

Proposal Draft

Finding the right coach can be hard sometimes especially in the fitness industry when anyone can easily become a coach. This can lead to people encountering wrong coaches who do not know what they are doing and can jeopardize or damage a client's health. Many times, people just look at coaches based on their pictures of looking "shredded" through social media posts. Seeing people obsess what foods are considered healthy or not, or what training split to get the body that social media portrays breaks my heart as I was in that place before. Seeing my mind constantly battling with foods that are considered "bad", training my body to the point where my body was not responding correctly, and having worked with a coach who damaged my health even more has brought a passion for me to help those who are going through the same thing and to get the message out to people who plan on starting their health/ fitness journeys. I want to bring peace in the fitness industry and stop all the lies that media has instilled in people's mind. By creating this website where people can find appropriate coaches based on their lifestyle can bring break the chains of lies media and bring peace not just to the health/ fitness industry but also to people's mind on what is truly a healthy life.

This project is a website where people who are looking for a health/fitness coach or coach for the sport of bodybuilding can find what the proper coach that meets their lifestyle. The user is asked several questions like what is their dieting lifestyle, their health and fitness goals, if they want an online coach or in-house coach, and how much do they train. Based on their answers to the questions, they will be matched up with the appropriate coaches. If they prefer an in-house coach, a map will appear with different choices of coaches' closet to them.

Coaches are to sign up on the website and asked several questions such as, their dieting approach, if they coach online or in-house, cardio split for clients, whether they do water depletion, etc. These questions will then create a profile for the coach. If a coach does any sort of unhealthy lifestyle approach (such as water depletion), the user will get a little warning sign on their hand explaining why it is unhealthy but they still get to choose whether they want to work with the coach or not.