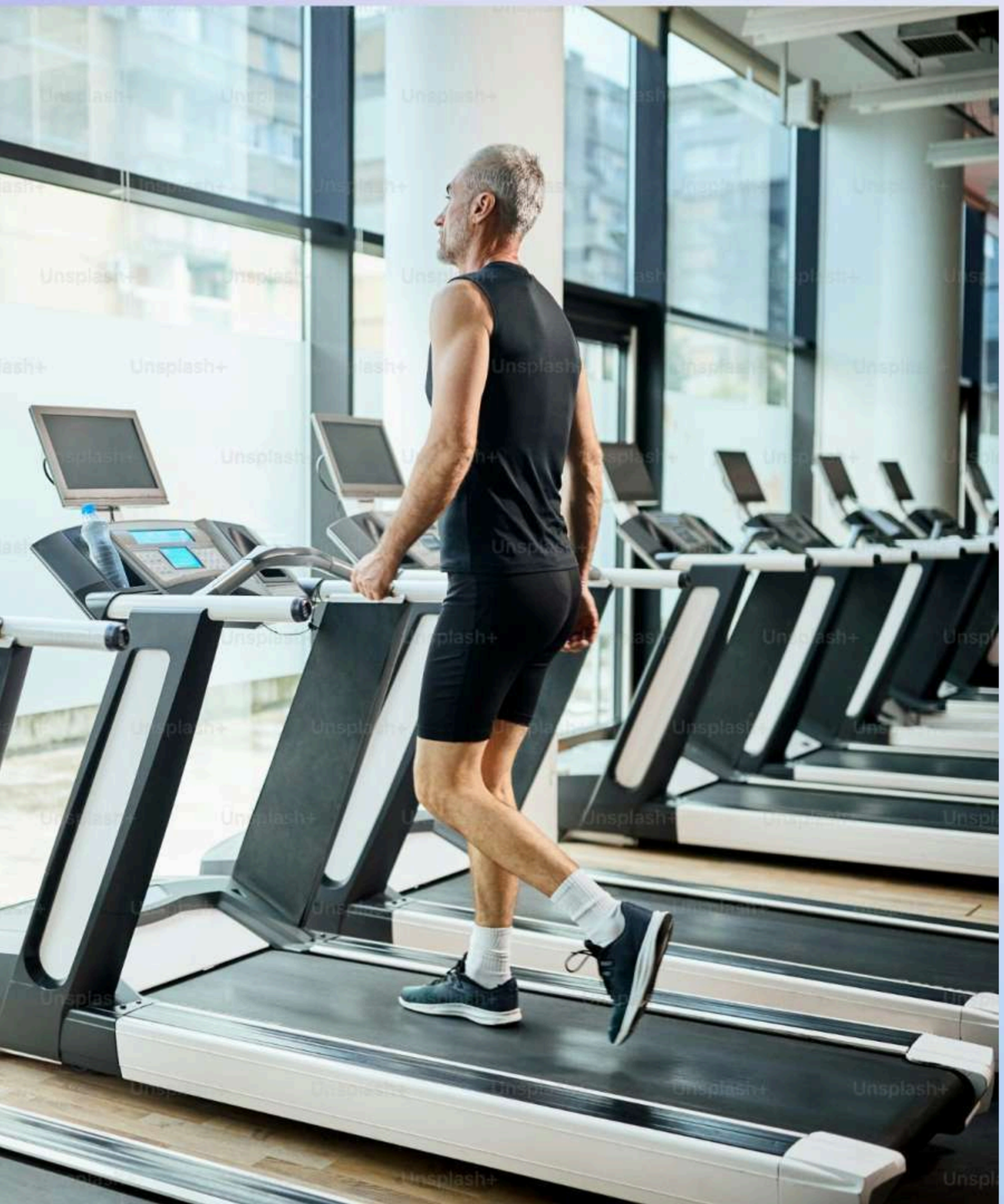


Gym Fitness Tracking App

A user-friendly gym fitness tracking app that simplifies workout routines and progress monitoring. Users effortlessly log exercises, track sets and reps, and monitor progress. With personalized fitness plans and workout reminders, users stay motivated to achieve their goals. The app also offers insights into performance metrics for optimized workouts.

Fit Sync

FIND OUT EXACTLY WHAT DIET & TRAINING WILL WORK SPECIFICALLY FOR YOU

Next

Full-Body Workout

Shift stubborn body fat and build muscle

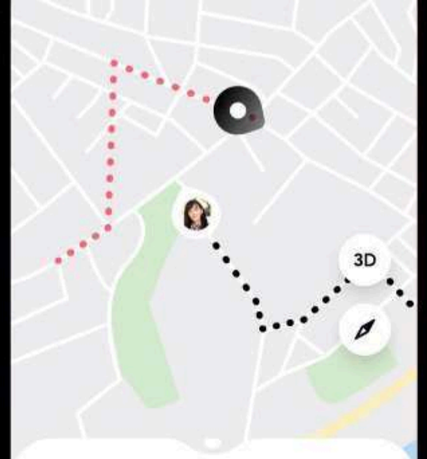
Small Waist Workou

Getting a smaller wais takes time, but with fo

Categories See All

8 Categories

Special · Beach Rea... · Full - Body · Challenge



Indoor Run

20km

Elapsed time 00 : 30 : 24

Distance 12.5km/20km

Map

246 Total calories

682 Followers

Timeline · Stats · Duels

5 6 7 **Today, 8 Jul** 9 10 11

Indoor Run 5.56 km

24 min 348 kcal

Outdoor Cycle 4.22 km

24 min 248 kcal

Easy 4 min

Full-Body Workout

Shift stubborn body fat and build muscle

Hello Linh!

