Health360

Haresh Ramasamy - 002640890
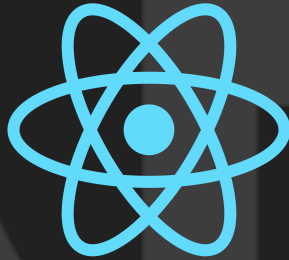Akash Arumugam Venkatachalapathy - 002839677
Prahlad Narayan - 002825948
Aravind Sathyanarayanan - 002866077

WHAT IS HEALTH360 ?

★ Health360 is a robust fitness application offering features like food and workout tracking, fitness blogging, and recipe sharing. The app prioritizes a user-friendly interface for easy navigation and a positive user experience.

★ Users benefit from personalized diet plans tailored to their food preferences and fitness goals, along with customized workout plans designed for weight loss, muscle gain, or overall fitness.

★ Health360 fosters a sense of community by allowing users to share their fitness journeys through blogs and exchange healthy recipes. The platform encourages mutual support and motivation.
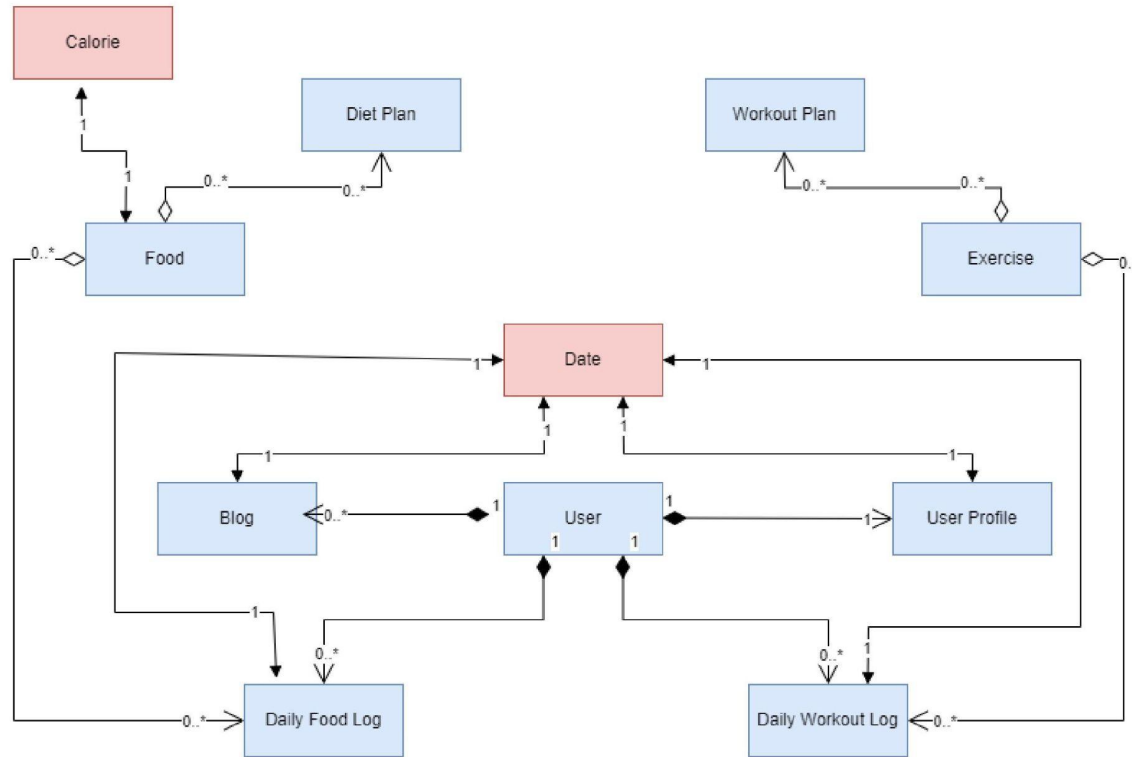
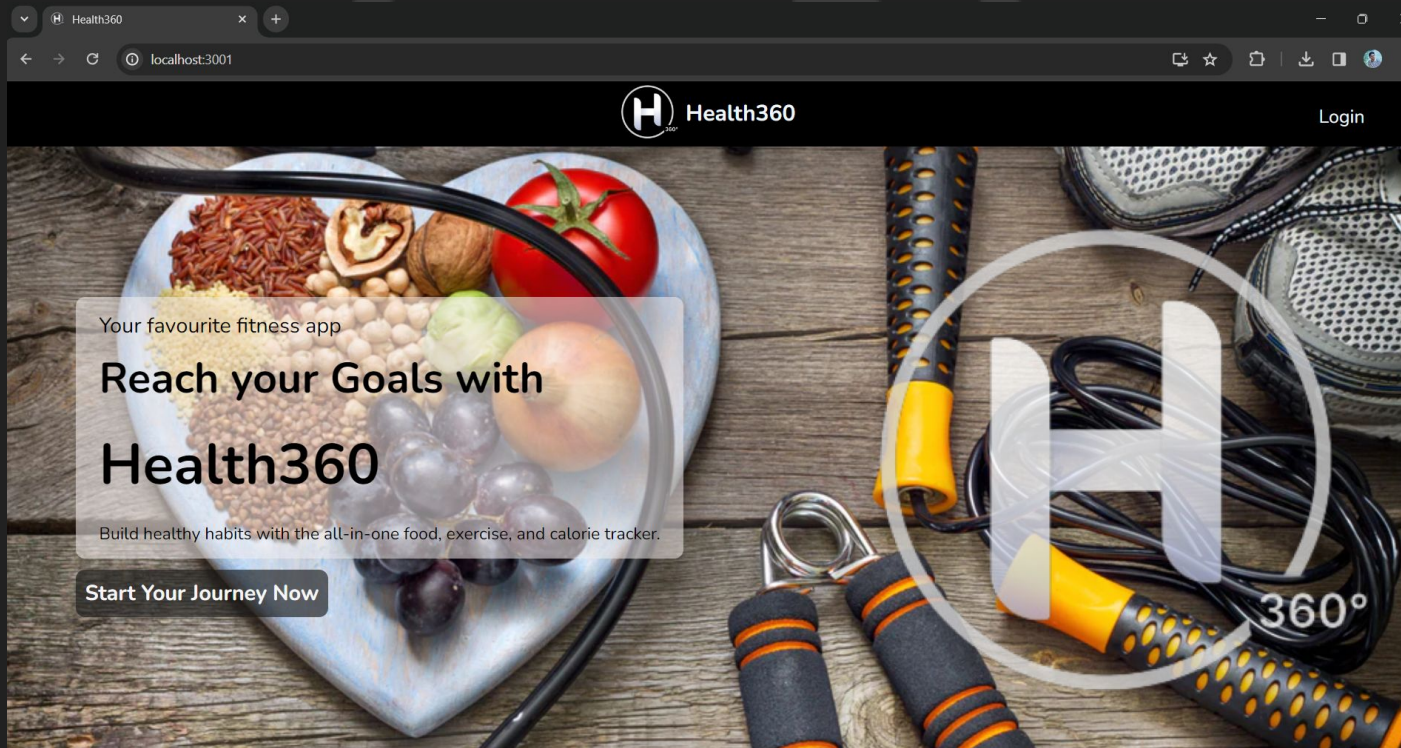# TECHNOLOGIES USED

