**HACK – A – QUEST 2K24 PROBLEM STATEMENT**

**FITNESS TRACKER APP**

**1. USER REGISTRATION AND AUTHENTICATION:**

* Users should be able to create an account with username and password.
* Profile information may include age, weight, height, fitness goals, etc.

**2. ACTIVITY TRACKING:**

* Users should be able to track various fitness activities such as running, walking, cycling, swimming, etc.
* The app should record activity duration, distance covered, calories burned, pace, heart rate (if available), etc.

**3. WORKOUT PLANS:**

* Users should have the option to create custom workout plans tailored to their fitness goals and preferences.
* The app may provide predefined workout plans for different fitness levels and objectives.

**4. GOAL SETTING:**

* Users should be able to set fitness goals such as target weight, distance to run, calories to burn, etc.
* The app should provide reminders and motivation to help users to achieve their goals.

**5. SOCIAL FEATURES:**

* Users should be able to connect with friends, share workout achievements, and participate in challenges or competitions.
* Social features may include leaderboards, friend notifications and activity feeds.