



Capstone Summer 2025

Project Proposal

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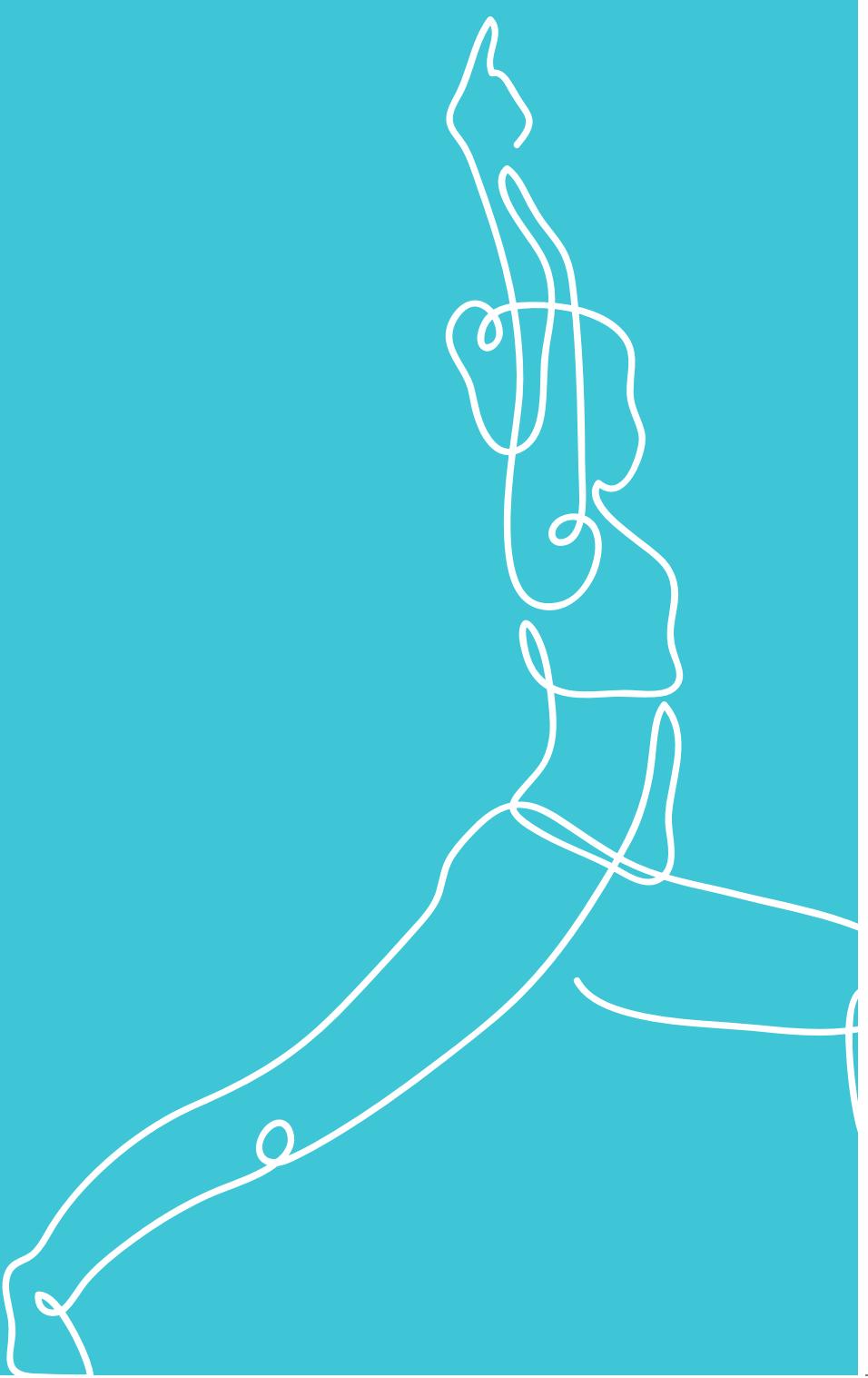
Project Proposal- Kyntra



“

Recover *Smarter.*
Move *Freely.*





01

Project Overview



Problem

Many people experience recurring conditioning injuries like: Shoulder stiffness, Neck pain, Lower back strain etc. These issues often arise from poor posture, muscle imbalances, or improper form during workouts or daily activity. To recover and prevent flare-ups, they're told to do regular rehab or mobility exercises.

- Many can't afford regular therapy sessions
- At-home exercises are often done incorrectly
- No real-time feedback or correction
- Self-recovery without guidance is risky
- Minor issues can turn into long-term problems



Solution

Kyntra is a mobile app designed for non-emergency injuries, providing individuals with real-time exercise feedback.

- Using the phone's camera to track movements
- Detects incorrect posture or form in real-time
- Provides instant feedback visually on screen or through voice.

More Than Just Rehab:

Provides a guided video library, AI analysis, and suggestions for nearby therapists to support safe and effective home recovery.

Kyntra ensures users recover correctly, confidently, and consistently even without frequent clinic visits.



Features



Conditioning program assist

Uses your phone's camera to guide rehab with real-time corrections for safe, effective healing.



Guided Exercise Videos

A simple video library for all fitness levels to stay active, flexible, and stress-free



Clinics & AI Support

Find nearby physio clinics fast and
get 24/7 support from an AI assistant
for rehab tips and guidance



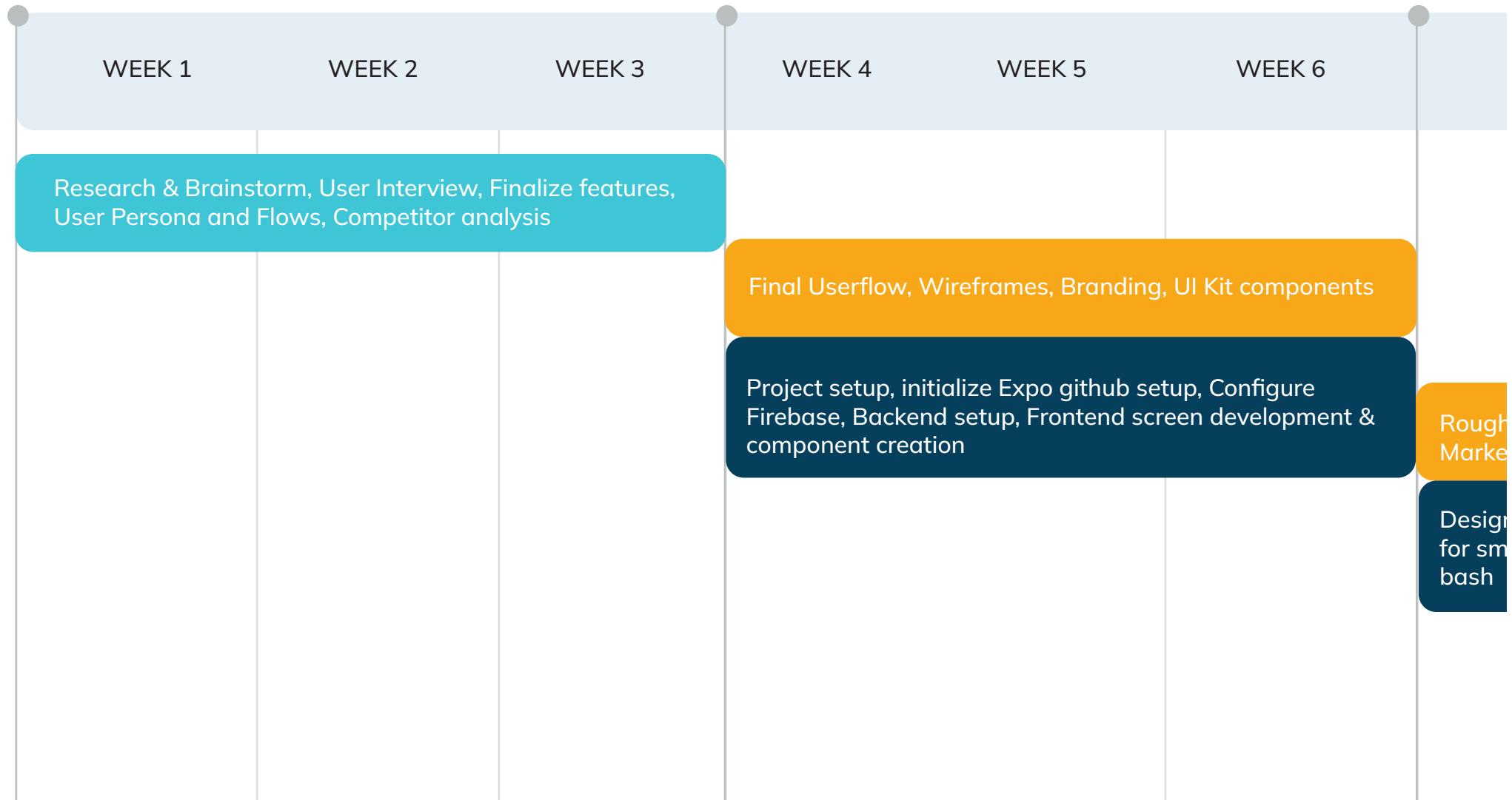


Competitor Analysis

Features	Kyntra	PhyIApp	Reflex	BackEasy
Real-time camera tracking	✓	✗	✓ posture only	✗
Live feedback during exercise	✓	✗	✗	✗
Guided video library	✓	✓	✓	✓
AI chat support	✓	✗	✗	✗
Clinic locator	✓	✗	✗	✗



