FitLife: Elevate your Health, transform your Life

Archit, Kedar, Laksh, Pranav, Ravi, Shrey

lgangwan@asu.edu, kkanchi@asu.edu, pgopina5@asu.edu, rguntak1@asu.edu, aagra108@asu.edu, sbhadiya@asu.edu

I. Problem Addressed

In the rapidly evolving landscape of health and fitness technology, the Fit Life project emerges as a revolutionary platform, redefining the way individuals approach their fitness journeys. This report aims to delineate the multifaceted role and contributions of our team in developing the FitLife app, a centralized fitness application that stands out for its innovative features and user-centric design.

The FitLife app distinguishes itself by not merely tracking user metrics but also by providing insightful and actionable feedback to its users. Central to this innovation is the meticulous data exploration and cleansing process, which forms the backbone of our application. Through sophisticated data visualizations, we have attained a comprehensive understanding of our dataset, enabling us to tailor the app's functionality to the specific needs and preferences of our users.

II. Methodology

The architecture of the FitLife app's workout suggestion feature is a harmonious blend of advanced technology and user-centric design, ensuring a seamless and personalized fitness experience. This section outlines the architectural components and their interaction within the system, focusing on the integration of a Fuzzy Logic Controller (FLC) and the user interface elements that facilitate a tailored workout experience.

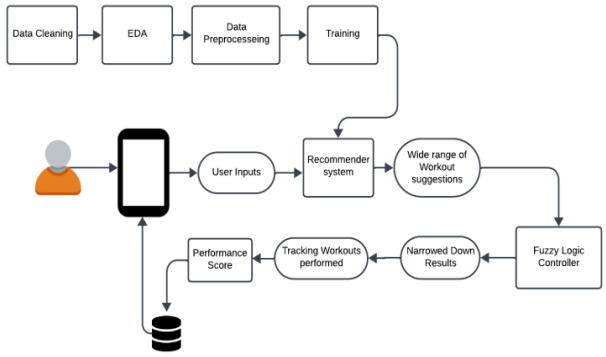

Fig. 1. Architecture

A. Tech Stack and Data Handling

The foundation of our architecture lies in a robust tech stack, meticulously chosen to optimize the functionality and performance of the FitLife app. For the development of the recommender system, we employ a combination of Jupyter Notebook, Pandas, Plotly.express, Seaborn, and Scikit-learn. This selection of tools enables us to handle complex data processing tasks efficiently and to create intuitive data visualizations that aid in understanding user behaviors and preferences.

Alteryx plays a pivotal role in the initial stages of data exploration. It is instrumental in planning and executing an effective workflow for cleaning and preparing the data, ensuring that the foundation of our recommender system is reliable and robust.

B. User Interface and Input

At the front end, the Android application is designed for maximum user engagement and ease of use. It starts with collecting essential user metrics such as height, weight, age, and BMI. Users then interact with a user-friendly multi-select dropdown interface, where they can choose their preferred muscle groups and workout types, such as cardio, strength training, or flexibility exercises. This design allows users to select multiple options simultaneously, ensuring that the app can cater to a broad range of fitness preferences and goals.

C. Fuzzy Logic Controller

The core of our workout suggestion feature is the Fuzzy Logic Controller (FLC), developed by a specialized team member. The FLC stands out for its ability to process user inputs using fuzzy logic, which mimics human decision-making by handling imprecise or uncertain information. This approach enables the system to interpret user preferences in a more nuanced and flexible manner.

D. Processing and Workout Suggestion

Upon receiving valid inputs from the user interface, the FLC activates its rule-based processing mechanism. It assesses the user's selections against the workout suggestion model, considering factors like exercise efficacy, user fitness level, and potential user engagement. Utilizing a comprehensive workout database, the FLC retrieves a list of potential workouts that align with the user's selections.

The workout rating model then evaluates each potential exercise. This model scores the exercises based on their

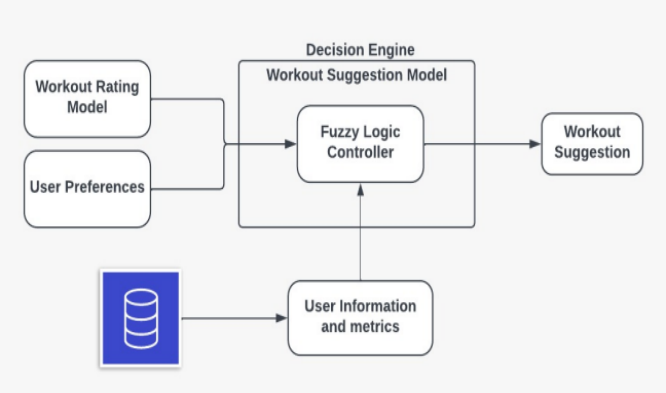

Fig. 2. Fuzzy Logic Controller

suitability to the user's fitness level and goals. The top-rated exercises, up to a limit of ten, are compiled into a suggested workout list. This list is meticulously curated to offer a balanced mix of exercises targeting the selected muscle groups and fitting the chosen exercise types.