EXTERNAL APIs AND LIBRARIES USED

UML Diagram

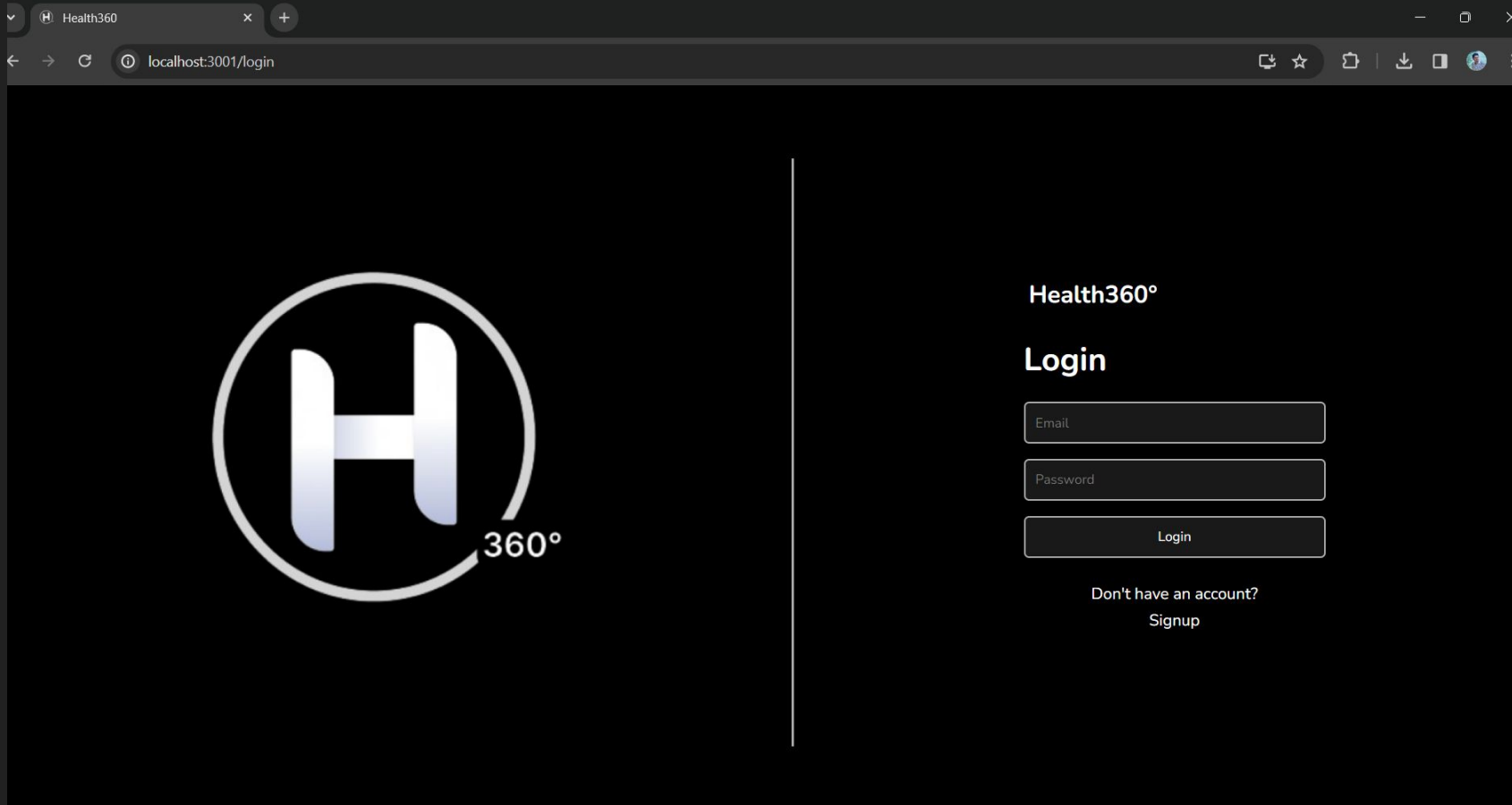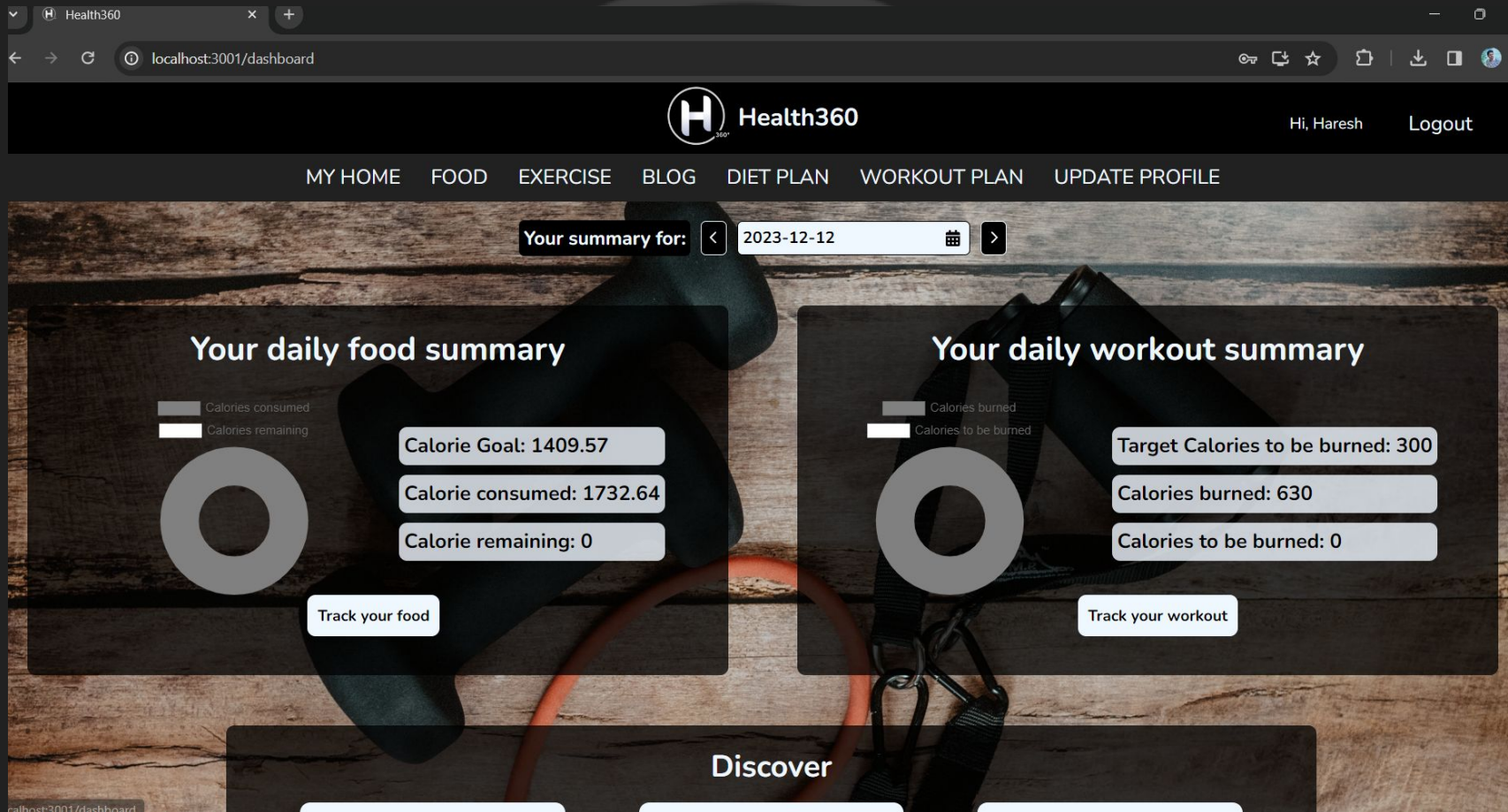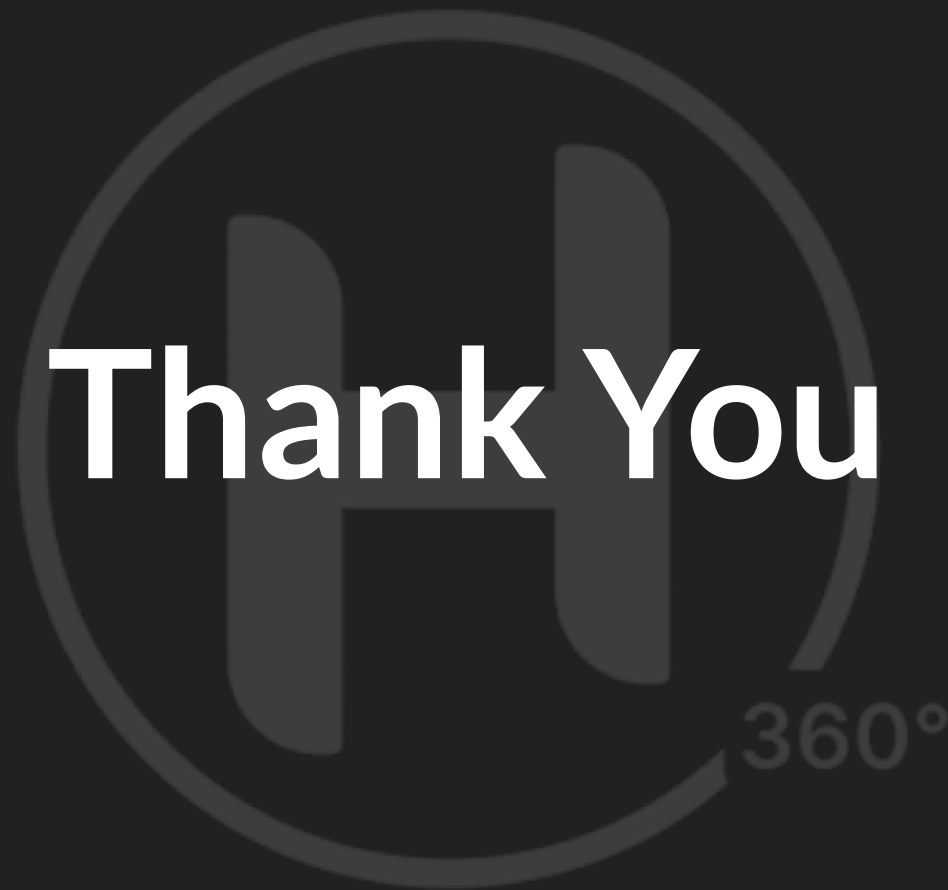# SNIPPETS FROM THE PROJECTS

Health360°

Login

Email

Password

Login

Don't have an account?
Signup

Health360

Hi, Haresh   Logout

MY HOME   FOOD   EXERCISE   BLOG   DIET PLAN   WORKOUT PLAN   UPDATE PROFILE

Your summary for: `<` 2023-12-12 📅 `>`

Your daily food summary

Calories consumed
Calories remaining

Calorie Goal: 1409.57

Calorie consumed: 1732.64

Calorie remaining: 0

Track your food

Your daily workout summary

Calories burned
Calories to be burned

Target Calories to be burned: 300

Calories burned: 630

Calories to be burned: 0

Track your workout

Discover

Thank You