**Motivation**

A current study concluded that only 17.6% of parents exercised regularly, this can be attributed to many factors, the biggest one being parents saying they would prefer to spend their free time interacting with their children (Sukys et al. 2014). As cited by Samataro (2015), a recent study from the University of Pittsburgh revealed that couples or singles without children were less sedentary than parents. This is a problem as children’s fitness levels, which are vitally important to their personality development, are closely attributed to their parent’s exercise habits (Sukys et al. 2014). Samataro (2015) believes this issue is due to the commitments, prioritisation, and unpredictability of parenting. This results in parents finding it difficult to create and maintain a schedule, often neglecting exercise. Our project offers a solution by providing a time-effective workout routine with varying intensities that can include children. The features of the app will allow parents to easily slot exercise into their busy days and help provide motivation through motivational quotes/pictures, and an advanced notification system. The biggest drawback I foresee is visibility, there are currently similar apps, and they may not have all the same features, but they have been in the market for a while, making it harder to convince people that our app will be beneficial.

**Reference List:**

Sarnataro, B 2021, *Parents Who Exercise: Overcoming the Challenges*, WebMD LLC, viewed 2 December 2021, <<https://www.webmd.com/fitness-exercise/features/parents-who-exercise-overcoming-the-challenges#1>>.

Sukys, S, Karanauskiene, D, Cesnaitiene, V & Karanauskiene, D 2021, *Do Parents’ Exercise Habits Predict 13–18-Year-Old Adolescents’ Involvement in Sport?*, Journal of Sports Science & Medicine, viewed 2 December 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4126287/>.