

# Motivation


In our current fast-paced world, it has become increasingly difficult for people of all fitness levels to maintain a healthy and active lifestyle without investing significant time into creating a plan and routine.

Consequently, many individuals struggle to establish and follow personalized workout plans that match their experience, preferences, goals, and tight schedules. Market-available options often fail to provide adaptive and evolving workouts, leading to stagnation, reduced motivation, and boredom.

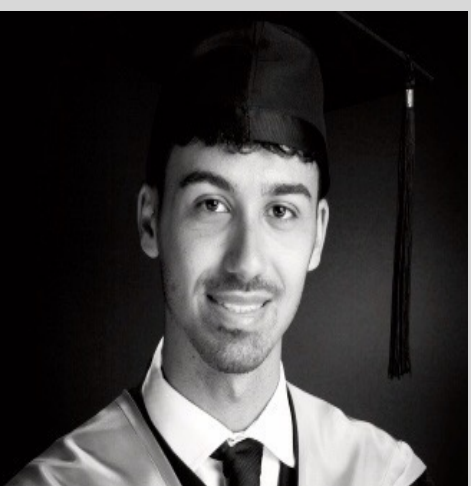
Addressing these challenges, our team developed a mobile app for workout planning and logging to assist individuals along their fitness journey.

SweatSmart uses evidence-based studies and research to support users with generating personalized workouts, logging and tracking their progress, and keeping them motivated and consistent throughout their fitness journey.


# Our Team



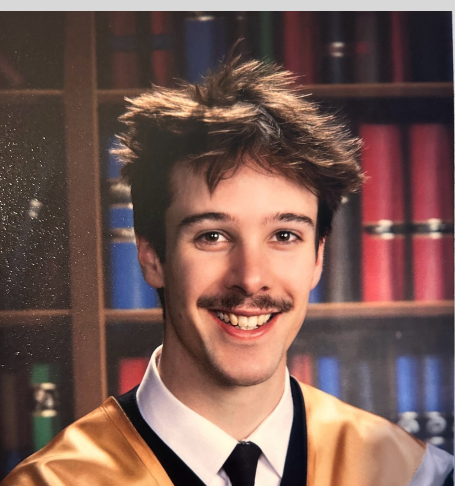
Daniel Akselrod  
Software  
Engineering




