

# FitFlex: Your Personal Fitness Companion

## Ideation Phase

### Empathize & Discover

Date	31 January 2025
Team ID	SWTID1741280354158006
Project Name	FitFlex: Your Personal Fitness Companion
Maximum Marks	4 Marks

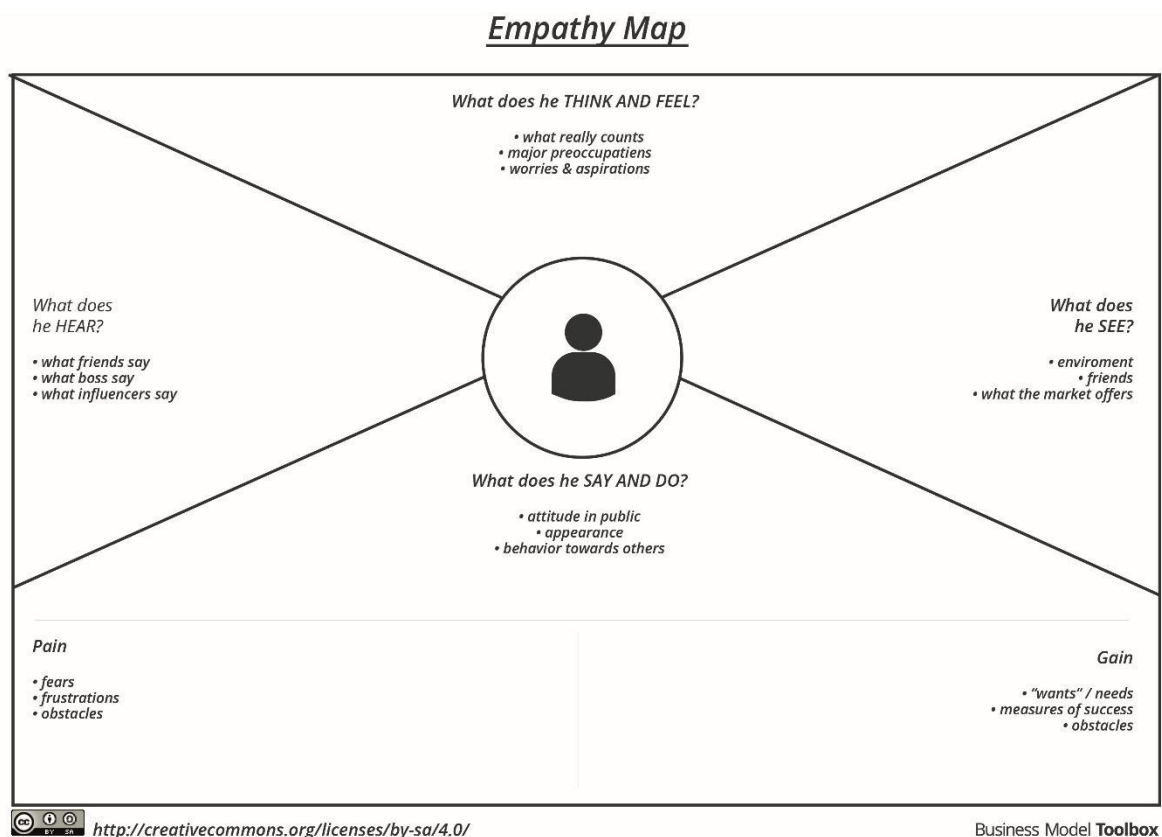
### Empathy Map Canvas:

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviours and attitudes.

It is a useful tool to help teams better understand their users.

Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

### Example:



Reference: <https://www.mural.co/templates/empathy-map-canvas>



### Says

What have we heard them say?  
What can we imagine them saying?

I want to track my workouts easily.



### Thinks

What are their wants, needs, hopes, and dreams?  
What other thoughts might influence their behavior?

Am I making progress?



**Shivani Kapoor**  
Fitness Enthusiast

Logs workouts, checks trends, looks for motivation.

Excited when progress is visible, discouraged if not.



### Does

What behavior have we observed?  
What can we imagine them doing?



### Feels

What are their fears, frustrations, and anxieties?  
What other feelings might influence their behavior?

[See an example](#)