| Plus (P) | Minus (M) | Interesting (I) |
| --- | --- | --- |
| Provides a user-friendly interface | The potential learning curve for users who are technologically inexperienced | Multiple features for user’s |
| Allows users to customize a workout | Users may not know how to access or customize workouts | Includes videos or images for exercise demonstrations |
| Schedules according to user needs | Users may not know how to create schedules | Offers a wide range of exercises to choose from |
| Provides progress tracking features | It may require users to regularly update the progress which may be tedious | Incorporates social sharing features and milestone achievements |
| It offers a comprehensive exercise library with detailed descriptions | May be too much information for the user, when they may want a more simplistic view | Users can select multiple exercises to schedule |