Aadesh Rasal
(xyz@tcd.ie, 12345678)

Anupal Mishra
(anmishra@tcd.ie, 23332008)

Frason Kalapurackal
(xyz@tcd.ie, 12345678)

Juliette Van Marken
(xyz@tcd.ie, 12345678)

Fitness Companion - Project Outline

Contents

1 Project Goals and Motivation

In the last decade and a half, an increasing number of people have become aware of the health benefits associated with maintaining a regular fitness routine, which include enhanced productivity and happiness. While this awareness serves as an incentive for individuals to establish fitness objectives, the overwhelming amount of information available online often becomes a hindrance. Most success stories involve consistent gym attendance and the guidance of a personal trainer, both of which can come with significant membership fees. Moreover, there are only a few applications available that offer both workout routines and diet plans. As a result, most individuals tend to abandon their fitness goals.
To address this challenge, we propose a user-centric fitness tracking application that provides straightforward and accessible information.

We define following as our core project goals:

- Enable users to define fitness goals and monitor progress.

- Users receive customizable recommendations for gym workouts and dietary plans.

The following enhancements will be introduced as optional features, subject to time constraints:

- Recipies for dishes that are included in diet plan recommendations.

- Adaptive search engine for the user to interact with the application instead of filling a questionnaire.

2 Technical Summary and Proposed Architecture

3 Roles & Responsibilities

4 Timeline

5 AI Tools

We did not make use of AI tools in the preparation of this project.