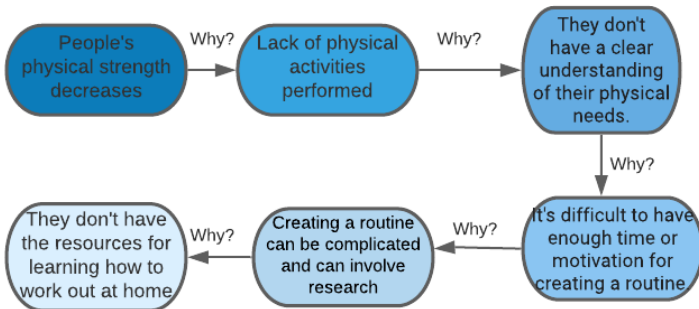


Topic: Workout Schedule		Date: January 24, 2021
Author: Verónica Bernier		
Problem Background: <ul style="list-style-type: none">• There are many people who prefer working out at home rather than attending a public gym.• Working out at home most likely means not having access to a personal trainer.• People who prefer working out at home still need certain tools and guidance as those who work out at gyms.• A big challenge when working out is knowing how to choose the right workout and the appropriate workout for the body type.• It is difficult to keep track of a workout schedule.• The lack of small goals training-wise leads to less motivation on working out at home.		Countermeasures: <ul style="list-style-type: none">• Create a workout schedule service that is available to anyone. Having their workout tasks organized will save people time.• Offer workout recommendations based on physical characteristics and goals. This will save people the research of having to find the right workout for them independently.• The service will remind and send motivational messages to the people using it, which will help them keep up the routine.• It is expected that by making an easy service people will be more encouraged to work-out increasing their physical activity.
Target: <ul style="list-style-type: none">• Reduce time spent on creating a workout routine by 40%.• Increase the general population’s physical activity time.• Have all of this done by 2 years.		Check/Evaluate: <ul style="list-style-type: none">• Track the ratio of created workout routines to completed workout routines constantly.• Surveys to ask people if they have been using the service and if they think it has increased their physical activity and by how much.
Causes: <div><pre>graph LR A([People's physical strength decreases]) -- Why? --> B([Lack of physical activities performed]) B -- Why? --> C([They don't have a clear understanding of their physical needs.]) C -- Why? --> D([It's difficult to have enough time or motivation for creating a routine.]) D -- Why? --> E([Creating a routine can be complicated and can involve research]) E -- Why? --> F([They don't have the resources for learning how to work out at home])</pre></div> <ol style="list-style-type: none">1. As humans, we need a certain amount of physical activity to remain healthy. Now, with COVID-19, people are going out less and therefore, their physical activities decrease.2. Most people are very busy and don't take time to understand their physical health and take care of themselves.3. Identifying the amount of daily or weekly physical activities a certain person should perform can be challenging.4. Not everyone can afford a gym in terms of money and time. For that reason, they need alternatives like doing simple at-home workouts to remain active.5. When you're not an expert, identifying which at-home workouts you need and how many require research which also takes time.		Act/Standardized: <ul style="list-style-type: none">• The same concept of workout scheduling can be used for any type of training with the right data provided by trainers.• Furthermore, the tools used in this project to allow workout scheduling can be used for these items.