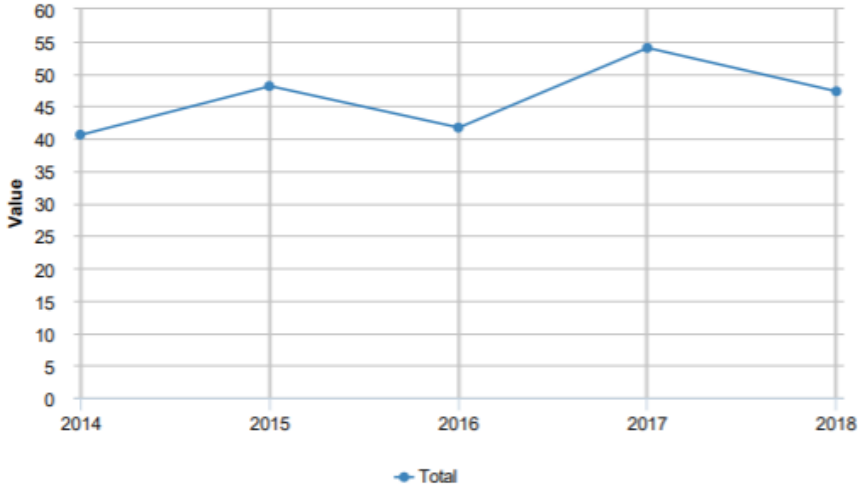


1.Identify The Problem

Due to the ongoing pandemic, people who would often go to the gym to workout will most likely opt to exercise at their homes to minimize the risk of getting infected. This would in turn result in an increase in the amount of people that do not perform physical activities throughout the day. As shown in figure 1, there existed a tendency through the years 2014-2018 for physical activity to diminish in adult as the years progressed. If no change is made the trend will be more apparent in the years following 2020.

Figure 1: Percent of adults who engage in no exercise
(Image taken from www.cdc.gov)

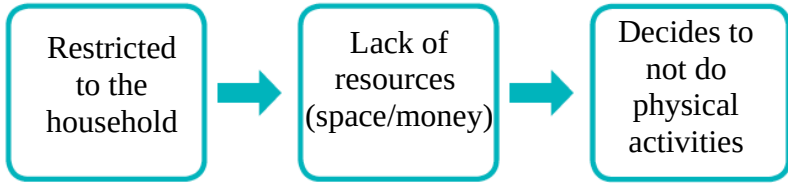


2.Set a Target

Provide a platform that will facilitate the recording of exercises done in the house while also providing the means to share the routine done with others.

3.Analyze Causes

Flowchart That Shows Loss of Interest in Physical Activities



4.Propose Countermeasures

Cause	Countermeasure	When
Person does not have necessary resources to purchase equipment.	Create an app that gives its users the ability to share exercises with others that can be done with household items	One Semester

5.Check/Evaluate

6.Act/Standardize