

# **Fitness App**

**Target users: Daily usage fitness track users**

**Who is using the app?**

- Age group target: 18-45
- Monitoring purposes for keeping track of daily fitness routine
- Gender: Male users
- Personal purposes
- Fitness Enthusiasts individuals who actively work out and want to monitor performance.
- Beginner people just starting their fitness journey and seeking guidance.
- Working Professionals those with limited time looking for flexible workout schedules.
- Health-Conscious Individuals users aiming to maintain a healthy lifestyle through diet and exercise.

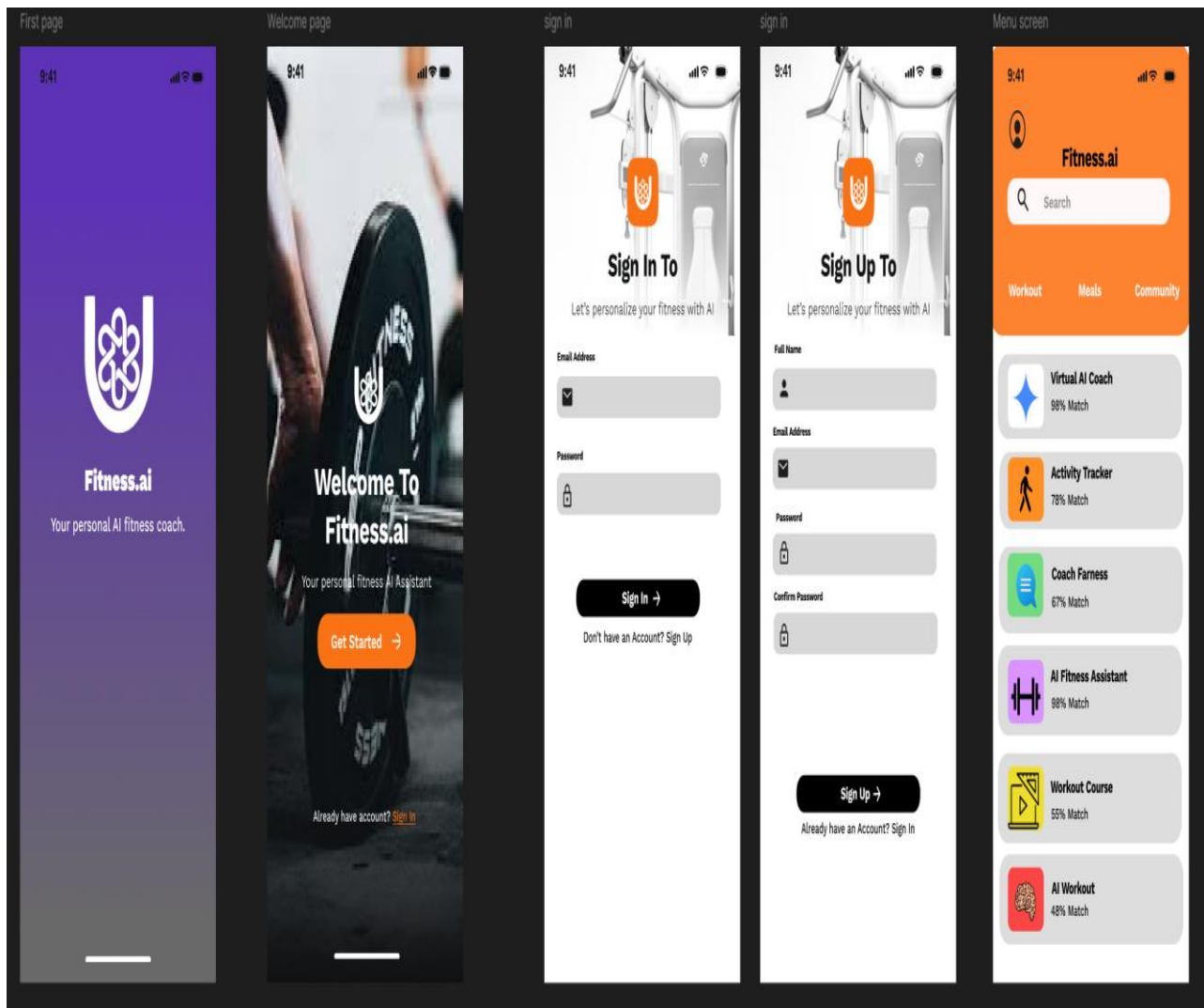
**What main action should they achieve?**

- Can achieve healthy life style by keep tracking the record
- Helps keep organized
- Mainly helps achieve the target set

**Problem Statement:**

- Many people struggle to maintain consistency in their fitness routines.
- Lack of personalized guidance often leads to poor progress and loss of motivation.
- Busy lifestyles make it difficult to track workouts and nutrition manually.

- Existing apps focus on isolated features (only diet or workouts) — users need a unified, all-in-one solution.



Designs screen of fitness app