

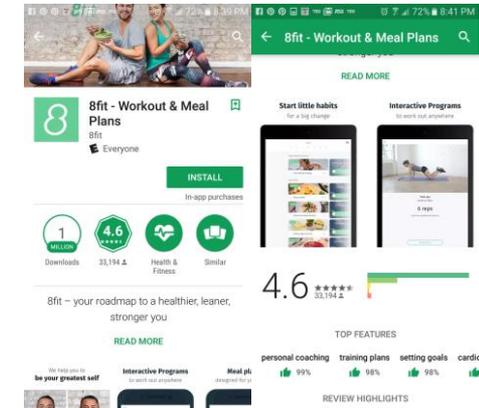
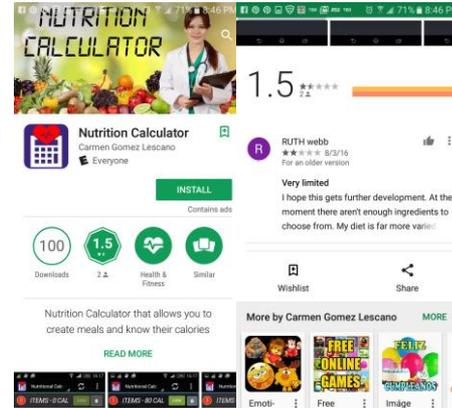
# Gotta Get Moving!

The problem I have right now in my life has to do with activity. I am a wife and mother to four college students who are still living at home. I work full time and have just changed jobs, which comes with a change of schedule. I am also back to school in an online program to earn my Bachelor's degree! With the school and the change of job and schedule, my activity level has taken a big dip. I want to maintain my health and am looking for some help with motivation in my eating habits and activity level. I know that it does not have to be huge to make an impact, I just really need a jumpstart to redevelop the habit.

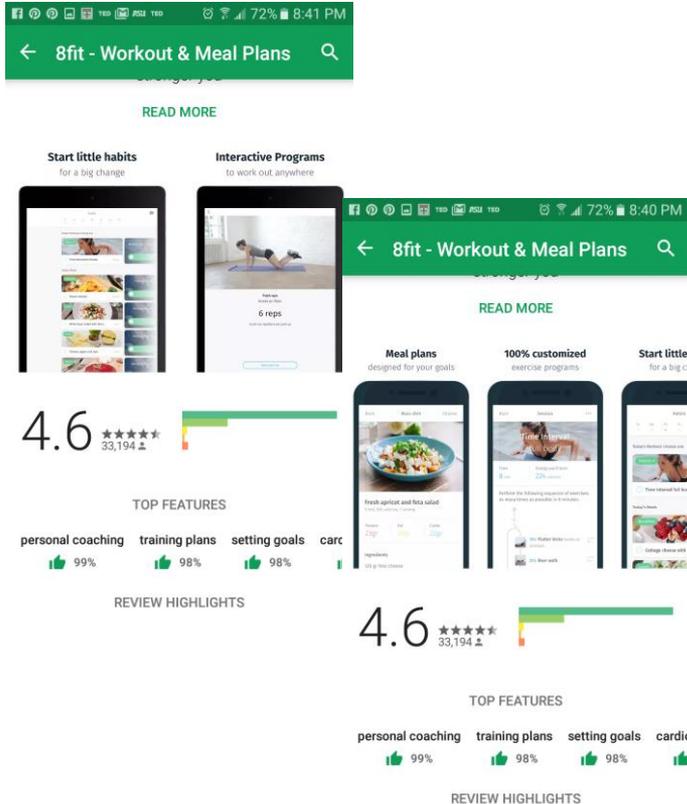
By: Joni Fesler

# Mobile apps that I looked at.....

- **Nutrient Calculator**: I was looking for this app to provide nutrition information for recipes I make so that I can stay on top of what's going in. The usage is very slim for this app and from the review, it is not easy to use
- **Nutrition Calculator** : I was looking for the same in this app. It shows promise, but according to reviews also has limited functionality.
- **8fit**: In all of the various searches I did in looking for nutrition apps, this keep showing up. It provides meals, shopping lists, and workouts. It is well reviewed and heavily used.



