Fast N Fitness

MOBILE APPLICATION DEVELPMENT | TERM PROJECT

INTRODUCTION

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

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.

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.

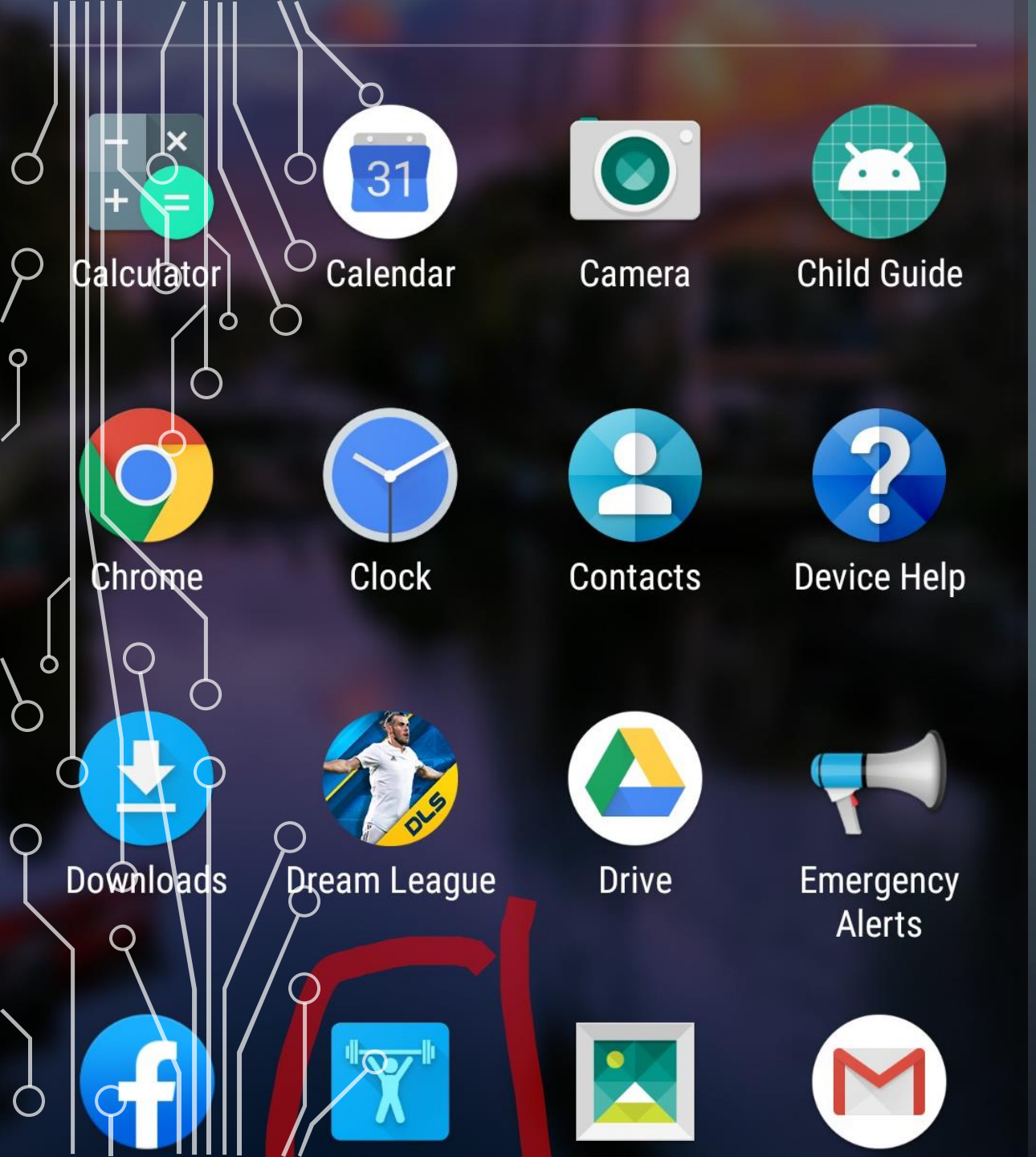
Users will be able to rate programs submitted to the application; this will help ensure high quality content within the application

