

## Flexx - Fitness App - Vision Statement

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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.

Flexx is committed to making fitness accessible to everyone, regardless of their current fitness level or experience. Our application is designed to provide a supportive and encouraging environment for users to achieve their goals. With the ability to track both their workout progress and nutrition, users can have a complete picture of their fitness journey and make informed decisions to reach their desired goals. By providing a comprehensive and personalised approach, Flexx helps users not only achieve their fitness goals but also maintain a healthy and active lifestyle. Flexx is dedicated to helping users achieve their goals through a simple and accessible solution.

The success of Flexx will be measured by four key criteria: user satisfaction with the applications personalised workout plans and progress tracking features, improvement in user fitness goals, high level of user engagement and usage and positive word of mouth recommendations from users to their friends and family. Our goal is to provide a simple solution for individuals to achieve their fitness goals and see tangible results through the use of Flexx.