# “Fitness for the rest of us” 8fit motto



8fit is an app that creates:

- Customized workouts
- Meal plans that work
- Progress tracking

It does this by:

- Collecting your information
- Planning your workouts
- Planning your meals
- Creating shopping lists
- Setting reminders

# Who is going to make use of this app?

Anyone with a desire for a positive change.

*It does not stop the donut from going in your mouth.*

**It tells you what to eat to get the results.**

*It does not move your but off the couch.*

**It tells you the moves with video and descriptions.**



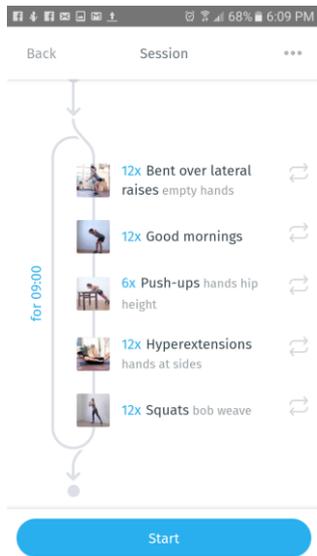
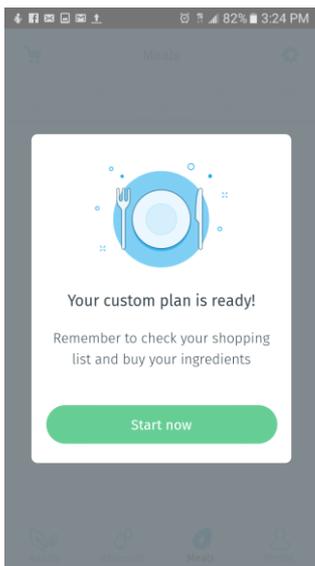
[Donut](#) by [jennifer durban](#) [CC BY- NC 2.0](#)



[Couch!](#) By [Caleb Wilkerson](#) [CC BY- NC 2.0](#)

# Why will I use this app?

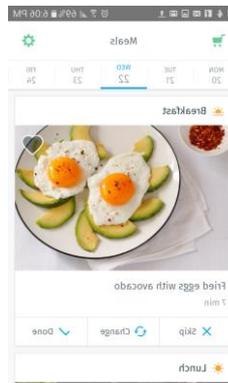
It creates a plan just for me!



Gives workouts with descriptions and videos!

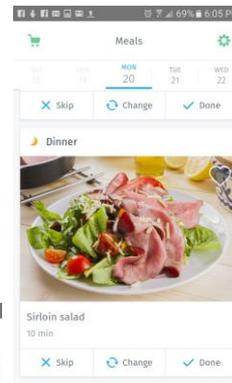
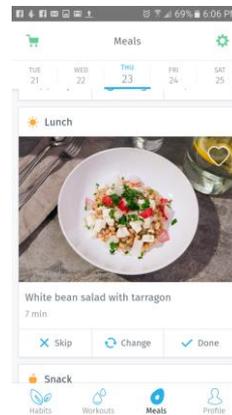
Workouts give option of warm-ups, cool-downs and music type!

Tells me what to make and how to make it!



Breakfast!

Lunch!

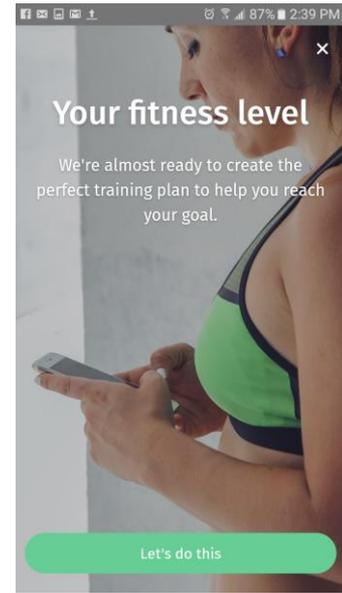
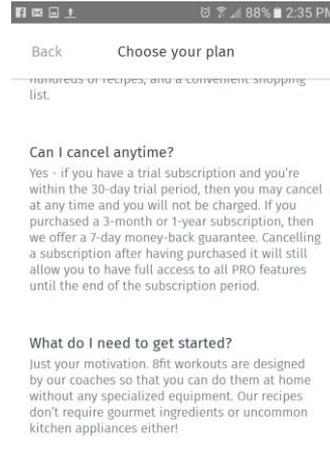
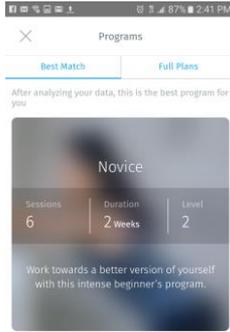


Dinner!

