

Problem: Lack of exercise	Project Name: Do it	Owner:	Date 01/25/22
1.) Background & Problem Statement		3.) Goal Statement & Target Condition	
<p>Sometimes people decide to start exercising, they start in the gym, their house or they go for a run. Even so, there is a large percentage of people that go to the gym but they don't know what exercises to do or how to do them.</p>		<p>Create a platform that gives the user the correct routine based on their goals. Free the user from having to lose time deciding what exercises to do while educating the user.</p>	
2.) Cause Analysis		4.) Implementation Plan	
<p>The lack of exercise could be linked with not enough education on how to exercise. There are many choices on how to exercise and this makes it tougher to get in shape.</p> <p>Also, some people just don't have the time to prepare a proper routine or they don't have the money for a personal trainer.</p>		<p>First, we would need the user's basic information and their goals. The ideal result would be a routine that focuses the right set of muscle groups and sets/repetitions.</p>	
		5.) Follow-Up	
		<p>The routines would change using the users feedback and results over time.</p>	