**FitFlex: Your Personal Fitness Companion**

**Ideation Phase**

**Empathize & Discover**

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| --- | --- |
| Date | 31 January 2025 |
| Team ID | SWTID1741257108149874 |
| Project Name | Fitflex |
| Maximum Marks | 4 Marks |

**Empty Map Cavas:**

It seems like you're referring to something specific called "FitFlex Empty Map Canvas," but I don't have a direct reference or widely recognized definition for it in my training data. Based on the name, it could be related to a customizable framework, platform, or tool where "FitFlex" represents flexibility or adaptability (possibly a name or branding for an application), and "Empty Map Canvas" suggests a blank or starting point for creating a map-based project.

**Example:**

Diagram

Description automatically generated