# How do I use this app?....

Provide your information:

- Age
- Weight
- Height
- Fitness capabilities
- Diet restrictions or preferences
- Goals with timeframe



It sets up everything for you with workouts including frequency along with meals

# How much does this app cost?

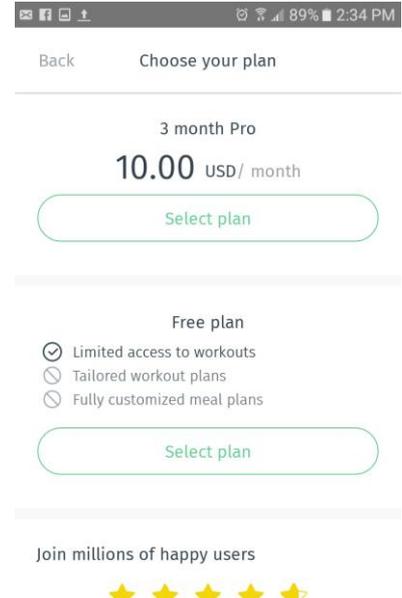
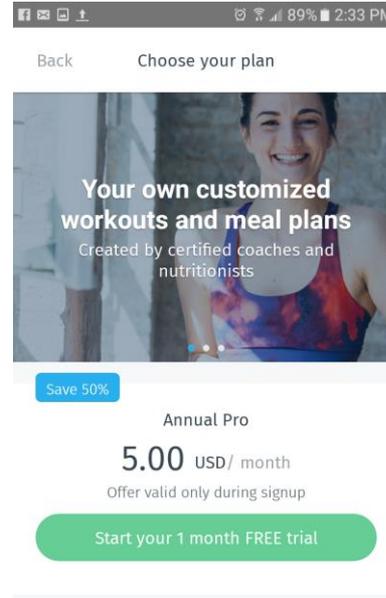
Installing the app is FREE!

Free limited use...

Special offer of \$5/monthly for first year during initial sign up. (not able to find regular price)

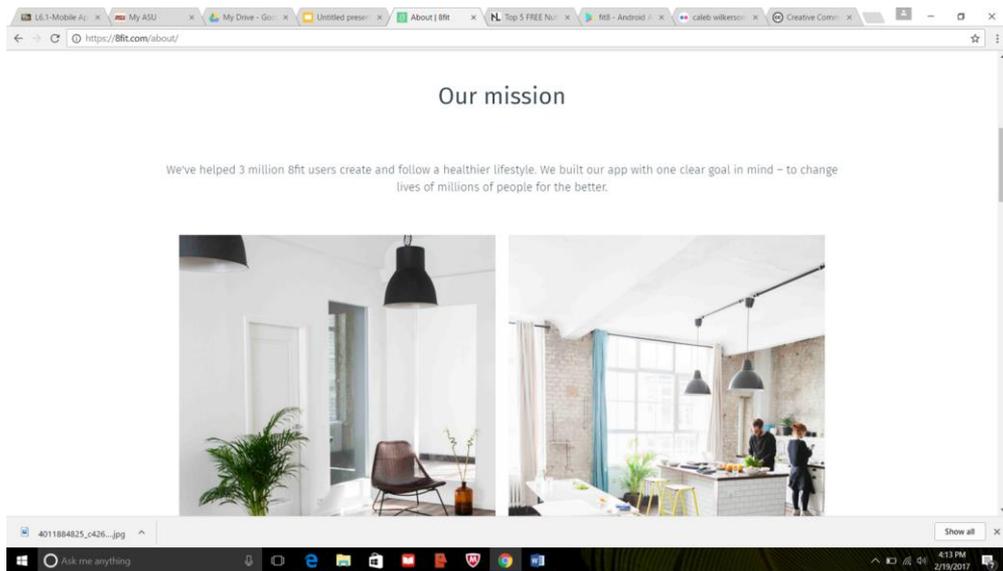
3 month plan: \$10/month.

