

## Project scope

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Community & UN SDG(s):	Global audience Good Health and Well-being (Goal 3)
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Project Name	FlexAvail
Project Deliverables	
User Registration and Profiles	<p>Design and develop the user registration and profile creation feature.</p> <p>This deliverable includes the creation of user accounts, user profiles, and the ability for users to set fitness goals, personal preferences, and customize their profiles. Users should be able to manage their fitness objectives, personal details, and profile images.</p>
Workout Library Expansion	<p>Expand the workout library with additional workout plans and exercises.</p> <p>This deliverable involves curating and adding new workout plans and exercises to cater to a wider range of fitness goals, including weight loss, muscle gain, and general fitness. Each workout plan should include detailed instructions and demonstration videos.</p>
Nutrition Tracker Enhancement	<p>Enhance the nutrition tracker feature</p> <p>This deliverable focuses on improving the nutrition tracker to allow users to log their daily food intake, set dietary preferences, and receive basic nutritional guidance. The</p>
Project Exclusions	

**Advanced Machine Learning:** The project excludes the implementation of advanced machine learning algorithms for personalized workout and nutrition recommendations. While basic recommendations are provided, complex machine learning-based suggestions are not within the project's scope.

**In-Depth Nutritional Analysis:** The app does not provide in-depth nutritional analysis, including micronutrient tracking or detailed dietary assessments. Users seeking highly detailed nutrition analysis will need to use specialized dietary analysis tools.

**Virtual Reality Workouts:** Virtual reality-based workouts and experiences are excluded from the project. The app does not support VR-based fitness sessions.