



# Fast N Fitness

MOBILE APPLICATION  
DEVELOPMENT | TERM PROJECT

# INTRODUCTION

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FastNFitness aims to be a one stop workout companion for a user looking to exercise and improve their personal health.

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Workout apps can be a convenient solution for people who don't have the time or desire to go to the gym or to group fitness classes.

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Users will be able to rate programs submitted to the application; this will help ensure high quality content within the application

# OBJECTIVES



To create a positive community for like-minded people to have a place to get together and help each other in achieving a common goal.



Offering users a variety of workouts with different focuses, including strength, endurance, and mobility.



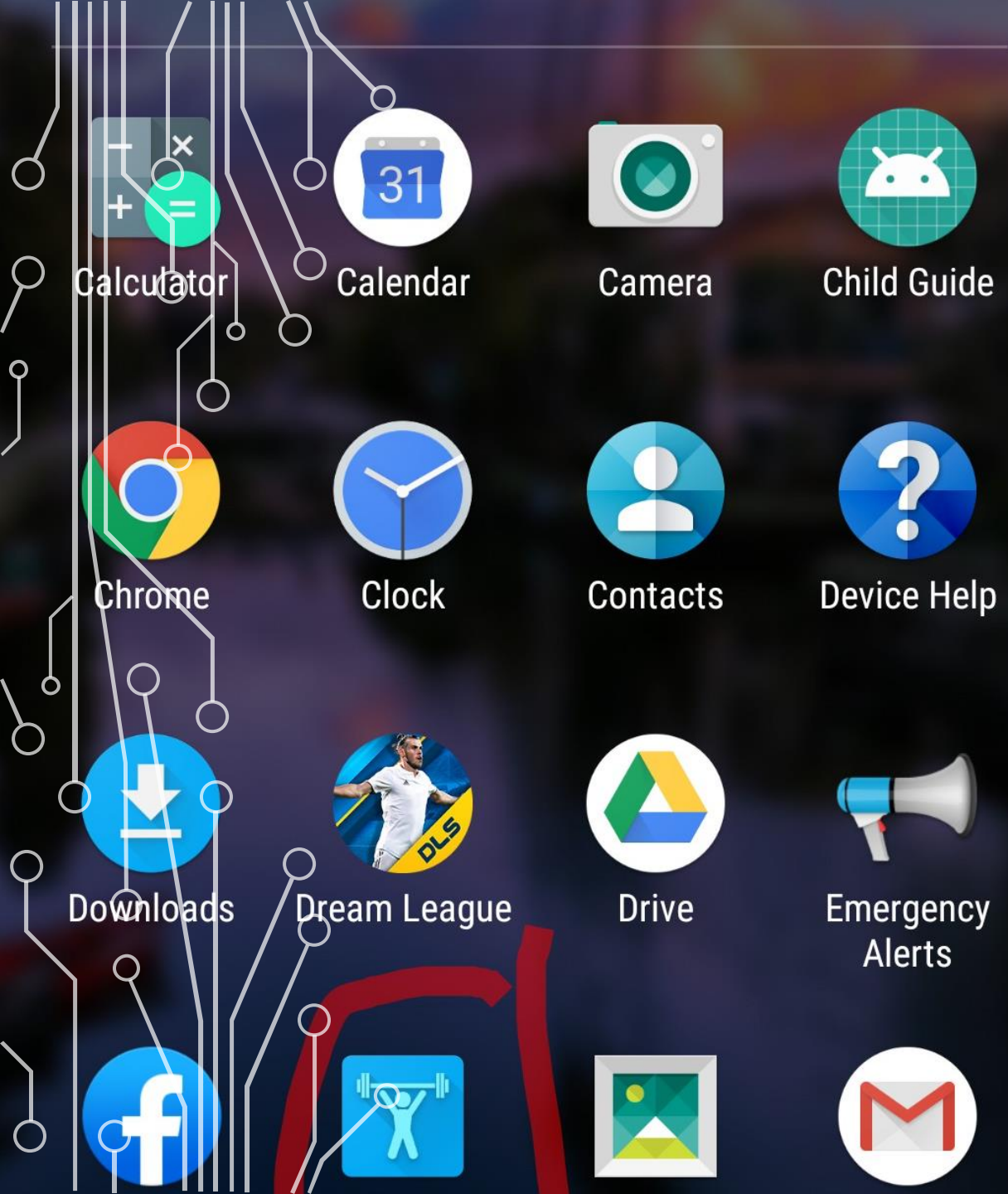
Users will be able to rate programs submitted to the application; this will help ensure high quality content within the application

