



FitExpert  
Personal Fitness Coach

# USER MANUAL



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# 01 INTRODUCTION

This manual provides guidance on how to use the FitExpert, a rule-based expert system designed to provide personalized fitness and nutrition advice based on user inputs such as age, gender, fitness goals, dietary and fitness levels. By simulating the decision-making ability of a human expert, the system delivers tailored workout plans, healthy eating recommendations, and lifestyle tips to support users in achieving their health and fitness goals. It is ideal for beginners and health-conscious individuals seeking guided lifestyle improvements without needing a personal trainer or dietitian.

## 02 OBJECTIVES

- To help users navigate the system with ease
- To explain the system features and expected outcomes

## 03 TARGET USER

- Busy users who need quick, personalized plans without consulting a fitness trainer or nutritionist.
- Beginners who are new to fitness and want structured guidance.
- Health-conscious individuals seeking for convenient, web-based wellness support.

## 04 SYSTEM REQUIREMENTS

To run the FitExpert Expert System prototype, ensure the following environment is available:

- **IDE:** VS Code
- **Package:** Node.js
- **Supported device:** Desktop, laptop, or smartphone
- **Supported browser:** Chrome, Firefox, Safari, or Edge
- **Internet Connection:** Required for accessing the system
- **Operating System:** Compatible with Windows, macOS, Android, and iOS

## 05 GETTING STARTED

Follow these steps to start using the system:

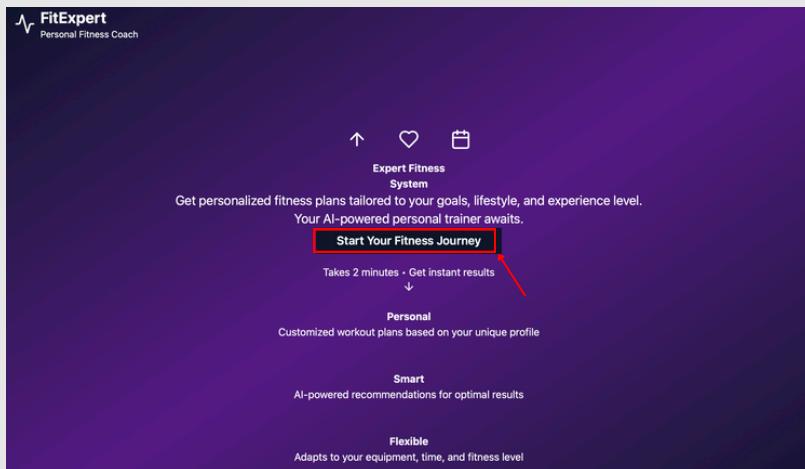
- Go to <https://github.com/Ditto226/KRR>
- Clone the repo to VS Code
- Run '**npm i**' command in VS Code terminal
- Run '**npm run dev**' command in VS Code terminal
- Click the http link provided in the output (e.g., <http://ip:-8080/>)

# 06 USING THE SYSTEM

## 6.1 Inputting User Data

Navigate to “Start Your Fitness Journey” and input the following info:

- Age
- Gender
- Fitness goal
- Fitness level
- Available equipment
- Time dedicated per workout
- Medical condition/injury



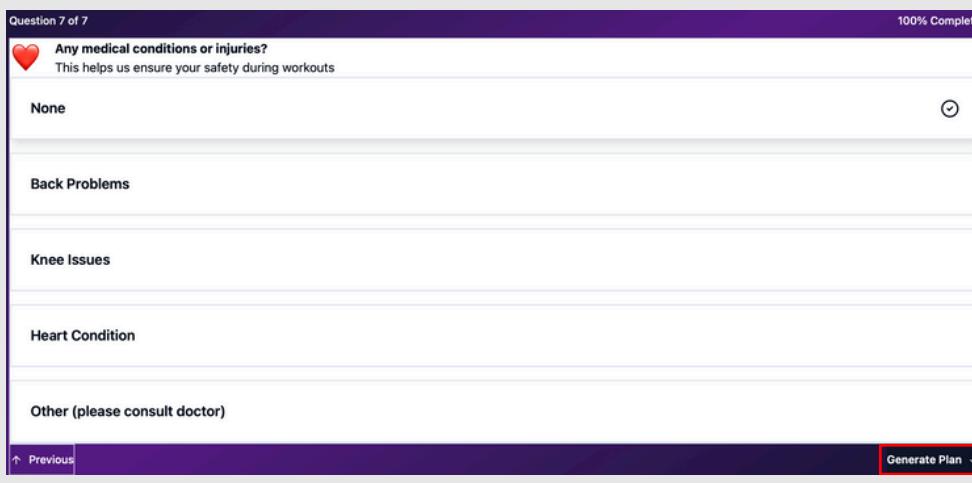
You may click “Next” to proceed to next page or “Previous” to return to previous page (if any).



## 6.2 Viewing Recommendations

After answering all questions, click “Generate Plan” and results will be generated showing:

- Personalized workout plan
- Nutrition guidelines
- Lifestyle tips



## ♡ Your Personal Fitness Plan

Customized for your goals, level, and lifestyle

Age: 25      Goal: Strength Training      Level: Advanced      Time: 30 min

### ↑ Workout Plan

#### Frequency

4-5 times/week

#### Focus Area

Balanced Fitness

#### Weekly Schedule

⌚ 30min Full-Body Workout (3x/week)

⌚ 24min Cardio (2x/week)

⌚ 20min Flexibility/Yoga (2x/week)

### ♡ Nutrition Guide

#### Caloric Intake

Maintenance calories

#### Macro Distribution

Protein: 30% | Carbs: 40% | Fat: 30%

#### Key Foods

Balanced meals

Variety of nutrients

Regular meal timing

Stay hydrated

### ⌚ Lifestyle Tips

#### Sleep Target

7-9 hours per night

#### Hydration

Half your body weight in ounces of water daily

#### Recovery

1-2 rest days per week

#### Stress Management

Meditation, deep breathing, or yoga for stress management

 Download Plan (PDF)

Create New Plan

\* This plan is generated based on your inputs. Always consult with a healthcare professional before starting any new fitness program, especially if you have medical conditions.

## 6.3 Download Results

Click “Download Plan (PDF) to download the results

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## 6.3 Back to Home Page / Generate New Plan

Click “Create New Plan” to return to home page and create a new plan.

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