



MyCampusGym

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What is MyCampusGym?

Our proposed project is MyCampusGym, a mobile application targeted to college campuses that allows for a gym member experience similar to those at large-scale corporate gyms like Equinox, LA Fitness, 24-Hour Fitness, etc. with a little more.





Proposed Features

MyCampusGym would allow student patrons (as well as staff, faculty and others) to:

- view available fitness classes (like yoga or F45)
 - ability to reserve their spot in those classes
- view the gym hours
 - includes hours for other recreational facilities
- a forum/discussion board to facilitate wellness conversations
- tutorial section of videos on how to perform basic strength exercises
 - includes sample workout routines for both strength and cardio
- functionality to show gym occupancy and capacity based on student check-in or geolocation to help facilitate gym attendance
- community creation to connect those across campus or individually to encourage wellness and share fitness ideas

Application Tabs

- MyFeed
- MyFitness
- MyBuddies
- MyMentor
- MyProfile





MyFeed

Campus Forum (can view by campus or altogether)

- Only college students/members can join (university account needs to be verified by university email)
- Diet plan/recipe
- Workout plan
- Tips and tricks with specific workout

Builder Feed (a forum where only licensed personal trainer or instructors can post)

- Videos workout tutorial
- Tips and tricks on how to avoid injuries



MyFitness

- Classes sign up: display schedule and signing up for spots (different for each campus)
- Gym occupancy monitor: displays opening hours and how many people are currently in gym based on card swipes or geolocation
- Group Meet sign up (app requires users' location access): users can host or join fitness events
 - Cycling
 - Marathon
 - Hiking
 - Swimming
 - Sports (Basketball, soccer, football)



MyBuddies

App uses a specific algorithm to help user find compatible workout partners based on profile the user sets up

- The algorithm matches users together based on
 - Preferred time (morning, afternoon, nighttime)
 - Preferred length of workout
 - Preferred type (cardio, bodylifting, yoga)
 - Users' goals, level, location, and diet



MyMentor

Helps you to match with a professional fitness coach

- User is required to complete assessment in profile section
- User is required to design future goals and workout plan in profile section (how many days you plan to workout, how long you plan to workout)

The system will recommend the suitable trainer, ability to message trainer and manage training sessions



My Profile

Assessment (through body composition analyzer such as InBody, or manual input)

MyPlan: sets up workout and diet. The app includes templates created by licensed bodybuilders and personal trainers

MyJournal: recording workouts (including length of workout, what exercises, what you eat daily nutrition information. Shared with in MyMentor/MyBuddies, automatically shared with your mentor/buddy

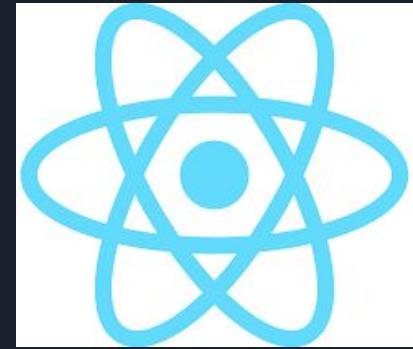
MyRewind: monthly/yearly analysis of workout/diet quality and progress

- With use of statistic analysis and AI to provide a fitness score that analyzes what you improved and what needs to be done better
- Review goals & set goals for next month/year
- MyRewind makes use of data such as MyJournal, MyPlan, and information from MyBuddies/MyMentor, and MyBodyAssessment

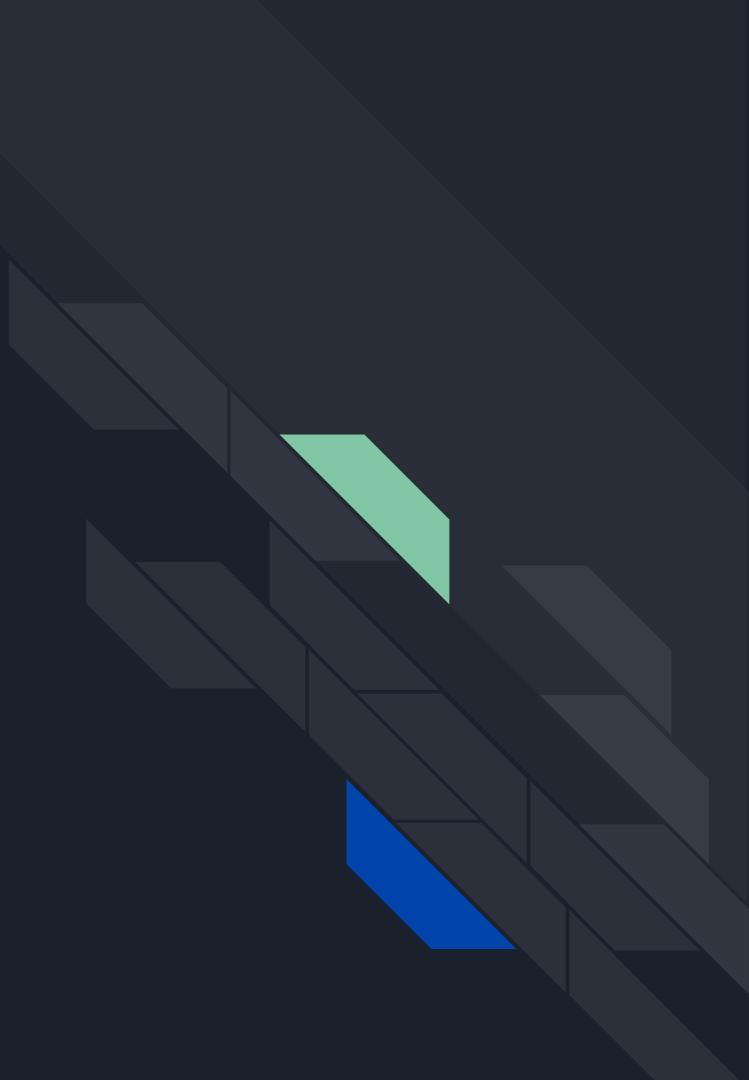
How We'll Be Creating This

The application would primarily utilize a Swift or React front-end and Google Firebase for database support.

If time allows, we'd also like to integrate with campus systems for real-time gym attendance, but discovery is needed.



Questions?



Thank You!

