



FastFit

FastFit is a website intended to guide users on a path to fitness with personalized workouts and health tips.

On this website, users will create an account and take a quiz to personalize what they are looking to grow and improve on. They then will receive personalized tips and workouts to help them achieve that goal. The site will also contain optional meal plans and virtual trainers to consult with to keep users on track.

Personas

Jim the Personal Trainer: Looking to get tips and inspiration when planning out workouts for his clients

Hannah the student: Busy with being a full-time college student and keeping a job on the side, looking to find an easy way to keep up with her fitness that works around her schedule

Comps



myworkout



<https://8fit.com>

<https://myworkout.com/en/>

<https://www.myfitnesspal.com>