

CSCE 190

Assignment Name: Storyboard

Group Name: FAB FIVE

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Fitness Connect

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Problem Statement:

The problem in today's fitness world consists of most people simply not knowing what to do. We want to solve that by creating an app that connects you to personal trainers and nutritionists that can not only help you achieve your fitness goal, but also help you correct your form and diet.

What is the Problem?

The problem we see is that most people who get into health and fitness do not approach it the right way. They go into the gym not knowing what to do or what muscle group to work out. The app is designed to help prevent injury with form and to help fill in the missing pieces in a workout plan.

Who is experiencing the problem?

The issue is not limited to one specific demographic. Beginners typically have limited understanding of how to build a workout plan or how to perform exercises. They may have goals but no idea where to begin to achieve them or generally feel intimidated going to the gym for the first time. For those who are more experienced, they already have a foundation of what exercises they are doing, but may need more guidance in achieving the next step or may be interested in switching areas of fitness (i.e. cardio to muscle building). There are many components to a healthy lifestyle that some people overlook, like diet, that affect people's progress.

Where does the problem present itself?

The problem for beginners presents itself with them having no understanding of how to successfully build their exercising plan. They have little to no guidance and research on exercising as there are many people who take in information but it could be from someone with different workout goals on what they want to reach. The problem for those more experienced is that they need guidance on what they want to achieve for the next step or have a new goal in mind that is different from what they are already accommodated to. On a whole, the problem may present itself on the nutrition side for both beginners and those who are experienced. Each person has different nutritional requirements for their goals and we want to be able to help those stay on track for their nutrition for their goals.

Why does it matter?

This problem matters because lack of knowledge about certain lifts and exercises can lead to injuries that can occur while using improper form. There is an abundance of people out there who would like to be able to receive feedback and guidance from professionals that can help but don't know where to start. Furthermore, diet is just as important if not more important than how you are working out. Not everyone is the same, a professional nutritionist will be able to

evaluate your personal dietary needs by assessing their health, exercise levels, sleep and food habits, etc.