Target Audience

Workout plans

Nutrition /Diet

Additional Services

People in Rehab

recovery plan (foam rolling, stretching, icing)

targeted objectives (cardio, weight loss, certain areas) recommendations for diet

customized dieting plans

Sleep tracking

College students lifting functions (power, strength, hypertrophy)

stretching routines

macros calculator

Fitness tracker support

For all ages

yoga

workout plans based for ur

calorie counter

notes section with each workout to keep track of screness, what felt challenging, etc

beginners

Compound or auxiliary lifts based on your goals

Type of workout split

weight and height

Meal

prep Ideas

workout plans based for ur weight and height

Recommended

Nutritional Meals

Description of where you're supposed to feel a certain exercise

Compound or

based on your

Description of

where you're

supposed to

feel a certain

exercise

auxiliary lifts

goals

workout videos detailed

how to do workout videos

detailed

how to do

water intake

Allergies/dietary restrictions

general q and a

> visual diagram of what part of the body you are working doing a specific activity

self tracking for soreness

sleep tracking

the app itself

trainers/nutritionists can create profiles with their contact information and cre dentials

rounded curves for the UI

Reminders / Notifications Feedback on form

Trained professionals motivational videos

u tryna bulk, be lean, shredded. buff?

gotta pay ofccc

Personalized daily calorie count for your body type/golas

Are you more interested in strength or aesthetic

Lifting form feedback