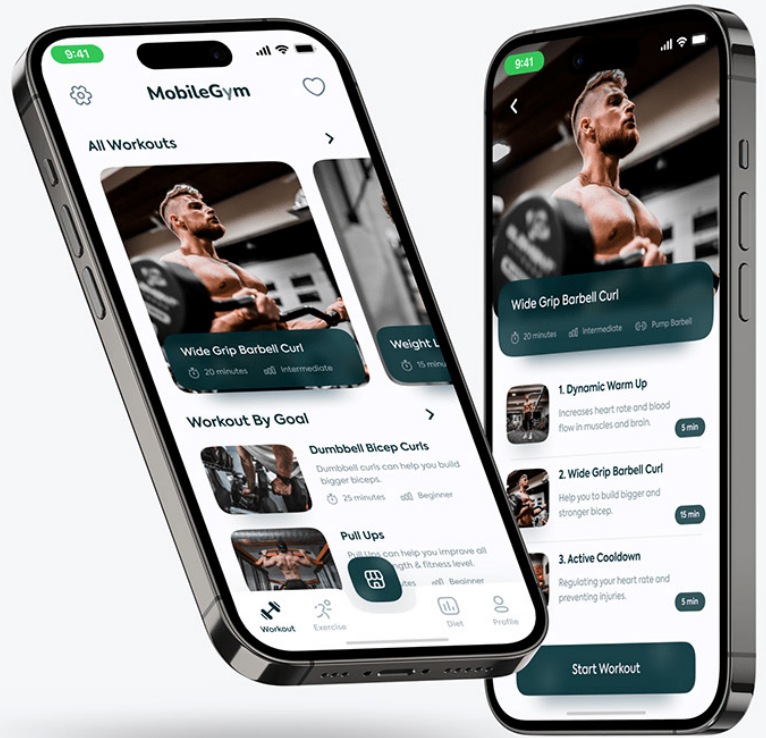# Improve your workout. Make it easy to achieve your goals now

Personalized Meal Plan, Home or Gym Workout Plan based on your body type, goals and experience.

Project Overview

Implement a system that tailors workout plans, meal recommendations, and progress tracking based on users' unique goals, fitness levels, and preferences.

Problems & Solutions

Problem: Lack of Motivation and Accountability

Many individuals struggle to maintain motivation and accountability in their fitness routines, leading to inconsistent exercise habits and difficulty achieving their fitness goals.

Solution: Gamification and Social Integration

Implement gamification elements in the fitness app, such as badges, challenges, and rewards for achieving milestones. Integrate social features that allow users to connect with friends, create workout groups, and participate in challenges together, providing a sense of community and accountability.

Problem: Difficulty Planning Workouts

Users often find it challenging to create a well-structured workout plan that aligns with their goals, preferences, and fitness levels.

Solution: Personalized Workout Plans

Offer users the ability to input their fitness goals, preferences, and available equipment. Utilize this information to generate personalized workout plans that cater to individual needs, making it easier for users to follow a structured and effective workout routine.

Problem: Inefficient Nutrition Tracking

Tracking nutrition and managing meals can be time-consuming and complicated, discouraging users from maintaining a healthy diet.

Solution: Meal Planning and Tracking Functionality

Incorporate a feature that allows users to plan their meals, generate shopping lists, and track their daily caloric intake and macronutrient distribution. Provide a database of recipes and nutrition information to simplify meal planning and promote healthier eating habits.

Problem: Safety Concerns and Lack of Guidance

Some users may be concerned about performing exercises correctly and safely, especially if they are new to fitness.

Solution: Video Demonstrations and Professional Guidance

Include a library of exercise videos demonstrating proper form and technique. Offer tips and guidelines for each exercise. Consider integrating virtual coaching or the option for users to connect with certified fitness trainers for personalized guidance and advice.

86%

- ✓ 20% Dynamic Warm Up   ✓ 60% Upper Body Strength
- ✓ 20% Active Recovery

User Studies

Empathize Phase

Modeling of proto-persona

Out of 78% users with an average age of 28 y.o desire a more personalized experience that aligns with their specific fitness goals, preferences, and fitness level.

