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CASE STUDY

JustLift

Case Study

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# About JustLift

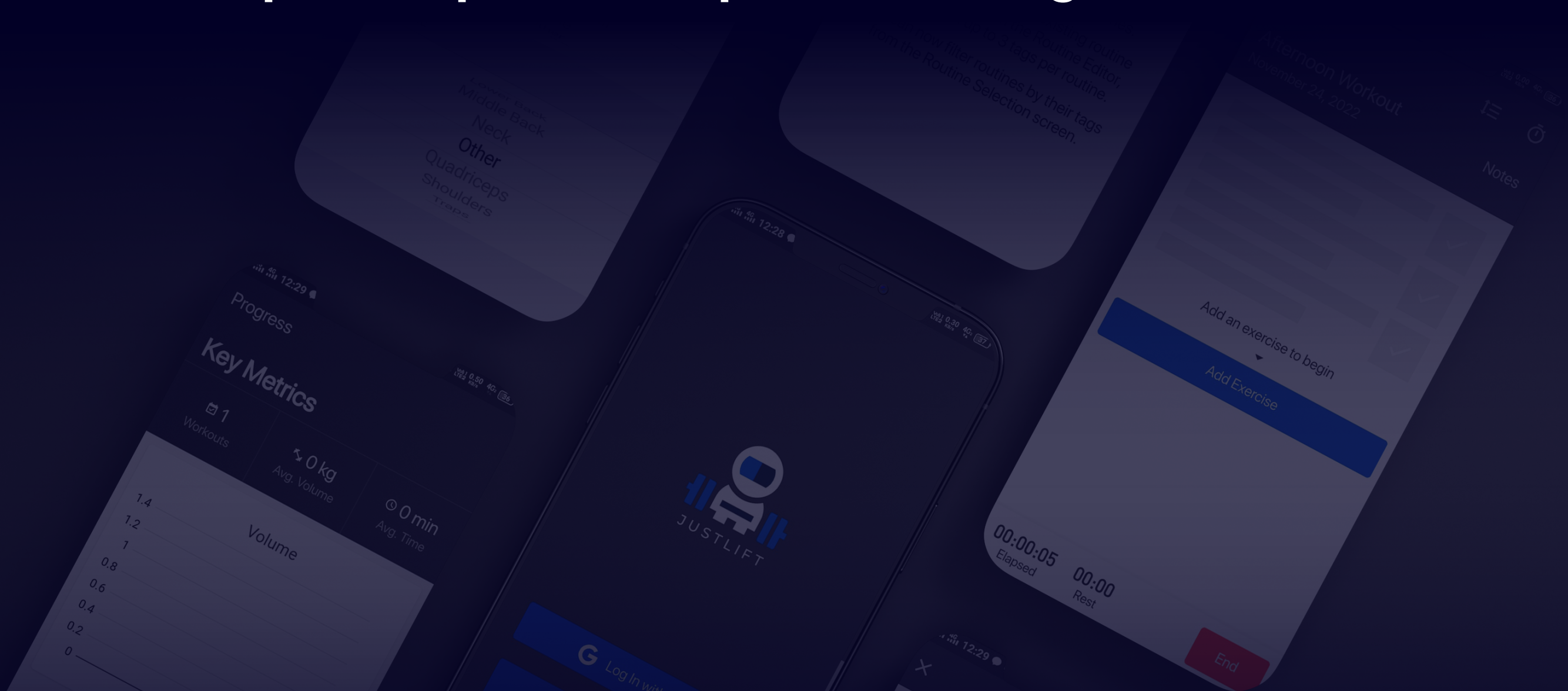
The benefits of fitness go hand in hand, but you need to be consistent and disciplined here. However, in our day-to-day lives with busy schedules, we lack the best for our health. I am sure even it becomes quite hectic for each one of us. *This, in turn where technology can help.*

This calls for the right app that acts as a virtual personal trainer.

