Revised Project Proposal

**Project Title: FitnessHub**

**Problem Statement:**

In today's fast-paced world, maintaining a healthy lifestyle is challenging. People struggle to find the right fitness routines, track their progress effectively, and stay motivated. There is a need for a comprehensive platform that provides users with access to a variety of fitness resources, personalized workout plans, and a supportive community to help them achieve their fitness goals.

**Overview:**

We propose to develop a web application named "FitnessHub". This app will assist users in tracking their fitness goals, recording workouts, and monitoring their progress over time.

**Solution:**

Features: Our web app will consist of three main pages/routes:

1. **Home/Dashboard:**

* This page will provide an overview of the user's fitness progress including summary of workouts, calories burned, and goals achieved. It would have navigation for the other routes and options to log new activities.

2. **Workout/Activity Log:**

* Users can record their workouts in detail - type of workout, duration, intensity etc. Historical data can be reviewed here.

3. **Goals:**

* This page enables users to set and modify their fitness goals. Progress towards these goals will be tracked and displayed. Goals like steps per day, weekly exercise minutes, etc. would be located here.

4. **Profile:**

* This page will store user information (name, weight, age, height) and settings for notifications and such.

We will implement a local database to store user data, enabling the tracking and retrieval of historical workout information.

**Technologies:**

We will use Python and Flask for both frontend and backend development, along with HTML and CSS for styling. Flask is chosen due to its simplicity and flexibility.

**Hosting and Project Planning:**

The project will be hosted through our GitHub organization. We will use GitHub for project planning, creating tickets for all aspects of the project, and assigning them to group members. The progress of each ticket will be tracked using a Kanban board.

**GUI Planning**:

For GUI planning, we will use Figma. Each team member will participate actively in the planning and development process.

**Designing, Developing, and Testing**:

**Designing Phase**: We will create a mockup of the application on Figma.

**Developing Phase**: After finalizing the design, we will start the development process. Flask and Python will be used for backend development while HTML and CSS will be used for frontend.

**Testing Phase**: We will run unit tests to ensure that all features are working as expected.

This application aims to provide a simple and efficient way for users to track and manage their fitness regime. We are excited about the opportunity to deliver a project that aligns with the course requirements and provides value to the end-user.