Core Module 1: User Profile & Onboarding

- **1.1. Seamless Onboarding:**
  - User signup & sign in (User Authentication)
  - A multi-step process on the first launch to collect essential data.
  - Inputs: Name, Age, Weight (kg), Height (cm), Fitness Level (Beginner, Intermediate, Advanced), Primary Goal (Weight Loss, Muscle Gain, Maintenance, Athletic Performance).
  - Privacy consent and terms of service acceptance.
- **1.2. Comprehensive User Profile:**
  - A dedicated screen where users can view and edit all their information.
  - **Editable Fields:** All onboarding data plus profile picture.
  - **Goal Center:** Users can update their primary goal and set secondary, micro-goals (e.g., "Run 5k," "Bench press 80kg").
- **1.3. Secure Authentication:**
  - Initial sign-in via email/password or social providers (Google).
  - Session management to keep users logged in securely.
  - Password recovery and account settings.

Core Module 2: Workout Tracking & Management

- **2.1. Dynamic Workout Logging:**
  - An intuitive form to log exercises.
  - Fields: Exercise Name, Sets, Reps (per set), Weight/Resistance (per set), Duration (for timed exercises like planks).
  - A "Rest Timer" button that can be triggered after completing a set.
- **2.2. Exercise Library:**
  - A pre-populated, searchable library of over 200 common exercises.
  - Each exercise includes a short description and a GIF/video demonstrating proper form.
  - Exercises are categorized by muscle group (Chest, Back, Legs, etc.) and equipment type (Dumbbell, Barbell, Bodyweight, etc.).
  - Ability for users to add their own custom exercises to the library.
- **2.3. Routine Builder:**
  - Users can create, name, and save their own workout routines (e.g., "Push Day," "Leg Day").
  - Routines can be easily loaded into the logger for a quick start to a workout session.

Core Module 3: Analytics & Progress Dashboard

- **3.1. Main Dashboard:**
  - The app's home screen, providing an at-a-glance summary.
  - Widgets for: Today's Workout, Weekly Activity Summary (chart), Water Intake, and Sleep Log.
  - Motivational quotes or tips.
- **3.2. Advanced Analytics:**
  - Dedicated analytics page with filters (weekly, monthly, yearly).
  - **Volume Tracking:** Charts showing total weight lifted over time.

- o **Personal Records (PRs):** Automatic detection and display of PRs for key lifts (e.g., heaviest squat, longest run).
- o **Workout Consistency Calendar:** A visual calendar that highlights days a workout was completed.

Unique Value Module 4: AI Nutrition Coach

- **4.1. Hyper-Personalized Chat Interface:**
  - o An interactive, conversational chatbot powered by the Gemini API.
  - o **Initial Prompting:** The chatbot will ask for key dietary information:
    - Dietary Preference (Vegetarian, Non-Vegetarian, Eggetarian, Vegan).
    - Known allergies.
    - Daily budget for food.
    - Preferred cooking time.
    - Disliked foods.
  - o **Cultural Context:** The system prompt will be heavily engineered to prioritize local Maharashtrian ingredients and recipes, ensuring suggestions are practical and culturally relevant.
- **4.2. Smart Outputs:**
  - o The chatbot can generate full-day meal plans, individual recipes, or grocery lists based on the user's request.
  - o Each meal suggestion will include an estimated macronutrient breakdown (Protein, Carbs, Fats).

Supporting Module 5: Wellness Trackers

- **5.1. Water Intake Tracker:**
  - o Simple UI with one-tap logging for a glass/bottle (250ml).
  - o Visual representation (e.g., a water bottle filling up) to show progress towards a daily goal.
  - o Customizable daily water intake goal.
- **5.2. Sleep Tracker:**
  - o Manual log for "Bedtime" and "Wake-up Time."
  - o Calculates and displays total sleep duration.
  - o A section for users to rate their sleep quality (e.g., 1-5 stars) and add notes.
  - o **Advanced (Mobile-Only):** The app will use device APIs to detect if the phone screen remained off during the scheduled sleep session to provide a "Time Uninterrupted" metric.

Supporting Module 6: Reminders & Notifications

- **6.1. Smart Reminders:**
  - o Users can opt-in to receive push notifications.
  - o **Types:** "Time for your scheduled workout," "Don't forget to drink water," and "Time to wind down for bed."
  - o Notifications are customizable; users can set their preferred times and toggle each type on/off.