

FitGenie

by

Team

CodeOverload

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Develop an online platform that offers personalized fitness coaching and training services. The platform could offer features such as workout plans, progress tracking, and virtual coaching sessions.

Problem Statement

Overview Of Problem Statement

The problem is that many people struggle to find effective and personalized fitness coaching and training services that meet their unique needs and goals. To address this issue, the proposed solution is to develop an online platform that offers personalized workout plans, progress tracking, and virtual coaching sessions. The platform aims to provide users with a comprehensive fitness coaching and training service that is tailored to their individual needs and goals, with the goal of helping them achieve their fitness objectives.

We chose this problem statement because

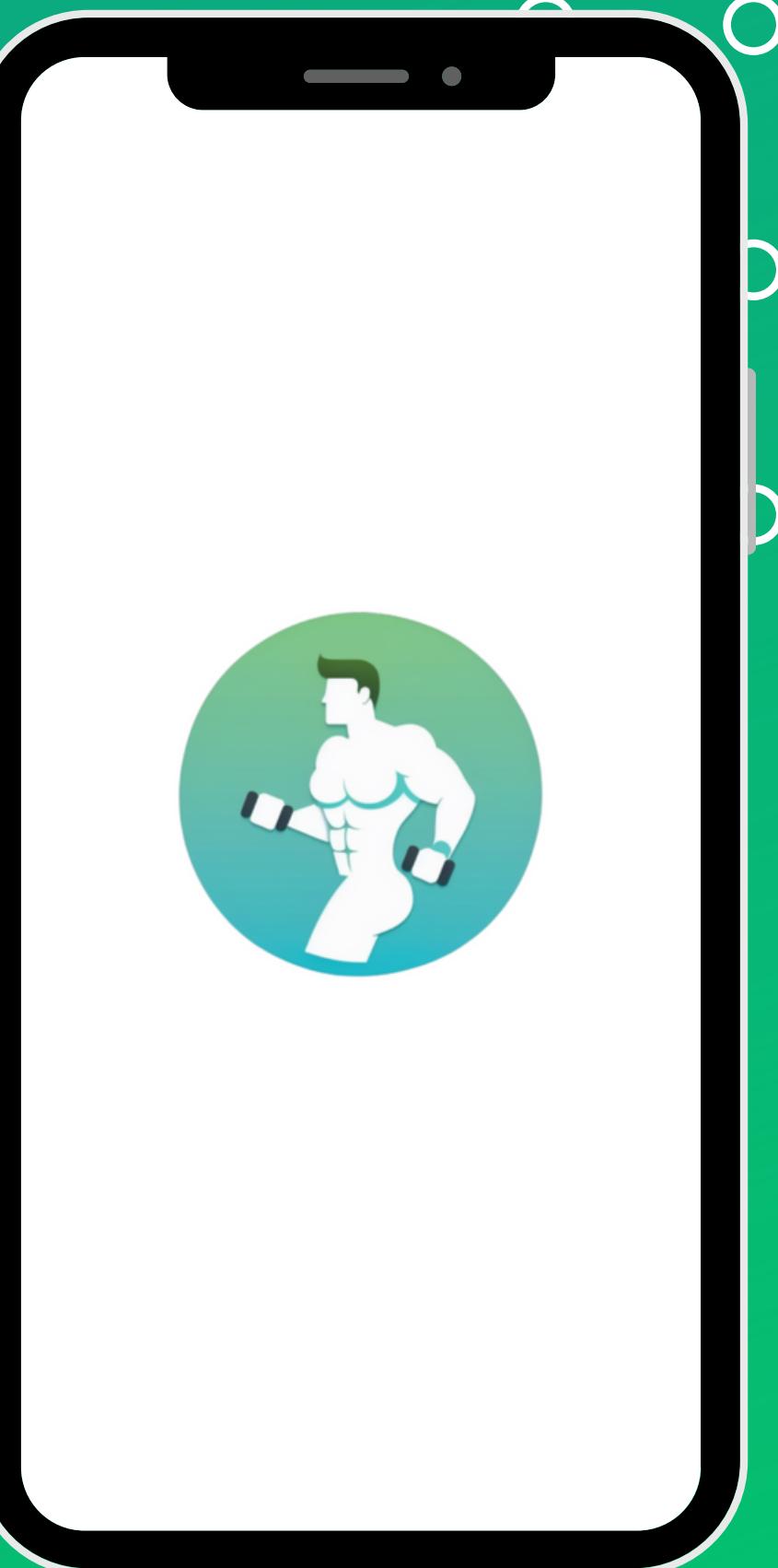
- 01 High demand: The fitness industry is growing rapidly, and with more people than ever before prioritizing their health and fitness, the demand for personalized fitness solutions has never been higher.
- 02 Potential for innovation: The fitness industry is ripe for innovation, and an online platform that offers personalized fitness coaching and training services presents an opportunity to develop new and innovative solutions that can revolutionize the industry.
- 03 Flexibility and convenience: An online platform that offers personalized fitness coaching and training services provides users with flexibility and convenience. Users can access the platform from anywhere, at any time, and can choose to work out on their own schedule.