Jonathan Avraham  
Software  
Engineering




Sophie Fillion  
Software  
Engineering



Sam McDonald  
Software  
Engineering



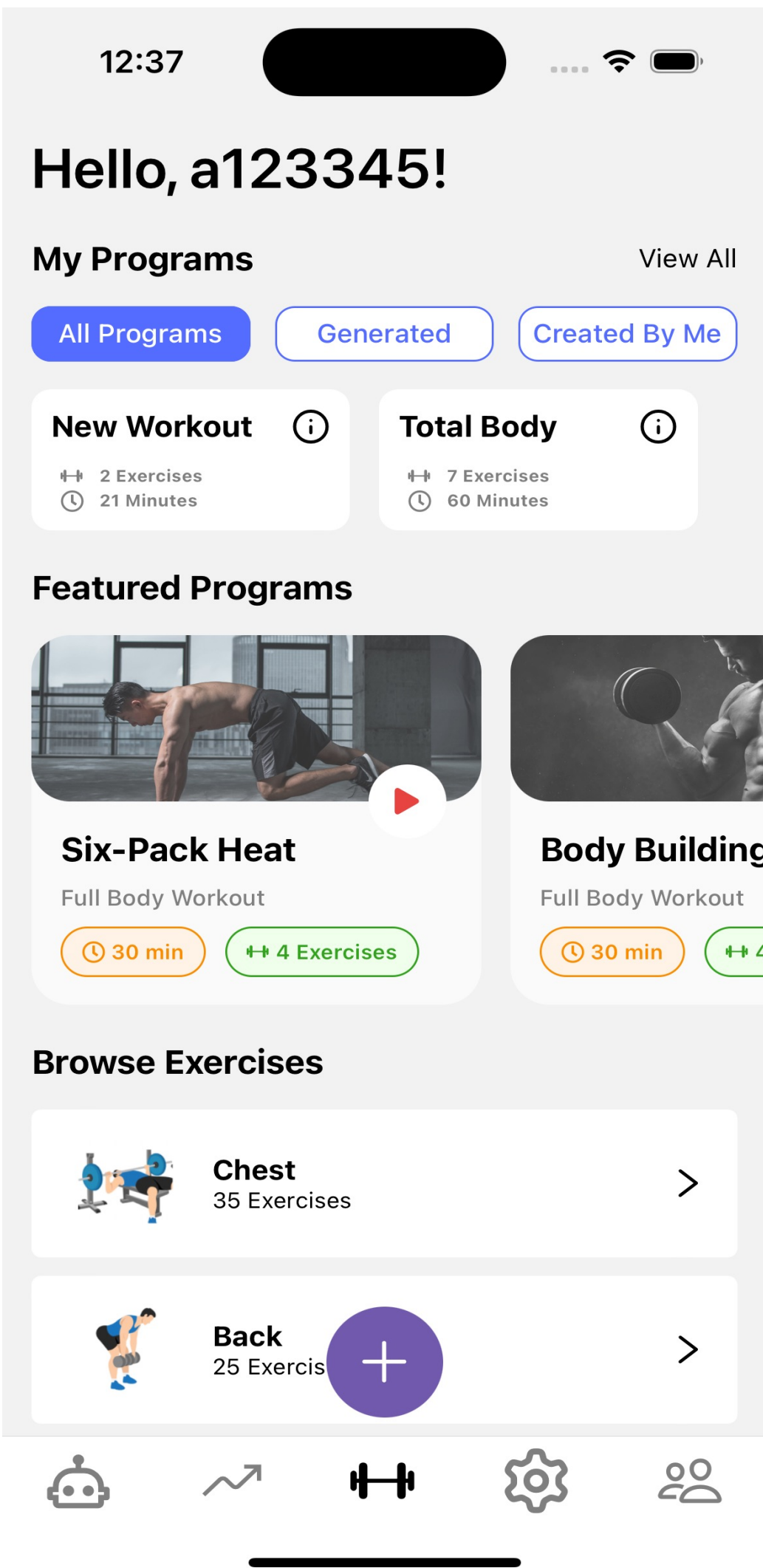
Dr. Stuart Phillips  
Supervisor



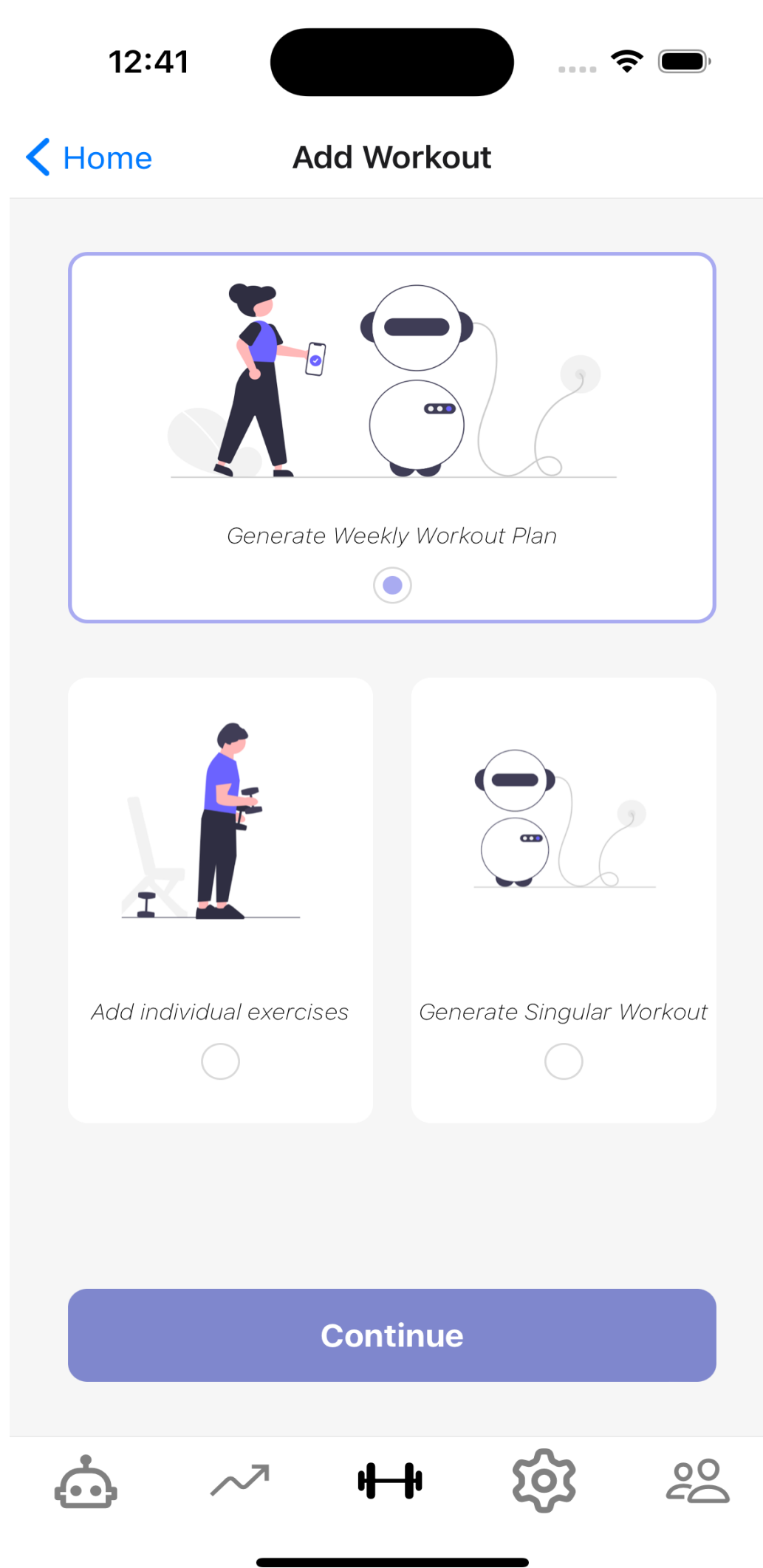
Brad Currier  