7 respondents user lack guidance on maintaining a balanced diet and struggle with creating meal plans that complement their workout routines.

Limited time due to a demanding job.

Struggles with staying consistent with workout routines.

Needs guidance on effective workout plans and nutrition.

Design Thinking:
The Loop by IBM

Incorporating design thinking principles in the development of a fitness app helps in creating a highly user-centric and effective tool for improving fitness and overall well-being.

Observe :

Get to know people, uncover their needs, test your ideas.

Reflect :

Build understanding, form intent, commit to decisions.

Make :

Explore ideas, prototype possibilities, drive outcomes.

Meal Plan

Diet Control

Incorporating a well-balanced, nutritious diet and practicing portion control can significantly impact your health and quality of life positively.
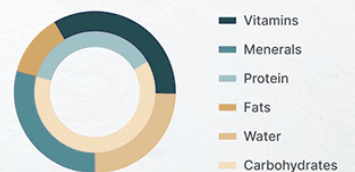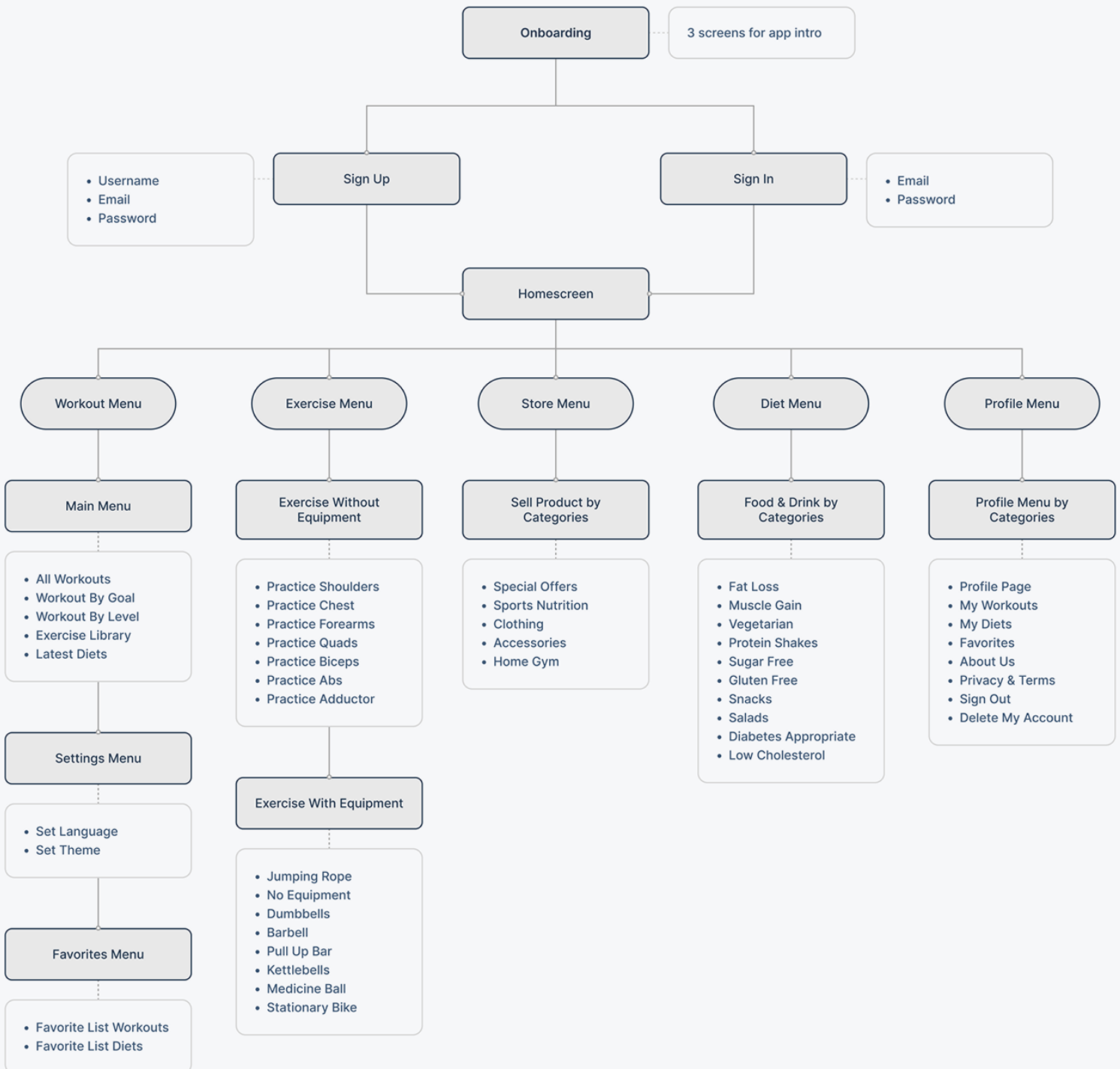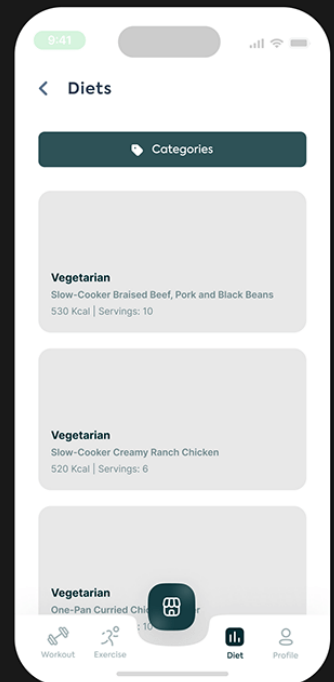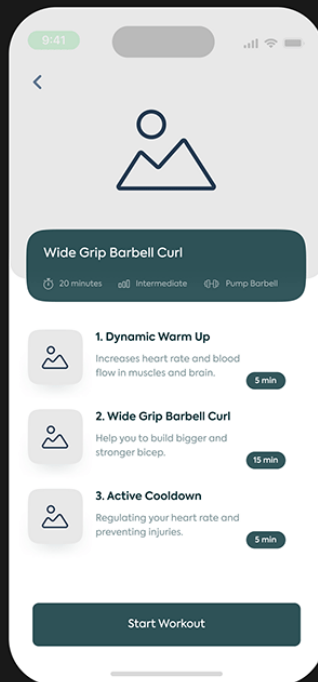
- Vitamins
- Menerals
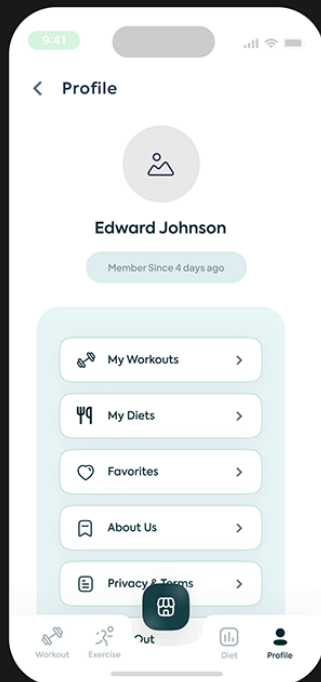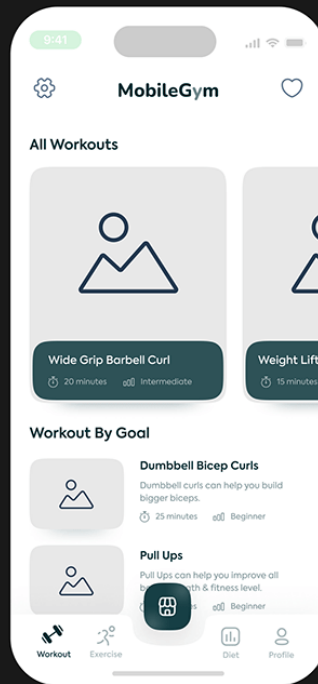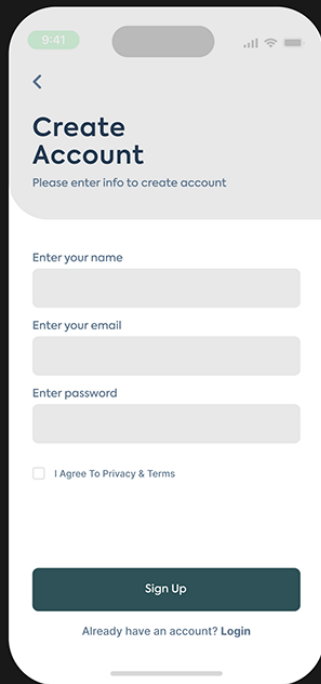- Protein
- Fats
- Water
- Carbohydrates

