

CyberFit Mentor

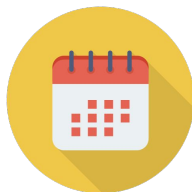
Yinru Li - Theodore Okamura - Sean Jung





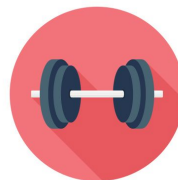
User Signup

User provides personal details, fitness goals, and preferences.



Workout Planning

A workout plan can be crafted either by the AI coach through automated generation or manually composed using a categorized list of exercises.



Faster, Higher, Stronger

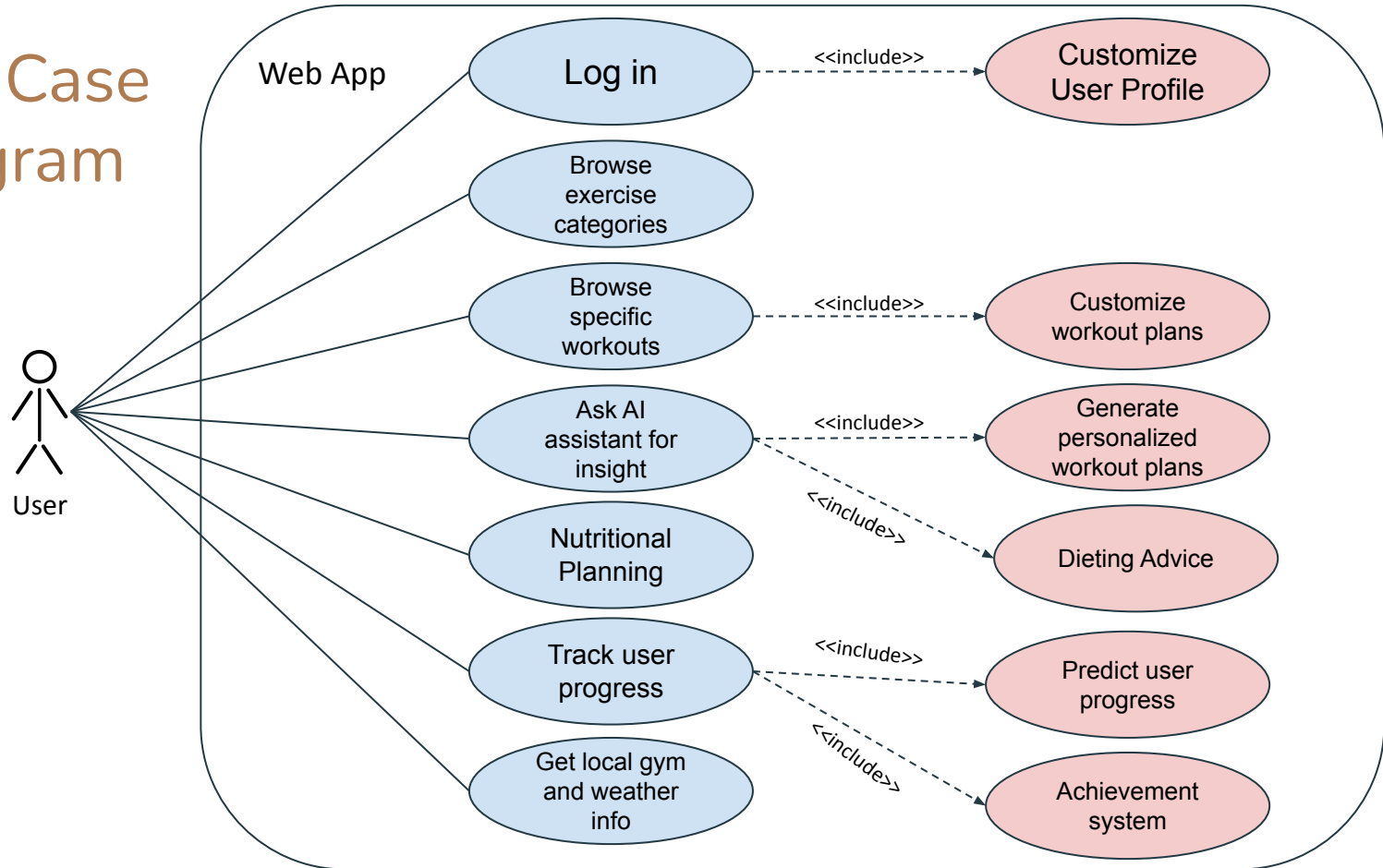
Enhances users' fitness journeys by providing tailored workouts, AI coaching, progress visualization, and predictive analysis for optimized results.






Benefits

This app helps users achieve their fitness objectives more effectively and with smarter guidance.

Use Case Diagram



80° F   Rain 

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 	25	26
27	28	29	30	31		

