

# FITNESS APP - FINAL PROJECT PRESENTATION

## Team Members:

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## Project Overview:

FITNESS is a dynamic web application designed to support users in achieving their personal health and fitness goals. The platform includes user registration, personalized dashboards, exercise tracking, and nutrition logging. Built with Flask and Python, and stored in a SQLite database, the system emphasizes usability, accountability, and goal-driven progress.

## Technologies Used:

- Python 3.x
- Flask
- SQLite
- HTML/CSS
- GitHub

## Key Features:

- User Registration and Login
- Personalized Workout and Diet Dashboard
- Exercise Logbook with Categorization
- Nutrition Tracker with Calorie Counting
- 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!