Diagram Flow

Plan to reduce misconceptions and accelerate the work process. This stage contributed to a better understanding of user experience architecture.

```
                          ┌──────────────────┐        ┌──────────────────────┐
                          │    Onboarding    │────────│ 3 screens for app intro│
                          └──────────────────┘        └──────────────────────┘
```

Onboarding — 3 screens for app intro

Sign Up
- Username
- Email
- Password

Sign In
- Email
- Password

Homescreen

Workout Menu

Main Menu
- All Workouts
- Workout By Goal
- Workout By Level
- Exercise Library
- Latest Diets

Settings Menu
- Set Language
- Set Theme

Favorites Menu
- Favorite List Workouts
- Favorite List Diets

Exercise Menu

Exercise Without Equipment
- Practice Shoulders
- Practice Chest
- Practice Forearms
- Practice Quads
- Practice Biceps
- Practice Abs
- Practice Adductor

Exercise With Equipment
- Jumping Rope
- No Equipment
- Dumbbells
- Barbell
- Pull Up Bar
- Kettlebells
- Medicine Ball
- Stationary Bike

Store Menu

Sell Product by Categories
- Special Offers
- Sports Nutrition
- Clothing
- Accessories
- Home Gym

Diet Menu

Food & Drink by Categories
- Fat Loss
- Muscle Gain
- Vegetarian
- Protein Shakes
- Sugar Free
- Gluten Free
- Snacks
- Salads
- Diabetes Appropriate
- Low Cholesterol

Profile Menu

Profile Menu by Categories
- Profile Page
- My Workouts
- My Diets
- Favorites
- About Us
- Privacy & Terms
- Sign Out
- Delete My Account

Basic Structure

Wireframing

Visual representation of the basic layout and structure of application. It will help developers understand the requirements and functionalities to be implemented with the design vision.

Solutions for Body Fit

Mobile Gym is the best solution for making your body fit & healthy

Create Account

Please enter info to create account

Enter your name

Enter your email

Enter password

☐ I Agree To Privacy & Terms

Sign Up

Already have an account? **Login**

⚙ **MobileGym** ♡

All Workouts

Wide Grip Barbell Curl
⏱ 20 minutes 📊 Intermediate

Weight Liftin
⏱ 15 minute

Workout By Goal

Dumbbell Bicep Curls
Dumbbell curls can help you build bigger biceps.
⏱ 25 minutes 📊 Beginner

Pull Ups
Pull Ups can help you improve all b...strength & fitness level.
📊 Beginner

Workout   Exercise   Diet   Profile

< **Profile**

Edward Johnson

Member Since 4 days ago

🏋 My Workouts >

🍽 My Diets >

♡ Favorites >

🔖 About Us >

📄 Privacy & Terms >

Workout   Exercise   Out   Diet   Profile

<

Wide Grip Barbell Curl
⏱ 20 minutes 📊 Intermediate Pump Barbell

1. Dynamic Warm Up
Increases heart rate and blood flow in muscles and brain.
5 min

2. Wide Grip Barbell Curl
Help you to build bigger and stronger bicep.
15 min

3. Active Cooldown
Regulating your heart rate and preventing injuries.
5 min

Start Workout

< **Diets**

🏷 Categories

Vegetarian
Slow-Cooker Braised Beef, Pork and Black Beans
530 Kcal | Servings: 10

Vegetarian
Slow-Cooker Creamy Ranch Chicken
520 Kcal | Servings: 6

Vegetarian
One-Pan Curried Chi...
10

Workout   Exercise   Diet   Profile

Color Palette

A dark color scheme was used with two primary colors (Dark Slate Grey and Gothic).

#254C51

#000C08

#6C8589

#CEDCDD

#FFFFFF

Axiforma & Inter

Display Title / Description

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Regular / Medium / Bold

Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur excepteur sint occaecat cupidatat non proident.

