



FitEase is a friendly health companion that gently guides your daily wellness — from almond and hydration reminders to food label scans, mood check-ins, and doctor appointments. It blends habit, heart, and health into one smart, soothing app.

Team Name : QootiPiez

Institute Name: Indira Gandhi Delhi Technical University for Women (IGDTUW), Delhi

Track Chosen: Healthcare

Team Leader Name: Harshita Gupta

Why People Struggle to Stay Healthy — and How FitEase Helps

The Problem

- > People forget simple wellness habits (hydration, meals, almonds) in busy routines
- > Existing fitness apps feel strict, calorie-obsessed, and emotionally cold
- > Health tracking is disconnected from real life, moods, and events



Why It's Urgent

- > 77% of users abandon health apps within 10 days (Forbes)
- > 3 in 5 adults suffer from lifestyle-related issues due to inconsistent habits (WHO)



Who It Affects

- > Students, working professionals, women, and elderly users
- > Anyone seeking gentle motivation and consistent wellness

Example: Riya, a college student, often skips meals on busy days, forgets to hydrate, and ends up feeling guilty. She needs a health buddy — not a calorie calculator.

FitEase: Your Gentle Wellness Buddy

-> Helps users stay consistent with meals, hydration, and emotional health.

Solves the Problem by:

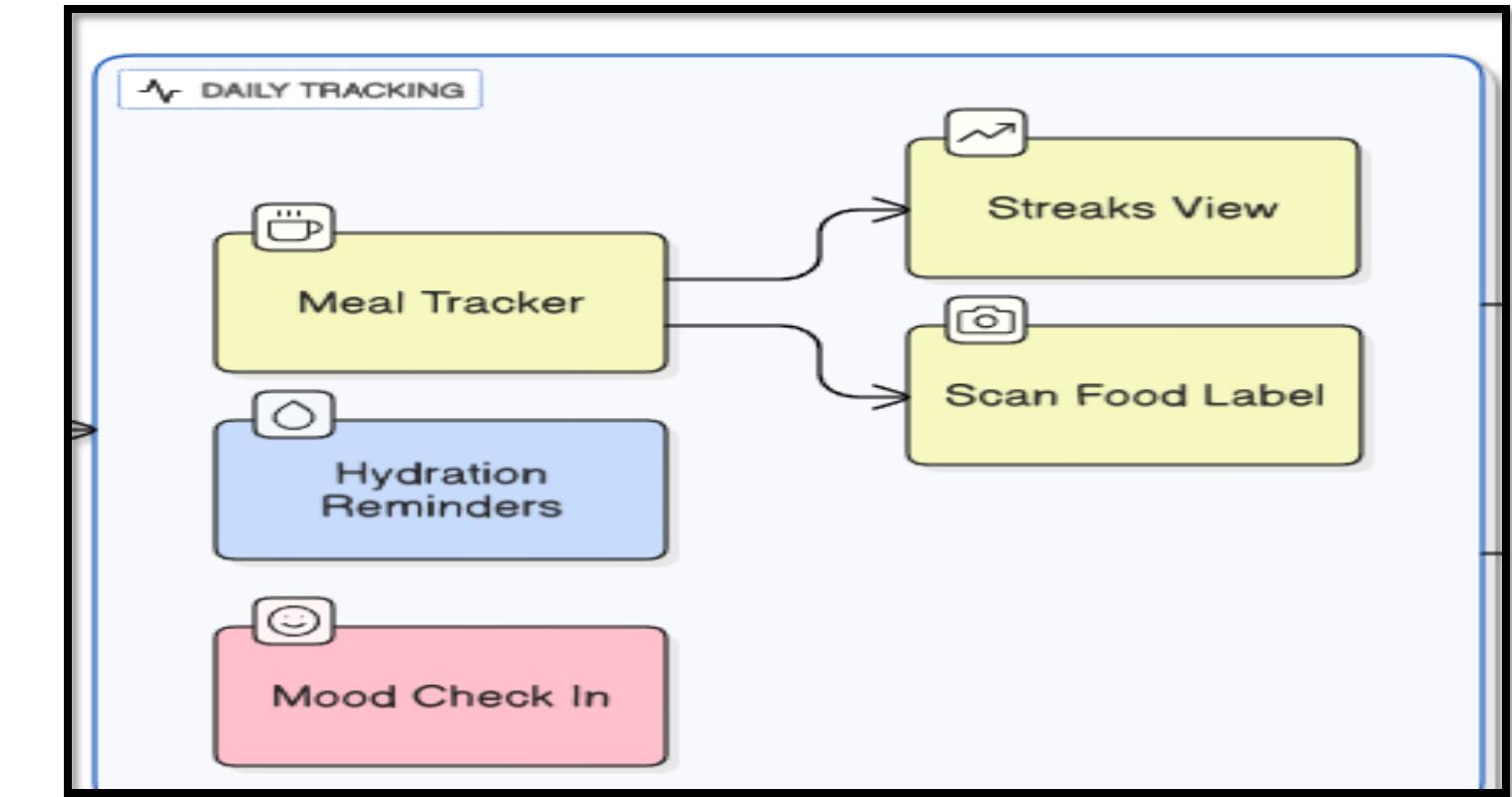
- Sending gentle reminders (almonds, hydration, etc.)
- Tracking meals, mood, and calories easily
- Supporting balance over pressure

