

## Gym/Fitness App: "Fitfinity"

**Objective:** The objective of this application will be to help people on their fitness journey. This will be exclusively for members of the gym "Fitfinity" and it will show gym members how crowded the gym is at the time for people who have anxiety about going to crowded gyms.

**App Requirements:** This app will include an Account/Log In page, a private customizable profile page, private food diary page, and a private fitness planner page. There will also be a page to check in to the gym and a page with access to see how many people are checked into the gym at the current time, but not who is checked into the page to preserve membership privacy.

### Functionality/User Task List:

- User can create an account; user must have a gym membership at Fitfinity. Membership # required for the account.
- Check In/Out See how many people are currently checked in. App requires location access when checking in. Gym members must check in at the door.
- add/edit/delete Private health profile of weight/height/weight loss goals
- add/edit/delete Private Food Diary
- add/edit/delete Private Fitness Planner Info -- Examples:

### Fitness Planner

Exercise	Set	Rep	Time

Cardio	Calory	Distance	Time



### Personal Workout Calendar

www.fastfitness.co

MONDAY	40-60 minutes of running/jogging Arms, back and chest
TUESDAY	Core and glutes Stretching and yoga
WEDNESDAY	Interval running/hills Arms, chest and back
THURSDAY	Core and glutes 20 minutes running Stretch
FRIDAY	40-60 minutes of running Stretch
SATURDAY	Full body HIIT
SUNDAY	Rest Day Stretch and hydrate