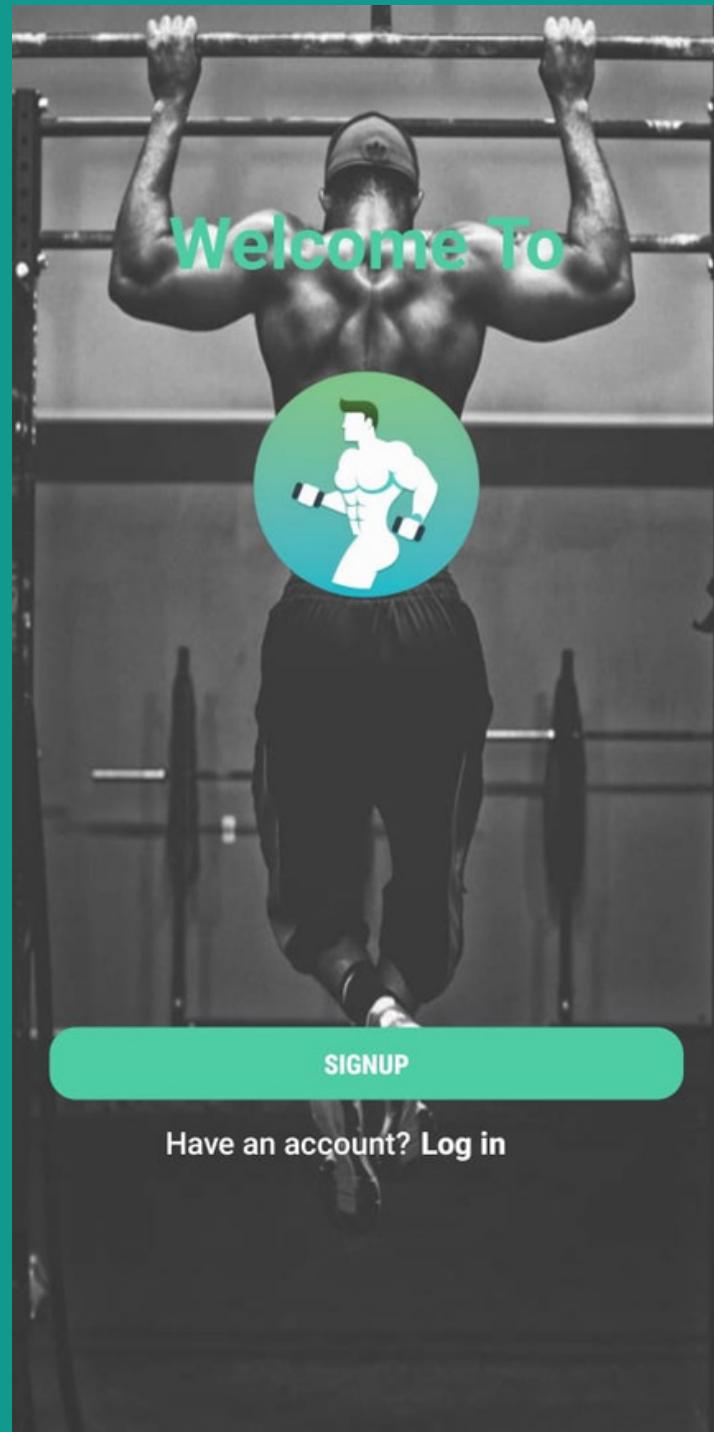
SO PRESENTING FITGENIE



AN ALL IN ONE FITNESS APP

Whether you're a busy professional, a stay-at-home parent, or just someone who wants to prioritize their health and fitness, this app has everything you need to achieve your goals and improve your overall well-being.