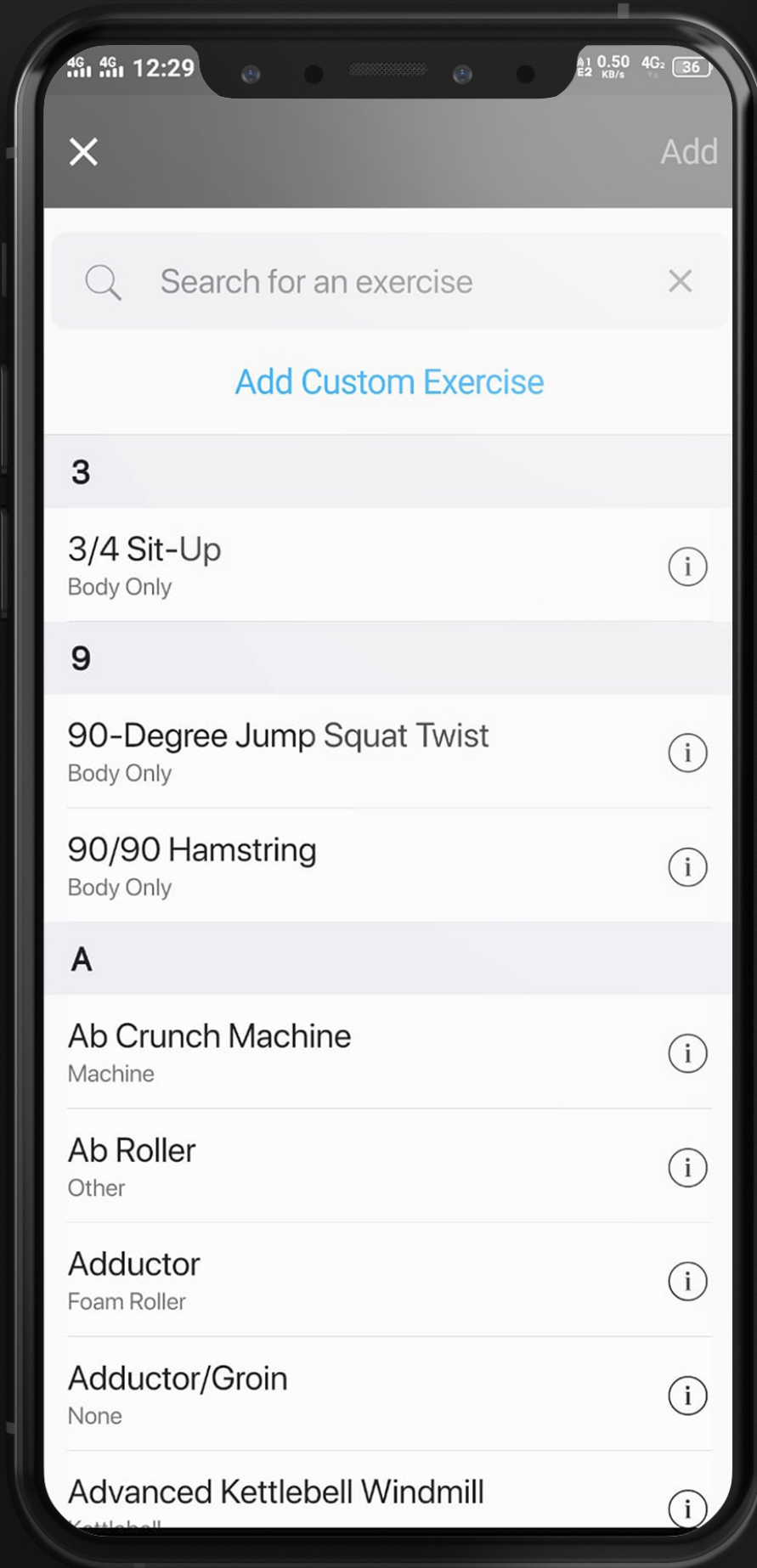
Hence, if you want to connect with one such app, then the JustLift app is here to assist you with your fitness plan by keeping track of your exercises and progress and even scheduling your workout routines.

# Client expectations

Fitness apps are the top requirement that businesses are looking for these days. Therefore by summing up all of the requirements that JustLift needed, the client explained everything with a plan. After summing up all of the app needs and understanding the requirements thoroughly, I made the plan and began the app development process upon finalizing.



# JustLift



## **Challenges** and how do we **overcome?**

Many challenges surround us when it comes to work upon justLift app.

All of these were data security and privacy protection shorter development time.

Integration of hardware and wearables regular updates.

No doubt there are challenges, but I overcame all of those to help my client reach their requirements.

## Solutions Offered

By understanding all of the requirements of my client, I help the requirements of JustLift to take a desired shape. The app came out to be the desired one where people can track their day to day fitness routines and manage workout.