Project Timeline





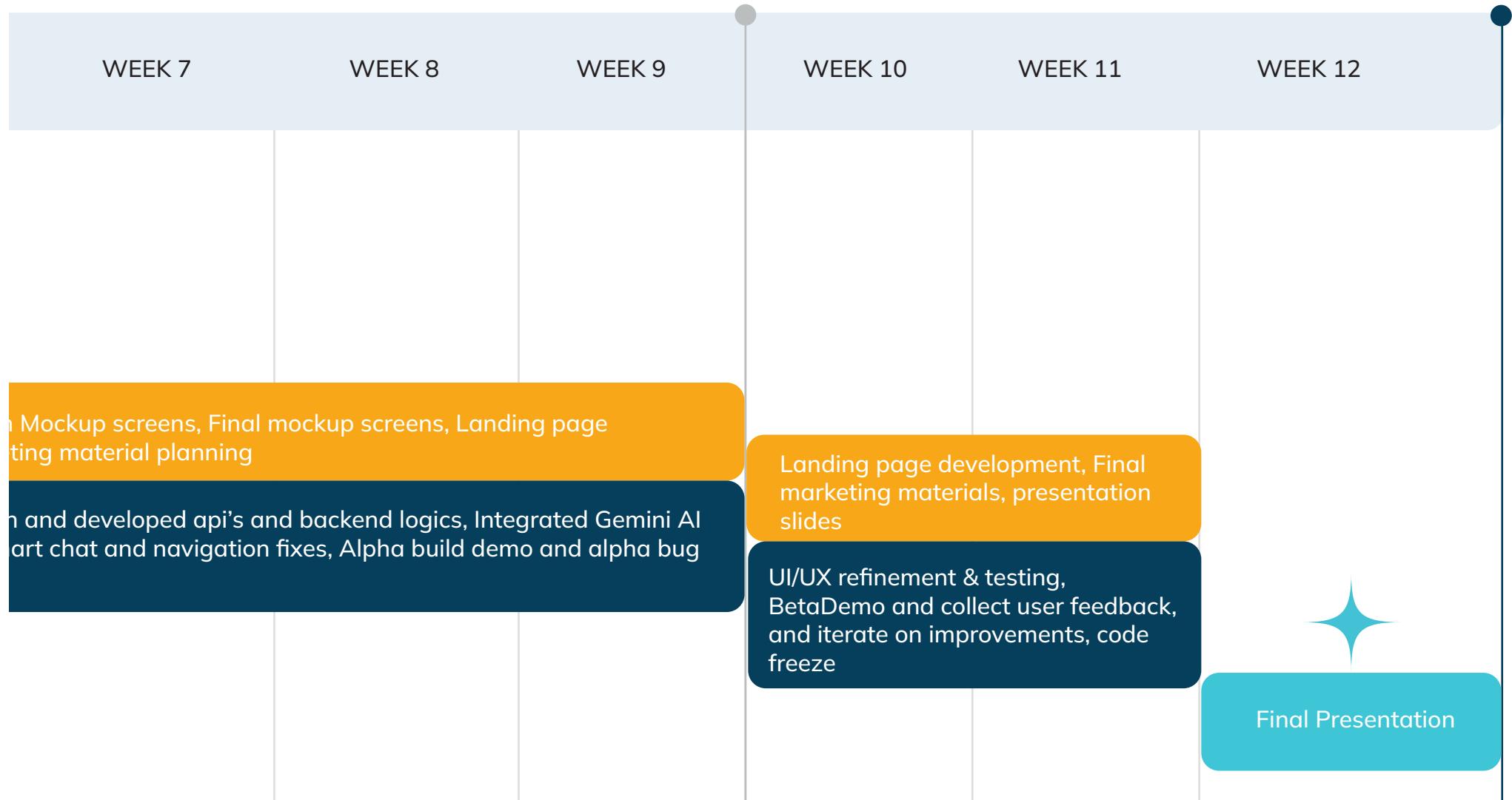
Team



Designers



Developers





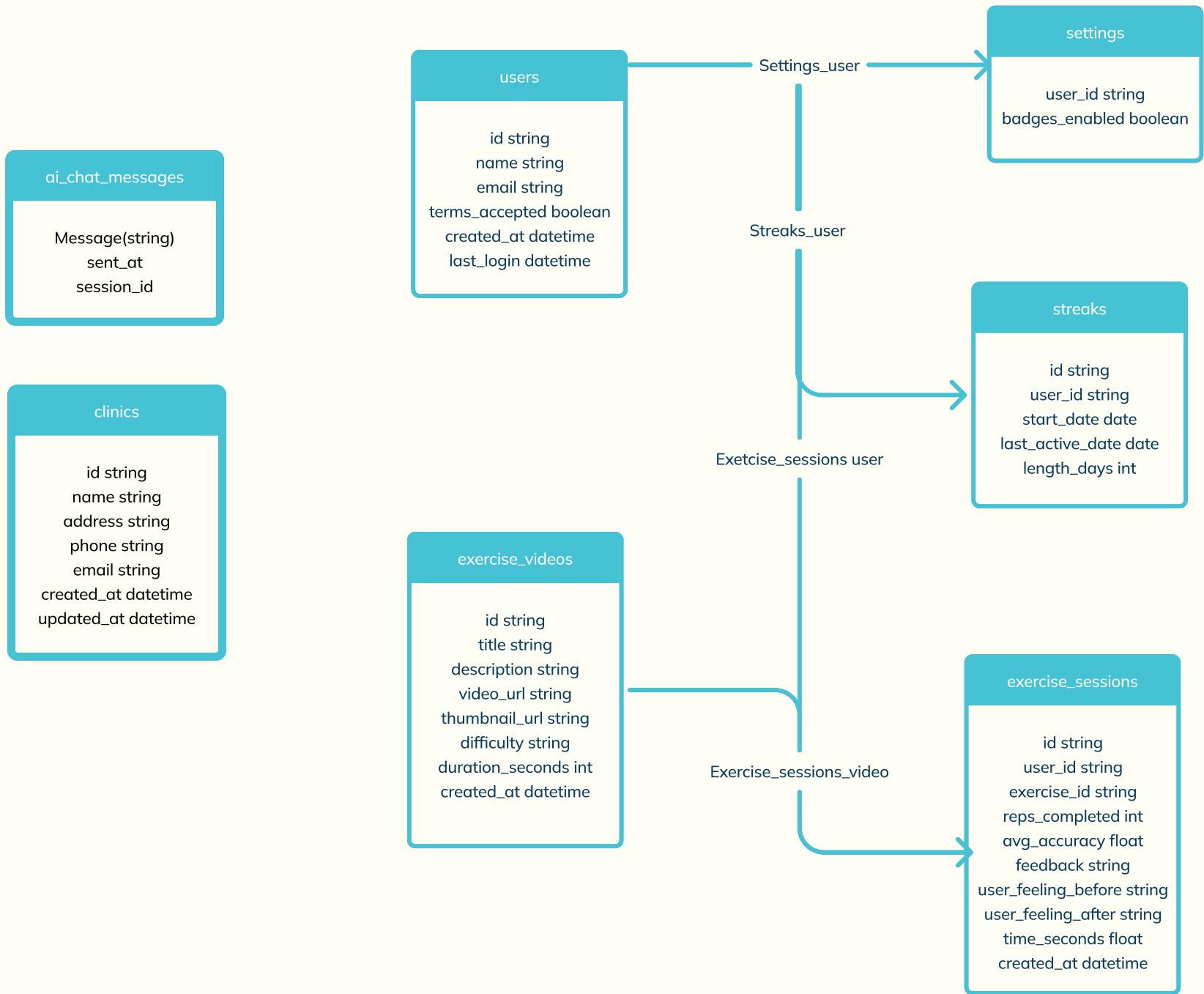
02

Technical Overview



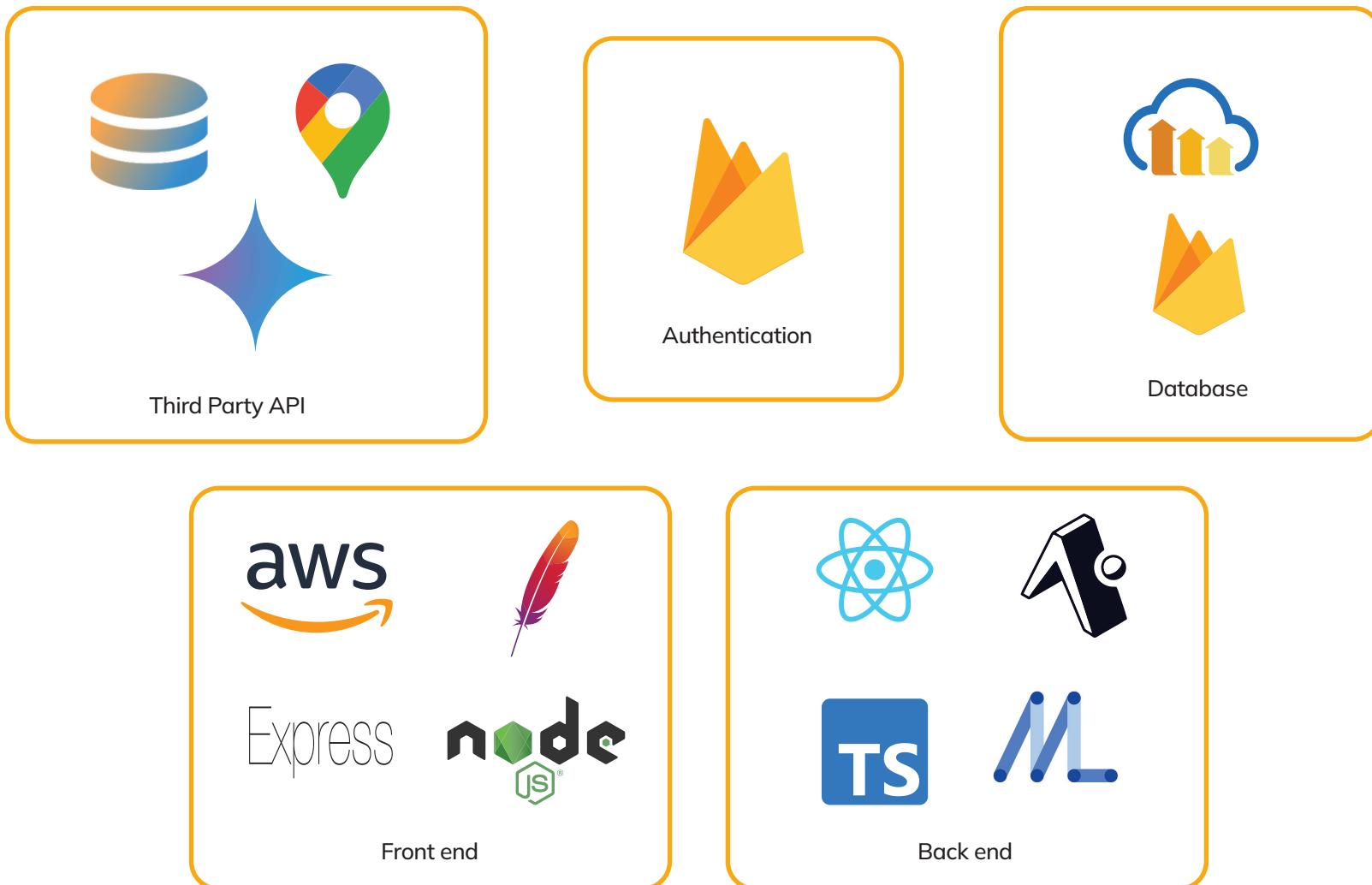


Data Model



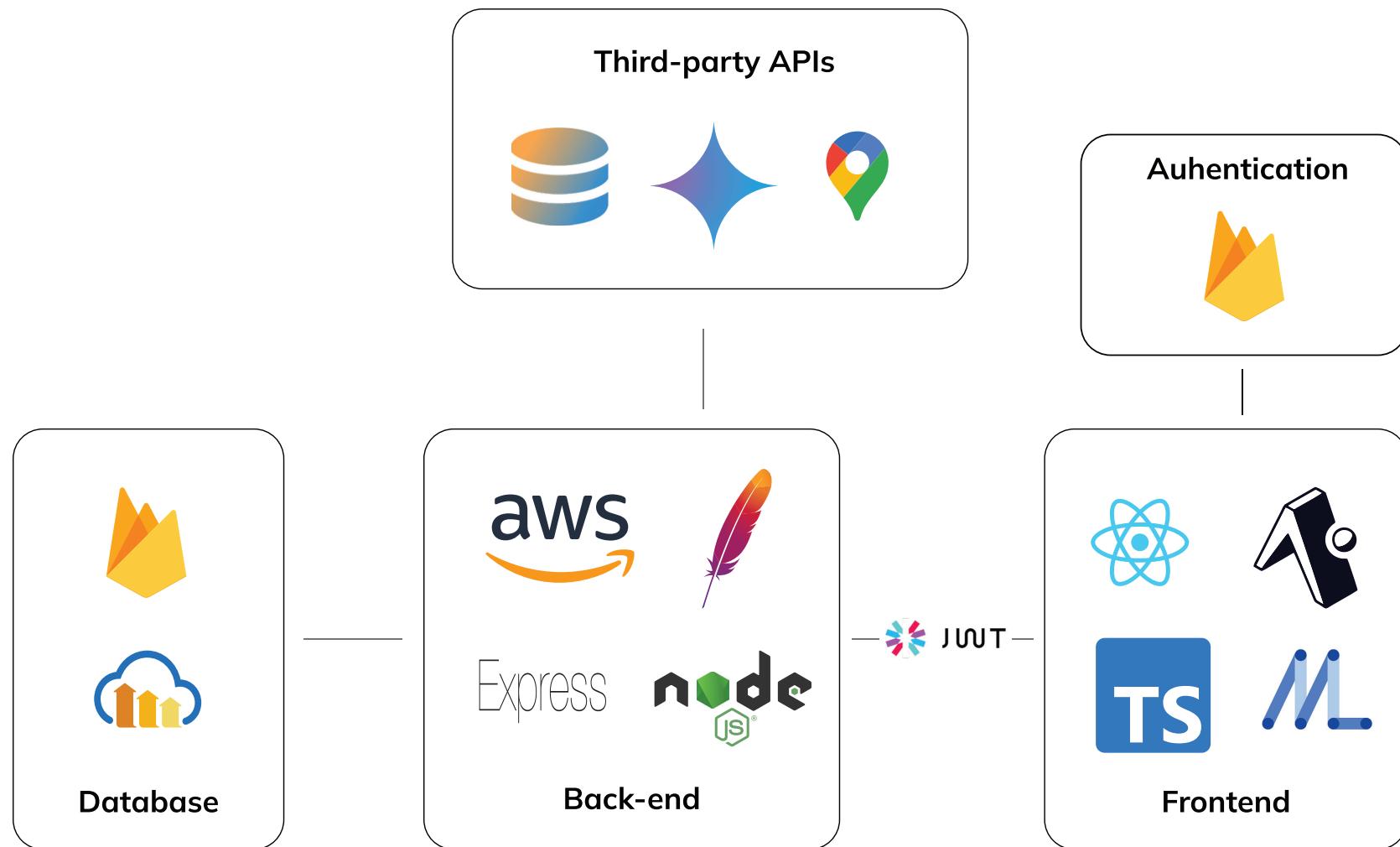


Tech Stack



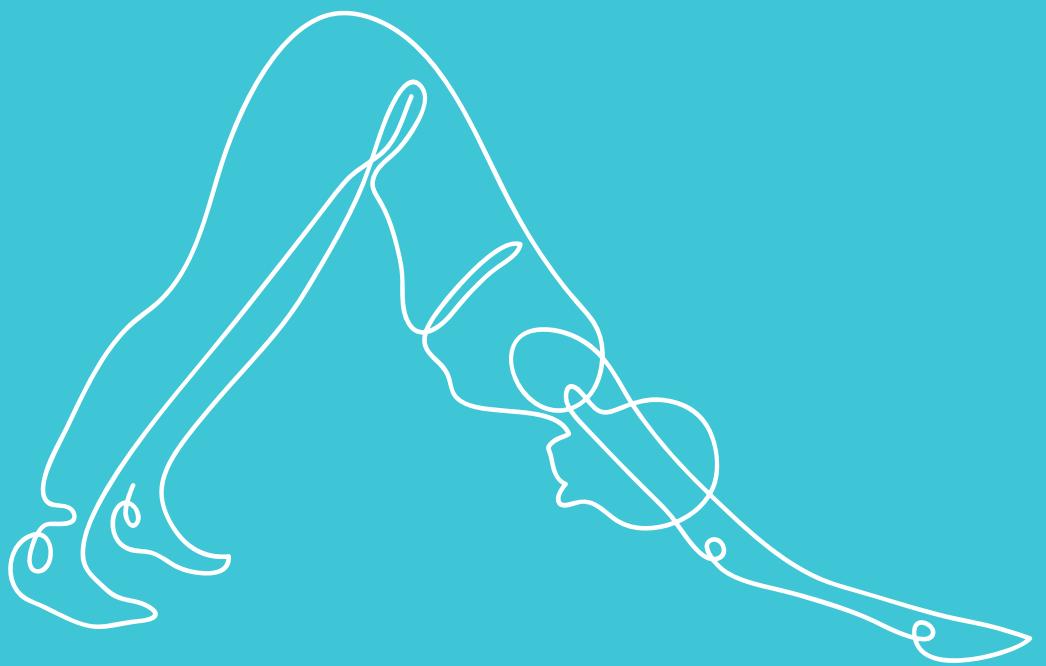


System Architecture Diagram



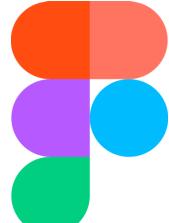


03 Design Process

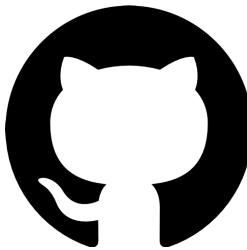
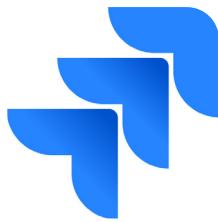




Design Tools



Project Management



We use Figma for collaborative UI/UX design, including user flows, wireframes, and high-fidelity mockups. Adobe Illustrator is used for creating vector-based logos, icons, and illustrations, while Photoshop handles image editing. InDesign is used for project proposals, and for motion and video tasks, we use After Effects for animations and Premiere Pro for video editing.



