General Fitness Concerns

While there is plenty of information on working out, it can be too complicated and daunting to start.

Information Overload

Overwhelming amount of information.

Not knowing where to start.

Conflicting

information.

Varied information based on experience.

Physical Concerns

May be scared of injury.

May be unsure about the correct forms.

May have underlying injuries.

May not be able to do some workouts.

Mental Concerns

Motivation might be hard to obtain.

The gym atmosphere may be intimidating,.

Goals may be too unrealistic in certain scenarios.

Difficult to find a supporting community.

Everyday Concerns

People may have lack of time.

Access to Facilities.

The cost of gym memberships could be challenging for some.

> Personal Preferences.

Theme

Simple and Easy to use

Look aesthetic enough so people want to look at it.

Certain Colors represent certain things?

User Accounts.