Grids System

Utilize a single column layout or fewer columns for better mobile responsiveness, stacking content as needed to provides a consistent and structured layout.
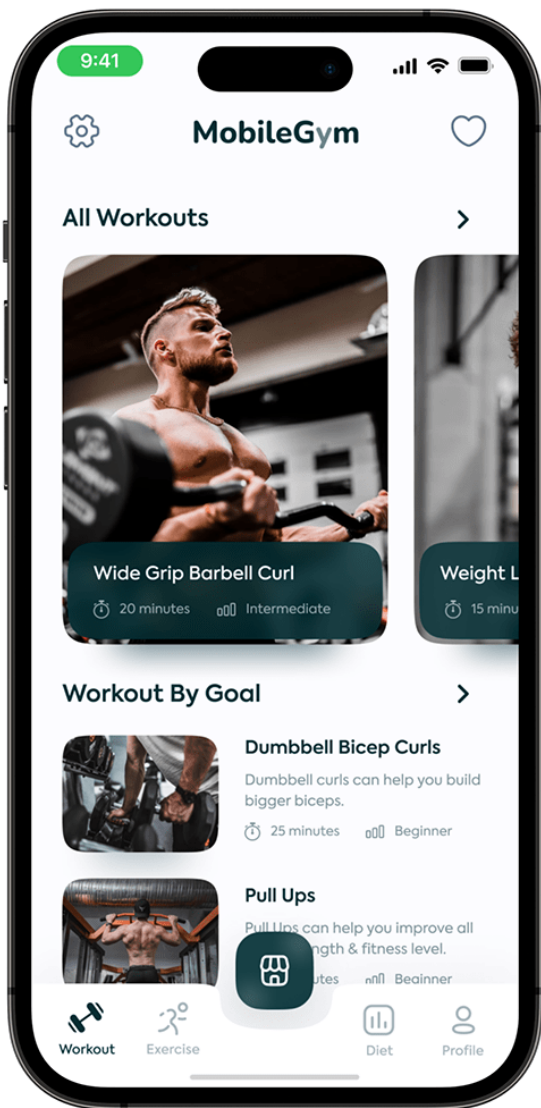
393 px

852 px

8 rows

12 px

12 px   4 columns

Scheduling

- ✓ 40% Upper Body Strength
- ✓ 35% Cardio and Core
- ✓ 25% Lower Body Strength

Workout Plan

This structure helps users stay organized and focused during their workouts.

MobileGym

All Workouts >

Wide Grip Barbell Curl
20 minutes Intermediate

Weight L
15 minu

Workout By Goal >

Dumbbell Bicep Curls
Dumbbell curls can help you build bigger biceps.
25 minutes Beginner

Pull Ups
Pull Ups can help you improve all
ngth & fitness level.
utes Beginner

Workout Exercise Diet Profile

Muscle Building Workout Routine
3 Days/Week

Level
Intermediate

Goal
Build Muscle

Week 1 >
Week 2 >
Week 3 >
Week 4 >
Week 5 >

Wide Grip Barbell Curl
20 minutes Intermediate

1. Dynamic Warm
Increases heart rate
flow in muscles and b

2. Wide Grip Barb
Help you to build bigg
stronger bicep.

3. Active Cooldow
Regulating your heart
preventing injuries.

Start Workou

Summary :
Client Interface in use

Workout plan aligns with the user's specific fitness goals, whether it's weight loss, muscle gain, improved endurance, or overall fitness.
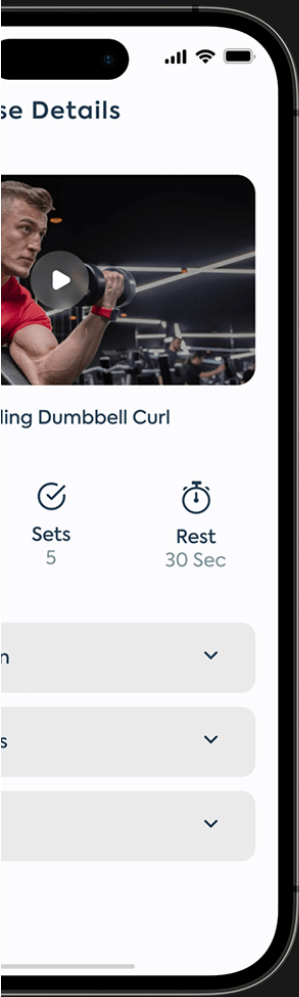
Scheduling