SCOPE

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

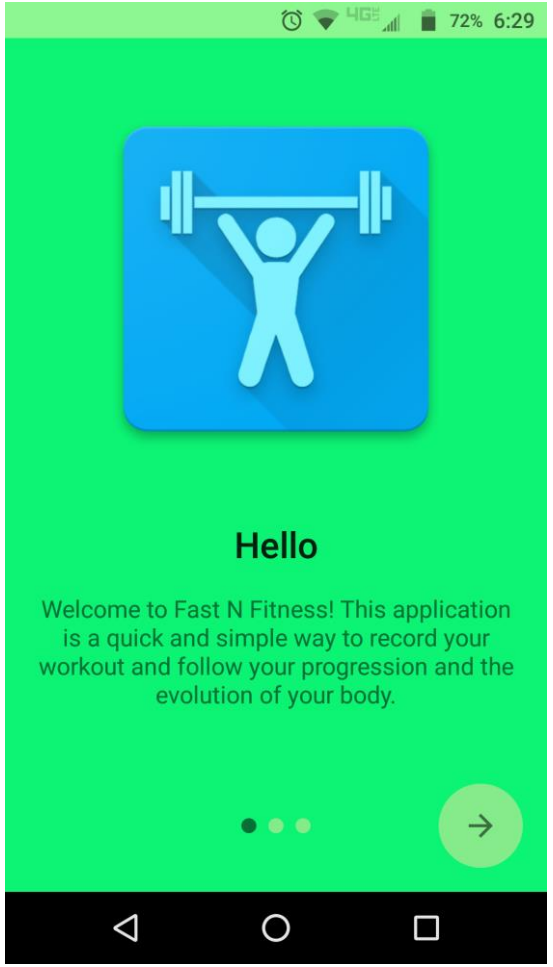
This includes the number of steps taken, stairs climbed, distance run, and other fitness metrics.

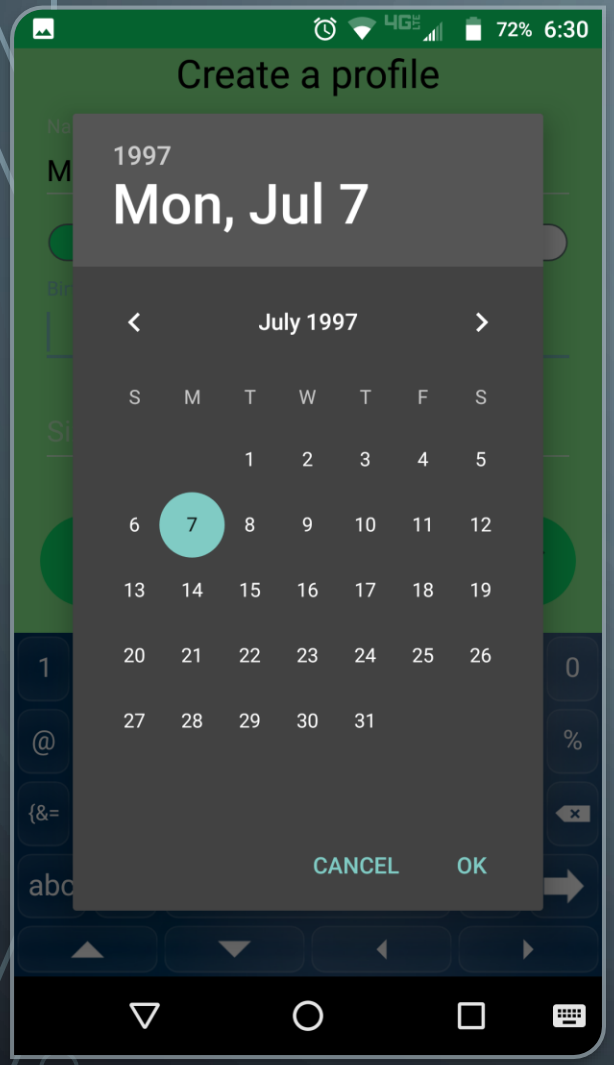
To make it easy for users to monitor progress, fitness tracking apps provide calendars and charts


Calculator
Calendar
Camera
Child Guide
Chrome
Clock
Contacts
Device Help
Downloads
Dream League
Drive
Emergency Alerts