Log in

Make Yourself Fit



Enter your name

Enter your email ID

Enter your password 

LOGIN

Don't have an account? [Sign Up](#)

[forgot password](#)

hello

Hi there! How can I help you?

how can I gain muscle?

1. Eat a balanced diet with plenty of protein.
2. Increase your caloric intake.
3. Lift weights regularly.
4. Get enough rest and recovery.
5. Take supplements such as creatine and whey protein.
6. Track your progress and adjust your routine accordingly.

I currently weight 60kgs I want to go upto 70

kgs

To gain 10kgs, you should focus on eating a balanced diet that is high in calories and protein.

Write here >

 Workout







Hello ruyutguy

March 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Today's health score: 75%
Congratulations your daily score is 75%
Goal Achieved: 50% Strength: 70%

Primary goal: Build muscle

Training method: Resistance + cardio

Workout type: Weighted

Routine focus: Aesthetics

Strength level: Beginner

Training days: 6 selected

Workout time: 60 mins

Start new routine on: Today (Fri 24 Mar)

Just pick the best one for me →

 Push/Pull/Legs Split + Cardio 6x week 50-65 mins	 Five-Day PPL Split + Cardio 6x week 50-65 mins	 Three-Day Full Body + Cardio 6x week 50-65 mins
 Twice-A-Week Gym Routine + Cardio 5x week 50-65 mins	 Greyskull LP + Cardio 6x week 50-65 mins	

Today's Workout: Push Workout A (35-50 mins)

Push/Pull/Legs Split + cardio

Last Week This Week Next Week

Today Push Workout A	
Sat Pull Workout A	
Sun Rest Day	

What's your diet type?

- No restriction
- Pescetarian
- Vegetarian
- Paleo
- Keto
- Vegan

[Next](#)

Which meals do you want to include in your plan?

Pick at least 2

- [Breakfast](#)
- [Lunch](#)
- [Dinner](#)
- [Snacks](#)

[Next](#)

We've calculated the following daily macro recommendation for you:

3500 calories
≥114g protein
Flexible fat and carbs

[Next](#)

