



UNIVERSITY  
OF WOLLONGONG  
IN DUBAI

# VIRTUFIT

BY TEAM BLU

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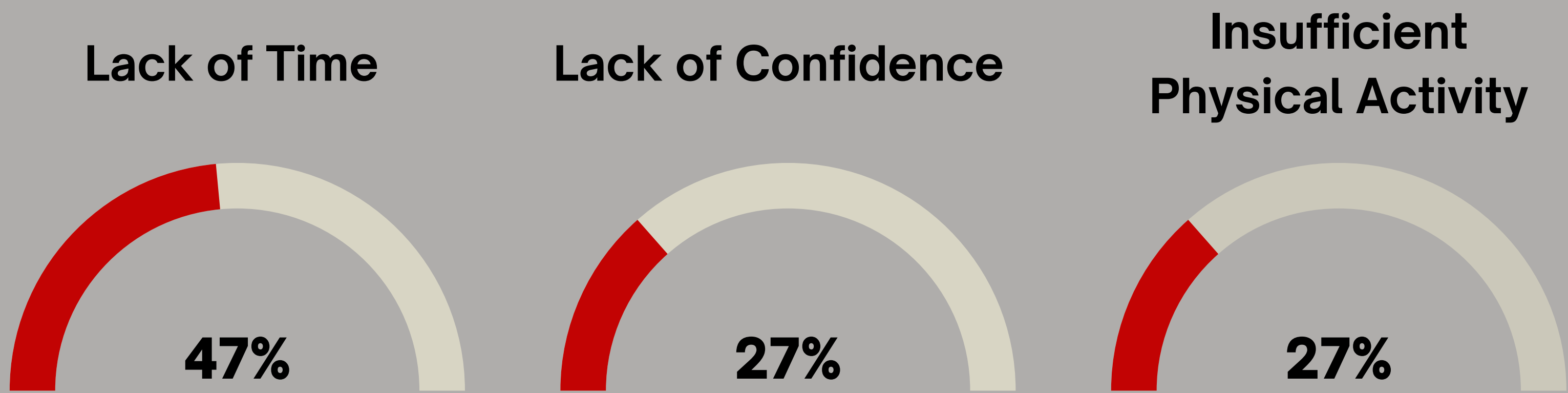
## OUR MISSION

To provide Individuals with personalised workout regimes to achieve their goals within the comfort of their home.

## Who Are We?

Team blu presents a 21st century solution to Individuals striving to achieve their fitness goals unable to keep up with their hustling schedule. VirtuFit Is an andriod based application, which provides Its users with personalised workout regimes customised to their routine and goals. customer wellness Is our first priority, hence why, Virtufit offers Its users with form monitoring feature to ensure users adhere to workout form.

## Problem Statement



Team Blu strives to tackle all these Issues via the Virtufit application, providing Its consumers with a solution to all of the above.

According to a survey, 42% of respondents stated that the biggest barrier to physical well-being is a lack of time. Lack of confidence came in second at 27% for people ages 18 to 32, with almost half of Americans finding it difficult to exercise in public. Worldwide, 27% of individuals do not engage in the recommended amounts of physical activity.

## Why VIRTUFIT?

## How does VIRTUFIT work?

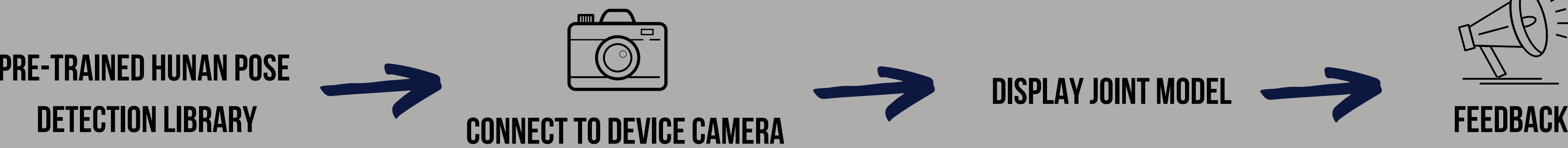
### Chatbot



### Workout Plan



### Form Monitoring



- No Surveys
- Form Monitoring
- AI driven chatbot
- Personalised workout plan
- Customisable workout schedule
- Workout Discription