

Topic: What are you talking about?

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Name: Christian E. Rosado Feliciano

Problem Background

- Good Gym workouts are really hard to find since there are a lot of personal workouts uploaded in the internet.
- To get a personalized workout you need to pay for a personal trainer.
- Personal Trainers are really expensive.
- Workouts look really repetitive

Target

- You need to pay for a personal trainer and he needs to go with you to the gym every day.
- Find a good personal trainer

Causes

- Not all gyms have a personal trainer.
- They are expensive
- Workout apps mostly cost a lot of money

Countermeasures

- Make an app that uses its camera to help you train.
- Gives you meal prep ideas after every workout.
- It helps you get motivated when tired.

Check/Evaluate

- Verifies every rep you do.
- Checks on your weight journey.
- Requires pictures to check if there's any progress.

Act/Standardize

- There will be personal trainers giving updates to workouts.
- Nutrition Experts will help improve the meal preps.
- Developers will continue to improve the UI/UX of the App.