**Rule-Based Filtering in Fitness Apps**

* Uses predefined rules to suggest workouts based on user inputs like fitness level, weight, and goals.
* Example: If a user selects "Beginner," the app filters out advanced workouts.

<https://www.sciencedirect.com/science/article/pii/S2667096822000829>

**Parameter-Based Personalization for Workout & Diet Plans**

* Adjusts plans based on user-specific parameters like age, BMI, and exercise history.
* Focuses on **static personalization** where users manually update their progress.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7220419/>

**Dynamic Adjustment of User Plans Based on Progress Tracking**:

* *Personalizing Mobile Fitness Apps using Reinforcement Learning*  
  This paper describes a fitness app that implements dynamic goal setting and self-monitoring, using reinforcement learning algorithms to generate personalized daily step goals that are challenging yet attainable.

<https://www.researchgate.net/publication/337371636_Personalization_in_Real-Time_Physical_Activity_Coaching_Using_Mobile_Applications_A_Scoping_Review>