

A3 Title: Portable Trainer

Topic: Fitness and Health

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### Problem Background

- People Go to the gym, looking to get healthier, but most of them can get discouraged or overwhelmed quickly.
- Most people do not know where or how to start with diets and exercises, they also do not how to increase the exercises and diets as they progress at the gym accordingly, which can result in a difficult process.
- Even though there are many resources on the internet explaining how to do a specific type of exercise and tips for diets and training, most people look for a personal trainer to guide them through a specific and personal routine.
- Sometimes, people cannot attend to the gym at the same time they trainer do or vice versa.
- As of now, personal trainers meet with their clients in person at the gym so that they can help the client to achieve the desired.
- Currently, there is no effective way of personal trainers giving service to its clients virtually or without the need of them be in the same Gym and time as their client in an effective and organized way.

### Target

- Provide personal trainer with a tool that allows them to manage all their clients' routines, diets, progress, and any other need and give clients the ability to access these anywhere and anytime.
- Give personal trainers the option to receive clients and offer services outside their local communities and to manage their clients in an organized, effective way remotely.

### Analyze

- Not many people can dedicate a specific time or day of the week to meet up with his, or her, personal trainer to work in the goal.
- Watching videos online can feel overwhelming since the person does not know exactly how to the exercise, or if they are doing it correctly.
- Personal Trainers customer base is limited since their work depends mostly in "one to one" interaction with their clients.
- Both Personal Trainers and their clients do not have a way of keeping the progress of work in a remote way so that the information can be accessed anywhere at any time.
- Some clients might be forced to choose another personal trainer due to the one they like being only available at a specific gym that might be far from their home.

### Countermeasures

- Make an app, or web platform, that allows personal trainers to post videos about them doing the clients exercise to teach them how to do it, post and manage the clients' diets, keep progress, setting goals, tips and communication system between trainer and client.
- Create a rate system which would show people looking for possible personal trainers which trainers are the preferred among users (clients)
- Let personal trainers manage their clients in an organized, effective, and personalized manner so it satisfies both his and the client needs.
- Let clients have their routines, diets, progress, goals, and achievements accessible online for them anywhere at any time.

### Check/Evaluate

- By examining the locations and increase of the Personal Trainers customer base, the success of the platform can be determined. An increase in clients and in clients outside of his, or her, local community indicates that the platform has been successful.
- Surveys to Personal Trainers and customers shall be sent to get feedback from them so that the platform can be improved and to satisfy their needs.
- Calculating the percentage of customers that do accomplish their goals at the gym before and after the launch of the platform can help determine failure. If the percentage is less or equal to as before the launch of the platform, failure shall be considered.
- If failure in the platform is achieved, the use of surveys to clients shall be used to determine the cause. The cause can be that the platform did not satisfy their needs, it was not found useful, it is not simple or attractive enough, among others.

### Act and/or standardize

- The platform can be improved by adding Streaming or "Livestream" so that if needed, the Personal Trainer can connect live with the client for any reason, anywhere at any time.
- The team expects to learn tools like React, Data Bases, full stack development and the process of Software Design by the completion of this project.
- This platform could be extended to other fields outside Health/Fitness. It could also be expanded to mentoring sectors like education.