

What is SmartFit?

SmartFit is a personalized fitness app that integrates your health data from apps like the iOS Health app, and uses artificial intelligence to create custom workout routines and diet plans tailored to your unique health profile.

More About SmartFit

SmartFit is the ultimate personalized fitness solution designed to revolutionize your health journey. By seamlessly integrating your health data from popular apps like the iOS Health app, SmartFit uses artificial intelligence to create custom workout routines and diet plans specifically tailored to your unique health profile. Whether you're aiming to lose weight, build muscle, or simply maintain a healthy lifestyle, SmartFit ensures you achieve your fitness goals more efficiently and effectively. With real-time updates and adjustments based on your progress, SmartFit provides a dynamic and adaptive approach to personal fitness.

Personas

Sarah, F39, Marketing Manager

Sarah works long hours and struggles to find time for exercise and meal planning, so SmartFit provides efficient workout routines and easy-to-prepare meal plans tailored to her busy schedule and health data.

Mark, M25, Graduate Student / Fitness Enthusiast

Mark aims to compete in triathlons and uses multiple health apps to track his performance, so SmartFit consolidates his data and offers personalized training and nutrition plans all in one place to optimize his performance.

Linda, F24, Software Developer

Linda wants to focus on maintaining her health while working from home and uses several convoluted apps to monitor her activity and diet, so SmartFit provides personalized exercise routines and dietary advice based on her health data to help her stay active and healthy.

COMPS: MyFitnessPal, Noom, FitbitPremium