# SCOPE

The goal of fitness tracking apps is to collect data about the user's activities.

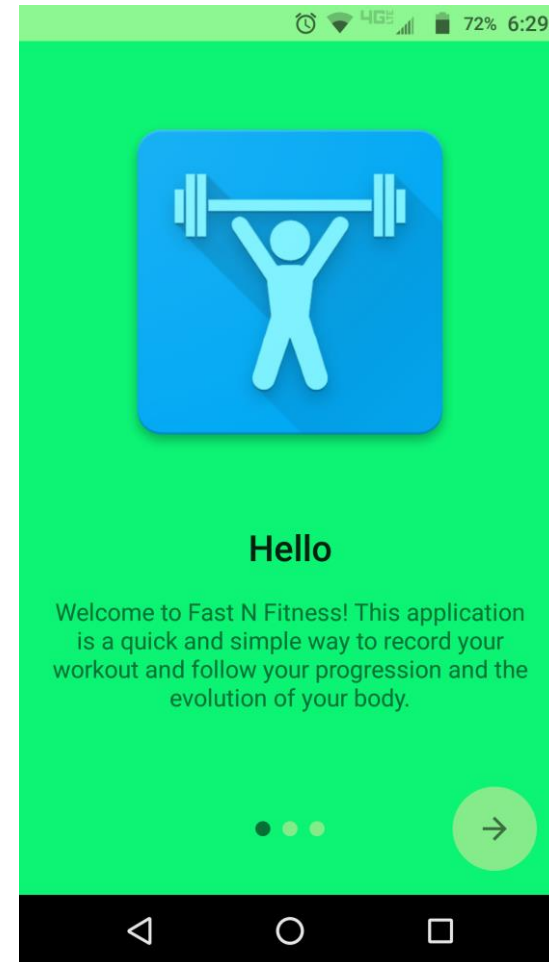
This includes the number of steps taken, stairs climbed, distance run, and other fitness metrics.

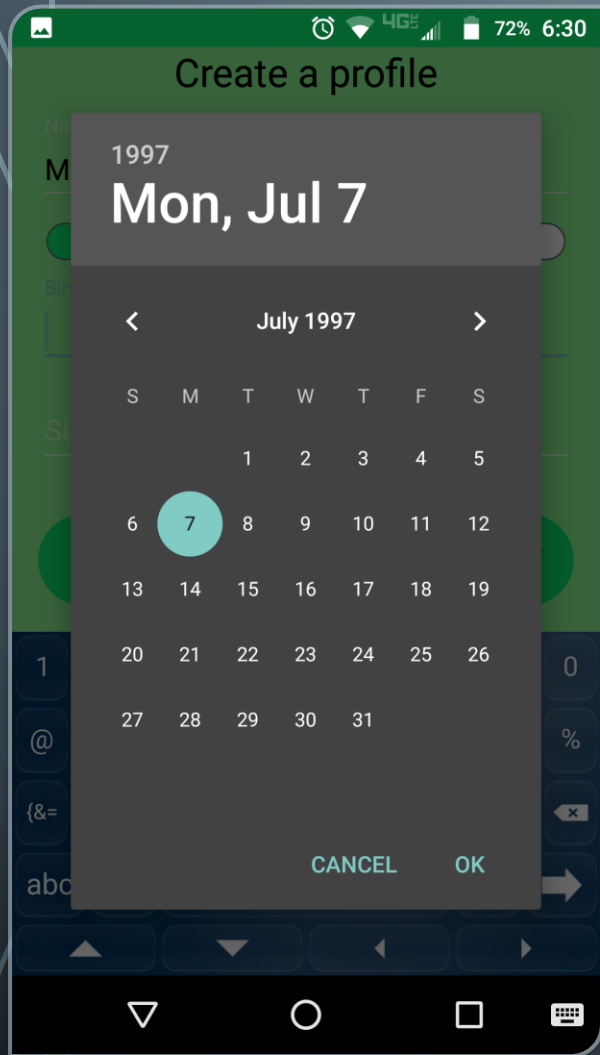
To make it easy for users to monitor progress, fitness tracking apps provide calendars and charts



