



Project Name



Be.Fit

Stay Fit.Stay Healthy.

Submitted By:

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Scope of the System

"Be.Fit" app is a fitness app that aims for a healthy way to achieve fitness. Similar to other fitness it has Step Counter, Sleep Tracking, Nutrition Tracker and Water Reminder features. It also has music for meditation and relaxation and videos of Yoga, asanas' and other exercises.

Problem Statement

The existing system has content that focuses on the global level. The music and exercises follow the global or western culture. The goal of this app is to have an easy UI and have a meditating piece of Indian culture and yoga and asanas of the same type.

Existing System

There are many fitness apps on the play store and app store. The typical features of a fitness app are a step counter, calorie tracker, nutrition tracker, sleep tracker, water reminders, etc. Some fitness apps also have relaxing music, exercise videos, inspirational videos, etc.

Proposed System

The proposed fitness app contains various features of a general fitness app like a step counter, water reminder, sleep tracker and nutrition tracker. It also has relaxing music, lullaby and videos of yoga, asanas and other exercises. There is a dashboard where the user can view his daily step count target. This app is targeted for all age groups. It will help users to maintain a healthy life.

Actors of the System

- System Admin
- User

Modules in System

1. User Management

User registers and logs in to the system via his credentials. He can listen to relaxing music and watch videos of yoga and exercises. He can also see the graphical statistics report of his activities like steps and sleep.

2. Dashboard

Visualization of activities through charts or graphs.

3. Admin Management

Used to store admin data through which he can log in to the system and manage users.

Technology Stack

Client Side

1. Flutter 3.3.10
2. Dart 2.18.6
3. Firebase 10.1.0

Server Side

1. Firebase 3.3.10
2. Dart 2.18.6

Hardware and Software Requirements

Hardware Configurations (Server Side)

Processor	Core i5 and above
Speed	2GHz and above
RAM	4GB and above
Hard Disk	2GB and above

Software Configurations (Server Side)

Operating System	Windows 10 and above, Linux
Database	Firebase

Hardware Configurations (Client Side)

Processor	x86 or x64
Speed	1.1GHz and above
RAM	4GB and above
Hard Disk	3GB and above

Software Configurations (Client Side)

Operating System	Android
Web Browser	Google Chrome, Mozilla Firefox