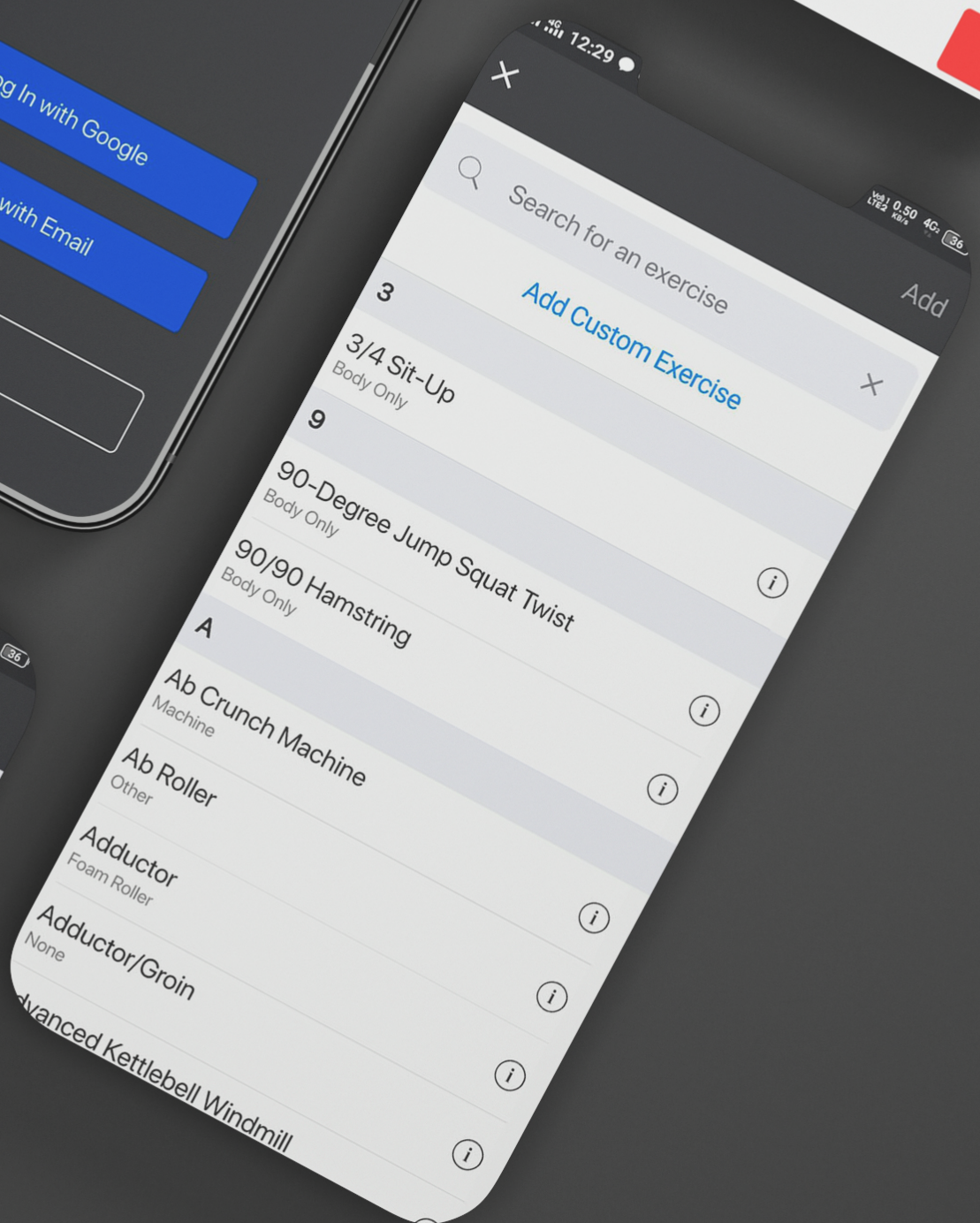
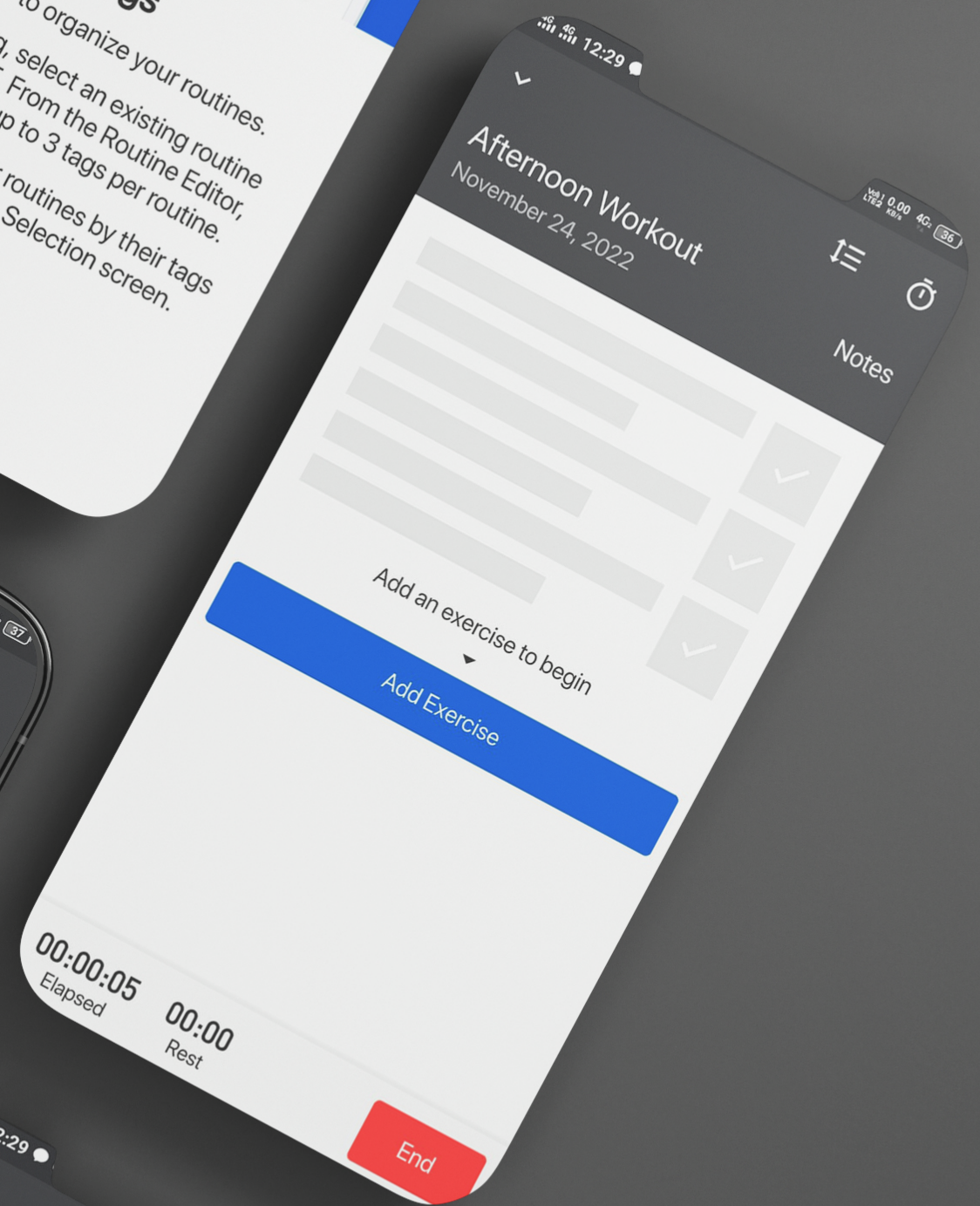
