Fusion Fit

AIM

To develop fitness application which will help people to achieve their fitness goals.
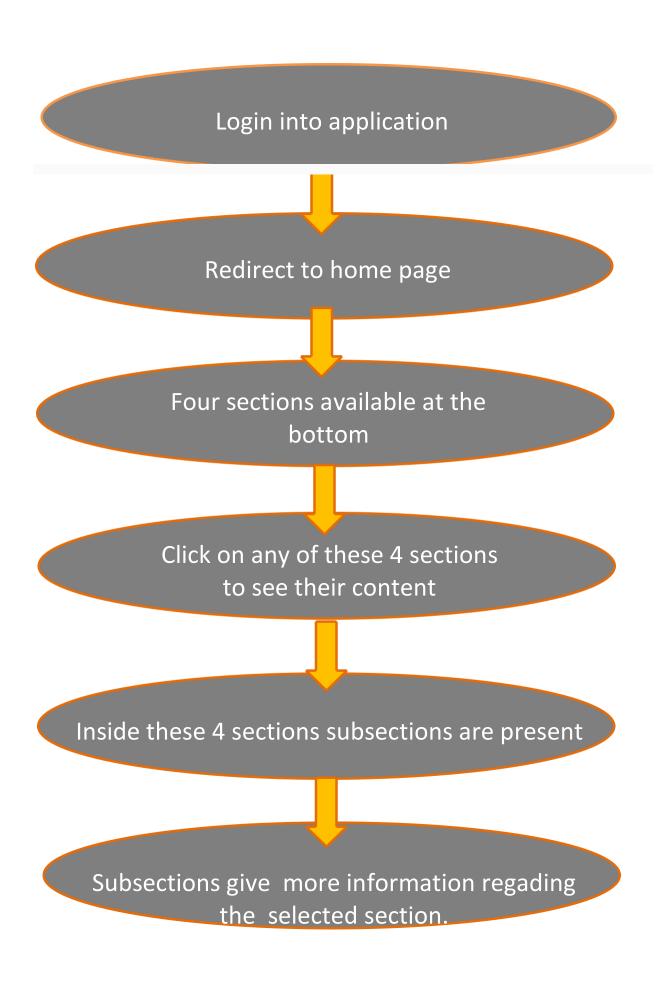
O B J E CT IV E

To create a fitness app which will give customized diet and workout plan according to the user's individual goals and needs and track their progress to ensure that user is following the right path towards his fitness goal.

WORKING PRINCIPLE

Firstly,user has to register in our application and log in. After logging in the user will be redirected to the home of the application. The application has four sections : home , workout, diet, customized diet and workout. User can navigate through any of these sections and see the contents of the respective sections. If the user want to log out he can do that by going to the profile section located on the top right corner of the app and can click on the Log out button.

FEATURES

- Muscle building Workout
- Fat Loss Workout
- Stretching Workout
- Muscle building diet(Veg and Nonveg)
- Fatloss diet(Veg and Nonveg)
- Customized diet and Workout Plan

Login into application

Redirect to home page

Four sections available at the bottom

Click on any of these 4 sections to see their content

Inside these 4 sections subsections are present

Subsections give more information regading the selected section.

ABSTRACT

We are going to make a fitness application using Android Studio. In our application we will be showing workout and diet plans which our users can follow according to their needs. We will also be having a customized diet and workout plan section, where our users will enter the data like age, weight, height and fitness goal. Using this data we will be suggesting customized diet and workout plan to our users.

FUTURE SCOPE

- Integration of machine learning algorithms for personalized workout and diet recommendations..
- Compatibility with fitness tracking devices to measure various parameters like step count, heart rate ,etc..
- Users can set their goals and maintain a log to track their progress.

CONCLUSION

In conclusion, the development of FusionFit has been a fulfilling journey towards creating a comprehensive fitness application tailored to the needs of modern users. The app aims to provide users with a seamless experience in accessing fitness resources, tracking progress, and engaging in a community-driven platform.