Wed Thu Fri Sat **Sun**

3500
calories left
 3500

> 114g protein needed Flexible fat & carbs

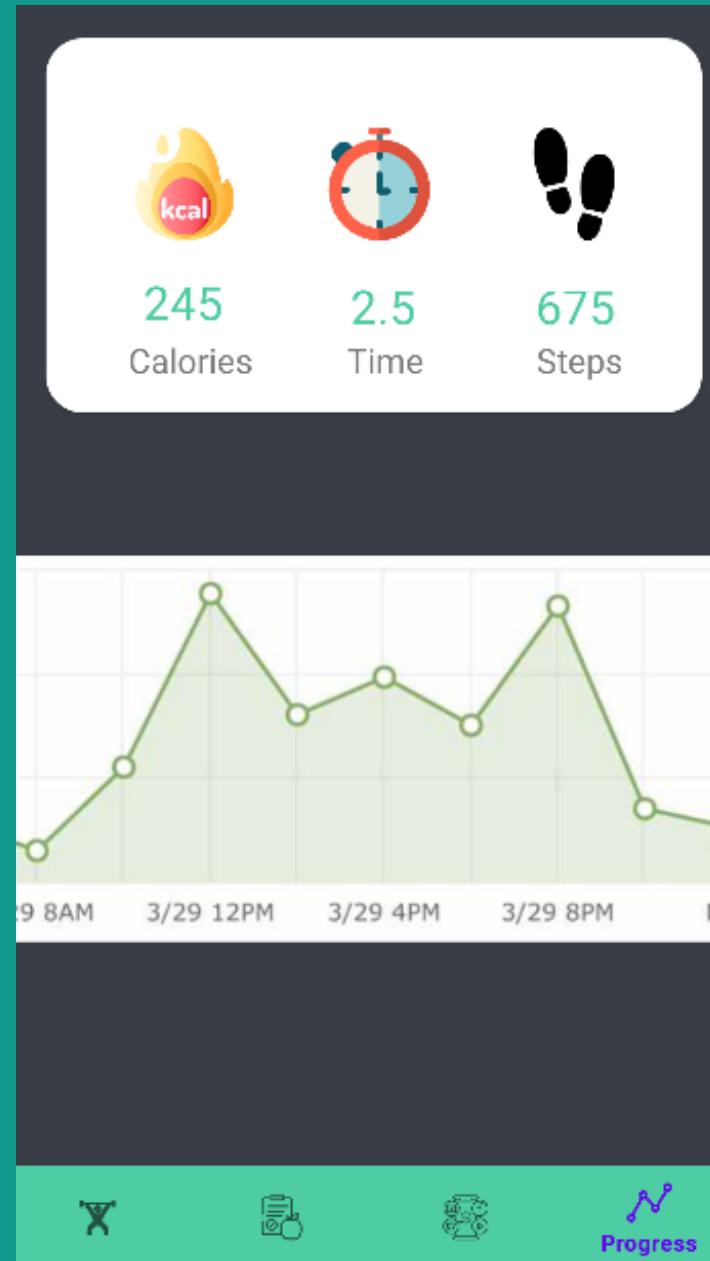
