**IDEATION**

### TOPIC: AI-powered Nutrition Analyzer for Fitness Enthusiasts

**Solution 1:**

The primary menu displays a timeline of the users' actions along with metrics relating to exercise, such as steps taken, calories burned, and distance travelled in minutes. The users will be able to clearly understand the current status of the fitness objective and their own performance thanks to all these values.

Users can establish their own fitness goals or choose from pre-defined objectives like walking 10,000 steps, being active for 30 minutes, and running three times per week.

The app will then monitor the users' fitness progress round-the-clock to make sure they can achieve the target at a certain time. Meanwhile, the app incorporates location-based technologies like GPS, enabling users to track their whereabouts and travel paths in real-time while engaging in other activities like jogging, cycling, or walking.

While the users are driving, a timer will be presented together with audio commentary and some information, such as the distance travelled, calories burned, average speed, and steps taken in a small window so they may know their current progress without leaving the current screen. If they wanted more information about the earlier exercise sessions, they could later examine or update the activity reports.

**Solution 2:**

Similar to Android Wear, which seeks to keep track of all the activities and exercises that the users engaged in. The user can choose from a number of settings, including diet, activity, weight, and water, as well as a graphical caloric chart. When users click on the graphical display, they may first see how many calories they burned on that particular day. It's important to note that the app will keep track of your calories for up to a year.

They can also set a goal for calories burned, which is the number of calories that must be burned before a given day. . When using the exercise feature, users can manually report their activities or use Google Maps to track their whereabouts when jogging, biking, or hiking. The availability of a graphical chart in the app's top section allows users to see their current progress or exercise loads while also seeing their calories burned, distance travelled over the previous 30 days in kilometres, time spent over the previous 30 days in minutes, BMI over the previous 30 days, and body fat.

Additionally, it is obvious that exercising without drinking water is risky. Because of this, users can record how much water they consume each day and monitor their daily intake totals.

Users will be able to log their weights in the weight area if they want to keep track of their weight and then view it in a much more structured way.

**Solution 3:**

The users who primarily want to monitor their food in order to lose weight or get healthy. Since there are over 6 million meals in the database, including regional foods and cuisines, this app differs from other fitness apps in that users can log the foods they have consumed along with the calories they are estimated to have contained. This software is ideal for those who dislike feeling exhausted after working out because it lacks a component specifically designed to track continuing exercises. Instead, users only need to pay close attention to the nutrients they have taken during the day.

As soon as users launch the app, a tons of articles about fitness and health are displayed on the home page in the form of a news feed. The majority of these articles were written by the official blog and are intended to inform users about various tips and methods for maintaining excellent health. It's interesting to note that a tiny area also informs consumers of the remaining calories. Additionally, the button at the bottom right of the screen makes it simple for users to access other parts.

Like on other social media platforms, users have the option to update their status and post a progress snapshot with their friends to encourage them to stick to their exercise or diet regimen.

As water is the most crucial component in preserving good health, there is also a section on water logging. Users merely need to enter the amount of water; the app will then save the modifications. It is important to note that each measurement's unit can be changed, allowing users to select the units they want.

**Solution 4:**

A 7-minute workout with 12 exercises for each cycle is recommended to get the most results for the least amount of time spent , since this program has been shown to help with weight loss and enhance cardiovascular health. Depending on the amount of time available, users can optionally decide to repeat the workout two or three times. The fact that HICT (high intensity circuit training), the most efficient and secure method of exercising, was used to design the app's content is what makes the workout effective. Additionally, Google Fit integration is supported in the most recent edition of the app, which may enhance user experience and data syncing between apps.

The Workout tab, which includes several programs like the classic workout, abs workout, leg workout, and butt workout, will be displayed to users as soon as they activate the app. Each exercise session focuses on training the body components using the simplest exercise possible in under seven minutes. There is an instruction page that offers users clear directions along with an animated figure to teach them the precise technique to carry out the workout in case they are unsure how to conduct the exercises. Less time will be needed before users may get their hands dirty during the workout by clearly explaining the exercises' steps to them using animation and text elements.