

Project Proposal - Gymify

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Problem Statement

When working out, it can be difficult to maintain a consistent workout schedule that challenges the body, often resorting to people using lighter weights or reducing the intensity of their exercises. By using Gymify, everything a user does is tracked and the user will be able to monitor their progress and also maintain accountability for their sessions, making sure that they stay on track.

Project Objectives

People who want a steady work routine may have difficulty maintaining a steady workout schedule and keeping track of their workout progression. Gymify aims to solve these issues by allowing users to create a personalized workout routine, view previous workout logs, view in-depth statistics, and access a variety of exercise catalogs. The app will also incentivise and motivate users to push their limits further by using leaderboards, interactive games, and integrated workout videos.

Stakeholders

- People new to fitness that are looking to learn and guide themselves through different exercises.
- Experienced active users looking for tools to track workouts/progress and enhance their progress.
- Fitness content creators who aim to share and promote their content on the app, creating their own fitness community.
- Personal trainers and coaches who would want to manage client workouts, monitor progress, and guide them remotely using videos and personalized workout routines.
- Gym owners that can benefit from the leaderboard and gamification features to improve member engagement.

Project Deliverables

- User-friendly interface.
- User registration (email and password).
- Personalized workout routine feature.
- Workout tracking and logging functionality.
- Statistics and progress tracking.
- Exercise catalog with descriptions and video demonstrations (Content Sharing).
- Remote coaching features to manage client workouts, monitor progress, and provide guidance remotely.
- Leaderboards for the members to increase competition and motivation.
- Interactive games or challenges that can function through your fitness progress to make workouts more engaging.
- Integration with gym systems to utilize the leaderboard and gamification features to improve member engagement.

Project Deliverables (Core Features)

1. User Workout Routine
 - a. A view for all the workout routines a user can do for a specific session.
2. Workout Log History (a listview of all the times a user went to the gym)
 - a. When a user clicks on a specific log, it will reveal exercises to perform or will perform and for each exercise set, reps and weight will be displayed.
3. Statistics
 - a. Calendar showing days when a user went to the gym.
 - b. A graph showing progress for each specific exercise.
4. Exercises Catalog
 - a. A list of all exercises available.
 - b. Users can add/delete/change exercise routines.

Project Deliverables (Optional Features)

1. Leaderboard/Challenge system
 - a. A system that challenges users and friends through the tracking system and statistics.
2. Gamify the app
 - a. Have a system implemented that acts as a pseudo character stat tracker like in a video game.



3. Integrated workout tutorials/videos/lessons
 - a. Use <https://strengthlevel.com/strength-standards> to set standards.