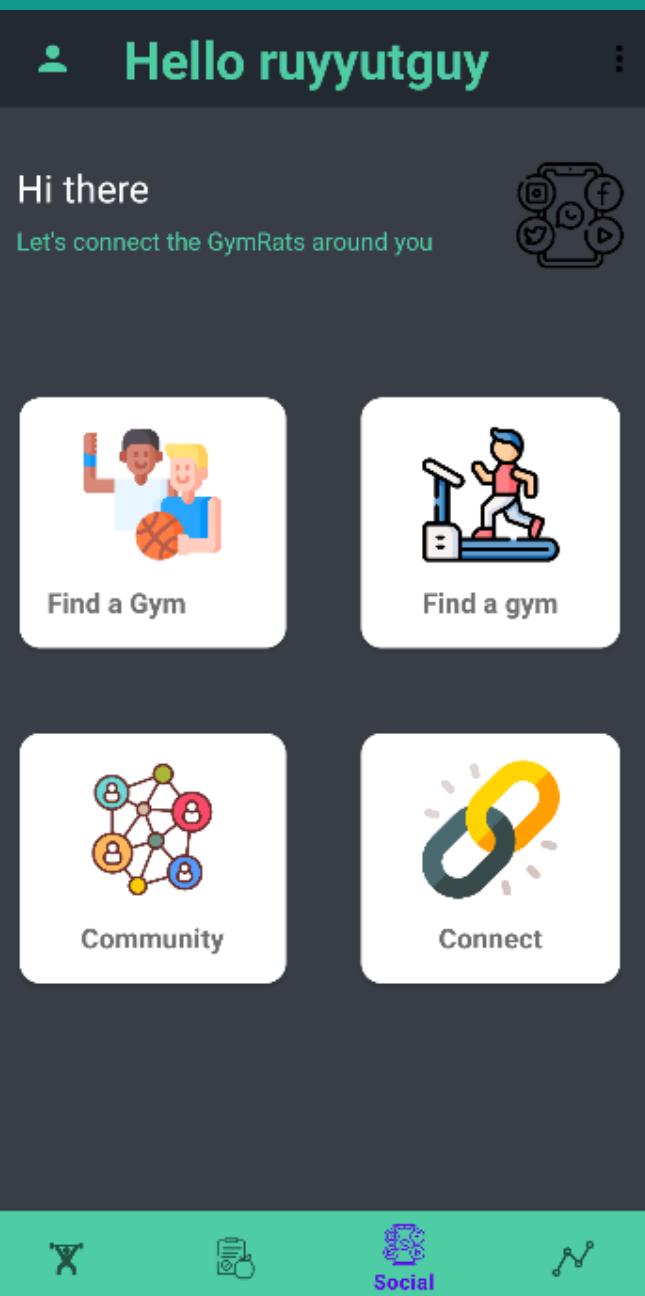
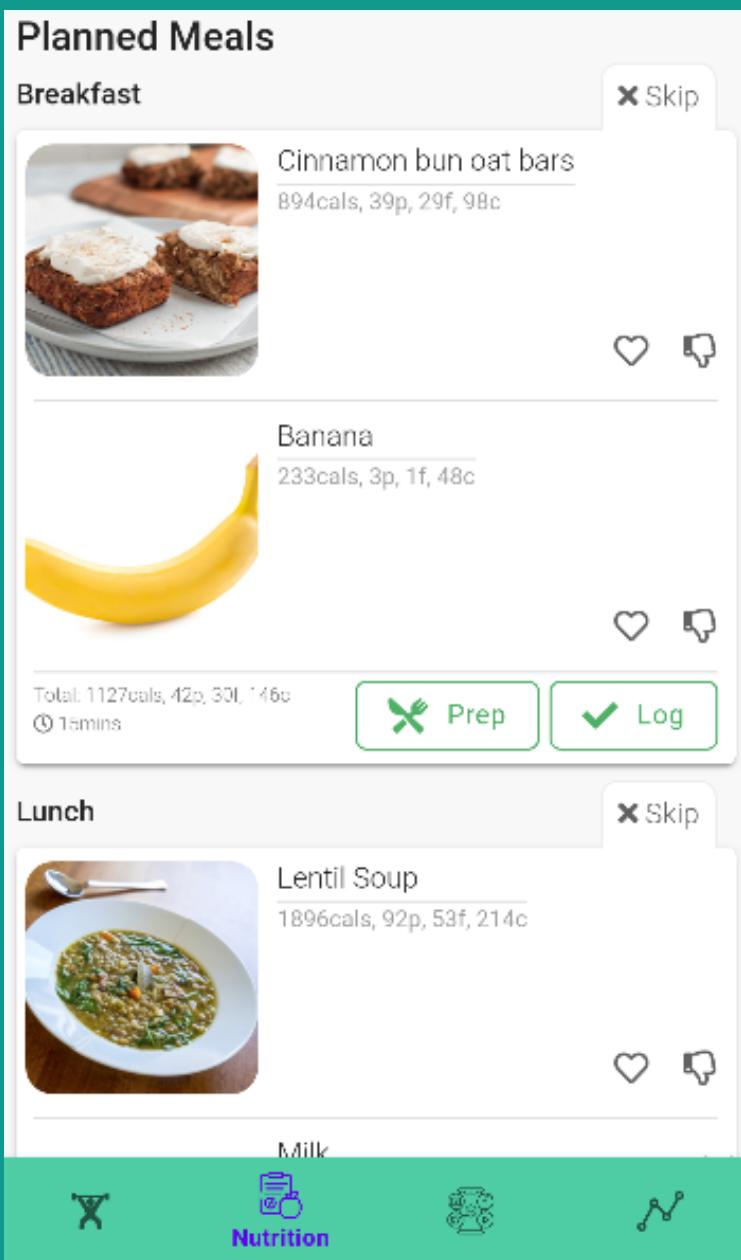
Today's Workout:
Rest Day