Persona 1



I've recovered, but I don't want this pain coming back again

Name: Pavan Pothamshetty

Age: 36

Occupation: Graphic designer

Hobbies: Playing Cricket

Lifestyle: Active, work long hours

Tech Familiarity: Moderate to high

Source: In person Interview

Background

Pavan is a 36 year-old graphic designer and a passionate cricket player. A few months ago, he experienced a shoulder impingement from poor posture and overuse. After completing a round of physiotherapy, he regained mobility but his therapist warned that without proper maintenance, the issue could return.

Pain point

- Generic fitness apps don't account for specific recovery areas
- Afraid of doing exercises that might trigger the pain again
- Doesn't always know if he's doing it right
- Finds it hard to build a long-term routine

Goal

- Prevent re-injury through regular conditioning
- Maintain shoulder mobility and posture
- Get reminders and feedback to stay consistent





Persona 2



"Wants to ease stiffness safely"

Name: Alexa Marques

Age: 50

Occupation: Homemaker

Hobbies: Cooking, Gardening

Lifestyle: Calm, home-based, short walks

Tech Familiarity: Low-moderate

Source: Virtual Interview

Background

Alexa experiences age-related neck and shoulder stiffness. She wants to stay active but is hesitant to do exercises alone for fear of doing them wrong and worsening her condition. Traveling to clinics is tiring and costly. She prefers doing light stretches at home, but needs assurance she's doing them correctly.

Pain point

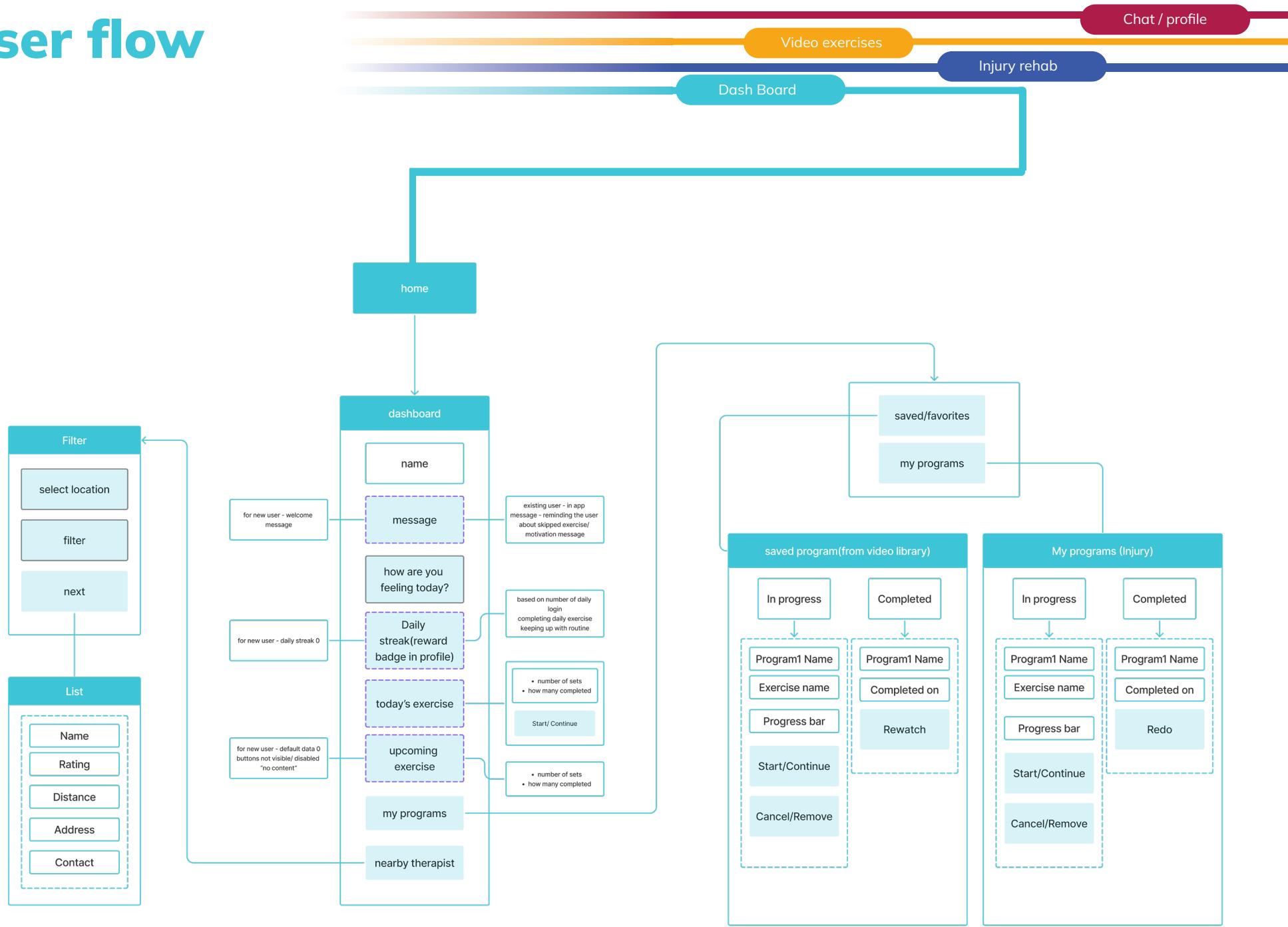
- Worried about doing the wrong move and hurting herself
- No physiotherapist nearby
- Gets overwhelmed by long YouTube tutorials
- Needs simple instructions