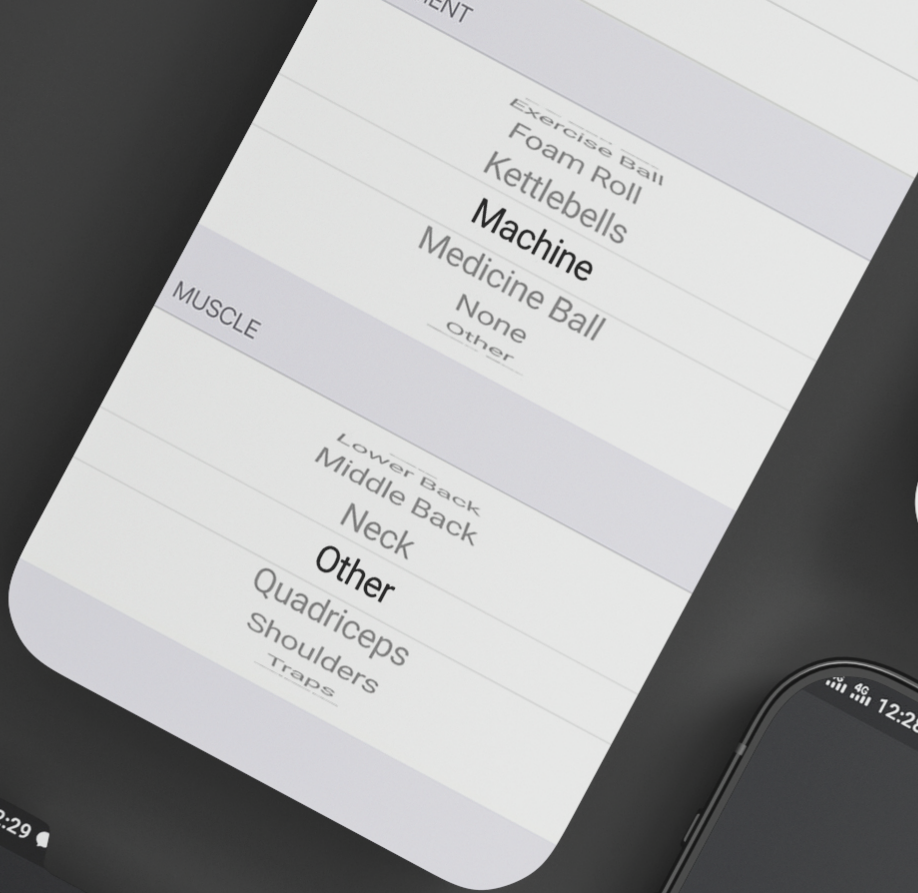
## Technologies used in JustLift

