Due to the busy schedule parents manage, this app will come with an advanced notification system which will remind the user multiple times throughout the day. However, instead of repetitive or even at times irritating notifications, these notifications will have inspirational and motivational quotes. These inspirational quotes may spark in the users the motivation they need to start the workout despite being tired or busy. Users have the choice to pre-set their workout times and the notifications will start ringing before the set time to stimulate the users before the workout begins. Notifications will also be sent when the workout has been scheduled for so the user will not forget to start their workout. Notifications will also include the progress of the user, including commendation for their achievements and a reminder how close they are towards reaching their next goal. Versatile Fitness app will include a goal system which will be created by how many days and the duration they exercise for. Consecutive days of workout will boost the points higher helping them to complete a level. The difficulty of the workouts will increase gradually with the intensity of the workout and how many times they workout.

Users can decide to make their progress and achievements private or public and share it on the forum available to all users. The purpose of this forum will be for users to share their progress with everyone and encourage each other to keep going. Users can interact with each other about their challenges and struggles, how they have overcome such challenge, what schedule works for them or what doesn’t and have the option share workout videos with themselves and their children. This could motivate other parents who are starting off or going through a slump to pick up and continue. Further, this forum could promote the fun sides of workouts, especially participating with children together. Workouts will have an automatic save function when each workout is completed as well as the user’s progress. If the user decides to create an account, they can save their progress onto the cloud storage to back it up. This means the user can use multiple devices with their account and keep their progress. Also, if the user loses the data on their app, since the cloud storage will still have the data that was saved, the user can restore their lost data at any time.