# APP ICON

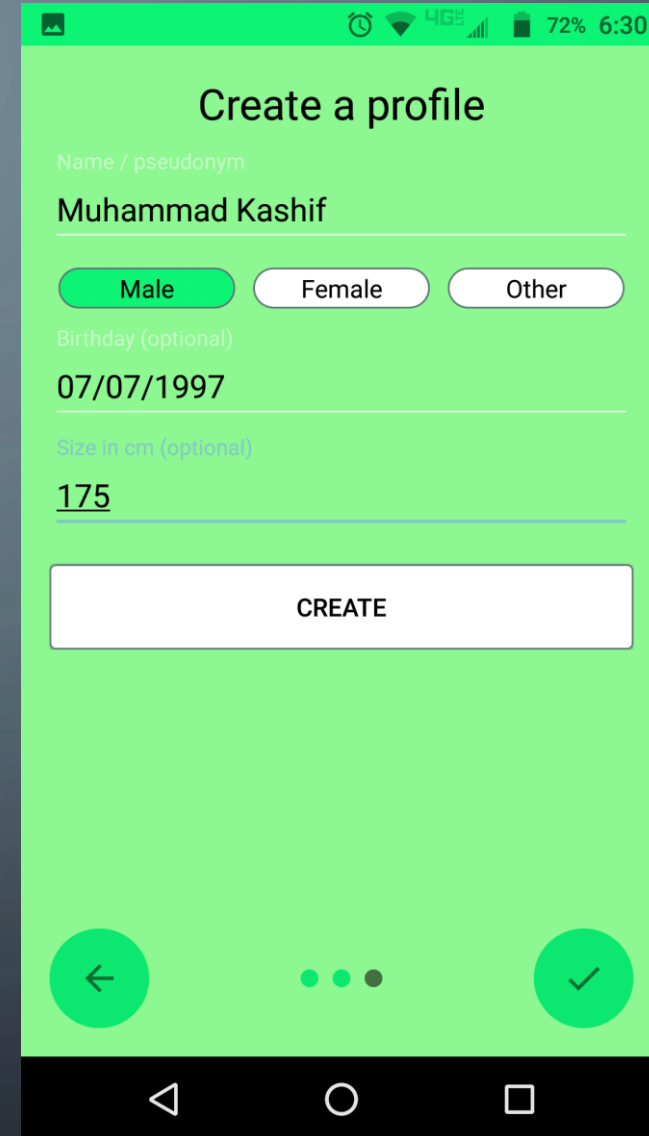
# SPLASH SCREEN





# CALENDAR VIEW

# LOGIN /REGISTRATION



The image shows a mobile application interface for creating a profile. The background is a solid blue color. At the top, there is a status bar with icons for signal, Wi-Fi, battery, and time (6:30). Below the status bar, the title "Create a profile" is centered in a bold, black font. The form consists of several input fields and buttons. The first field is labeled "Name / pseudonym" and contains the text "Muhammad Kashif". Below this are three radio buttons for gender: "Male" (selected), "Female", and "Other". The next field is labeled "Birthday (optional)" and contains the date "07/07/1997". Below that is a field labeled "Size in cm (optional)" containing the number "175". At the bottom of the form is a large, rounded rectangular button labeled "CREATE". At the very bottom of the screen is a navigation bar with three circular icons: a back arrow, three dots, and a checkmark. The Android navigation bar is visible at the bottom of the screen.