- ✓ **React**– It helps build robust and responsive PWA.
- ✓ **Ruby on Rails**–We like Ruby on Rails for its versatility and use it to create the proper backend logic for an app.

- ✓ Sidekiq- It is used to run tasks in the background in a Ruby app.
- ✓ PostgreSQL- is a stable and reliable database available in free access.

## Integrations Used

- Dropbox (uploading and sharing images)
- Gitlab (monitoring the app work and security)
- Sentry (checking the errors that users encounter while using the app)





## Key Features

JustLift app can be one of the biggest supporters of keeping track of your fitness requirements. You can easily track your exercises and set your goals for your body fitness. There are several advantages that individuals can get from JustLift App, and below are those.

### Accountability

**1** JustLift helps you track your exercise every day, be it walking, jogging, or other workouts. You will be more committed to your training to complete your workout session.

### Motivation

**2** A visual of your progress is what the JustLift app delivers and even the accomplishment of

each day. By seeing your progress each day, you will be more and more motivated.

### **Eating healthy**

**3** You need to eat healthy when you exercise. Therefore JustLift helps you track what you are eating and where you need to progress.

### **Set goals**

**4** You can easily set goals for each day and, in turn, complete them all by achieving your target.

### **Track sleep**

**5** JustLift app also helps you to track your sleep (how deep or light, how long you sleep, and when you wake up. Recognising your sleeping pattern can help you to improvise your overall health.

### Stay connected

**6** With the help of Wi-Fi and Bluetooth, you can keep track of your calls, messages, etc., without even looking at your phone.

### Monitor heart rate

**7** JustLift app also has the ability to track your heart rate by measuring your pulse. This helps you to reach your target heart rate with each workout.

## Result

- ✓ The app tracks workout and analyzes sleep and pastime records, which includes running, cycling, or taking walks. Exploring the consumer's postures gives pointers for enhancing workout routines.
- ✓ A customized sleep assistant reviews sleep first-rate and how it may be stepped forward.
- ✓ Additionally, the app gives notifications when it's time for a walk after sitting too long or for a water break.
- ✓ We made out the app, which came out with the desired results and, in turn, helped people to be fit and healthy.

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## Want to find out more?

Follow the link to read the full case study:

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 +91 9818805835

 [forbestcoder1@gmail.com](mailto:forbestcoder1@gmail.com)

 [mrmobileappdeveloper.com](http://mrmobileappdeveloper.com)