Payment gives unlimited access to all workouts and meal options.



# How many people use this app?

According the the 8fit.com website, there are over 3 million users.



## Reasons:

- Clear company goal
- Ease of use
- Workouts not complicated
- Well laid out meals
- Customizable choices for meals and workouts

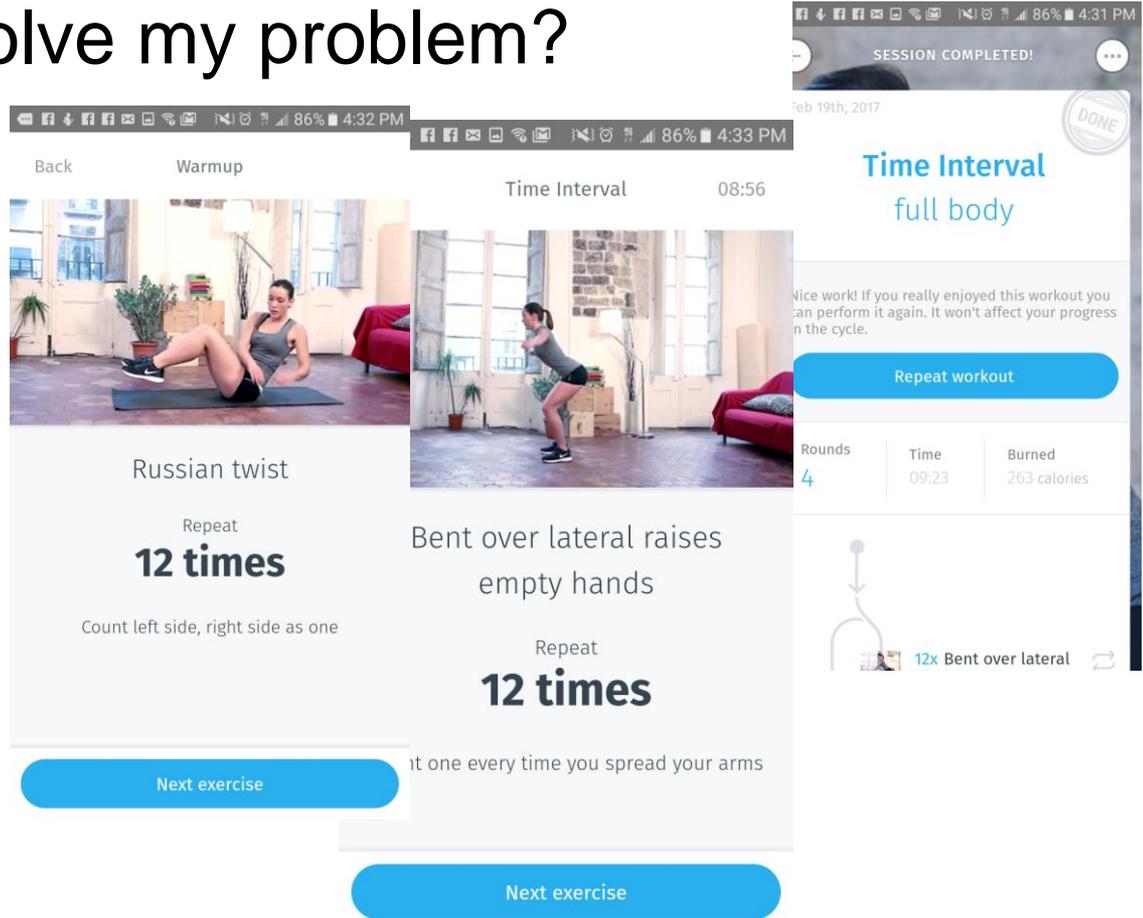
# Will this app help solve my problem?

**YES!!**

I have done a lot of study on diet, nutrition, and exercise.

Even with that, I have not done anything for a positive change.

This app makes it feel fun, easy, and doable.



# References:

<https://8fit.com/>

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Many screen shot images provided by Joni Fesler