



INFORMATICS  
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## **6BUIS020C – Final Project Report**

### **Muscle Score**

Student: M.A. Risandu Olitha (20200154/w1809408)

Supervisor: Havindra Gunawardena

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## Abstract

Fitness industry has blooming over last years since more and more customers investing into their own health. As per statistics fitness industry has been growing rate of 8.7% over the recent years due to people focusing more and more on both physical and mental health (22 Fulfilling Fitness Industry Statistics [2023]: Home Workout And Gym Statistics – Zippia, no date).

Specially after covid 19 number of people that involves and interest in fitness has been risen suddenly. During the pandemic period all the gyms and fitness centers were down as government took decisions to minimize places that people gather. People tend to work out from home at the time in order to improve their physical and mental health while staying in shape. Even though majority started performing activities at their home most of them was not motivated or haven't got proper guidance in order to get expected outcome. According to the surveys and research carried out they have found out that most people tend to follow videos and other materials on internet which led them to wrong directions which distract them from achieving their end goal. This happens mainly because information overload.

The finding of the evaluation pointed to the necessity of platform where people can find motivation to themselves to carry the momentum and find knowledge from experts in the industry and find out more opportunities that they has to enhance their health and physical appearance. As a result, "Muscle Score" was developed as a mobile application to fulfill clients requirements by allowing them to find nearby gyms to work out and find fitness instructors to guide and motivate when they workout at their home moreover through the application people can raise their question and post blogs related to their fitness problems.

The proposed fully functioning application has been using the latest technology and guarantee high rated service for the users. Solution has been tested with proper methods to maintain the quality.

**Keywords:** Fitness industry, physical activities, information overload, instructors, Physical and mental health, Gyms