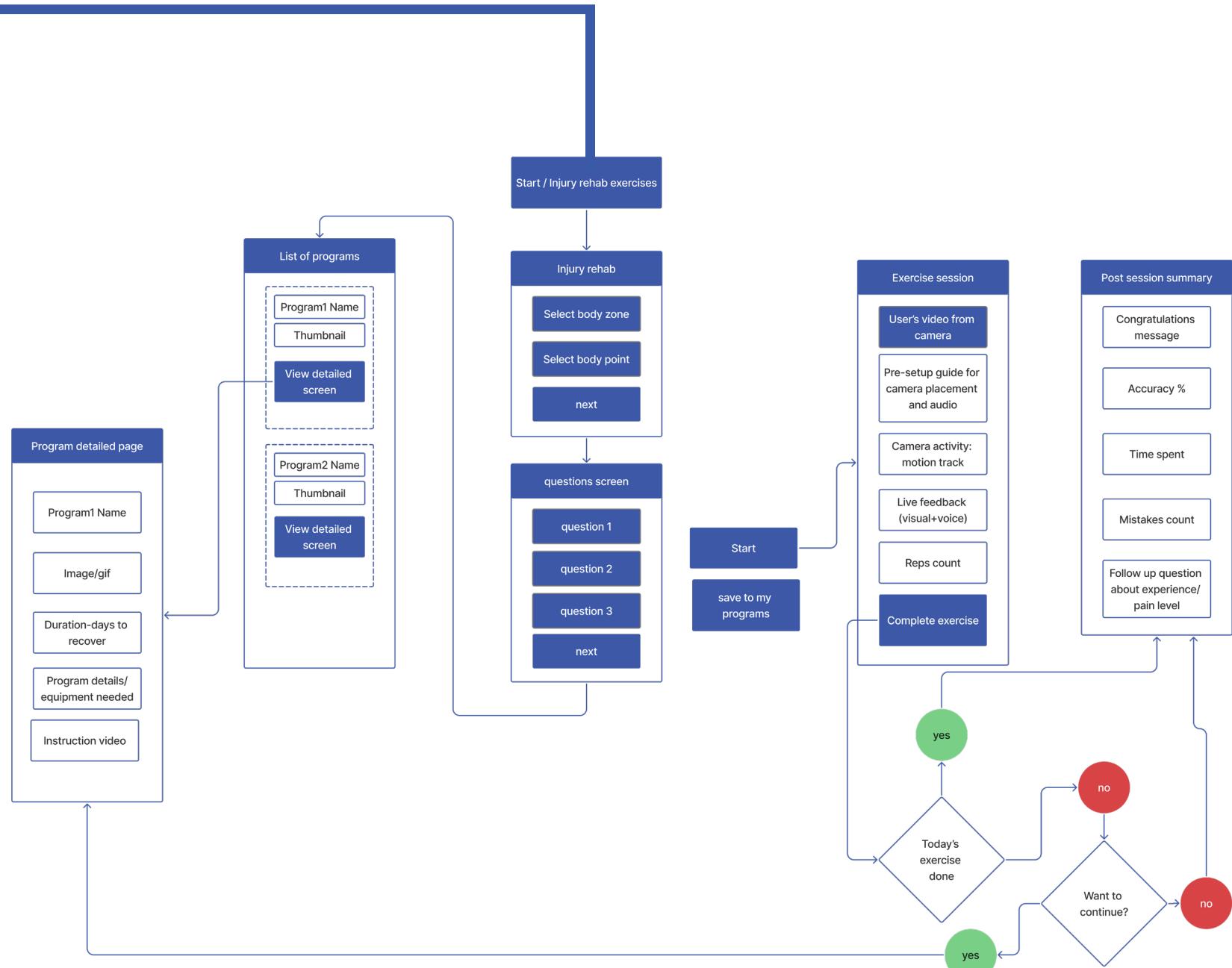
Goal

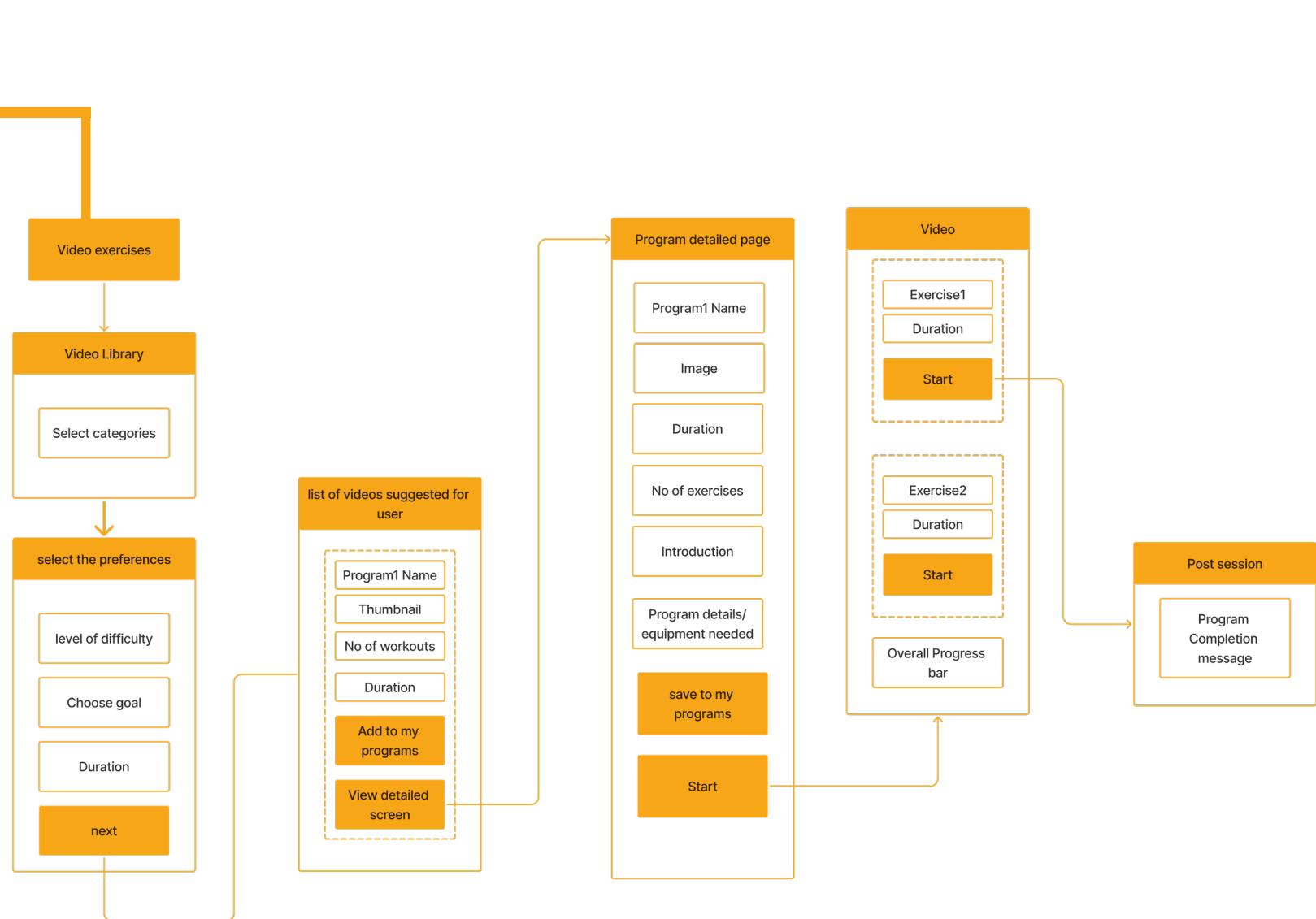
- Stay mobile and independent
- Follow gentle routines safely
- Get spoken, step-by-step guidance
- Track her daily progress with simple visuals

