

## Flexx - Fitness App - Vision Statement

Flexx is a personalised fitness progress tracking app that offers a simple solution for individuals to achieve their fitness goals by providing personalised workout plans and tracking progress.

Flexx is a standalone java application that takes in personal information from users such as height, weight, current fitness goals, workout experience, and time available to work out. With this information, we can then choose the best workout plan and exercises for each individual user. After the user signs into the app and inputs their information, we can then begin tracking their progress by inputting their exercise time, intensity, weight lifted, and other relevant data. This data is then used to create visual progress reports, allowing users to see their progress over time and make any necessary adjustments to their workout plan.

In addition to tracking progress, Flexx also offers a feature where users can input their daily food intake and track their calorie intake. This allows users to see how their diet is affecting their progress and make any necessary adjustments to their nutrition plan.

The users of Flexx will most likely be people who are serious about working out or people who want to achieve certain goals in their fitness journey. The project is valuable because it offers a simple solution to easier progress in the gym by providing personalised workout plans and tracking progress.

Our success criteria will include A high level of user satisfaction with the personalised workout plans and progress tracking features. A significant increase in user progress and achievement of fitness goals. A high level of engagement and usage of the app by users. As well as, positive feedback and recommendations from users to their friends and family.