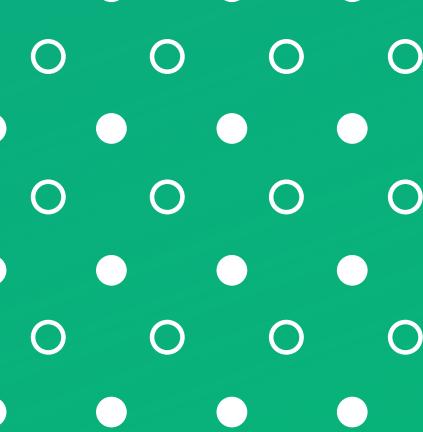
Food Log

Nothing logged today.

Planned Meals

Breakfast Skip





FEATURES PRESENT

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01.

WORKOUT PLANNER

A workout planner is a tool that helps you plan your workouts by breaking down your fitness goals into manageable steps.

02.

MEAL PLANNER

A meal planner is a tool that helps you organize your meals for the week by planning your meals in advance.

03.

VIRTUAL ASSISTANT

A virtual fitness assistant is a tool that uses technology to help you achieve your fitness goals.

UNIQUE FEATURES PLANNED

MEAL AND WORKOUT INTEGRATION IN A SINGLE APP

Generally the apps that exist in the market don't do this

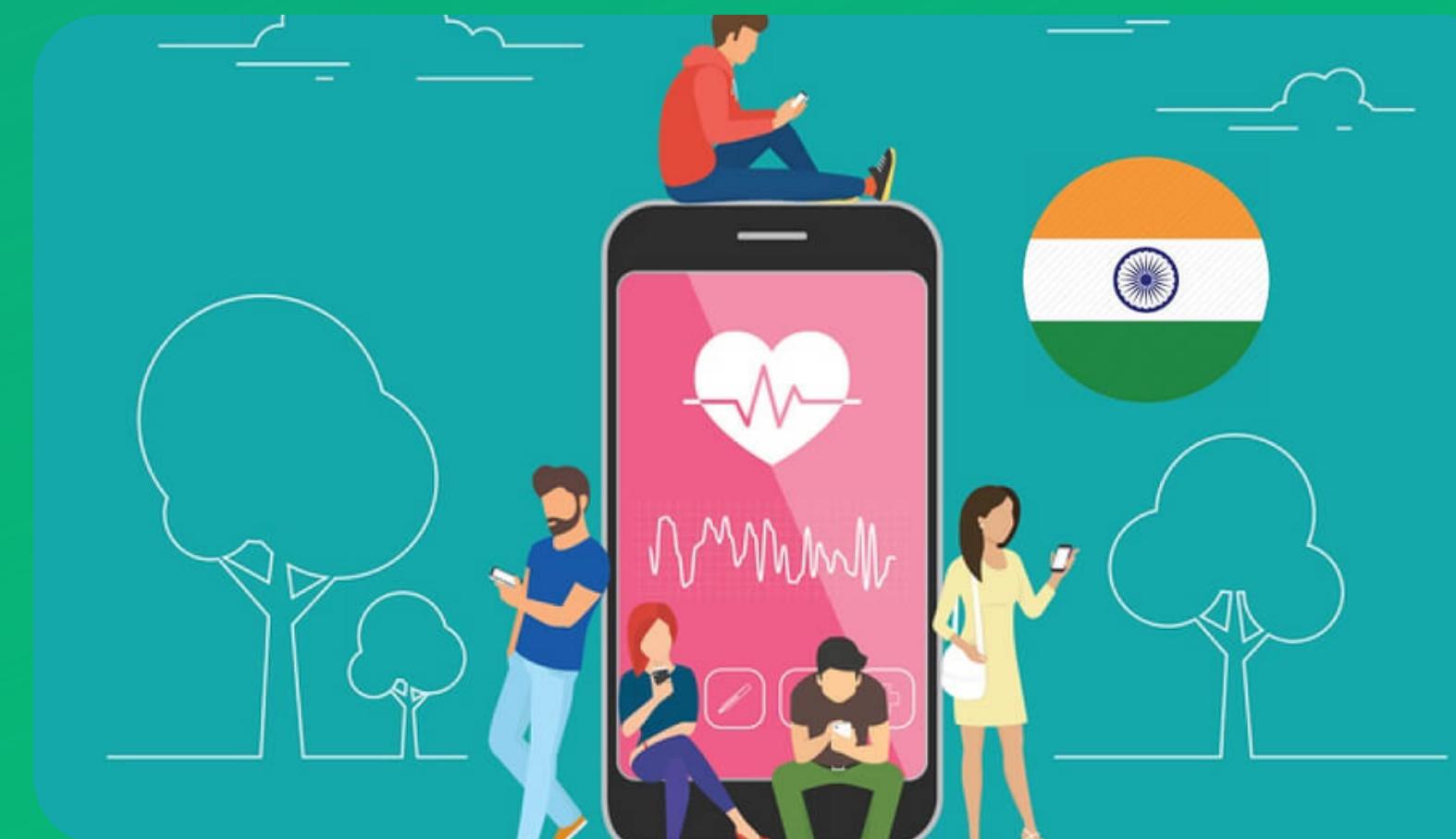
AI CHATBOT INTEGRATION

AI being a relatively newer addition to developer tools, is yet to be widely adopted

SOCIAL FEATURES FOR LOCAL COMMUNITY

Creation of a local community within the app which encourages the users to compete and stay fit.

