Fitness pal App Andria Njoku

This app is designed to give the user a one stop destination for everything fitness related. I have split the target audience into three different sections. Experts/professionals, Seasoned gym-goers with experience in the gym and keeping healthy and the beginners who up until this point haven't attempted to sustain a healthy lifestyle and keep fit. I will begin by outlining the functionality and layout of this app with the way we intend to achieve building this app, as well as the technologies we will use and different sections within it.

The app will encompass many different things such as a way to learn about different muscle groups and effective exercises to target them, and tips and tricks for people starting out. The main screen will show a picture of a labelled human body and will allow the user to access different sections of the app which focus on this part. For example if i was to click on the bicep , the app will take me to a section with effective bicep workouts such as Barbell curls with a picture or maybe even a video explaining it catered to the different ability levels which will have a colour scheme running trhoughout.

The app will contain the following functionalities; A bmi calculator and tracker, A diet section about healthy eating, calorie tracker, gym schedule, and a gym finder. The bmi and calorie tracker will work with the gym schedule and the app will allow you to keep track of your progress through an account you can create, we will keep users details within a database. We will use HTML/CSS and JavaScript to build this app for android and iphone using Phonegap and there will be a version for tablets.