Group: Huawei Nova 7i

Project name: Fitnote

Overview:

Personal health and well-being are substantially impacted by the widespread issue of a lack of discipline in maintaining a consistent fitness routine. Many individuals begin their fitness voyage with motivation, but they frequently encounter difficulty maintaining consistency as a result of their busy schedules, lack of structure, or uncertainty regarding the appropriate workouts to follow. This inconsistency can result in weight gain, diminished vitality, poor mental health, and an elevated risk of lifestyle-related diseases. People frequently lack a system that enables them to track their progress in a meaningful manner and maintains accountability, despite the availability of fitness resources.

FitNote is a mobile fitness application that has been specifically developed to solve this particular issue. It is designed to help users develop workout discipline by providing structured planning, progress tracking, and simple access to personalized fitness routines.

Target Users:

* Beginner fitness users who require motivation and structure.
* Intermediate users who wish to organize and monitor their exercises.
* Busy professionals who require routines that are both efficient and rapid.
* Individuals who engage in home workouts with inadequate apparatus.
* Coaches or trainers who supervise client routines.

Characteristics of the Tasks Performed by Users

* Create personalized workout plans.
* Track sets, reps, weights, and workout time.
* Access instructional exercise content.
* Schedule workouts and receive reminders.
* Log completed routines and review progress.

Characteristics of the Task Environment

* Workout builder for custom routines.
* Exercise library with visual and written guides.
* Progress tracking dashboard (sets, reps, weight).
* User profile for preferences and saved data.

What Criteria Should Be Used to Judge Success

* High usability and intuitive navigation.
* Effective support for core fitness tasks.
* Strong user engagement and retention.
* Accurate workout tracking and data integrity.
* Positive feedback and satisfaction ratings.
* Versatility across fitness levels and goals.

What Constraints Will Be Placed on the Design?

* Inclusive interface for all fitness levels.
* Fast task completion
* Secure handling of personal fitness data.