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| **Problem Solving (A3) Report** | **Topic:** Fitness Website | **Date: 8/18/2020** |
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| **1. Identify a Problem** | **PLAN** |  | **4. Propose & Implement Countermeasures** | **PLAN/DO** |
| Fitness can be a difficult thing to get into for beginners and a very intimidating thing to get into it. Now more than ever people need an easy and sustainable way to get into physical fitness. | |  | Although the root cause for this issue can not be outright solved, we can facilitate the process. The plan is to create a website where you can input what type of workout you are looking for(as in what part of the body you would like to tone) and your skill level and you will be matched with exercises that would be right for you. Also, there would be an account system allowing you to save your exercises and create your own routines that you can share with others. | |
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| **2. Set the Target** | **PLAN** |  | **5. Check/Evaluate** | **CHECK** |
| The target is to help people find exercises that fit their goal and skill level. | |  | We will know if the application worked based on usage and user feedback of the app. | |
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| **3. Analyze the Causes** | **PLAN** |  | **6. Act and/or Standardize** | **ACT** |
| Getting into physical health can always be an intimidating thing for beginners since it might be something completely different then what they are used to, and the challenge can be scary. Also, covid has not helped with this process. Due to covid going outside is not always a viable or safe option and going to the gym is a non-started, so helping people find the best way to workout from home has a lot of value right now. | |  | We will make sure the problem is maintained solved by continuously updating the site with more and more exercises to make sure we can affect as broad an audience as possible. Also, an dietary health section could be added later on as well. | |