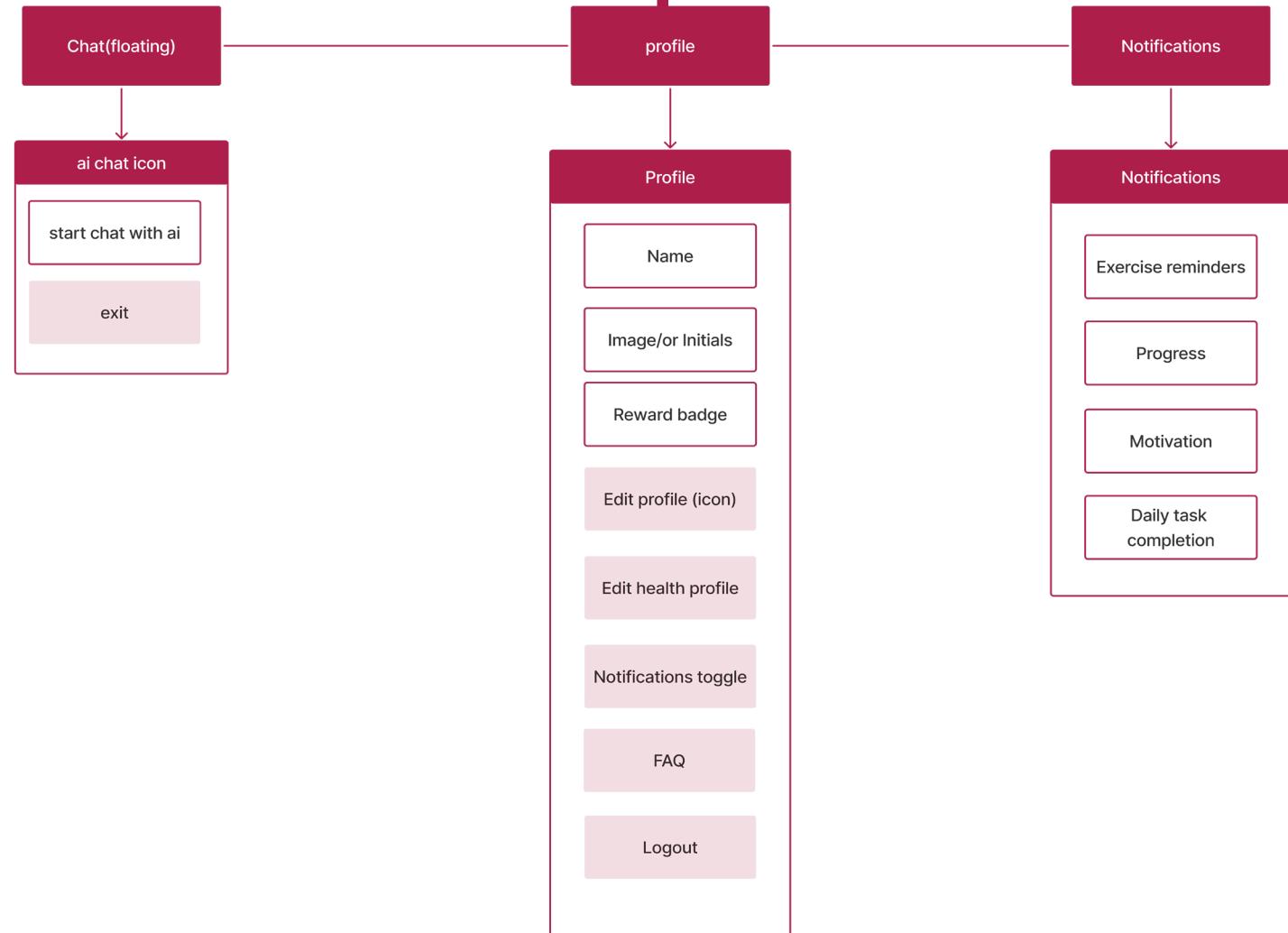


User flow











Branding

The Kyntra logo is designed to reflect movement, healing, and connection—core ideas behind what the platform stands for. The most distinctive part of the logo is the “K,” which is shaped like a person in a stretching or side-lunge pose. This design choice wasn’t just for style; it visually communicates that Kyntra is about physical recovery, movement therapy, and wellness. It gives the logo a human touch and creates an immediate association with exercise and body movement.



The letter “K” represent
“Kyntra”

The exercise represent the
Kyntra’s vision

Kyntra Logo





Logo Usage

Exclusion zone

The Logo and the icon's exclusion zone is equal to half the height of the icon (marked as x in the diagram)



Minimum size

To ensure the logo remains clear, readable, and recognizable across all platforms, a minimum size is defined.



Kyntra logo should never be smaller than 100px in mobile
and 25mm in print

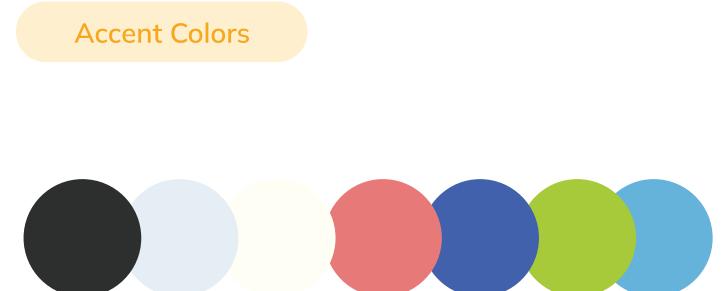
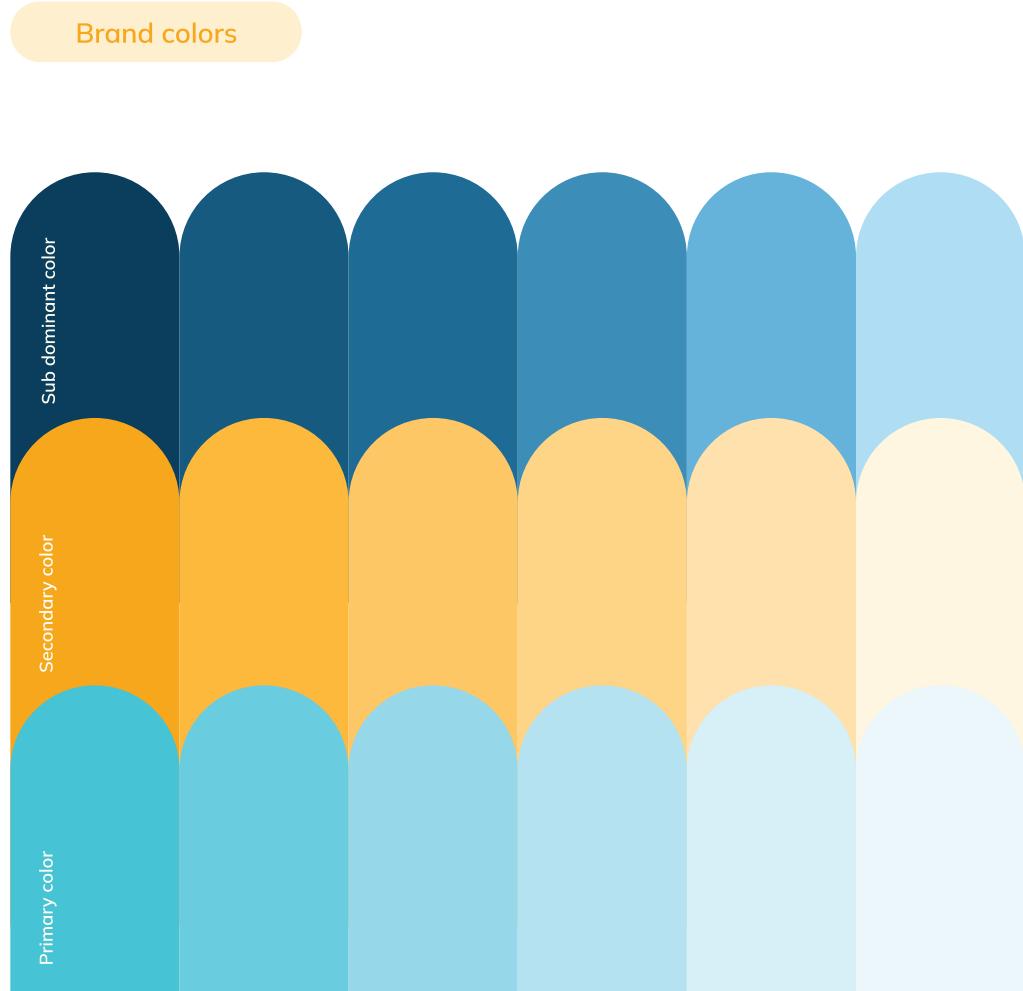


Kyntra Icon should never be smaller
than 24px in mobile





Color Palette



Accent Colors

Turquoise Blue - It represents calm, clarity, and hope feelings that are important when someone is recovering from an injury

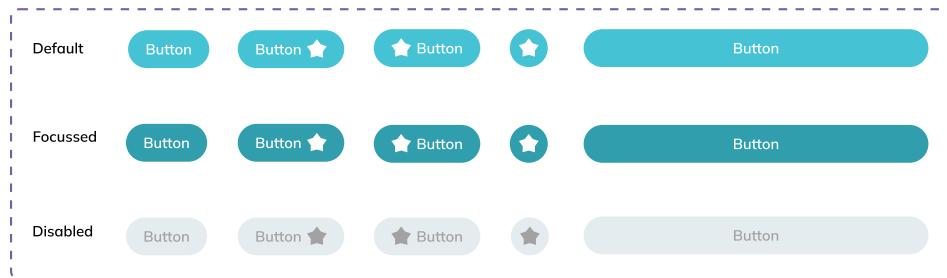
Amber - Brings energy and positivity to the mix. It adds warmth and motivation, much like a supportive coach.

Midnight Blue - Gives the brand a sense of seriousness and confidence, which is important in any health-related service.