E. User Interaction and Feedback

Finally, the suggested workout list is presented to the user with an interactive interface. Each exercise on the list is accompanied by a checkbox, allowing users to mark off exercises as they complete them. This feature not only enhances user engagement but also provides a tangible sense of accomplishment, encouraging users to adhere to their fitness routines.

The FitLife application suite is a comprehensive fitness toolkit designed for Android devices, meticulously crafted in Kotlin using Android Studio. The suite includes multiple components that work in synergy to provide a holistic fitness experience for the user.

Upon launching the app, the user is introduced to a clean, vibrant interface, welcoming them to the FitLife community. The initial screen prompts users to enter vital health metrics such as age, height, and weight. These metrics are critical as they feed into the app's core functionality - providing personalized fitness guidance.

The app suite includes a real-time health monitoring feature, allowing users to measure and record their heart and respiratory rates directly through the interface. This real-time data acquisition is not just about numbers; it's a gateway to understanding the user's current health status, ensuring that the exercise suggestions are safe and appropriate.

Another key component is the workout suggestion system, where users can select their desired muscle groups and exercise types from a multi-select dropdown menu. The user's preferences are processed by the advanced FLC, ensuring

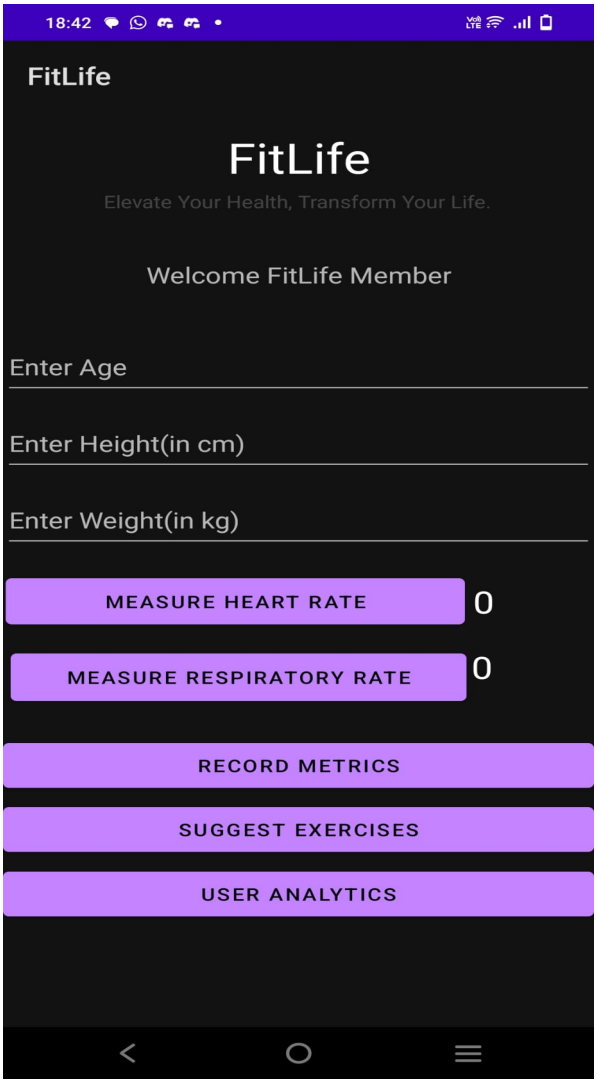

Fig. 3. Enter Metrics

the recommendations are personalized and cater to the user's specific fitness goals.

The application also features a robust analytics section, which displays the user's fitness progress over time through intuitive graphs and charts. Here, users can visualize their journey, gain insights into their improvements, and adjust their routines accordingly.

The final piece of the suite is the daily score tracker. After completing exercises, users can see their score for the day, providing immediate feedback and a sense of achievement. This score, alongside the progress graphs, acts as a powerful motivational tool, encouraging users to maintain and elevate their fitness routines.

In sum, the FitLife application suite is not just an exercise suggestion tool; it's a complete fitness companion that engages users with real-time monitoring, personalized

