

Introduction

The United States is one of the leading countries in obesity and nearly one-third of its population are obese. Obesity is a condition that occurs when the amount we eat exceeds the number of calories we lose over a long period of time. We are either eating too many calories or losing too little calories. To battle obesity, we need to change how we eat and how we exercise. Changing what we eat is often easier than changing how we exercise. There is often a disconnect between the goal of getting healthy and actually exercising to get healthy. Consider your everyman Joe Philip. Joe has no motivation to work out because it's not fun, doesn't know how to work out, and considers it a waste of time. Joe's lack of motivation prevents him from making that necessary commitment to work out consistently. Gymmie provides a series of features which help to make exercises fun, easy to understand and therefore worth the commitment. These features are as follows:

- We provide a user-friendly interface composed of line graphs, bar charts
- We implement an algorithm that allows us to quantify a user's strength in relation to the different muscles in the body
- We provide a fun leveling system using the results of the algorithm to help users understand where they are and where they can go
- We provide a way to track your workout progress and log your exercises according to work out splits