

Personalized Fitness Program Builder

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Closely monitoring training metrics will allow people to compare results to training trends and use this knowledge to steer future training. Athletes will be able to answer questions like, what percentages do you respond well to? What amount of volume allows you to recover adequately and still progress? What has worked well and what hasn't? The project will centralize training data for athletes. Athletes and coaches should be able to build individual workouts using a variety of exercise types and track them. It should be easy to log workouts data, daily nutrition, track achievements. The final product will contain following features: single login across all devices, complete training and nutrition profile, easy to use analytics tools, training program builder (desktop only), personalize training program generator, and data sharing for coaches. The goal at the end of the spring semester is to finish building the platform for coaches and athletes. It should be a cross platform, easily accessible training log for easy data sharing among devices. After receiving a significant number of users in the future, personalized automatic program generator and coach finder will become live.