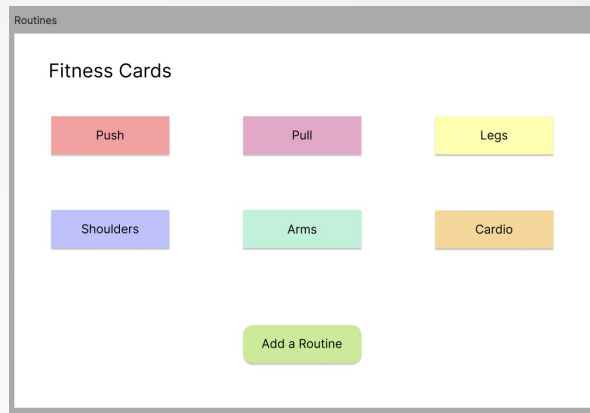
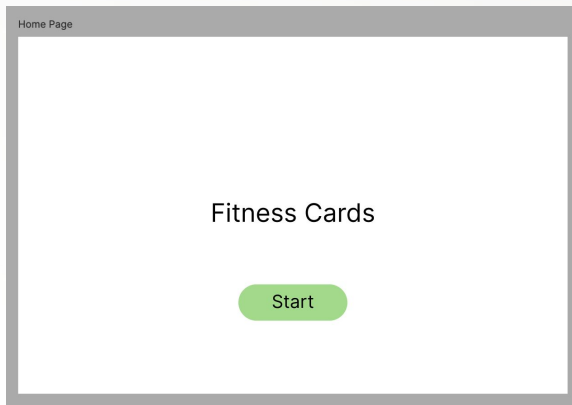
Rabbit Holes

Temptation	Why we're skipping (for now)
Achievement badges & XP leveling	Looks small, but demands database of events, badge art, and progress logic
Pose-detection form checker	Needs machine-learning model + webcam tuning
Real-time social feed & leaderboards	Requires backend, user accounts, and moderation: triples scope instantly
Smart-watch / Health-Kit sync	Platform-specific APIs and device testing we don't have time for
Fancy 3-D card animations	Heavy performance cost on mobile; polish that can wait for v2

System Diagram



Wireframes



Statement of Purpose

Problem:

Many people (usually beginners) struggle sticking to consistent and effective workouts because of

- Decision fatigue
- Lack of knowledge
 - Boredom
- Lack of motivation

Why it matters:

- Exercise is crucial for boosting physical strength, improving health, and building discipline/routine
- Consistency is key to fitness success
- Less planning = more doing = better fitness results

Statement of Purpose (Continued...)

Project's Purpose:

This project aims to create an **accessible**, **motivating**, and **well-organized** platform that lets users **discover** and **track** workouts with ease. The intention is that both beginners **and** experienced users can enjoy their fitness journey by **reducing** the mental load of **planning workouts**.

We want to help users remain **motivated**, build **habits**, and **achieve** their personal fitness goals.

User Personas

"Exercise Newbie"

Adam - 24yo

Occupation:
College Student

Goals:
Wants to start working out to gain confidence and ask out his crush, but wants to learn proper form

Behavior:
Wants clear instructions and layed out routines

Tech Literacy:
Medium, can watch videos on exercises/movements, but is overwhelmed by the amount of results

"Bored Gym Goer"

Brad - 27yo

Occupation:
Finance Bro

Goals:
Reinvigorate his passion for working out with different exercises/movements

Behavior:
Wants randomized routines so he does not become bored

Tech Literacy:
High, as a long time gym goer, he has used every single fitness app on the app store

"Forget Fool"

Bob - 55yo

Occupation:
Plumber

Goals:
Wants consistency in all aspects of working out, in his gym, in his routine and in his exercises

Behavior:
Forgetful, wants to be able to check if he is doing the right form and if he has missed an exercise

Tech Literacy:
Low, has to ask his kids how to work his phone

User Personas

“Gramps”

Donald - 78yo

Occupation:

Retired Businessman

Goals:

Wants to start working out to lose some weight and live healthier to see his grandkids

Behavior:

Wants clear instructions and layed out routines

Tech Literacy:

Horrible, needs to ask kids for tech advice on how to open the camera app.

“Little Timmy”

Timmy- 11yo

Occupation:

6th grader

Goals:

Just started puberty, wants to get BUFF taller, and leaner to impress the girls.

Behavior:

Wants a structured and fun way to get into exercising but not sure how to start

Tech Literacy:

High, as a child, his fluid intelligence is through the roof, he can catch onto things super quickly.

“Ok Unc”

Thomas- 50yo

Occupation:

Professor

Goals:

Wants a structured active lifestyle and as he ages.

Behavior:

Loves to talk a lot about certain topics. Would love to learn about exercising and talk about it

Tech Literacy:

High, a programmer at heart, brain still beams with innovative tech ideas.

Projected Timeline

Week 5 (Now)

- Goal: Finish designing and planning
- Tasks: Establish clear features, decide tech stack, and assign responsibilities

Week 6

- Goal: Build a static, basic frontend
- Tasks: Create main pages and write basic HTML structure with CSS styling

Week 7

- Goal: Add dynamic behavior with Javascript
- Tasks: Implement card logic, shuffle ability, storing temporarily in localStorage

Week 8

- Goal: Polish and finalize features
- Tasks: Improve UI/UX, handle edge cases, write more tests

Week 9

- Goal: Add simple database (optional)
- Tasks: Setup basic backend if needed, connect frontend to backend

Week 10

- Goal: Final touches + Testing
- Tasks: Bug fixes, full app testing, prepare demo/presentation

MVP + Extra Features

MVP

- Features:
 - A wide variety of workout cards with accompanying descriptions and instructions
 - Basic card flipping functionality
 - Shuffle ability
 - Option to sort based on muscle group or workout type
- Functional, easy to use website with a user-friendly interface
- Viewable on both mobile and desktop windows

Nice-to-haves

- External database + backend for storing user data
- Allow users to keep track of workouts and store custom decks
- Option to have users build their own cards