

MAD: FitCheck Documentation

Application name:

FitCheck

Rationale:

The FitCheck app is designed for everyone seeking to enhance their lifestyle. This android mobile application offers a quick evaluation of essential aspects like BMI, flexibility, cardiovascular endurance, and strength. The rationale is straightforward – to prompt individuals to assess their fitness. By taking the test, users receive a clear conclusion about their current fitness status, enabling them to make informed decisions for improvement and overall well-being.

Features:

1. **Physical Fitness Test (PFT):** The system guides users through the Physical Fitness Test (PFT) with detailed instructions, including the flow of exercises. Then the users perform the prescribed exercises and input their results into the app.
2. **Score Analysis:** The system checks how you're doing in different fitness areas like BMI, flexibility, endurance, and strength. It breaks down your scores for each exercise and gives you a clear summary, helping you see where you can improve or what you're doing great at.
3. **Exercise recommendations:** The system suggests simple home exercises tailored to each fitness area, enabling users to focus on specific areas for improvement.

Target users:

Fitness seeker: The system is primarily designed for users who are looking for an easy and personalized way to assess and enhance their physical fitness, making it accessible and beneficial for individuals of varying fitness levels and goals.

Importance and Novelty of the Application

The importance and novelty of this application lie in its ability to seamlessly integrate health assessment into busy lifestyles. By offering a user-friendly platform for individuals keen on improving their physical fitness, the app becomes a valuable tool for promoting overall well-being. Its novelty lies in the combination of clear fitness tests, personalized recommendations, and an accessible retesting feature, providing users with a holistic and engaging approach to enhance their health-related physical fitness conveniently. This unique blend makes the app an essential and innovative companion for those striving to lead healthier lifestyles in today's fast-paced world.