

- Partner talks about not having a background in software but in IT project management
 - Expresses openness to whatever tech stack works best
- Need to sign NDA before viewing more of their own work
- Idea of weekly sprints
 - Usage of JIRA recommended by partner
- Existing gym apps don't take into account if you don't have an injury
- Physiotherapists often have difficulty sharing exercises that work within these constraints
- Phase 1: Being able to do your physio routine at the Gym as opposed to doing it at home while being injured
- Focus on back, shoulder, knee injuries
- Doing research of common apps that do a good job of intake
- Then asking what is your injury, or what muscle group you want to avoid
- Looking to exclude, stretch, or strengthen, then matched with flow of exercises 10, 20, 30 minute routines
- Using AI body/model/cartoon that highlights how to do the exercise and muscle group being used
 - Also giving recommendations on common exercise errors
 - Won't see the user live
- A way to log your exercises
- Currently an app
- Choice of building on top of existing work or starting from scratch
- Have a database in the backend
- Partner has AWS account (potentially for database)
- No preference for web vs mobile app
- Existing work: HTML + CSS front end, MySQL database, [Node.js](#)
- Wants to see a plan that will be approved before code is shared
- Idea of using AI to generate exercises but needs to be double checked
- Combined approach of AI + database when not enough info on relevant exercises?
- Hard to meet for next 2 weeks (until June 8)
- Existing work will be shared by tonight?
- Using Google to write documents

(all of above is phase 1)

- Future expansion involves working with physiotherapists
- Gamifying it