Create a profile

Name / pseudonym

Muhammad Kashif

Male Female Other

Birthday (optional)

07/07/1997

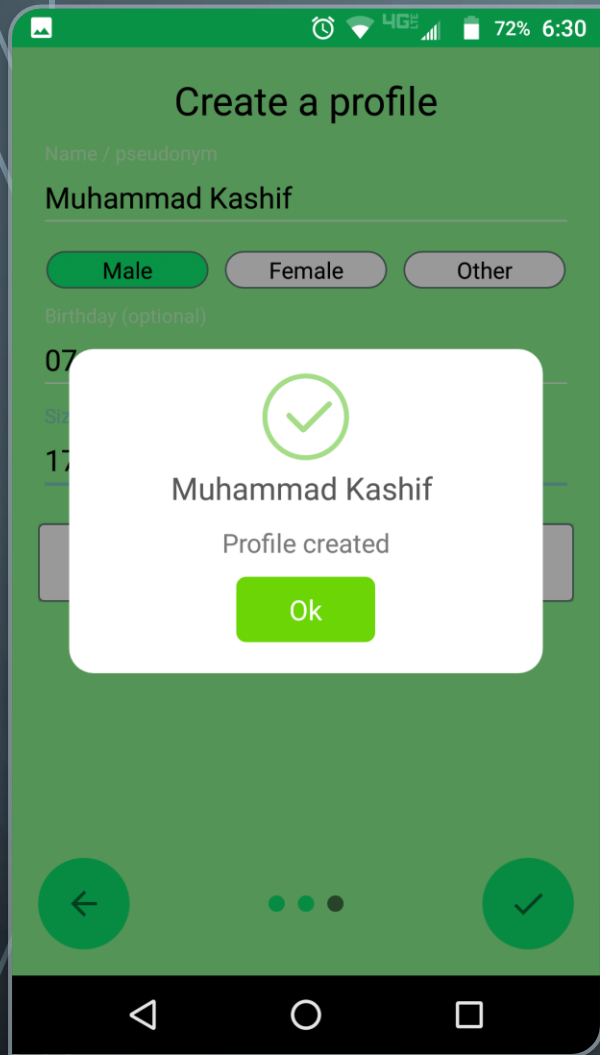
Size in cm (optional)

175

CREATE

← ... ✓





**SUCCESSFUL LOGIN**

# WORKOUT PAGE

The image shows a smartphone screen displaying a fitness application. The status bar at the top shows various icons including a hamburger menu, WhatsApp, Telegram, YouTube, a clock, Wi-Fi, 4G LTE signal, battery level at 59%, and the time 8:25. The app's header is green with a hamburger menu icon, the title "Workout", a user profile icon, a stopwatch icon, and a three-dot menu icon. Below the header are three tabs: "EXERCISES" (selected), "CHARTS", and "RECORDS". The "EXERCISES" tab contains three input fields: "Sets" with the value "3", "Reps" with the value "10", and "Weight" with the value "30 Kg". Below the weight field, it says "Min 30 Kg" and "Max 30 Kg". A downward arrow icon is below these fields. A large white button with the text "ADD" is centered below the inputs. Underneath the button, it says "Last records:" followed by a date separator "- 1/8/20 -". Below this is a list of five exercise records, each with a green header row and a white data row. The exercises are: "decline crunch", "barbells dead lift", "barbell shoulder press", "barbell curl", and "barbell bench press". Each record shows the date and time, sets, reps, weight, and up/down arrows. The bottom of the screen shows the standard Android navigation bar with back, home, and recent apps icons.

