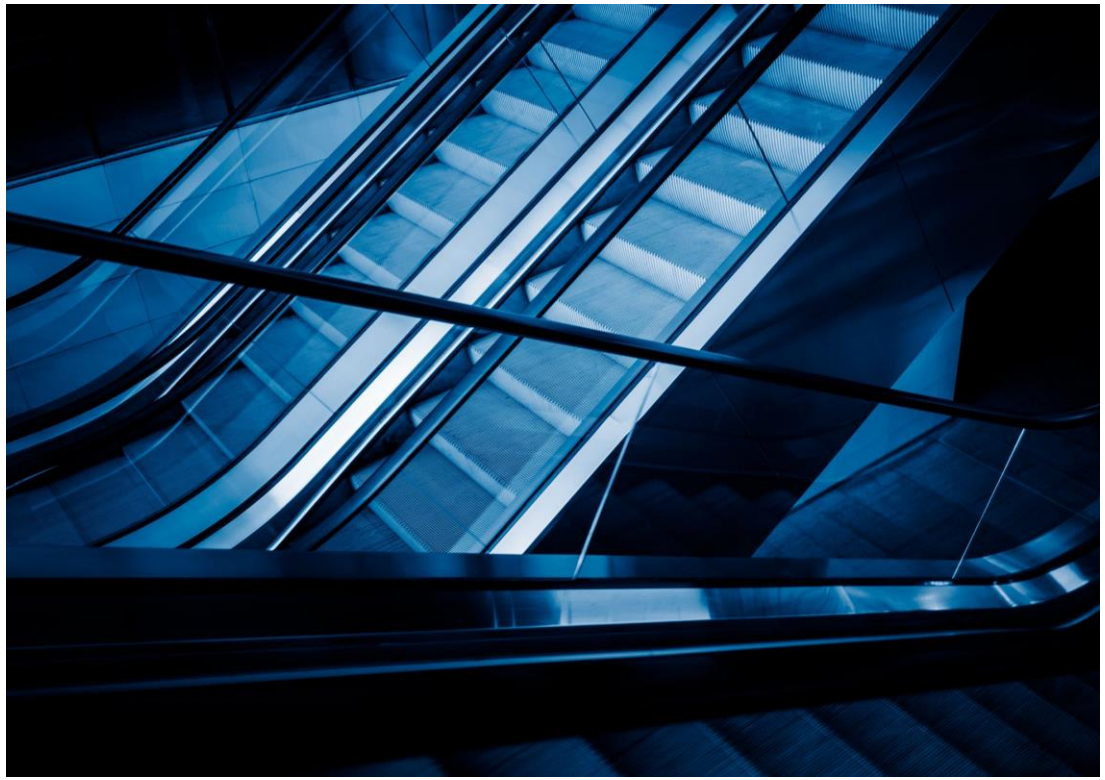
HEALTH4U

STEPPING STONES

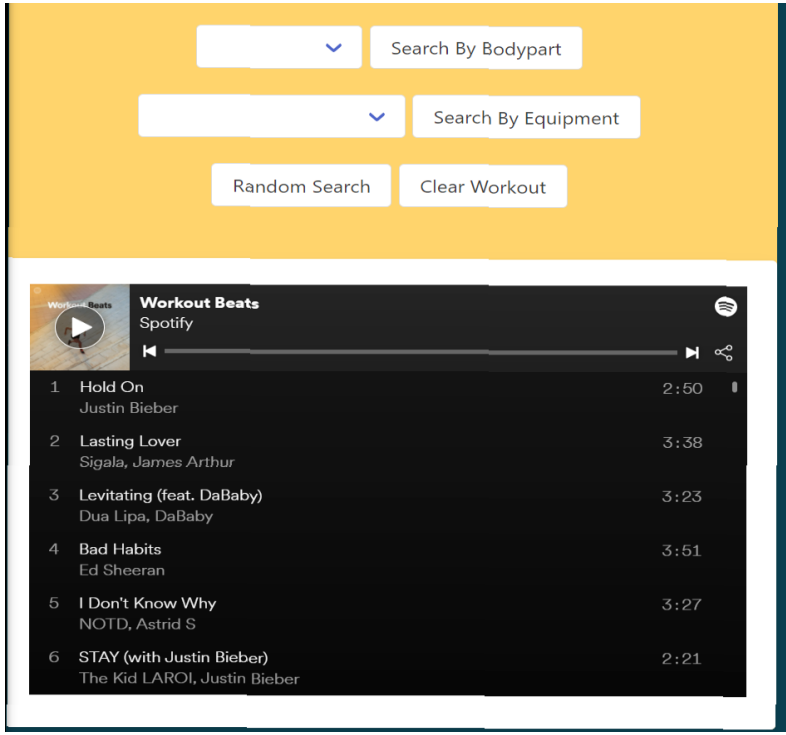


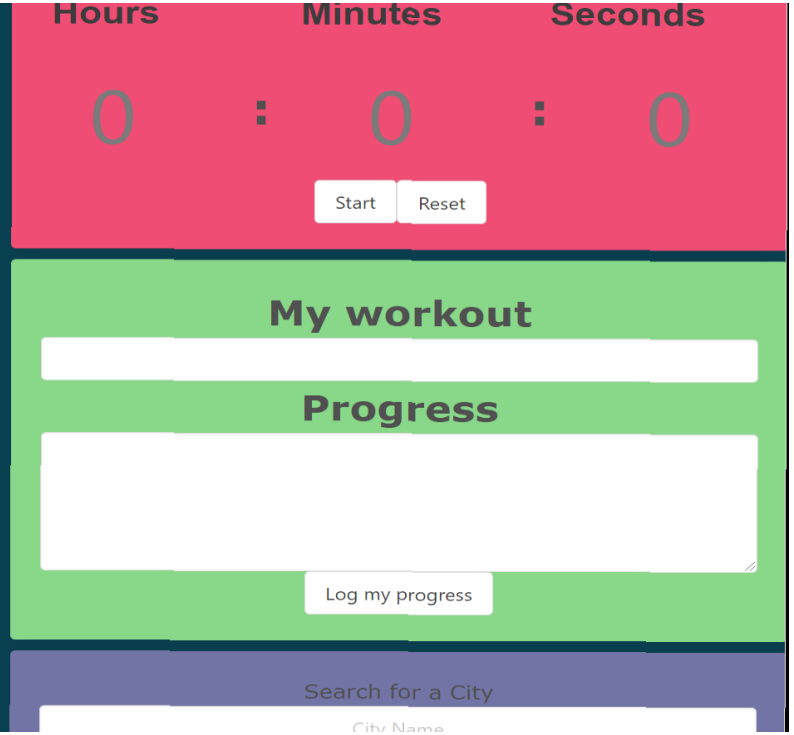
CONCEPT

- Description
- Motivation for development
- User story:
  - As an Active Adult (18+)
  - I want to create an app that allows the user to search for and track exercises
  - So that they can have a healthy lifestyle and can see progress