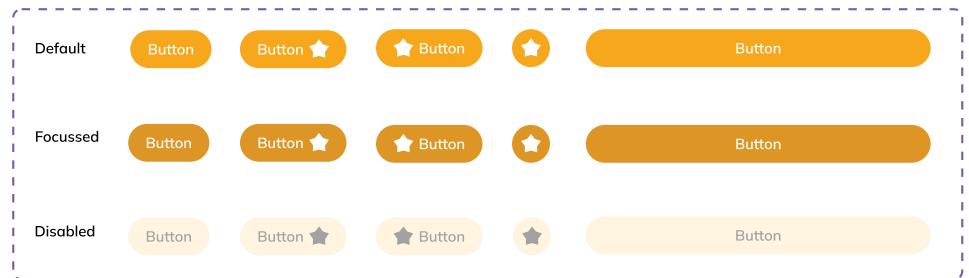


UI Kit

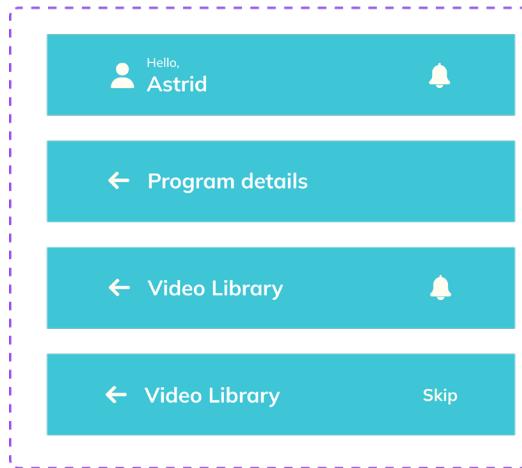
Primary - buttons



Secondary - buttons



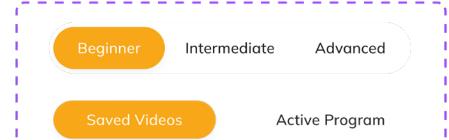
Header



Navigation



Tabs



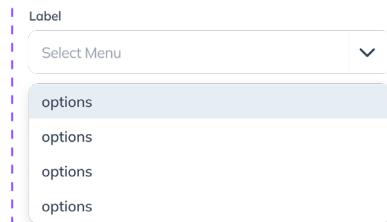
Check box-1

- label
- label
- label
- label

Radio Buttons

- label
- label
- label
- label

Drop down

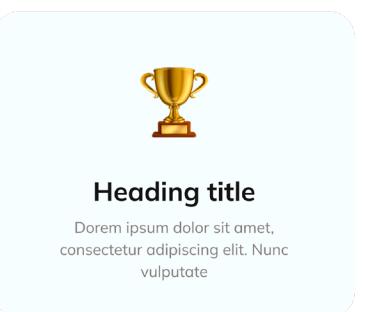
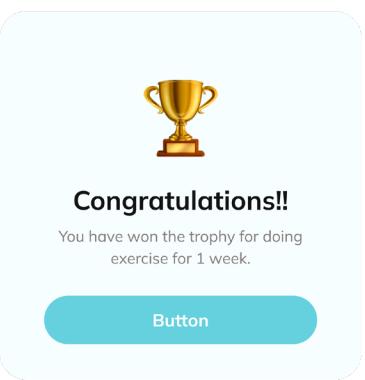
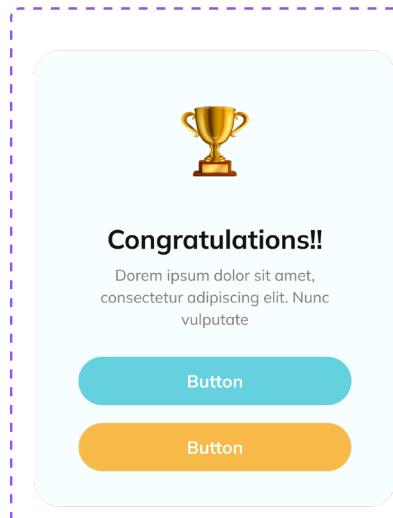


Toggle

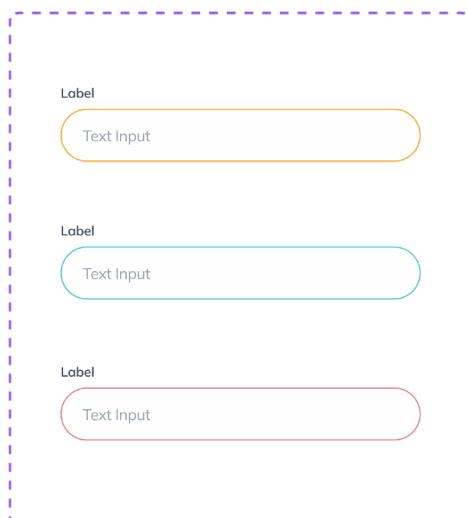




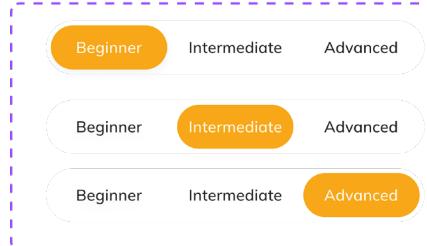
Popups



Form



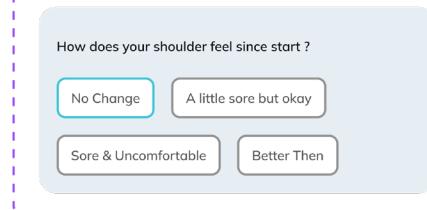
Tabs



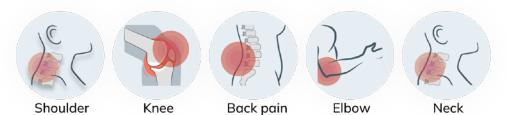
Snackbar/ Toast



Checkbox style- 2

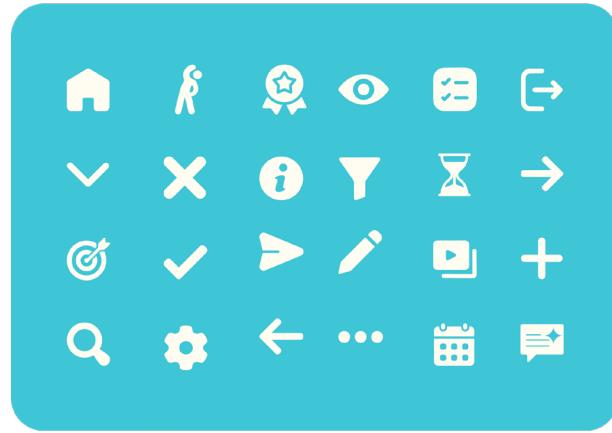
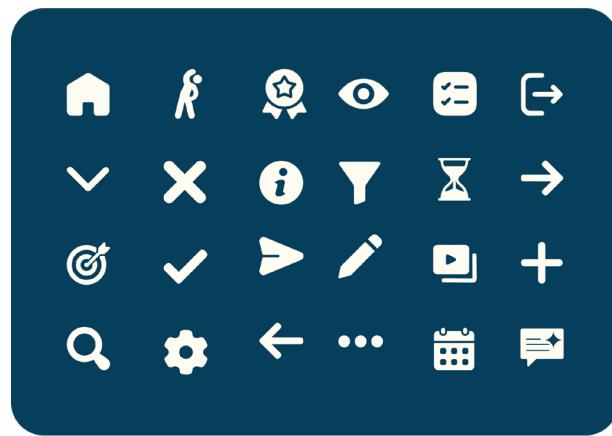


Radio Button style- 2





Icons



Illustrations - Badges



Illustrations - onboarding





Typography

Aa

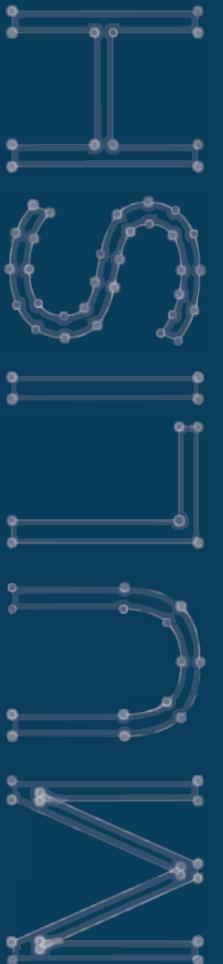
Mulish

Characters

A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z a b c
d e f g h i j k l m n o p q r s t u
v w x y z
0 1 2 3 4 5 6 7 8 9 ! @ # \$
% ^ & * () _ + = - / ? < > | \
~ ` { } []

