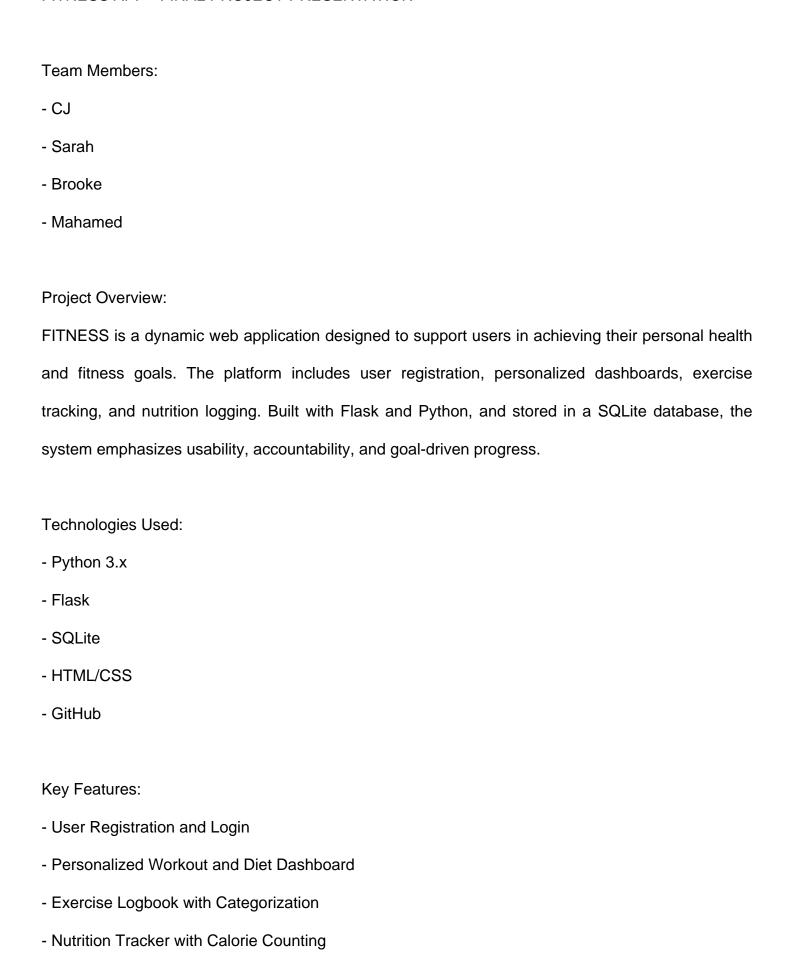
FITNESS APP - FINAL PROJECT PRESENTATION

- Weekly Summary Reports and Visualizations



Data Dictionary (Sample):

1. users (id, username, email, password)

2. workouts (id, user_id, date, type, duration, intensity)

3. meals (id, user_id, date, food_name, calories, protein, carbs, fats)

Sequence Diagram Overview:

1. User submits login info -> Flask app -> DB verifies -> Dashboard loads.

2. User adds workout -> Form submits -> Flask stores in DB -> Confirmation displayed.

Summary:

Each team member contributed equally to planning, developing, debugging, and presenting. We collaborated using GitHub and shared tasks such as code reviews, UI layout, database modeling, and documentation creation.

Thank You!