Supervisor

# Key Features

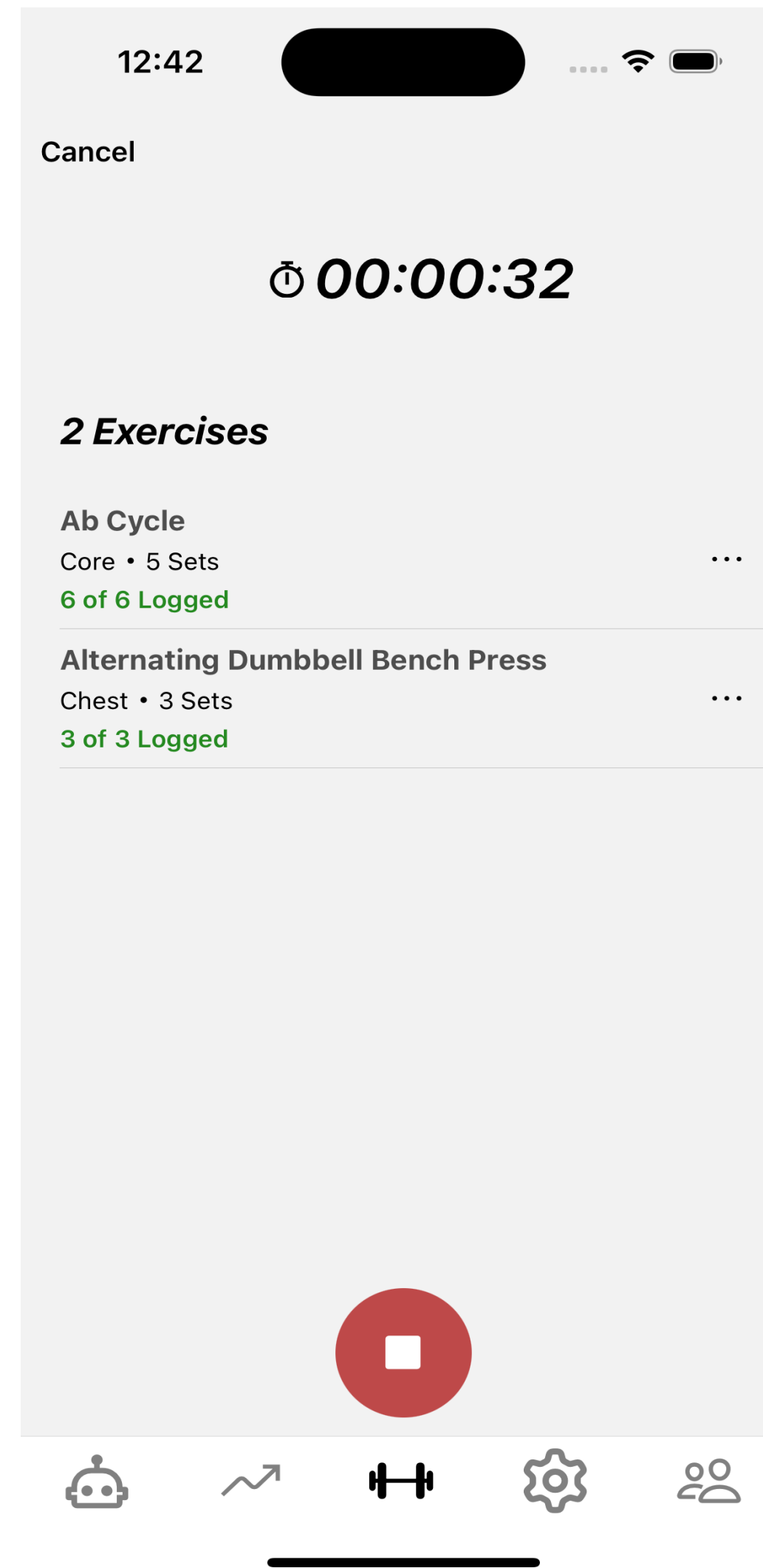
Home Page



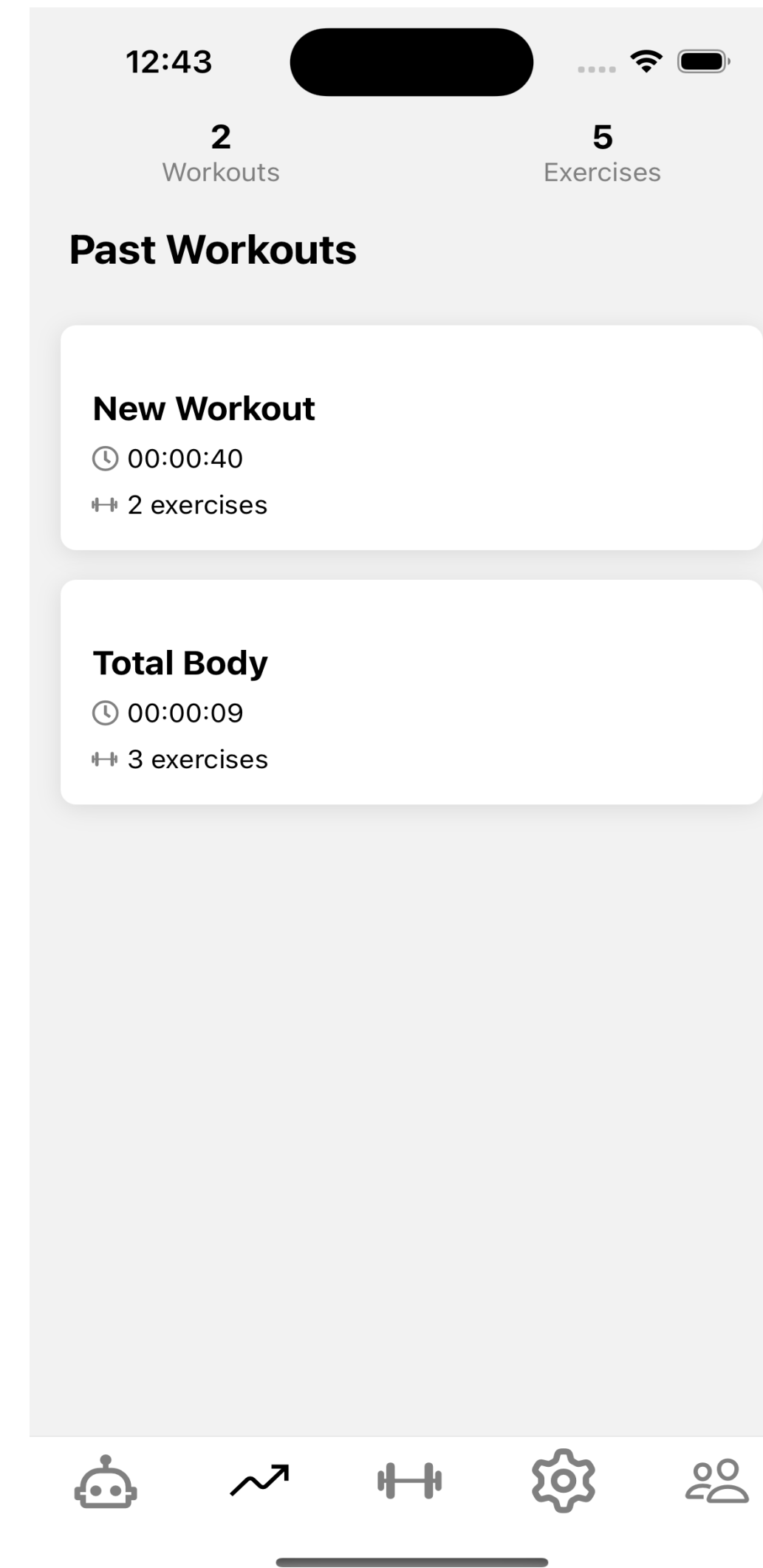
Workout Generation



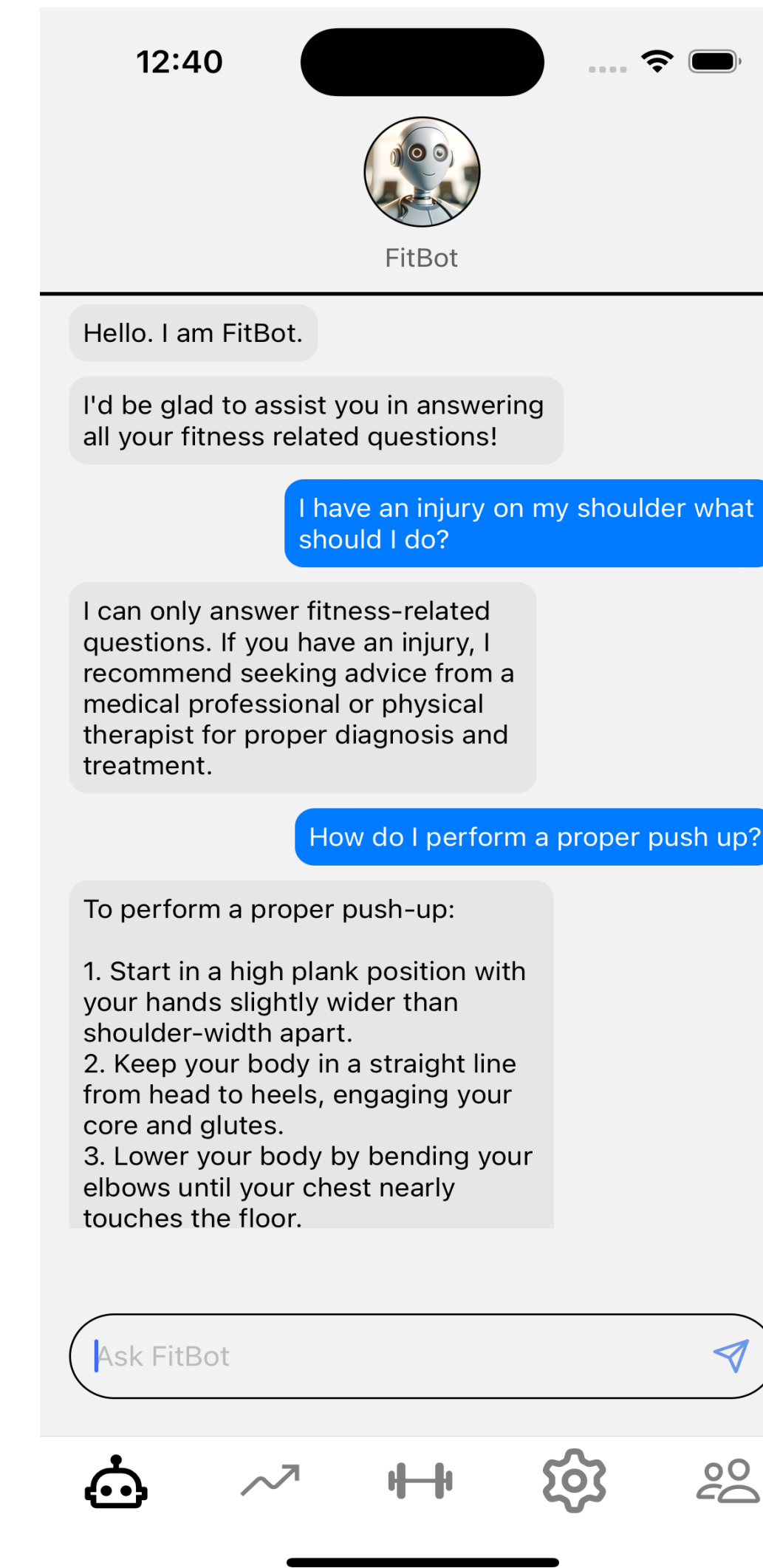
Workout Logging



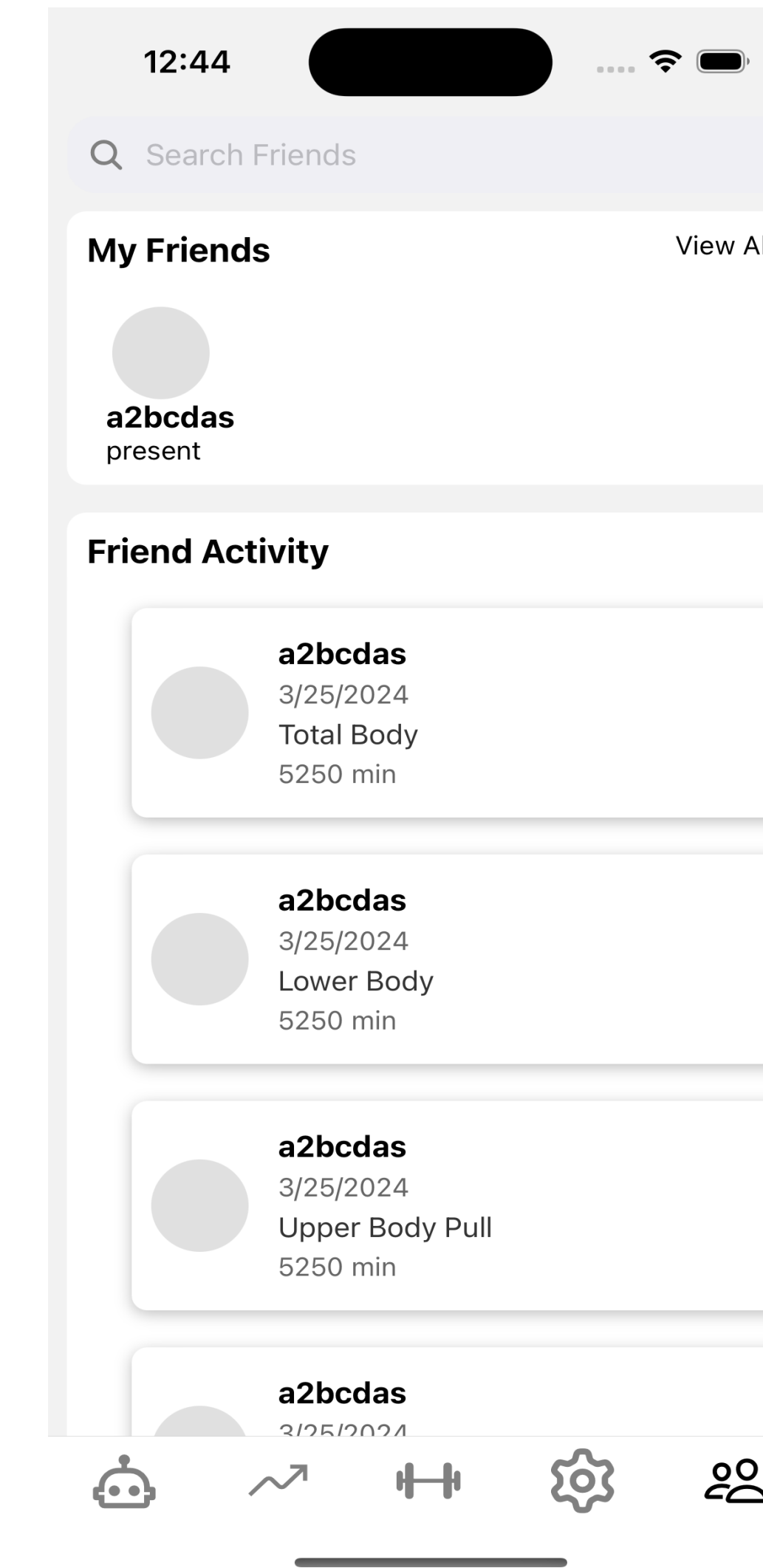