POSE DETECTION USING MLKIT



FEATURES WE COULD IMPLEMENT GIVEN MORE TIME



REAL TIME POSE DETECTION

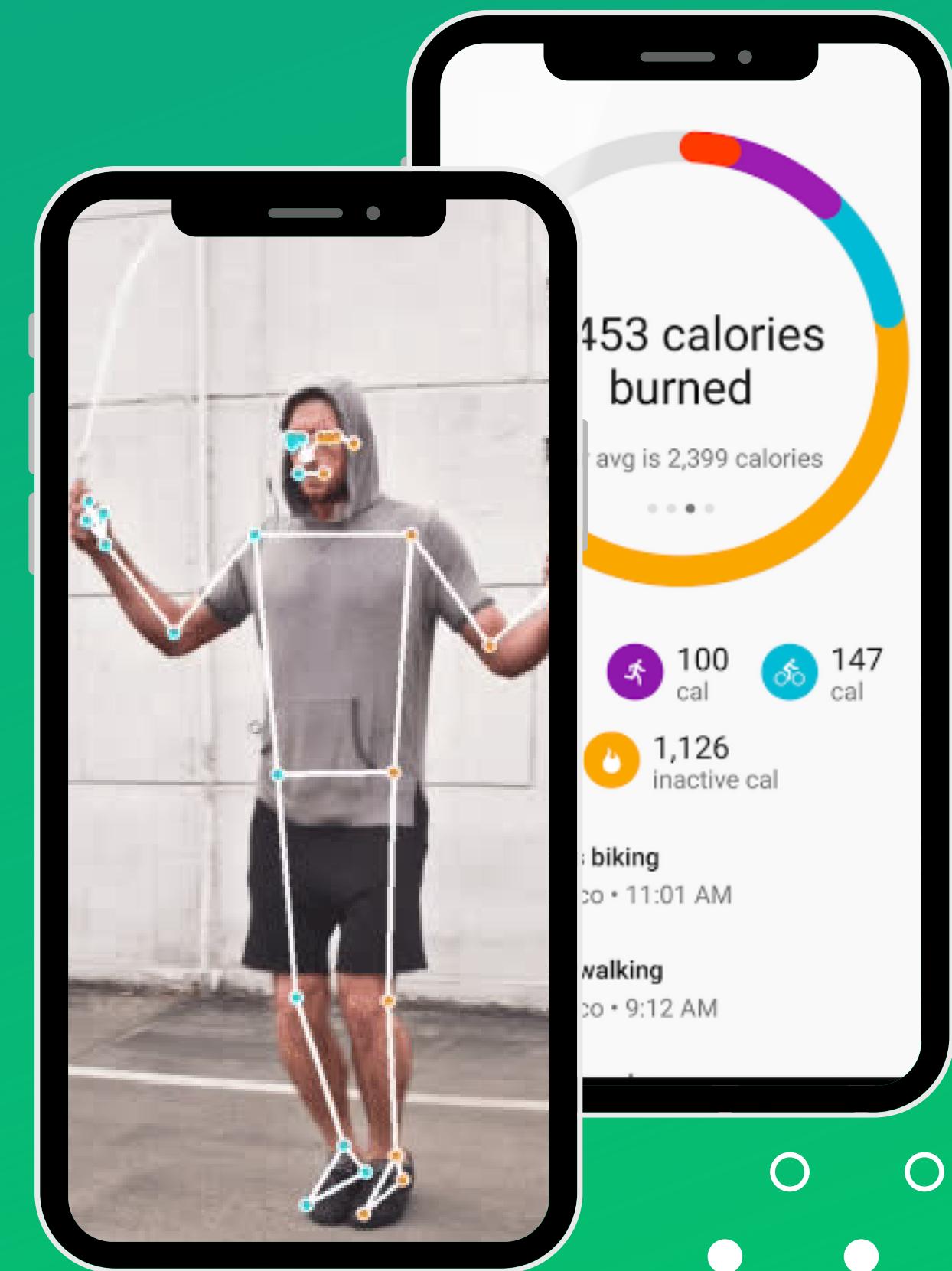
Real time pose detection could be achieved using MLKIT given more time.

STORE

A E-commerce platform could have been set up to sell workout supplements and gear.

