**Outcome**

As previously mentioned, many parents choose to neglect fitness within their busy schedules and find it difficult to create and maintain a workout routine. Also, as much as fitness is important for parents promoting a healthier lifestyle it is important to children in developing their personality. Hence, if this project is successful, busy parents could use this app to achieve their fitness goals, step by step, whether it be weight loss, being more active, or adding to their current exercise routines so they could spend more time with their kids. Parents will not feel the pressure to be away from their children, especially if they are younger in age, to exercise. Rather, this app will encourage parents to exercise in the space and time they have, and the equipment available to them while spending time with their children. The features of this app will assist in eliminating the original problems of time limitations or motivation to become more active and start exercising. We believe the overall impact will be more active parents that are less sedentary, healthier, and happier with their body image. This in turn will promote children to be more active and will support a healthy home environment.