APP ICON

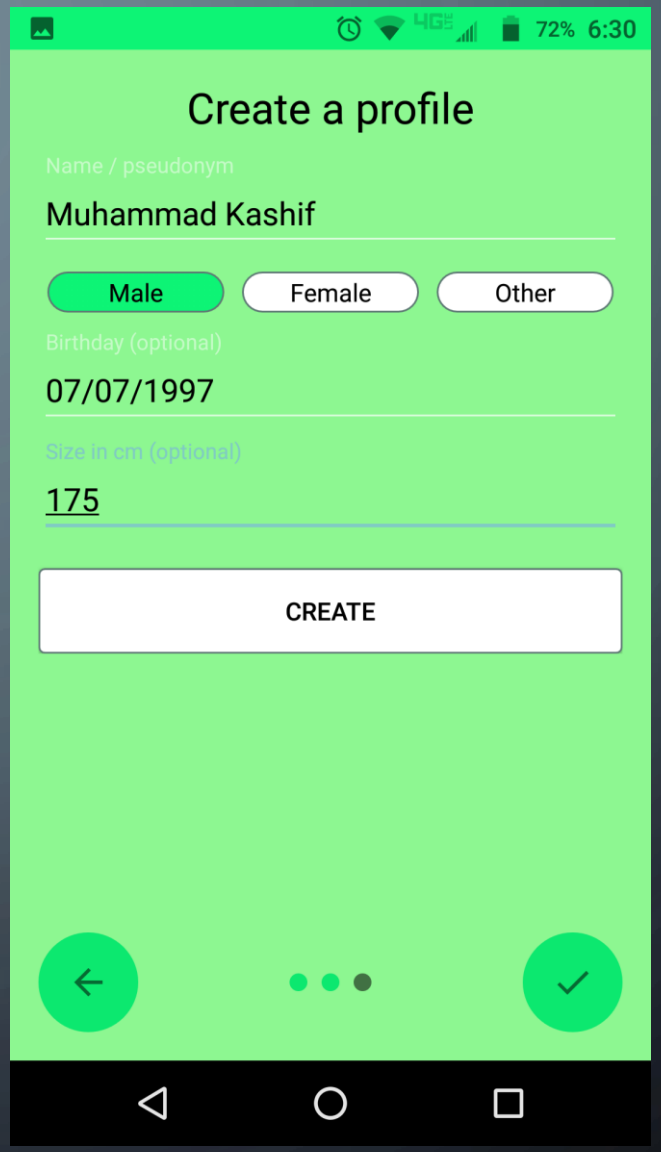
SPLASH SCREEN

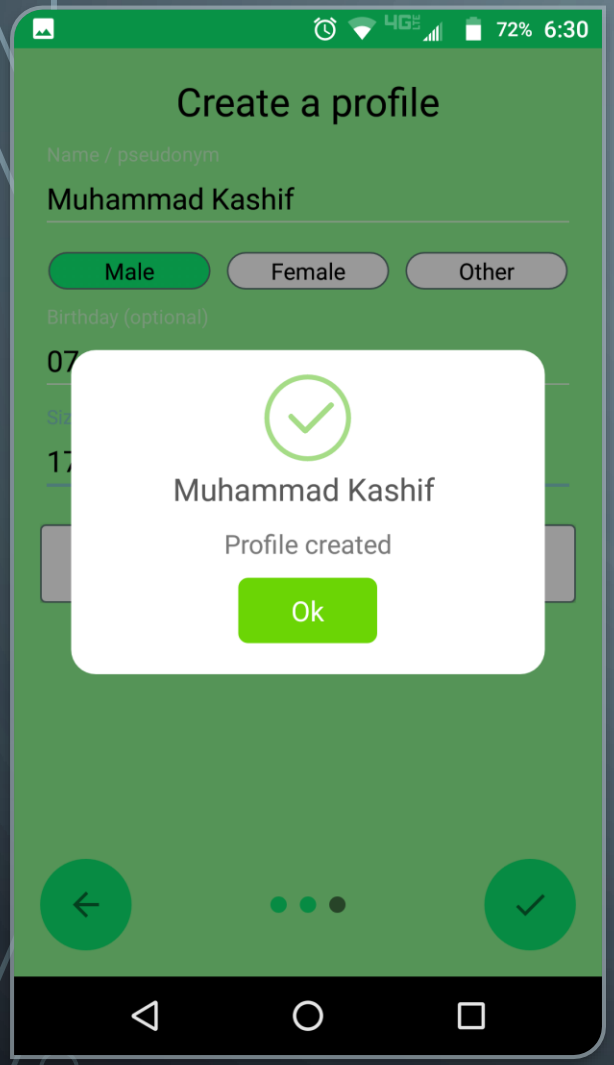




CALENDAR VIEW

