# Health and Fitness Application

**Create a fitness pseudo application targeting health-conscious people to track their habits assisted by registered nutritionists and health coaches in order to ultimately lower the risk of lifestyle disorder.**

#### Minimum Requirements

* Users can sign up by providing username, email and password.
* Users can login using their username and password and update profile with details such as age, gender, weight and height.
* Users can set objectives and goals as “Tasks” with a due date.

#### Good to have Features

* Users can add food intake to calculate and track calories.
  + You may use sample nutrition data as available at below link

<https://raw.githubusercontent.com/patidar-suresh/sample-data/main/food-nutrition.json>

## Guidelines

* Use your imagination and add features that would make things easier for end-user
* You can create your submission using any technology of your choice
* Implement the feature for end-to-end stack, including frontend, backend and database.
* The communication between front-end and backend should be in JSON format over REST APIs.
* **Quality assurance by defining test cases in the standard test-case template**.

## Plus Points for

* Unit testing
* API specification (Swagger etc.)
* Test report
* Deploy and run the application in cloud platforms like Heroku or any free alternative.

## Submissions

* Clone the challenge from https://github.com/Calsoft-Code/Coding-Competition-Dec2020.git
* Create your own branch as per the naming convention mentioned in the ReadMe.
* Screenshot/screen recording of the application
* Instructions to deploy/run the application
* Any other artifacts created as part of this assignment
* Partial code/application submissions will be considered but will get less points.

## Evaluations

Experts based on following parameters will evaluate the submissions manually:

* Functionality of the application
* Design aesthetics
* Code quality
* Supporting artifacts submitted

**Note - In case of any unanswered queries, feel free to take required assumptions and document the same.**