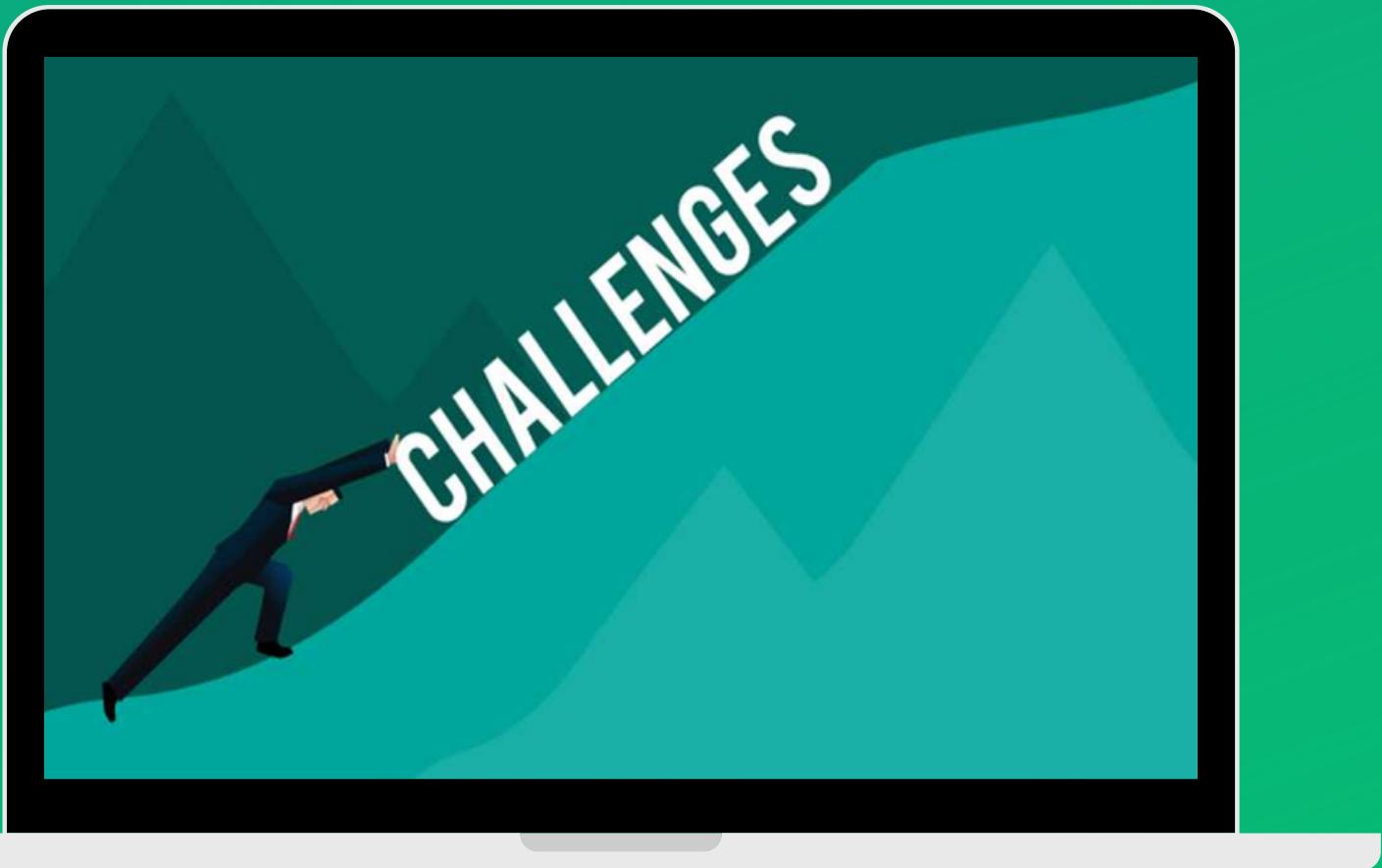
STATISTICS

A more complex system for progress tracking can be implemented using data from wearable devices.



DIFFICULTIES FACED

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- OBTAINING APIs
- GETTING MLKIT TO WORK FOR POSE DETECTION
- FINDING FREE RESOURCES
- DEPENDENCY ERRORS IN ANDROID STUDIO
- TIME LIMITATION

CONCLUSION



With a growing demand for tailored fitness solutions and a highly scalable business model, this app has the potential to revolutionize the fitness industry and provide value to users. By leveraging technology and personalized coaching, this app can offer users a flexible and convenient fitness solution that meets their individual needs and goals. Whether you're looking to improve your fitness, lose weight, or just prioritize your health and well-being, this app could have everything you need to achieve your goals and live a healthier, happier life.