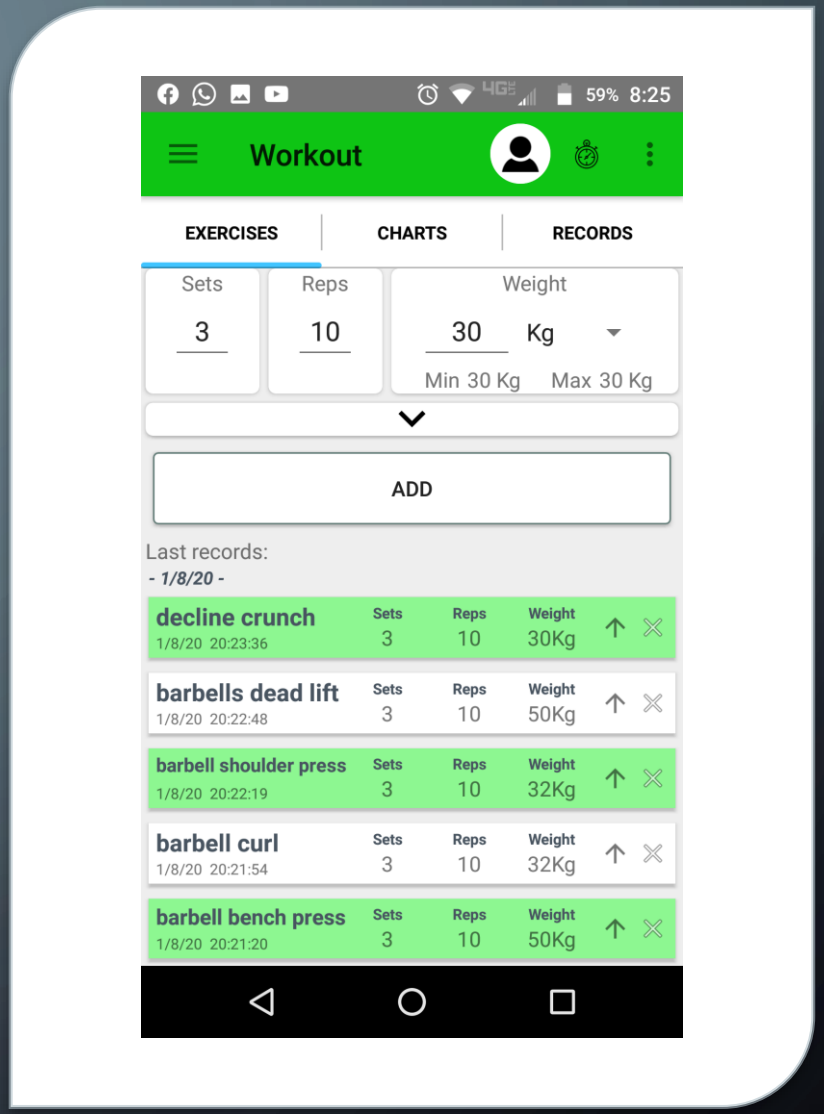
LOGIN /REGISTRATION



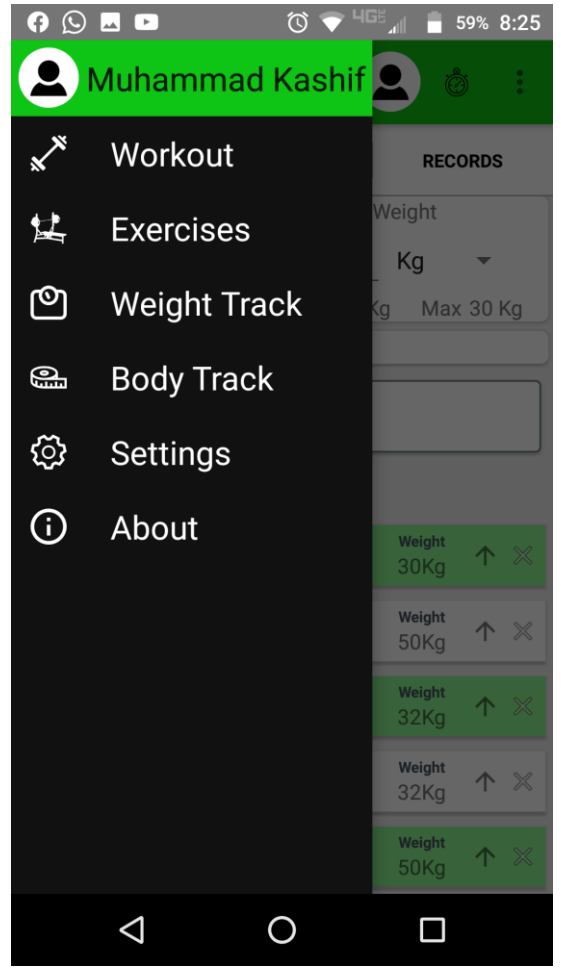


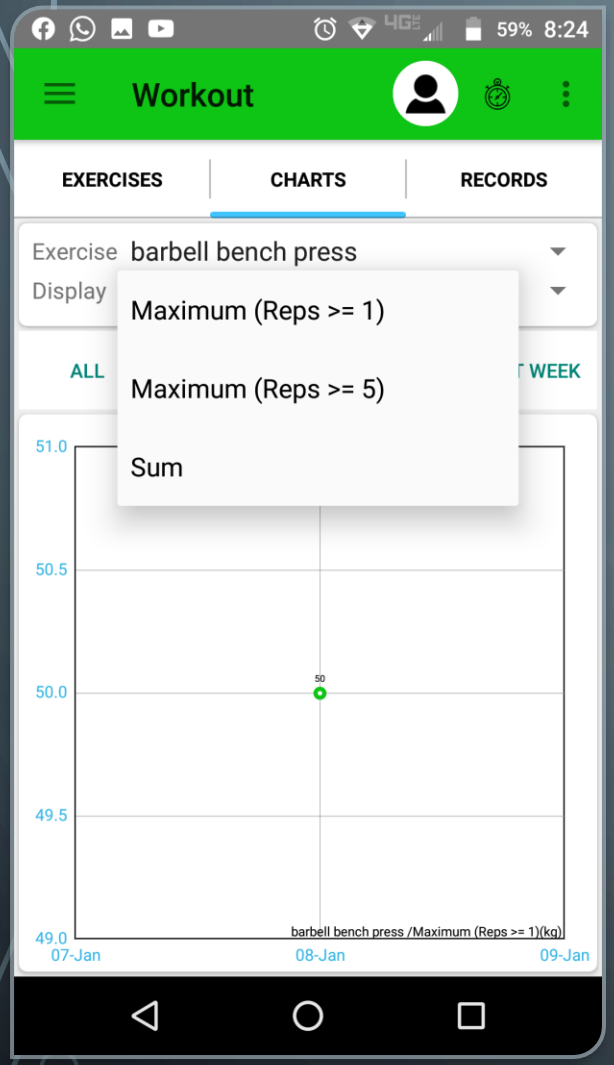
