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| Stakeholder | Interest/Power | Category(Explanation) |
| Users (General Public) | High Interest / Low Power | **Supportive** – They are the primary beneficiaries. They want a user-friendly, effective app. |
| Fitness Trainers | High Interest / Medium Power | **Supportive –** They may provide content and gain business from it. May also promote the app. |
| Investors / Sponsors | High Interest / High Power | **Leading** – Funding the project and may guide features and marketing to ensure profit. |
| Project Team (Developers, Designers) | High Interest / Medium Power | **Leading** – Actively working to build the app. Their input is vital to the project’s success. |
| Healthcare Experts | Medium Interest / Low Power | **Neutral** – Might be consulted for health advice but not directly involved in the app's function. |
| Government/Regulatory Bodies | Low Interest / High Power | **Resistant** – May impose regulations, especially regarding data privacy and fitness claims. |
| Marketing Team | High Interest / Medium Power | **Supportive** – Responsible for the app's visibility and outreach. Motivated by its success. |
| Tech Support / Customer Service | Medium Interest / Low Power | **Supportive –** Help users navigate issues and maintain satisfaction levels. |
| Fitness Influencers | High Interest / Medium Power | **Leading –** Can influence app adoption through promotion and partnerships. |
| Competitors (Other Fitness Apps) | High Interest / Medium Power | **Resistant** – Aware of the project, may try to react to maintain their market position. |