Key Features:

- Hourly meal tracker with habit streaks
- OCR-based food/medicine label scanner
- Mood check-ins & 2-min breathing tool
- “Mirror Me” 15-day review
- Personalized via age, height & weight

What Makes It Unique:

- Emotionally intelligent, not calorie-focused
- Event-aware (birthdays, busy days)
- Encourages habits through empathy



Technology stack:

- HTML, CSS, JavaScript (Core Web Stack)
- MongoDB (Database)
- Figma (UI/UX Design)
- Google Calendar API (Calendar Sync)
- Tesseract.js (OCR for food label scanning)



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Use Cases:

Social Impact

- Builds healthy routines through kind reminders, avoiding guilt or burnout
- Reduces stress via mood tracking and calming tools
- Improves digital health awareness for students & professionals

Economic Impact

- Promotes preventive care, reducing long-term health costs
- Opens partnerships with health brands and wellness professionals

Environmental Impact

- Encourages mindful eating, helping reduce daily food waste

FitEase App Dependencies

- Stable internet connection for real-time sync
- OCR tool (e.g., Tesseract.js) for label scanning
- Calorie/nutrition database API for food analysis
- Firebase/MongoDB for user data storage
- Notification permissions for reminders and nudges



Who Benefits, and How?

对学生及上班族

- Get personalized reminders to eat, hydrate, and manage emotional health during hectic schedules.

老年用户

- Simple interface and timed reminders help them stay on track with meals and medications.

家庭及看护者

- Can support and monitor health goals together with the buddy system.

Feasibility and Market Opportunity

Timeline (Prototype – 6 Weeks)

Week 1: UI/UX Design (Figma)

Week 2: Frontend Setup + Smart Reminder Module

Week 3: Meal Planner + Food Label Scanner (OCR)

Week 4: Mood Tracker + Hydration Reminders + Calendar Integration

Week 5: Profile Setup, Buddy System + Backend Integration

Week 6: Testing, Iteration & User Feedback

Resources & Skills Required

Frontend: React.js, TailwindCSS

Backend: Firebase / Node.js

OCR: Tesseract.js / Google Vision API

UI/UX: Figma, basic AI/ML logic for behavior-based nudges

Scalability

- Expand to mobile app (React Native)
- Add wearable integration (e.g., Fitbit, smartwatches)
- Regional language support
- Partner with dieticians, clinics & wellness brands

Why This Idea Matters :

"Because real wellness isn't about strict routines or calorie obsession — it's about consistent, caring habits supported by emotional intelligence, encouragement, and kindness."

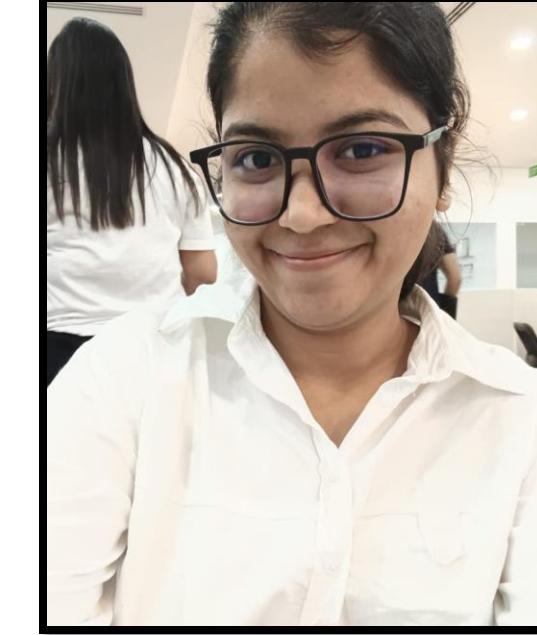
Team Members



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