Mulish ►

Regular
Medium
Semibold
Bold





Mulish

San serif

Heading Style

Heading 1

Heading 1, Mulish, Bold, 36px

Heading 2

Heading 2, Mulish, Bold, 24px

Heading 3

Heading 3, Mulish, Bold, 20px

Heading 4

Heading 4, Mulish, Bold, 18px

Titles

Title, Mulish, Bold, 16px

Body Style

Body Text 1

Body text 1, Mulish, Regular, 14px, line height 20

Body Text 2

Body Text 2, Mulish, Semibold, 14px, line height 20

Button Style

Button 1

Button text 1, Mulish, Regular, 16px

Button 2

Button Text 2, Mulish, Semibold, 14px

Tabs

Tabs Text , Mulish, Semibold, 14px

Caption Style

Caption 1

Caption text 1, Mulish, Medium, 12px

Caption 1.1

Caption text 1.1, Mulish, Bold, 12px

Caption 2

Caption Text 2, Mulish, Medium, 10px

Caption2.2

Caption Text 2.2, Mulish, Bold, 10px

Warning, Message

Warning Message, Mulish, Medium, 12px

Labels Style

Label

Label text 1, Mulish, Semibold, 12px, line height 18

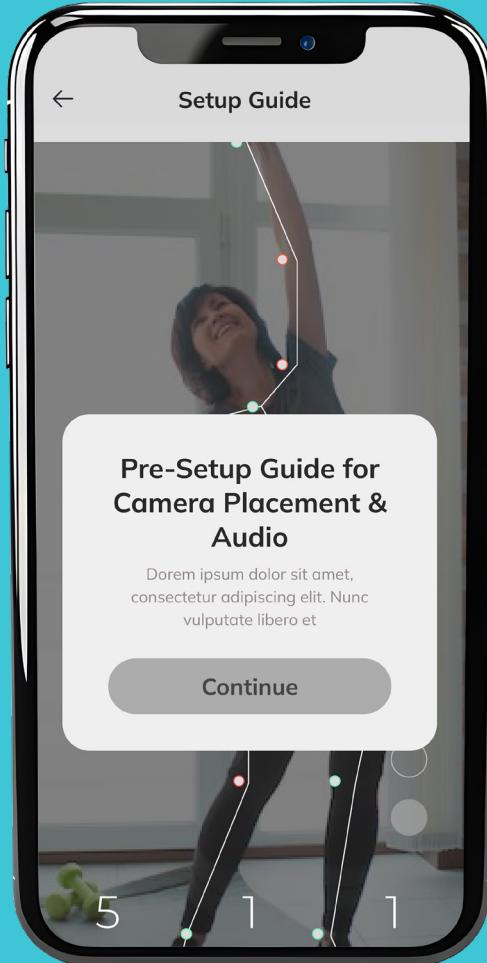
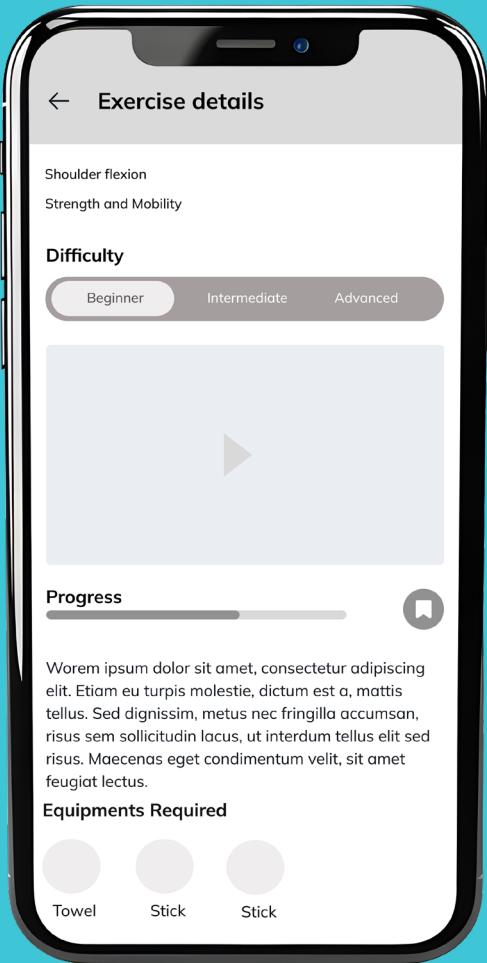
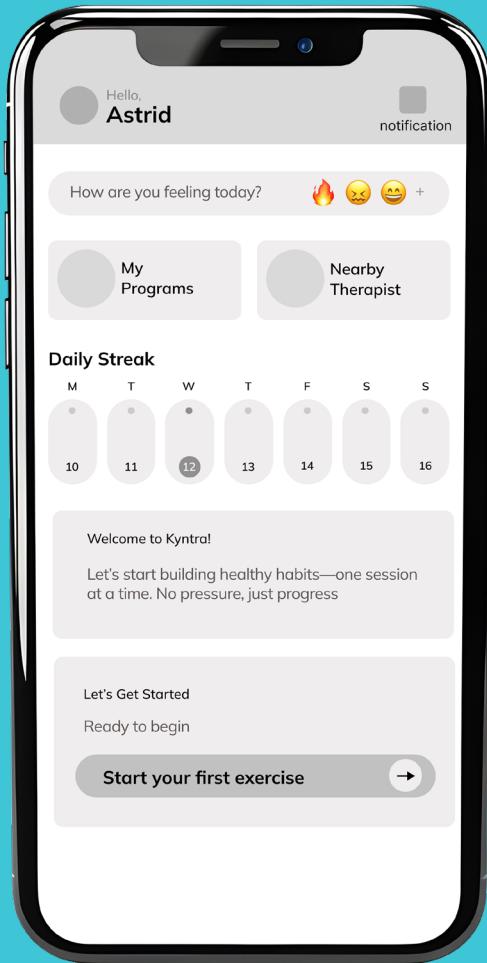
Placeholder

Placeholder text 1, Mulish, Regular, 14px, line height 17

Text Input

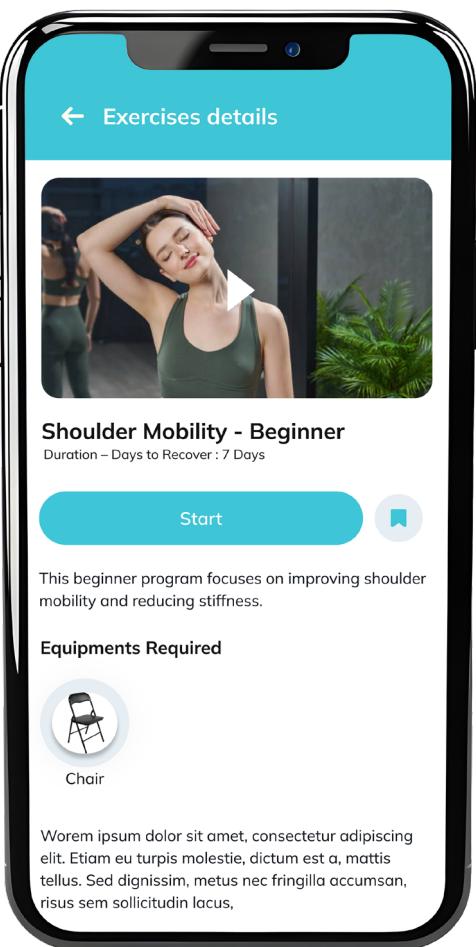
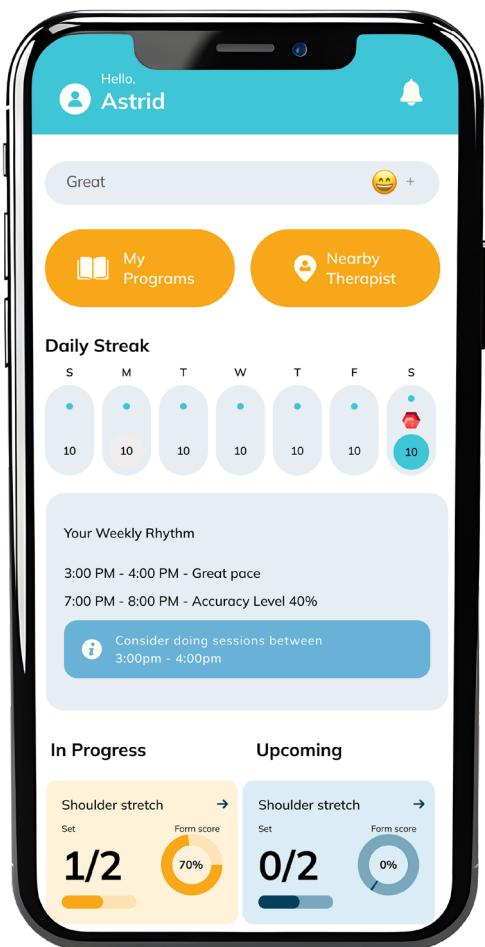
Text Input, Mulish, Medium, 14px, line height 17

Wireframes





Mockups



Project Proposal- Kyntra



Business Model

Kyntra Solo

Free

- ✓ Real-time motion tracking
- ✓ Access to exercise video library
- ✓ Daily check-ins & progress tracking
- ✓ Nearby therapist locator
- ✗ No observer/monitor access

Basic

Kyntra Support

\$15/mo

Includes everything in Free plus

- ✓ All features in Kyntra Solo
- ✓ Add 1 observer (family, friend, caregiver)
- ✓ Observer can:
 - View daily progress
 - Get alerts for missed sessions
 - Receive weekly summary reports

Premium



Meet The Team



Sourav Shetty

Full Stack Developer

/sourav-s-shetty



Venkatesh

Full Stack Developer

/venkatesh-pothamsetty



JASPREET SINGH

Full Stack Developer

/jaspreet-singh



Surbhi Nayyar

UI/UX Designer

/surbhi-nayyar



Mashiur Rahman

UI/UX Designer

/mashiur-rahaman



Adila Nazar

UI/UX Designer

/adila-nazar



Kartik Bhandari

UI/UX Designer

/kartik-bhandari



Tomohiro Yamamoto

UI/UX Designer

/tomohiro-yamamoto



Dhawal Kumar

UI/UX Designer

/dhaval-paghada



Kyntra - Guided
Recovery, Your Way





Capstone Project

Designed and Developed by
Team Scrambles

Project Instructor
Tyler Higgs





Langara.

THE COLLEGE OF HIGHER LEARNING.

snəweyəť leləm̓.

THE COLLEGE OF HIGHER LEARNING.

