

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.



Causes

People are not engaging in the recommended amount of physical activity

Why?

They have a hard time starting or maintaining an exercise routine

Why?

They have busy schedules and/or lack knowledge regarding exercise routines

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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.