Workout

EXERCISES | CHARTS | RECORDS

Sets: 3 | Reps: 10 | Weight: 30 Kg

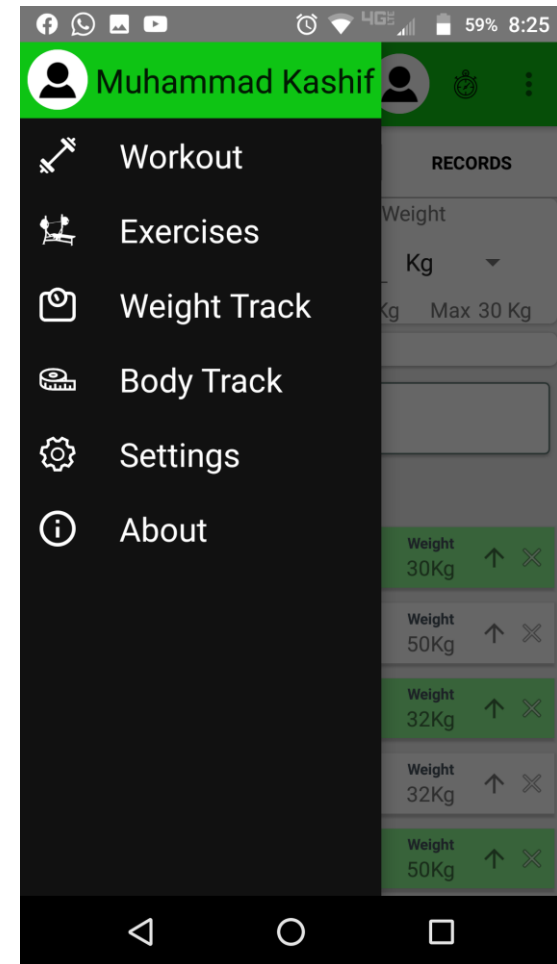
Min 30 Kg | Max 30 Kg

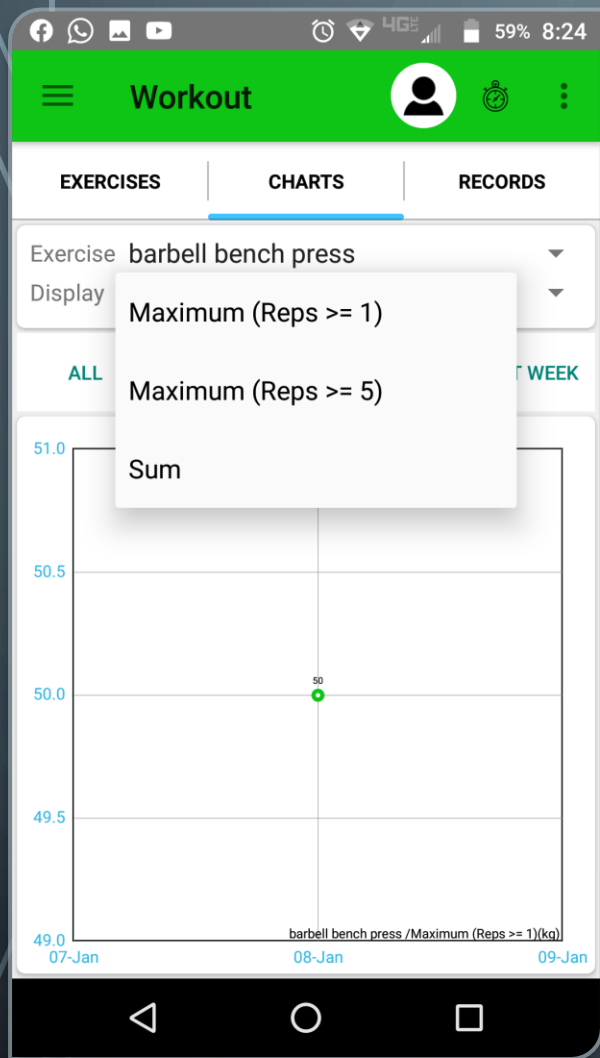
ADD

Last records:  
- 1/8/20 -

<b>decline crunch</b> 1/8/20 20:23:36	Sets 3	Reps 10	Weight 30Kg	↑	×
<b>barbells dead lift</b> 1/8/20 20:22:48	Sets 3	Reps 10	Weight 50Kg	↑	×
<b>barbell shoulder press</b> 1/8/20 20:22:19	Sets 3	Reps 10	Weight 32Kg	↑	×
<b>barbell curl</b> 1/8/20 20:21:54	Sets 3	Reps 10	Weight 32Kg	↑	×
<b>barbell bench press</b> 1/8/20 20:21:20	Sets 3	Reps 10	Weight 50Kg	↑	×