- ✔ 50% Cardio - HIIT
- ✔ 30% Flexibility and Mobility
- ✔ 20% Active Recovery

Practice

Exercise Plan

This structure helps users maintain focus and make the most of their exercise sessions.
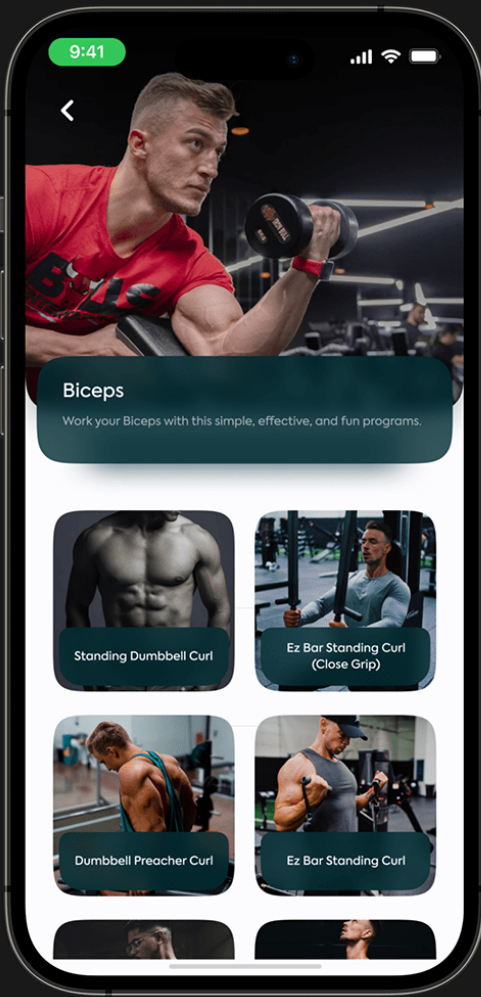
Summary :
Client Interface in use

