

Fitness App Documentation

Table of Contents

1. Introduction

- 1.1 Overview
- 1.2 Purpose
- 1.3 Target Audience

2. Installation

- 2.1 System Requirements

3. User Registration And Authentication

- 3.1 Creating an Account
- 3.2 Logging In

4. Home Tab

- 4.1 Pinned Items
- 4.2 Daily Calorie Intake Calculator
- 4.3 Food Energy Converter

5. Leaderboard Tab

- 3.1 Workout Streak Leaderboard

6. Workout Tab

- 3.1 7-Minute Workout

7. Profile Tab

- 3.1 Edit Profile Information
- 3.2 My Stats

1. Introduction

1.1 Overview

Welcome to the Fitness App – your personal health and fitness companion. This documentation provides a brief guide to help you get started with the app's key features.

1.2 Purpose

The Fitness App is designed to simplify your fitness journey. It includes tools for calculating daily calorie intake, converting food energy, tracking workout streaks, and maintaining a personalized fitness profile.

1.3 Target Audience

This app is tailored for individuals of all fitness levels who seek an easy-to-use solution for managing their health and wellness.

2. Installation

2.1 System Requirements

Ensure your device meets the minimum system requirements before installing the app. Visit our website for details.

3. User Registration and Authentication

3.1 Creating an Account

Sign up by providing basic information. Your account ensures a personalized experience and data security.

3.2 Logging In

Access your account by entering your credentials. Stay logged in for a seamless experience.

4. Home Tab

4.1 Pinned Items

Customize your home tab with pinned items for quick access to your favorite features.

4.2 Daily Calorie Intake Calculator

Calculate your daily calorie needs based on personal details and fitness goals.

4.3 Food Energy Converter

Convert food energy easily with our intuitive tool. Track your nutritional intake effortlessly.

5. Leaderboard Tab

5.1 Workout Streak Leaderboard

Compete with friends and the community. Track your workout streak and climb the leaderboard.

6. Workout Tab

6.1 7-Minute Workout

Efficient and effective. Engage in quick 7-minute workouts tailored to your fitness level.

7. Profile Tab

7.1 Edit Profile Information

Keep your profile up-to-date with the latest details to enhance your social and community experience.

7.2 My Stats

Track your fitness progress with personalized statistics. Celebrate milestones and achievements.