

Hurdles:

Funding for the application, will it be free?

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How would I program a database of different foods.

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Many similar products are already out there, how would I market this?

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How would I structure the app/website, servers, and ui?

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Product Ideas:

Free Downloadable app for a mobile phone

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A smart watch that can also track vitals, and other progress

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A website/download for computers, phones, or even smart mirrors.

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Smart headphones, that can track vitals, and calculate how many more reps to finish a set

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Promotions:

Membrships, or passes

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Locking certain features behind a pay wall

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Having ads in the app

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Accepting donations for those willing to pay, or maybe a go fund me

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Basic Features:

Saved personal records for lifts

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The ability to plan out workouts

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The ability to added custom/specific excercises

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The ability to make accurate predictions of caloric intake, and weight need to increase/decrease body weight and personal records

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Social Media Presense:

Could have its own social media aspect, like strava

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Could make deals with social media creators to sponsor

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Could collaborate with fitness organizations

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Could collaborate with universities, or clubs at the universities.

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