FITFLOW – AI-POWERED FITNESS APP FOR HK STUDENTS
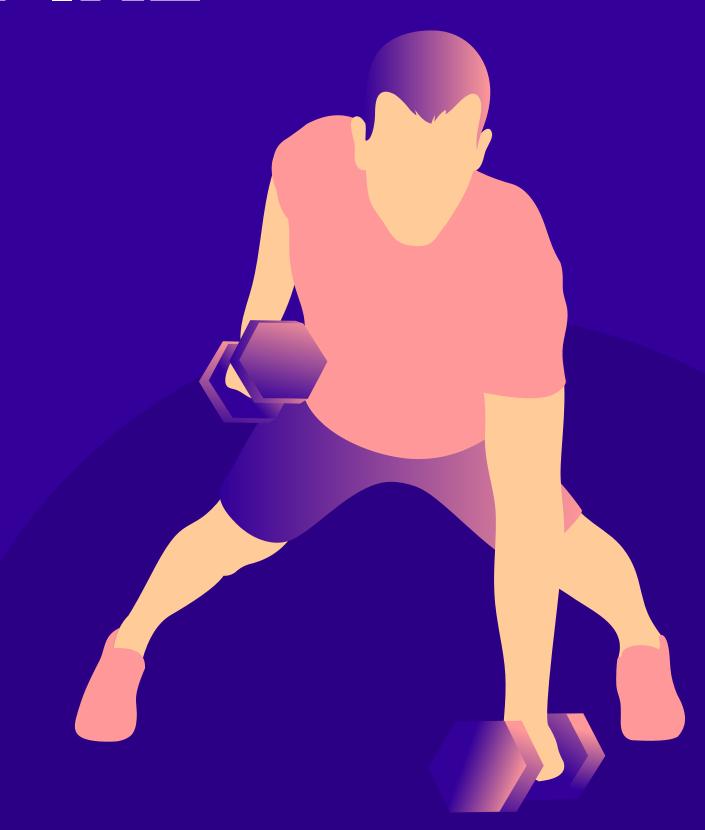
JUMPSARTER ZPIRE

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FITFLOW

MEET OUR TEAM

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FITFLOW

ABOUT OUR TEAM

01

Why ZPIRE:

- Passionate about AI and wellness, aiming to improve HK students' lives.
- ZPIRE's Alibaba Cloud tools and mentorship align with our tech-driven vision.
- Opportunity to validate FitFlow and connect with startup ecosystem.

02

TEAM dynamics:

Our team collaborates via daily Scrums, GitHub, and Trello, splitting tasks across AI, backend, and frontend development. Lam Ka Ho's LLM expertise drives FitFlow's AI core, Lai Tsz Ki and Wu Zhijian's Python/Java/JavaScript skills power robust backend and coding, while Longkai Li's business insights and CS basics enhance strategy and UX. Our complementary strengths and shared fitness passion fuel innovative, user-focused solutions!

03

TEAM experience

Our team, CS Fitness Duo, brings experience from AWS AI Hackathon HK, Metro Hackathon at HKMU, and Python-based ML projects. We'll enhance our skills through ZPIRE's AI Mastery Workshop

Problem & Solution

(Question Addressed: Tech-driven wellness solution)
Tackling HK Students' Fitness Challenges

Problem:

- Beginners face high barriers, struggle to stick to plans (70% drop out).
- Busy schedules disrupt fitness routines, requiring frequent replanning.
- Diet control is challenging, hindering results.
- Lack of fitness knowledge leads to soreness/injuries.

Solution – FitFlow:

- AI-driven questionnaire creates personalized plans (20-45 min indoor workouts).
- Daily reminders + dynamic adjustments (e.g., reschedule missed sessions)
- AI photo analysis for diet tracking (e.g., wonton noodles' calories/nutrients).
- Knowledge base + gamified challenges (e.g., 7-day HIIT).
- Target Users: HK university students (18-25, busy, fitness novices).

FITFLOW

Development Strategy

FitFlow Development Plan

Strategy:

- **Tech: Python/PyTorch for AI, Alibaba Cloud hosting, React Native for APP, Qoder for image recognition.**

- **Data: Collect HK food data , fitness database.**

- **Timeline:**
  a. **Data collection (2 weeks): Build food/workout database.**
  b. **Prototype development (4 weeks): AI model + APP UI.**
  c. **Beta testing (1 week): 50-student feedback.**
  d. **Finale prep (1 week): Demo and pitch.**

Innovation: Integrates wearables (e.g., Apple Watch) for real-time plan adjustments.