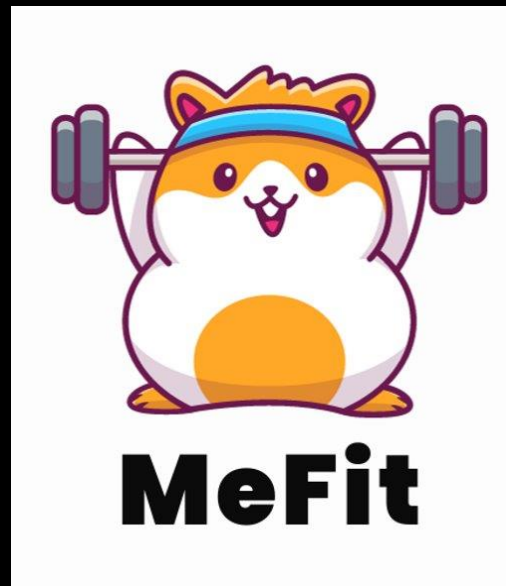# MeFit

Fitness Application

The Team

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- Minh Christian Tran - Backend
- Philip Van Ni Thangngat - Backend

Agenda

- Problem statement

- Objectives

- Product Demonstration

- Challenges

- Future Scope

- Conclusion

- QA

Problem statement

- Lack of motivation?
- Lack of guidance?
- Don't know where to start?

Objectives

- Technology choices

- User-friendly
- Easy-to-use
- Level-appropriate
- Essential functionalities

Product Demonstration

[Me-Fit-App](#)

[Me-Fit-Api](#)

Challenges

- Database structure
- Keycloak authentication

Future Scope

- More features in Profile page
- Monetization
- Follow/add users

Conclusion

- Simplicity – MeFit is simple and user-friendly
- Easy to use – Easy to navigate through
- Customization – Allows for tailored workout plans
- Level-appropriate – Plans are designed to match individual fitness levels
- Personalized Fitness – Offers personalized approach to exercise