FITLIFE HUB

MILESTONE: PROJECT PROPOSAL

STUDY_GROUP_42

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Problem Statement:

Maintaining a healthy lifestyle has become increasingly challenging in today's fast-paced environment. The demands of modern life often lead to regular inactivity, poor dietary choices, and a lack of awareness about personal well-being. With the prevalence of work-from-home arrangements, individuals face additional health issues due to prolonged periods of sedentary work. Recognizing these contemporary health challenges, we propose the development of a comprehensive Fitness and Lifestyle Monitoring App. This app will empower individuals to take control of their health, even amidst the unique challenges posed by remote work, by providing tools for tracking physical activity, nutrition, sleep, and lifestyle choices. Our goal is to encourage healthier living and well-being in today's dynamic world.

Features:

This project aims to create an innovative app that empowers individuals to take control of their health and well-being, even in work-from-home environments. The primary objectives of this app are:

1. **Activity Tracking:** Monitor daily physical activity levels by connecting to their digital watch, which will derive step counts, distance walked or run, and calorie expenditure.
2. **Nutrition Tracking:** Enable users to log their dietary intake, water intake, and macronutrients.
3. **Sleep Analysis:** Analyse sleep patterns and provide insights for improving sleep quality and duration.
4. **Lifestyle Recommendations:** Offer lifestyle recommendations based on the data from activity, nutrition, and sleep trackers. [Personalised recommendations are available for premium users, and generic recommendations are available for all users.]
5. **Health coach:** A dedicated coach will be available for the users, who will guide them in daily workouts and diet suggestions.
6. **Goal Setting:** Allow users to set fitness goals via the progress tracking tool.
7. **Social Connect:** Create a supportive community where users can connect, share achievements, and motivate each other to lead healthier lives.
8. **Users:** Includes two types of users:
    - **Premium Users:** This includes special benefits such as meal plan suggestions by dieticians and personalised workout routines.
    - **General Users:** This includes all the general features mentioned above.

Other Requirements:

1. A user can hold one to multiple activity records; A activity record belongs to only one user. (Activity tracker)
2. A user can hold one to multiple meal intake records; A meal intake record belongs to only one user. (Nutrition tracker)
3. A user can hold one to many sleep analysis records; A sleep analysis record belongs to only one user. (Sleep tracker)
4. A user can interact with zero to many other users; Other users can interact with zero to many other users.
5. A user can have zero to one dietician; a dietician can have one to many users.