



The objective of the Personal Health Interactive Training (PHIT) project is to design a system that maintains fitness data records and stores workout routines for customers. The system is designed to help customers track their exercise routines, settings on a specific machine, and previous performance from past workout routines. The PHIT team anticipates the system will encourage people to join health clubs since the system will provide fully tailored exercise routines based on each customer's fitness goals. The PHIT system will be marketed to small and medium sized health clubs. The PHIT team strives to help gym users to obtain maximum fitness results and goals. A feasible price will be set to ensure the system users will not pay a large fee. With realistic and attainable fitness goals the PHIT system will transform customers overall fitness progress, taking fitness data from a notebook to an online database.

The PHIT project is ideal for future senior design teams to continue. The team took a purely theoretical path throughout the project. An opportunity exists to produce a physical product. Different engineering disciplines can contribute to PHIT. Mechanical engineers can create the physical structuring of the system. Computer engineers would be able to create the database and the wireless network PHIT requires. Computer science majors can design the application interface. An interdisciplinary team would be sufficiently challenged in making a working PHIT system.