Exercise plans provide a structured and organized approach to fitness routines, offering a clear layout of exercises, sets, reps, and rest intervals.
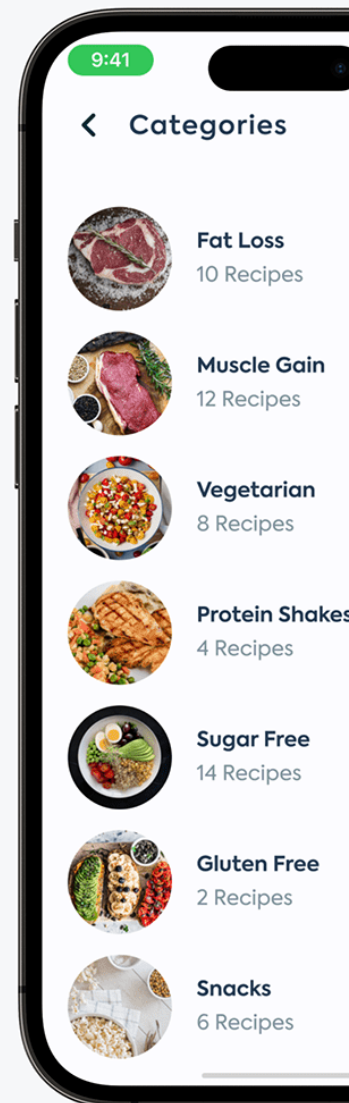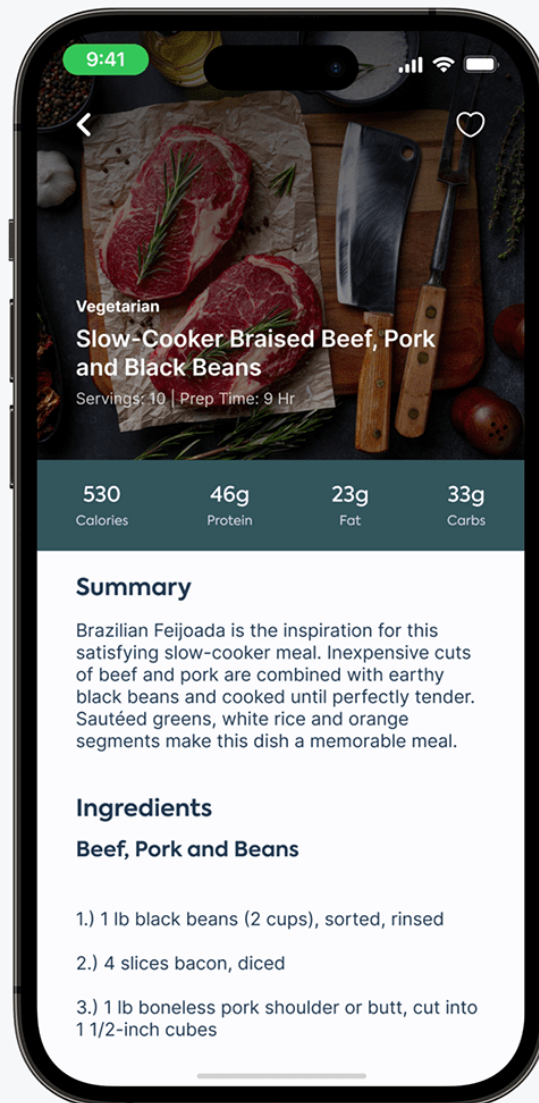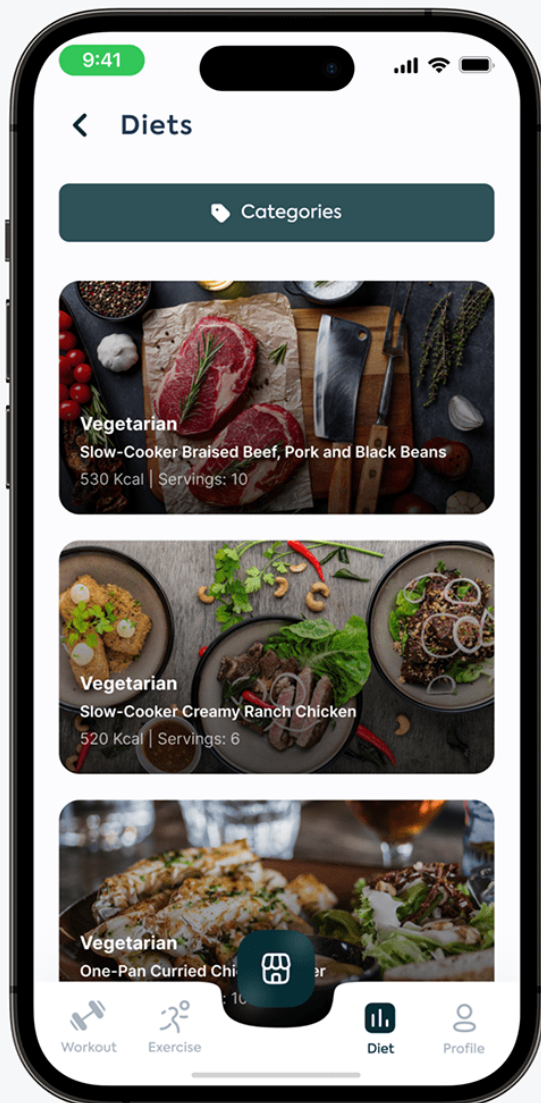
Scheduling

- ✔ 50% Protein ✔ 25% Carbohydrates
- ✔ 25% Vitamins

Nutrition

Meal Plan

Users can access meal plans designed to support their goals effectively.

Summary :
Client Interface in use

Meal plans can be tailored to align with users' specific fitness objectives, whether it's weight loss, muscle gain, maintenance, or improving overall health.

The Outcome

Implement & Results

The design was finalized and i worked along with the development team at senior full-stack capacity and the actual application was developed. You can search the app **"Mobile Gym - Workout Anywhere"** below to see the progress of the app.

GET IT ON
Google Play

Download on the
App Store