Title: Exercise Routine Planning Tool

Problem Background:

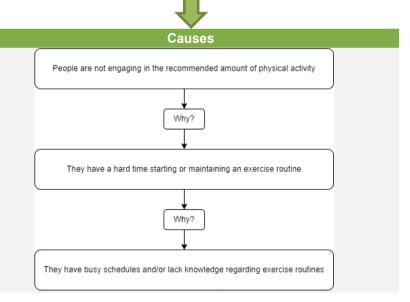
According to the CDC, more than 60% of adults in the U.S. States do not engage in the recommended amount of physical activity.

Many adults do not follow an exercise routine due to a busy work schedule or not being able to afford a gym membership/equipment.



Target:

The goal is to create a web/mobile application that helps people organize an exercise routine based on their availability and the equipment they have. The application will work as a calendar that contains a list of exercises to perform on specific days. In addition, visual guides will be available for each type of exercise.



Name: Gabriel Figueroa Date: 1/26/2023

Proposed Countermeasure(s):

- 1. Provide a calendar with training events on days that fit the individual's availability.
- 2. Provide a list of exercises that target specific groups of muscles depending on the day of the week.
- 3. Provide visual guides and/or tutorial videos about the assigned exercises for educational purposes, and also provide alternative versions of the exercises.
- 4. Let users register the amount of weight and repetitions they worked with.
- 5. Let users keep track of how many consecutive days they've worked out.
- 6. Let users update their current weight on the app in order to keep track of progress



Check / Evaluate:

If the user demonstrates consistent usage of the app then it can be considered a success because it shows the user has started and maintained an exercise routine.

A decline in the user's usage of the app can be considered a failure, as it shows that the user did not engage in an exercise routine.



Act / Standardize:

Keep the platform updated and add features to appeal to a larger audience.

User feedback will be taken into consideration and implemented if needed.