**Introduction**

ForFit is a new way to workout. Over the past year, just about 55% of Americans exercised regularly. ForFit is a way to connect you to your friend, family, and other exercise enthusiasts in your area. These exercises can range from traditional bike riding and swimming to newer forms of exercise such as parkour and yoga. ForFit encourages group activity and connection so that workouts are never dull and so that users will be continually motivated and pushed toward their workout goals.