FitGo – A Fitness Application

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1. Introduction :

We are living in the world of technology and it makes many things better and easier. Sports are no exception. Apps and smartphones have become a huge part of today's sports culture, and wearables are making a great impact as well, gaining more and more popularity each year. Keeping in mind the boost of health and fitness industry we have created a fitness app FitGo.

FitGo is an Android Application that is designed to support and serve as a guiding tool for trainees both at home and at the GYM. The application is aimed towards building up an exercise model for individuals who needed to perform exercises in a conformable procedure. Regular exercise has health and physical benefits which are difficult to ignore. Health and physical fitness are the main focus of the application. The application targeted people who like to keeps fit and keep track of their workout tasks and sets of workouts done at regular intervals. Basically, FitGo is implemented in such a way that the collection of implicit routines and that which is prescribed to the trainees are in one component.
FitGo is a form of hub for categories of built-in and custom workout routines.
FitGo is designed to contain built-in categories of workout. The collection of workouts is meant to contain procedures and descriptions of how the workouts should be performed. The collections are the ones recommended by the experts. Each Category of workout has a set of sub-categories. Users can customize their workouts for the purpose of monitoring their physical and well-being outcomes. FitGo application provides a feature through which users can monitors and keep track of the workout routines. And keeping the body in a good shape.

2. Novelty of the project :

Our Application FitGo app comprises of different features and functionalities, starting from different types of exercises to report generation.

There are a lot of fitness Apps available but one similar things we have noticed that their functionalities matches, means that user can just use the feature of application but can't track their workout i.e. How have they been doing? So we came with the idea that the users can schedule and track their exercises. This feature allows the user to do exercise and track their performance on the selected days.

Further the report consist of Pie Chart, Stacked Chart, Data Panel and Excel Sheet. The Report is very flexible with time in the sense that user can select any time range and report will be generated accordingly.

3. Research :

As it was mentioned in the novelty of the project, our motive is to make the user capable of analysing or tracking their workout so that they can decide further plans or can make some improvisation. So we researched on the way to display the report to user in well mannered, informative, simple and efficient way. Since this application is designed to be used by any age group, so had to design the report which is understandable to all. That's why we decided to pick some general and simple charts and data display formats, these are Pie Chart, Stacked Chart, Data Panel and Excel Sheet. These are the screen shots of a report which best describe the user data.

Thare are six categories of exercises Chest, Legs, Shoulder & Back, Arm, Abs and Full Body. Accordingly the report get generated based on categories :

1. Pie Chart – It represents the overall percentage of each categories.
2. Stacked Chart – It represents the number of exercises done in each category on each day of selected time frame.
3. Data Panel – It represents number times exercises done in each category, category wise average per day, and exercise wise contribution in its category.
4. Excel Sheets – It displays a complete data of exercises like sets and repition of each exersies of each day in the time frame.

4. Outcomes of the Project :

Feasibility : Creating a project is good but managing the software or the services is very complicated. So our simple plan is to keep updating the services as per the requirement of the user. Currently we have added Google Ads and Google-Admobs which can create a good revenue source for short term as well as long term. Currently we are focussing on reaching the maximum customer.

Admob – It is an advertising company organised by Google. All the ads in the application are implemented using this platform service. Ads format that are used in the application are
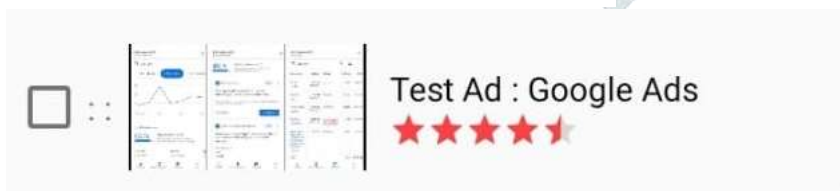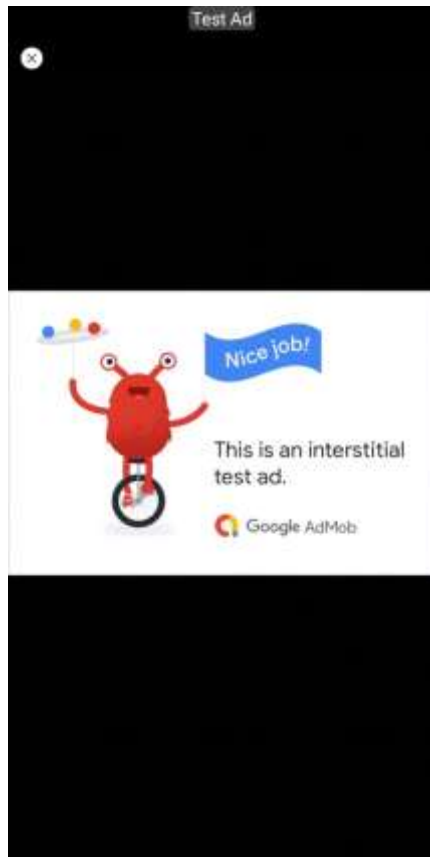
a. Banner Ad – Lies at the bottom of dash board
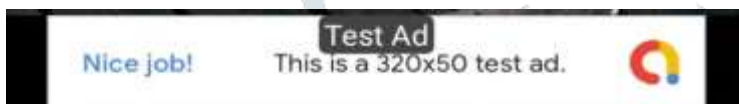
b. Rectangular Banner Ad – Lies at the bottom of each exercise list

c. Native Ad – Lies in between the list of exercise

d. Interstitial Ad – Full page add triggers on clicking report

Cost effective : For now we are offering this application free of cost. However we are also planning to launch a premier version. Which will be chargeable but still affordable. So any user can use as long as they want without paying a single penny.

User Friendly : This app is very smooth to use , every components and activity is designed in such a way that the app can be handled by anyone regardless of there age and also focussing on old age people who are often shrugged off.