SUCCESSFUL LOGIN

WORKOUT PAGE



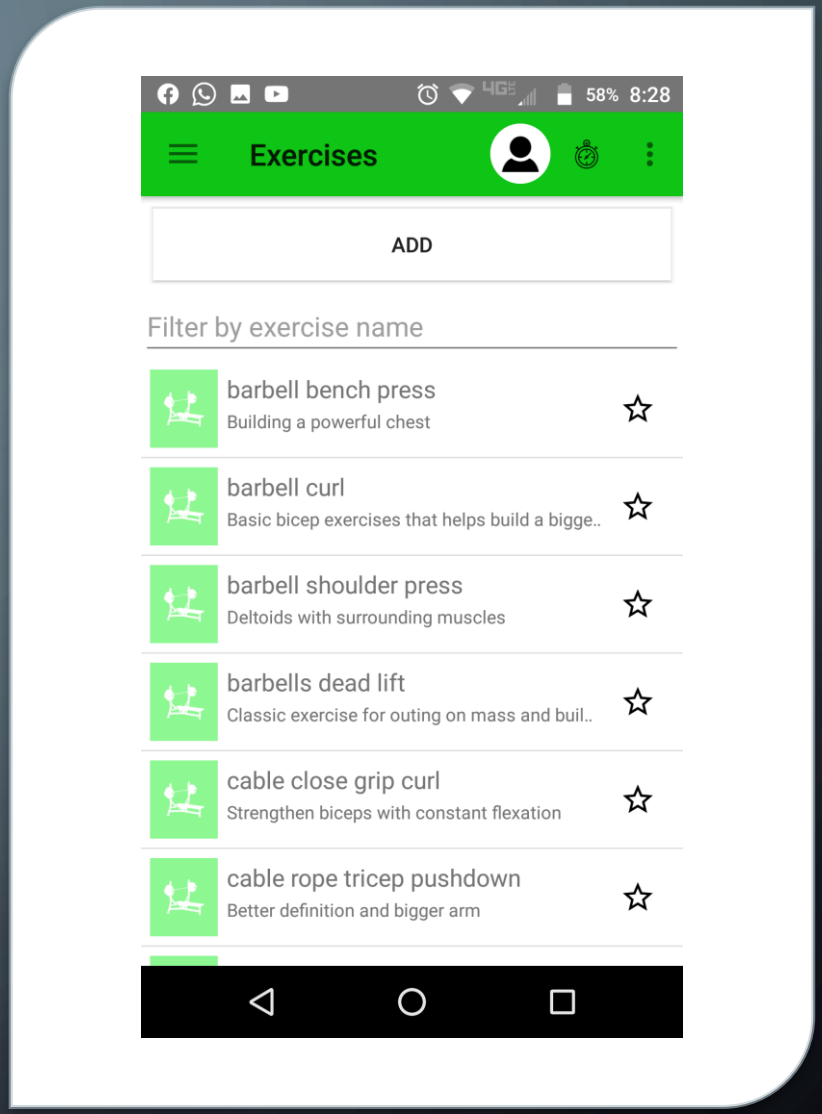
APP MENU


59% 8:25
Muhammad Kashif
Workout
Exercises
Weight Track
Body Track
Settings
About
RECORDS
Weight
Kg
Max 30 Kg
Weight
30Kg
Weight
50Kg
Weight
32Kg
Weight
32Kg
Weight
50Kg