Fig. 4. Graph Analytics

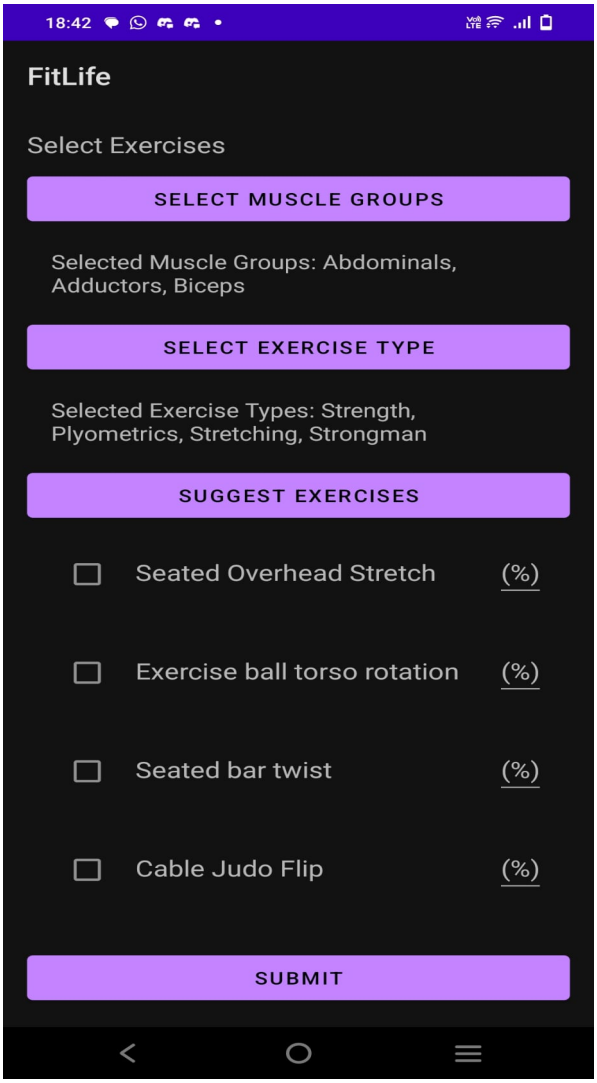

Fig. 5. Exercise Suggestion Page

guidance, analytics, and motivational scoring, all within a user-friendly mobile environment.

III. Implementation

The implementation of the FitLife app's workout suggestion feature is a testament to the harmonious integration of sophisticated data processing and user-centric design. At its core, the system leverages a robust tech stack, including Jupyter Notebook for data analysis, Pandas for data manipulation, Plotly.express and Seaborn for data visualization, and Scikit-learn for machine learning functionalities. This combination ensures efficient handling and interpretation of user data, which is crucial for the recommender system's accuracy.

In the initial phase, Alteryx is utilized for data exploration and cleaning, laying a solid foundation for the system. The user interface, developed for the Android platform, prioritizes ease of use. It collects essential user metrics and preferences through an intuitive multi-select dropdown, allowing users to select multiple muscle groups and workout types simultaneously.

The innovative use of a Fuzzy Logic Controller (FLC) is pivotal in processing this input. It interprets user preferences with a degree of uncertainty, mimicking human decision-making. This flexibility is key in handling the nuances of user choices.

Once the user input is processed, the FLC works in tandem with a workout suggestion model to generate personalized recommendations. The system evaluates the suitability of exercises based on user fitness levels and goals, compiling a list of top-rated workouts. This list is then presented interactively, with checkboxes for users to track their progress, enhancing engagement and motivation.

In essence, the implementation of the FitLife app's workout suggestion feature is a sophisticated blend of technology and user experience, aimed at providing personalized, effective, and engaging fitness guidance.

IV. Results

To experience the full capabilities of the FitLife app's workout suggestion feature, users will require an Android smartphone. The app is meticulously developed using Kotlin in Android Studio, ensuring a smooth, responsive, and intuitive user experience that is in line with the latest Android standards.

Upon installing the FitLife app, users will be greeted by a streamlined interface. The demonstration begins with the initial setup, where users input their personal metrics such as height, weight, age, and BMI. This data is crucial for the app to tailor workout suggestions effectively.

The User will eventually get a score, based on the exercises they selected.The collective endeavor in app integration, deployment, and testing by all team members has resulted in a stable, user-friendly application that has been well-received by its growing user base. The FitLife app is not just a tool but a lifestyle companion, encouraging users to remain motivated and consistent in their fitness journeys. The measurable improvements in user engagement and satisfaction serve as a clear indicator of the project's success.

V. Conclusion

The FitLife app represents a significant advancement in personalized fitness technology. Upon regular usage, users not only receive daily workout suggestions but also have the ability to track their progress through a dynamic scoring system. Each day, users are presented with a score reflecting their fitness activities, fostering a sense of accomplishment and motivation. Additionally, the app offers various graphical representations of the user's progress over time. These visualizations provide a clear and motivating overview of their fitness journey, highlighting improvements and encouraging consistency. Ultimately, the FitLife app stands as a comprehensive tool for users to achieve their fitness goals with informed guidance and engaging feedback.

VI. Individual Contribution

The FitLife project's success is attributed to the collaborative efforts of a dedicated team, each contributing specialized skills to various components. Pranav was instrumental in data preprocessing and exploratory data analysis, setting the stage for accurate recommendations. Raviteja engineered the workout rating model and integrated a Fuzzy Logic Controller, enabling personalized workout suggestions. Shrey developed a scoring engine to quantify users' daily fitness achievements, while Archit designed the DB schema using SQLite for robust data management. Laksh focused on curating workout details and capturing user feedback, and Kedar enhanced the app with user metrics collection and progress analysis tools. The entire team contributed to app integration, deployment, and testing, ensuring a seamless user experience.

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