

- We noticed that all of them are troubled with the lack of gym equipment, which they believe is limiting them in the types of exercises they can do. The interviewees also all had a lack of motivation and time management due to Covid, yet actually have more time to exercise.
- Overall, working from home has made working out less appealing and affected their eating habits.
- A majority of students still seem to be hesitant to go back to gyms even after they reopen.
- All interviewees either do not use a fitness/exercising app or have provided us negative feedback on the apps they are currently using.
- Possible next steps direct us towards creating an application that primarily focuses on helping students maintain their routine, creating motivation for students to stick with their health and dieting plan, and keeping students active through suggested exercising routines while taking into consideration that some students can't afford gym equipment.