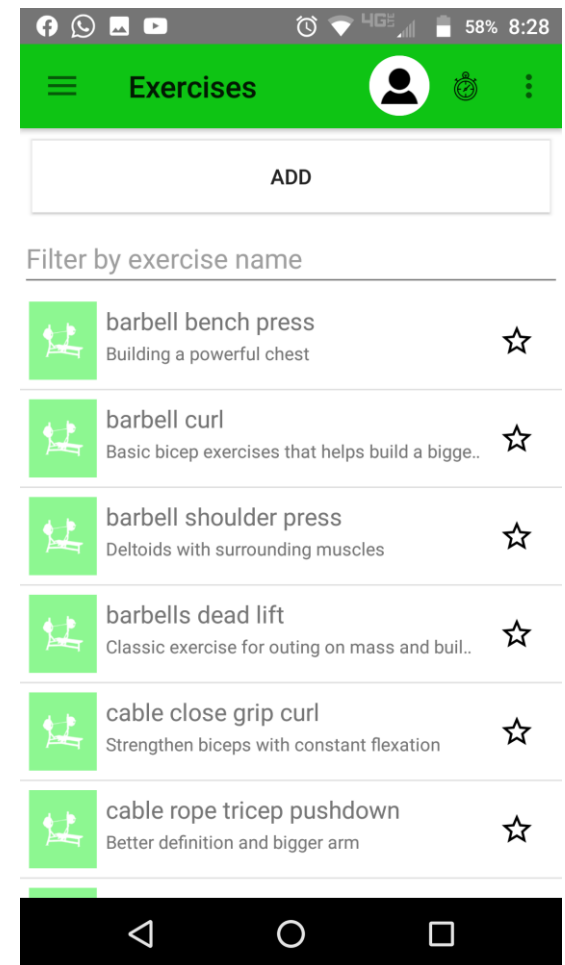
# APP MENU



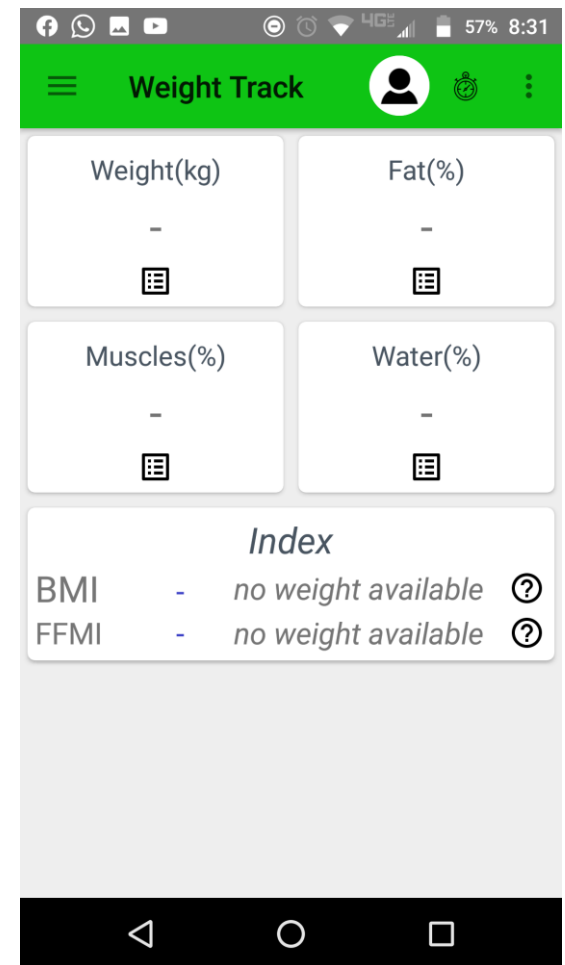


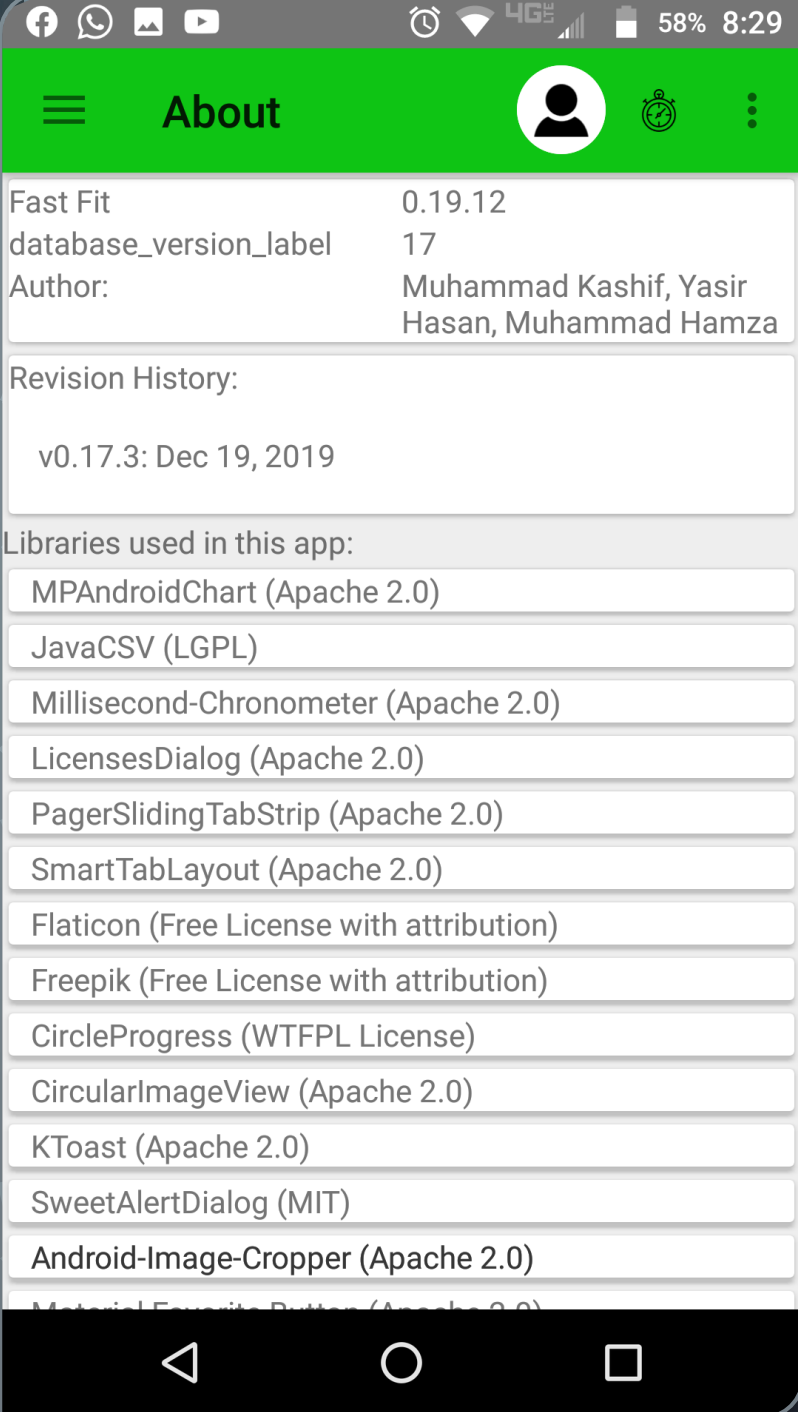
# EXERCISE GRAPH

# ADDED WORKOUTS



# WEIGHT TRACKER





# ABOUT APPLICATION

Social Media Login  
functionality could be  
added later.

The application will be  
developed on android  
but could be ported to  
iOS as well once  
development is  
complete.

As a way of generating  
revenue in the future, in  
application  
advertisements could be  
implemented.

## FUTURE WORK





THANK  
YOU