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Project Title: Social Distance Buddy Workouts

Project Theme: Health Wellness

Project Description: The main idea of the project is that during circumstances such as a pandemic or instances where you cannot meet in person or go to the gym with friends, you can still motivate yourself with other people through this application. It will allow one to schedule times to workout with their friends from the comfort of their own home. You can also build workout regimens that best suit you, or find other people's regimens to try out. Features would include a video aspect where you can see your friend as you're doing sets and intervals together. It is crucial to these times to stay mentally and physically healthy, so working out and seeing your friends simultaneously perfectly aids this!

Plan Collaboration:

- ❖ We will meet over zoom (virtual)
- ❖ Communicate over email & Slack about full weeks schedule
- ❖ Tools we will use include google drive (docs, slides), Miro and will be shared so each member has access to it
- ❖ Everything will be split up equally. If we feel as though one partner is slacking we will confront each other about it first, and if one abandons the project we will seek help from a TA or the professor (last resort).