Thursday, 08 July

Search friends or neighbors

Linh Nguyen

2s ago

I am very happy to be with Cafit in training sessions and how about you?

121 · 34 · Share

Easy 6 min

Start Exercising

Regular exercise is one of the best things

Hello Linh!

Thursday, 08 July

My Plan

July, 2021

WEEK 1

Body Weight

Workout 1 of 5

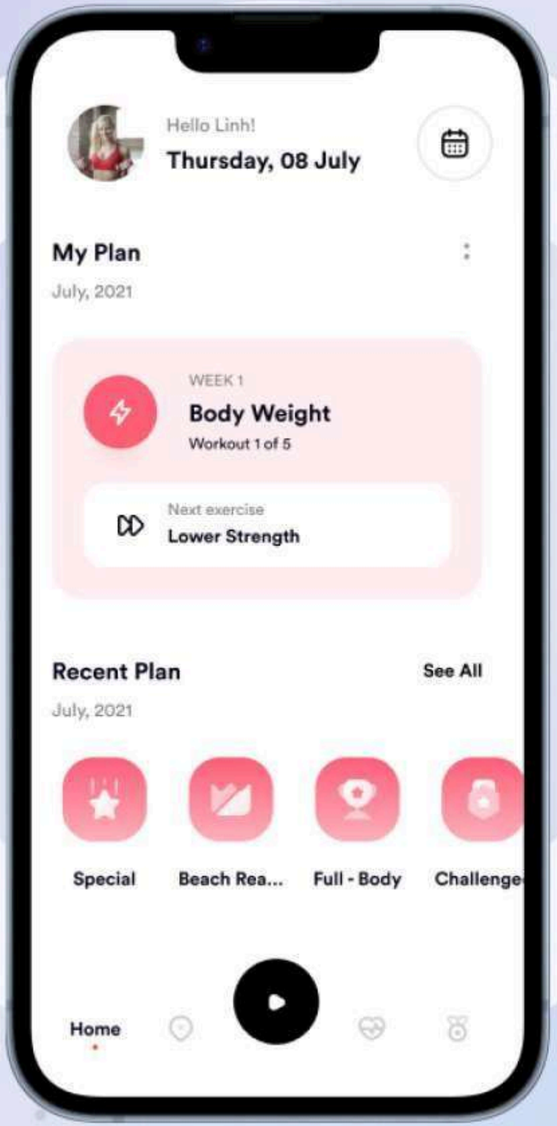
Next exercise

Lower Strength

Recent Plan See All

July, 2021

Special · Beach Rea... · Full - Body · Challenge

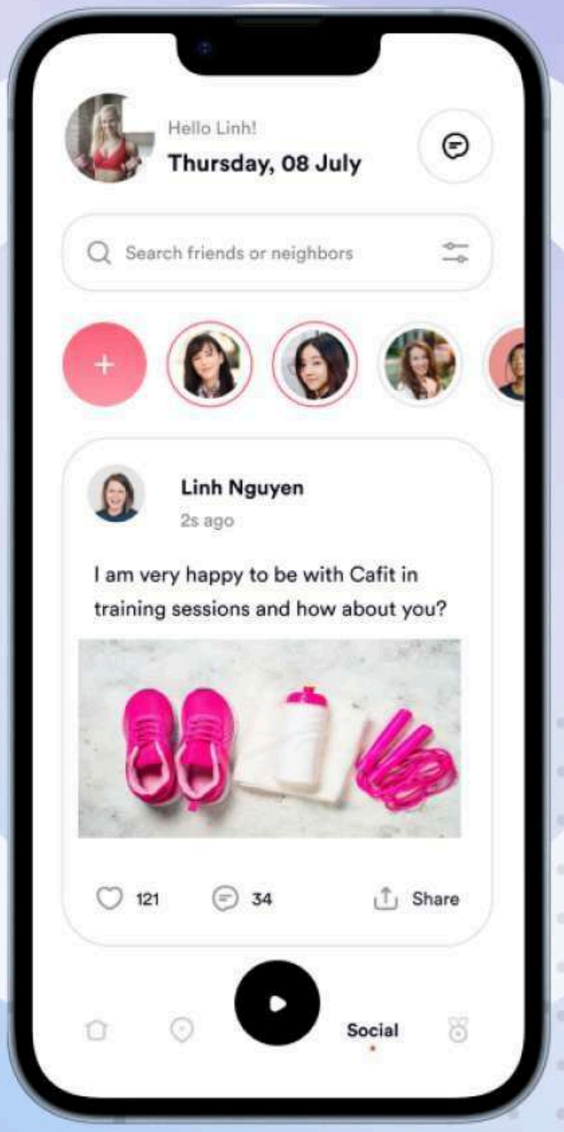


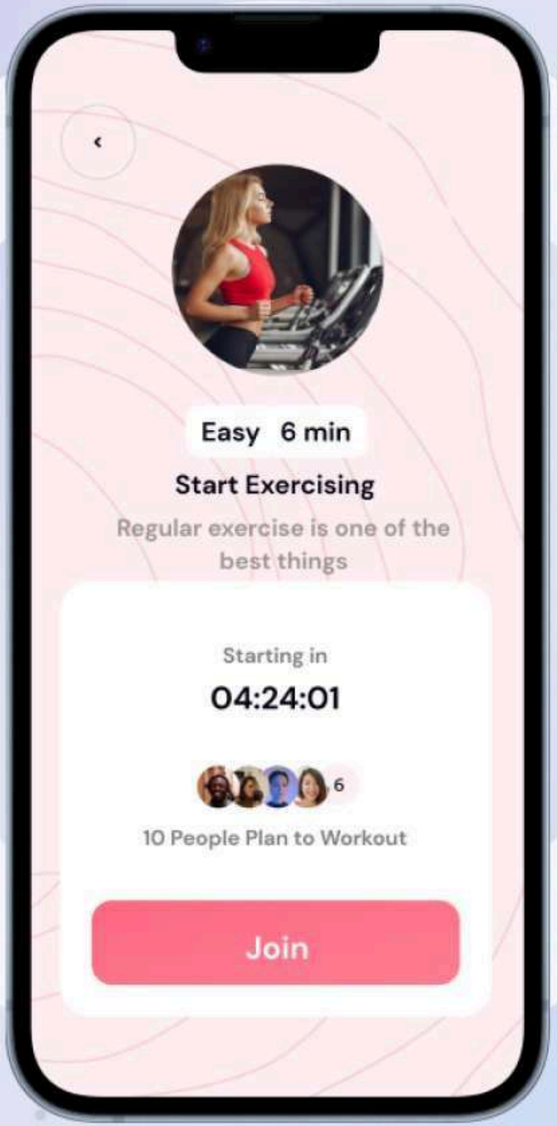
Features

- Exercise Logging
- Goal Setting and Tracking
- Food/Nutrition Logging
- Integrations
- Social Features
- Gamification
- Post-Workout Analytics
- Exercise Demos/Tips

Challenges

