

Project Description: Personalized Health and Fitness Assistant

The Personalized Health and Fitness Assistant is a mobile app designed to offer users tailored fitness and health plans that adapt based on their specific goals, preferences, and real-time health data. The app uses Artificial Intelligence to track daily activities, dietary habits, and sleep patterns, while also integrating with wearable devices such as Fitbit or Apple Watch to gather accurate data. The app offers personalized workout routines, meal planning suggestions, and tracks progress over time. Additionally, it provides a community feature where users can join fitness challenges, share achievements, and connect with others with similar health goals.