

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.