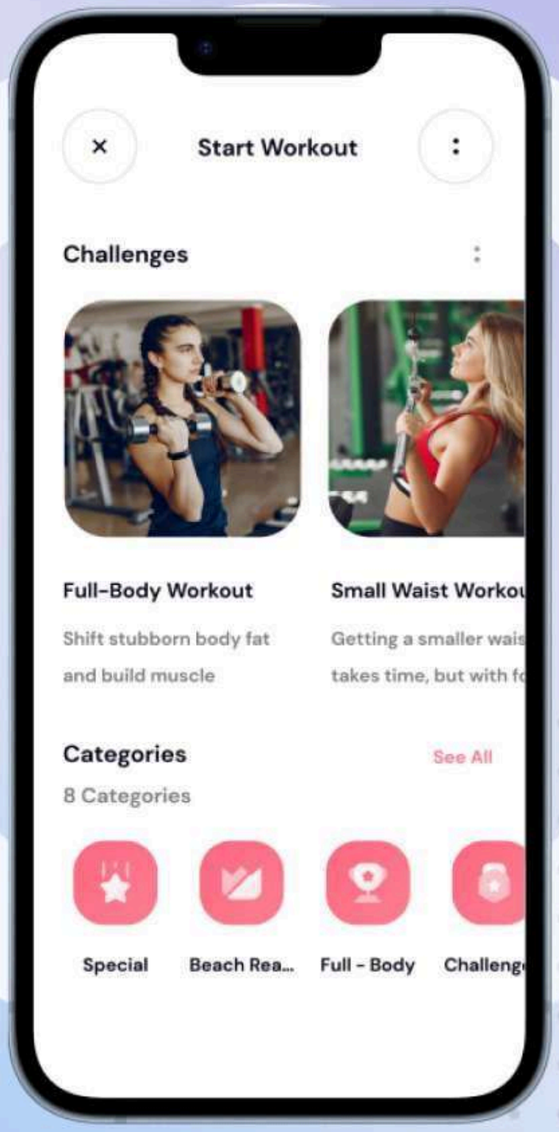
- Developing an app with robust exercise logging capabilities
- Seamlessly integrating with gym equipment and popular apps
- Leveraging social features and gamification to drive consistent use
- Building a secure platform protecting user data





Solutions

- Create native iOS and Android apps for reliability
- Partner with wearable companies like Fitbit for syncing
- Implement achievements, challenges, and leaderboards
- Develop privacy-first infrastructure on AWS technology

Impact

- 75% longer average daily app usage compared to competitors
- Over 100k downloads and 4.8-star rating in 6 months
- 32% of workouts logged tied to social features
- Customer LTV increased thanks to recommendation engine