

# Project Report

**Title of Project:**

fitGuide-personalized fitness planner

**Name of the Innovator:**

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**Start Date:**

2023-10-24

**End Date:**

2023-10-25

**Day 1: Empathise & Define****Step 1: Understanding the Need****Which problem am I trying to solve?**

Lack of accessible, instant, and personalized fitness guidance for beginners who cannot afford expensive personal trainers.

**Who is affected by this problem?**

College students and office workers with sedentary lifestyles who want to start exercising but don't know where to begin.

**How did I find out about this?**

Interviews, Online Research, AI Tools

**Step 2: Problem Statement**

Busy individuals need a simplified, automated way to receive customized workout and diet plans based on their specific health goals without navigating complex fitness jargon.

### **Why is this problem important to solve?**

Physical inactivity is a leading cause of lifestyle diseases; providing a low-barrier entry point to fitness can significantly improve community health outcomes.

### **Take-home task insights:**

Most people quit fitness journeys because of 'information overload' rather than lack of motivation; they prefer 3-4 clear instructions over a 20-page guide.

## **Day 2: Ideate**

### **Step 3: List at least 5 different solutions:**

1. A manual PDF guidebook with various fixed routines.
2. A rule-based web application that generates plans using JavaScript logic.
3. A mobile community forum where users give each other advice.
4. A daily SMS notification service for generic health tips.
5. A video library of exercises categorized by muscle groups.

### **Step 4: My favourite solution:**

A rule-based web application that generates plans using JavaScript logic.

### **Step 5: Why am I choosing this solution?**

It offers the best balance of speed, personalization, and ease of access while requiring zero cost for the end user.

## **Day 3: Prototype & Test**

### **Step 6: What will my solution look like?**

The prototype is a responsive web application featuring a clean landing page, an interactive form for user data (age, weight, goal), and a results dashboard that dynamically displays workout steps and nutrition advice using conditional logic.

### **What AI tools will I need?**

AI tools are required for generating the logic-based content templates, debugging the JavaScript code, and designing the user interface layout.

### **Selected AI tools:**

1. ChatGPT
2. Claude.ai
3. Canva
4. CodePen
5. HungryPanda AI

### **Step 7: Test - Getting Feedback**

#### **Who did I share my solution with?**

A group of five classmates with different fitness levels.

#### **What works well:**

The instant generation of results was highly appreciated, and the safety disclaimer added professional credibility.

#### **What needs improvement:**

The UI could benefit from more visual icons for specific exercises rather than just text descriptions.

### **Day 4: Showcase**

#### **Step 8: Final Project Title:**

FitGuide: Logic-Driven Personal Health Assistant

## **1-Minute Pitch Summary:**

FitGuide is an innovative web tool designed to bridge the gap between sedentary lifestyles and active health. By solving the problem of high-cost personal training, it offers instant, goal-oriented workout and diet plans. Built with HTML and JavaScript logic, the tool was refined based on tester feedback to include safety protocols. Its impact lies in providing a free, scientific starting point for anyone looking to improve their physical well-being.

## **Step 9: Reflections**

### **What did I enjoy the most?**

Designing the if-else logic that maps specific user inputs to unique health recommendations.

### **What was my biggest challenge?**

Ensuring the diet plans were diverse enough to be useful while keeping the code structure simple.