Project Report

Title of Project:

FitGuide

Name of the Innovator:

Varun Singh

Start Date:

2023-10-23

End Date:

2023-10-26

Day 1: Empathise & Define

Step 1: Understanding the Need

Which problem am I trying to solve?

High-cost personal training and lack of structured, accessible fitness plans for beginners with varying goals.

Who is affected by this problem?

College students and working professionals who cannot afford expensive gym memberships or personal coaches.

How did I find out about this?

Interviews, Observation, AI Tools

Step 2: Problem Statement

Busy individuals lack access to instant, personalized fitness and nutrition guidance tailored to their specific physique goals and safety requirements.

Why is this problem important to solve?

Physical inactivity contributes to 6% of global deaths; a low-barrier digital tool can improve long-term health outcomes for urban populations.

Take-home task insights:

Most people give up on fitness not because of lack of effort, but because they are overwhelmed by contradictory information found online.

Day 2: Ideate

Step 3: List at least 5 different solutions:

1. A mobile app with video-based live gym coaching.

2. A static website listing general workout routines for everyone.

3. An AI-powered logic-based web platform providing instant personalized diet and workout plans based on user input.

4. A community forum where users share their own workout secrets.

5. A weekly newsletter service sending random fitness tips to subscribers.

Step 4: My favourite solution:

An AI-powered logic-based web platform providing instant personalized diet and workout plans based on user input.

Step 5: Why am I choosing this solution?

It offers the best balance of personalization, scalability, and ease of access without requiring high-bandwidth video streaming.

Day 3: Prototype & Test

Step 6: What will my solution look like?

A responsive web application featuring a landing page with a clear CTA, a comprehensive input form for physical metrics and goals, and a JavaScript-driven results engine that filters data to show a specific diet, workout routine, and safety warnings.

What AI tools will I need?

AI tools are required for generating structured fitness content, debugging code, and optimizing the user interface design.

Selected AI tools:

1. ChatGPT (Content Generation)

2. CodePen (Front-end Testing)

3. Canva (UI Elements)

4. Gamma.app (Presentation)

5. DeepL (Translation for Accessibility)

Step 7: Test - Getting Feedback

Who did I share my solution with?

A group of 5 college peers with different fitness levels (2 beginners, 2 intermediate, 1 athlete).

What works well:

The logic instantly categorizes goals and provides a clean, easy-to-read workout table.

What needs improvement:

The form needs better validation to prevent users from entering unrealistic body weight or age values.

Day 4: Showcase

Step 8: Final Project Title:

FitGuide: Logic-Driven Personal Health Assistant

1-Minute Pitch Summary:

FitGuide is a digital solution for the 70% of beginners who struggle with fitness planning. By using conditional JavaScript logic, the tool takes user data via an intuitive form to generate precise workout and diet regimes. Based on early feedback, we integrated safety disclaimers to ensure user well-being. This innovation democratizes personal training, making expert-level planning available for free to anyone with a browser.

Step 9: Reflections

What did I enjoy the most?

Designing the conditional logic that transforms a user's simple input into a comprehensive health plan.

What was my biggest challenge?

Ensuring the UI remained responsive and clean across different mobile screen sizes.

Project Link:

https://fitguide-quickstart.lovable.app