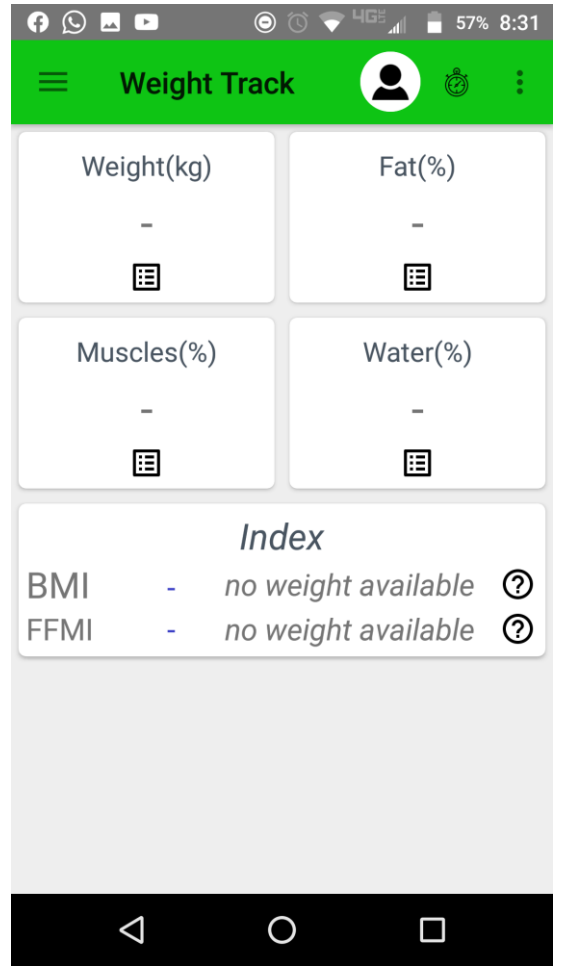


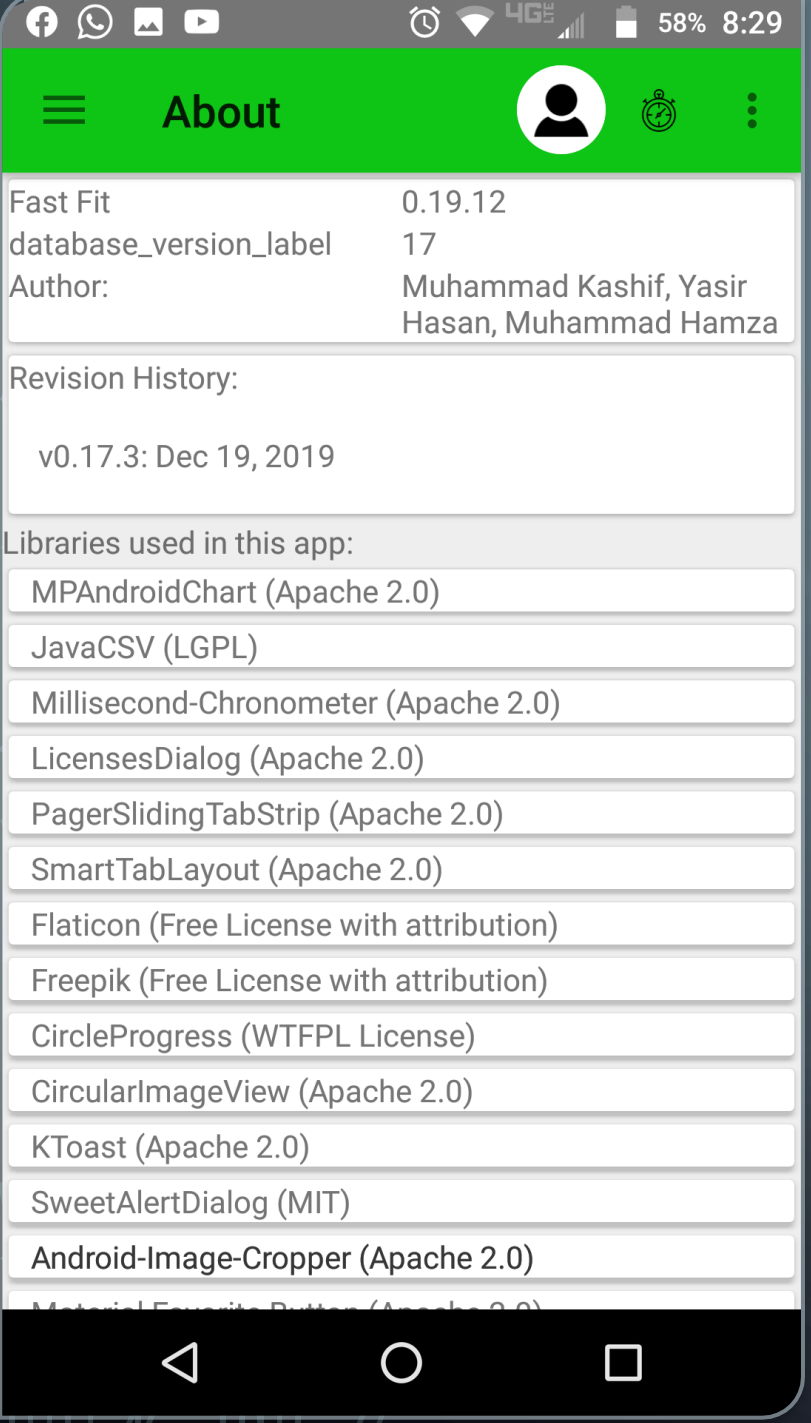
EXERCISE GRAPH

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