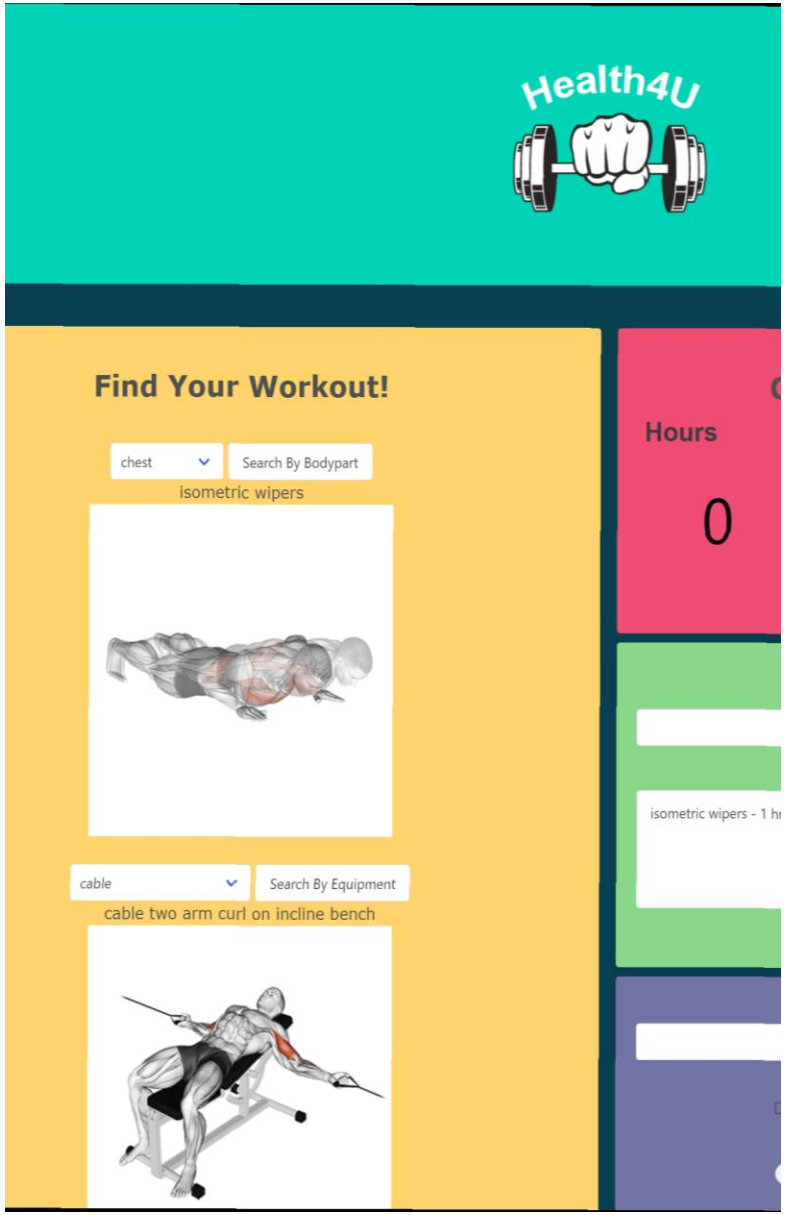
KICK PUSH:
THE PROCESS

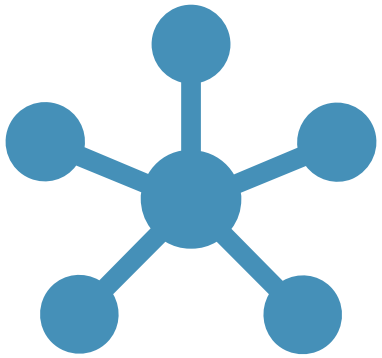
- Technologies used
- Breakdown of tasks and roles
- Challenges
- Successes


Search By Bodypart
Search By Equipment
Random Search
Clear Workout
Workout Beats
Spotify
1 Hold On 2:50
Justin Bieber
2 Lasting Lover 3:38
Sigala, James Arthur
3 Levitating (feat. DaBaby) 3:23
Dua Lipa, DaBaby
4 Bad Habits 3:51
Ed Sheeran
5 I Don't Know Why 3:27
NOTD, Astrid S
6 STAY (with Justin Bieber) 2:21
The Kid LAROI, Justin Bieber

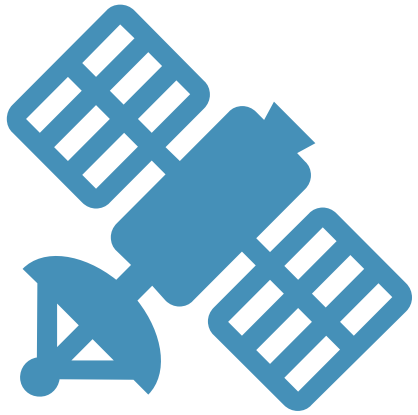

Hours
Minutes
Seconds
0 : 0 : 0
Start
Reset
My workout
Progress
Log my progress
Search for a City

DEMO

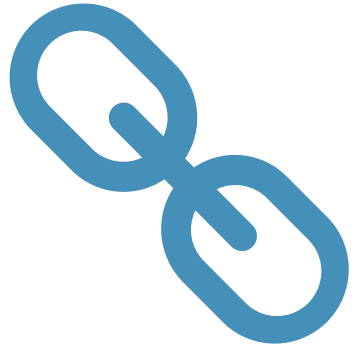

Health4U
Find Your Workout!
chest
Search By Bodypart
isometric wipers
cable
Search By Equipment
cable two arm curl on incline bench
Hours
0



Calorie counter



Google mapping



Connect with Friends

THE PLAN AHEAD

THANK YOU

LINKS

- Deployed

- https://sarahmaskill.github.io/health4u/

- Repo

https://github.com/sarahmaskill/health4u