

Middlesex  
University  
Dubai



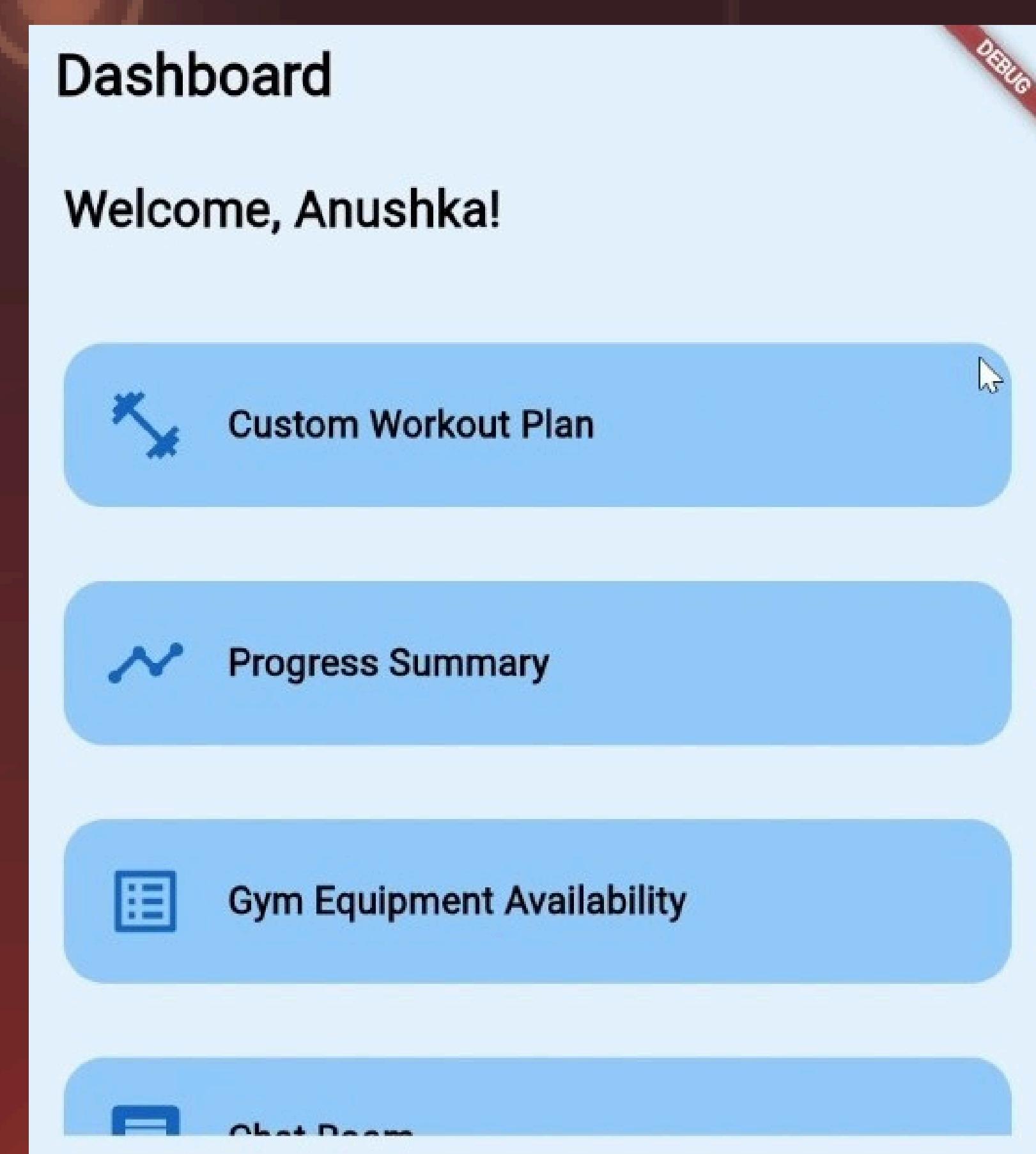
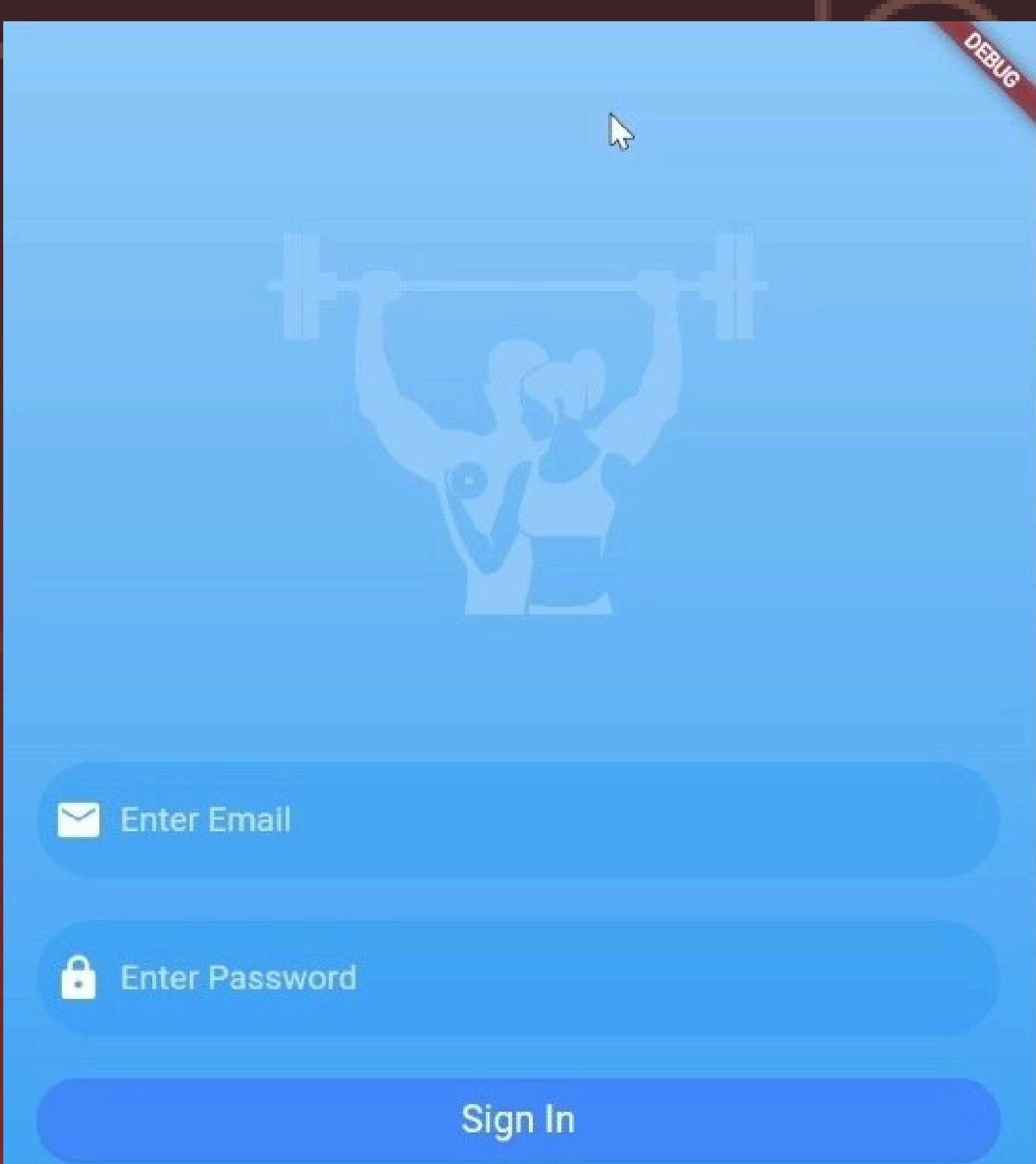
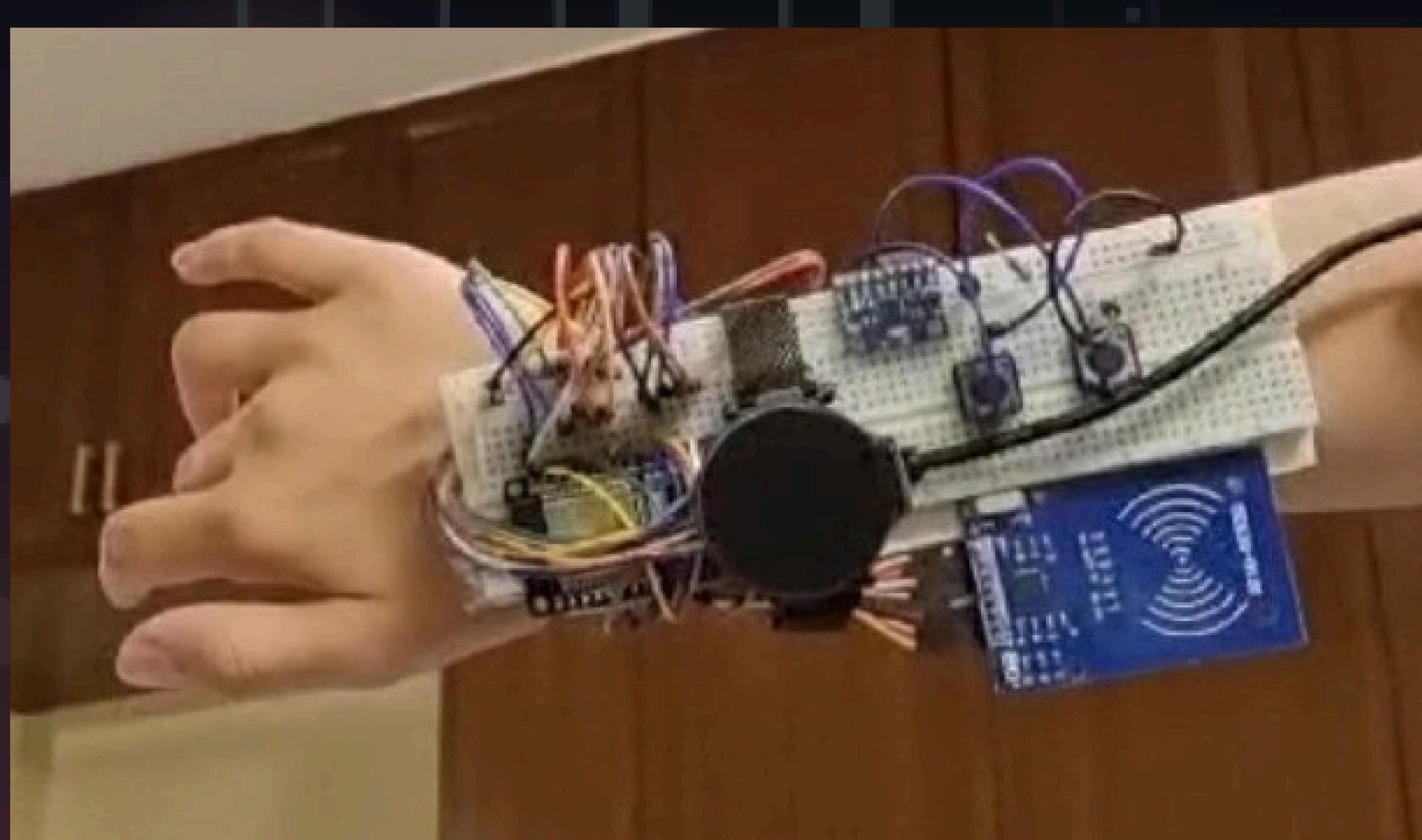
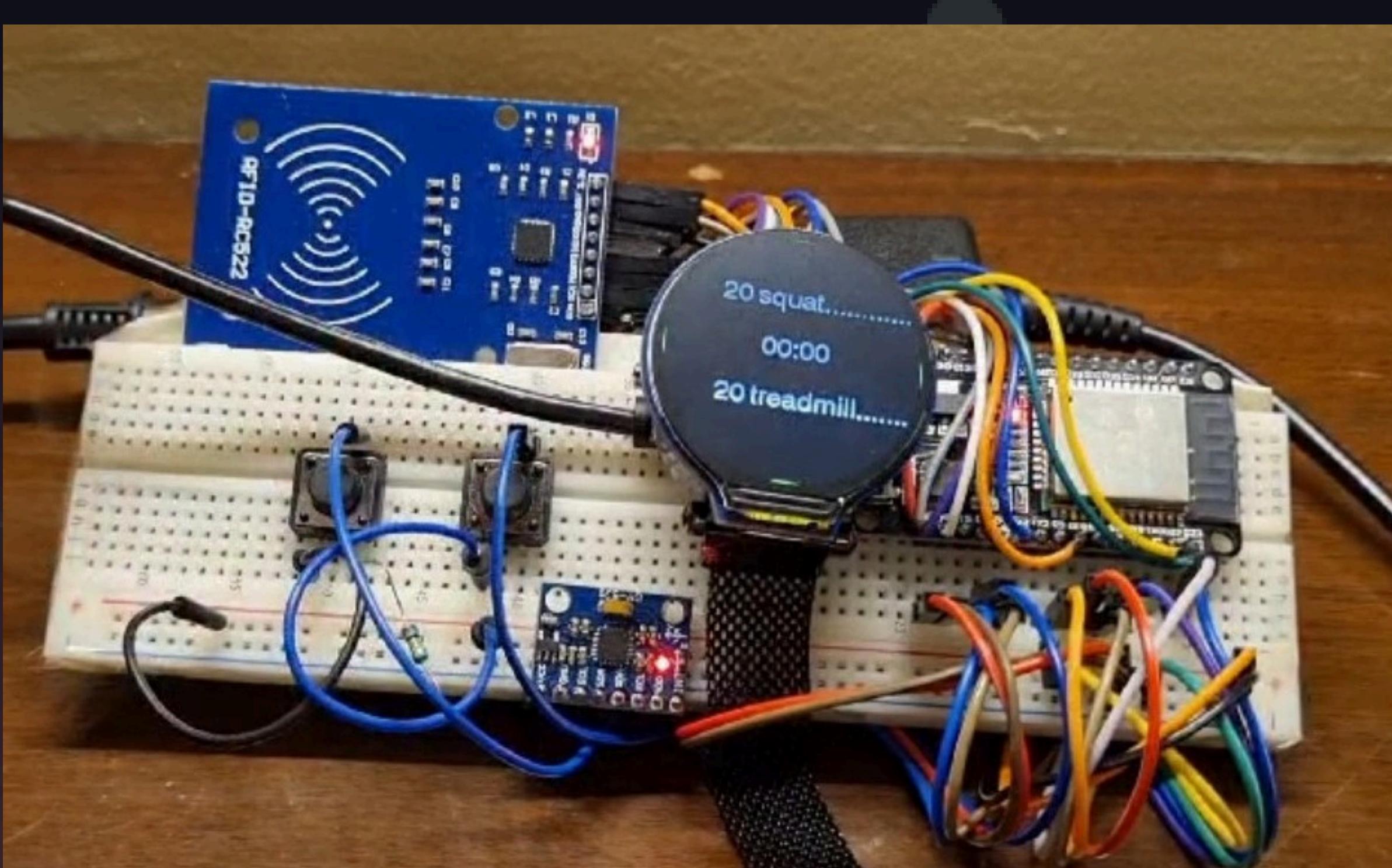
MIDDLESEX UNIVERSITY DUBAI

# TABTAKIR 2025

# NAHNU NABTAKIR

## IFIT STUDIO

This project is an IoT-based fitness management system comprising a smartwatch and a companion mobile application. The smartwatch serves as a personal fitness assistant, helping users track their fitness routines by tracking activities. The companion mobile application complements the smartwatch by providing additional features and functionalities, such as enabling users to connect with a supportive fitness community, share achievements, and access guidance and advice from the community. Our system aims to enhance the overall user experience by providing a comprehensive fitness monitoring solution that uses minimal data, provides personalized guidance tailored to users' fitness goals, and fosters a supportive fitness community.



**STUDENT**  
Anushka Narsima



**STUDENT**  
Ruramai Muchenga



**STUDENT**  
Joella Jose



**SUPERVISOR**  
Dr. Sumitra Kotipalli