Progress Page



Fitness ChatBot




Social Page




# Key Benefits

- **Evidence-based App:** Uses proven studies and research from supervisors in the Kinesiology Department.
- **Personalized Workouts:** Experience tailored fitness workouts catered to your preferences and goals.
- **Easy Customization:** Adding or deleting exercises, sets, and/or reps within a workout.
- **Motivation and Accountability:** Progress tracking and social engagement with friends encourages motivation and accountability
- **Intuitive UI:** An intuitive user interface designed for seamless navigation and effortless interaction and tested through usability testing.
- **Simple Design:** Embraces simplicity to offer an uncluttered and user-friendly interface that prioritizes ease of use and accessibility.


# Looking Forward



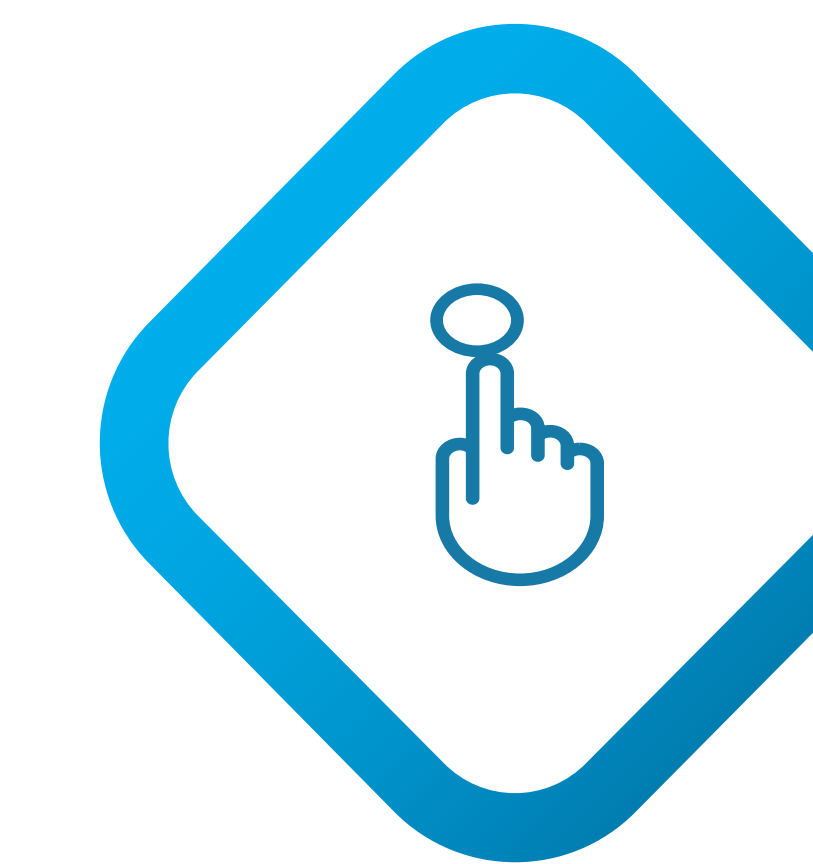
Progress  
Visualizations



Rewards  
System



Feedback  
Form



Quick  
Accessibility

# Technology Used



GitHub



React Native



ASP.NET



Microsoft  
Azure



Swagger