

Assignment - 1

* Problem Statement

Many individual struggle with maintaining order regular physical activity due to lack of time, motivation and knowledge on effective exercise routines, leading to lazy lifestyle and various health problems. Time management is also necessary for everyday life.

1) Executive summary:

The project aims to help individuals integrate regular physical activities into their daily routine by providing accessible, customizable exercise plans that require minimal time and equipment. By promoting consistent physical activity, the project aims to improve overall health, increase energy levels, and reduce the risk of lifestyle-related diseases. The app will promote to be productive and how to manage time.

2) Project Description.

This project will develop a series short, effective workout routines that can be performed at home or in limited spaces, targeting different fitness levels as per the individual.

These routines will be designed to fit into busy schedules, with options ranging from 10 to 30 minutes.

The project will also offer motivational tools, such as progress tracking and community support to encourage regular participation.

3) Project scope :

* Exercise Plans: Create workout routines tailored for beginners, intermediates, and advanced users, focusing on different goals like strength, flexibility, and heart related diseases.

Develop Develop a mobile app or website where users can easily access and customize their workout plans based on time availability and fitness goals.

The project will be in of 4 months with 4 phases.

i) The 1st phase will have research and development of exercise routines under expert people.

ii) The 2nd phase will have development of the mobile app or website, including user interface design and functionality testing.

iii) Phase 3rd contains testing with a specific group of users to gather feedback.

iv) In Phase 4th there will be official launch of the platform.

Costs :- The estimated cost will be 2cr divided among expertise people, web developers, advertise companies etc.

There will be continuous maintenance & post-implementations to ensure the system continued success.