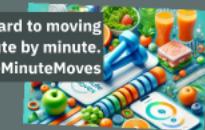




Motivation to Develop  
MinuteMoves (Maggie)



We look forward to moving  
with you, minute by minute.  
-MinuteMoves



**MinuteMoves... and Meals - Your Personalized Fitness and Meal Tracker**  
**Achieve More in Minutes: Small Efforts, Big Results, Your Unique Way**

# Overall Concept of MinuteMoves (Larissa Mae)



Overall Concept of MinuteMoves





# Overall Concept of MinuteMoves

MinuteMoves is a comprehensive fitness tracker app that empowers users to efficiently monitor their workouts, nutrition, and health metrics, facilitating a personalized approach to fitness and overall well-being.

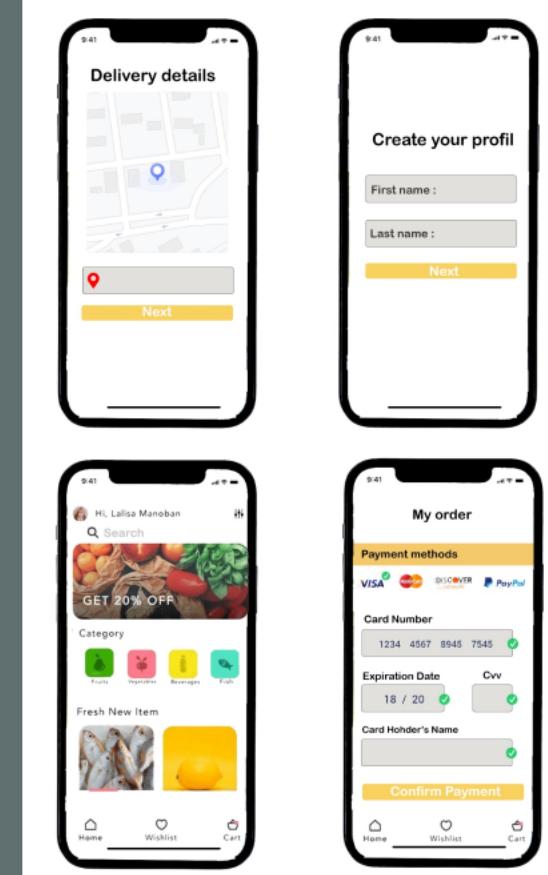


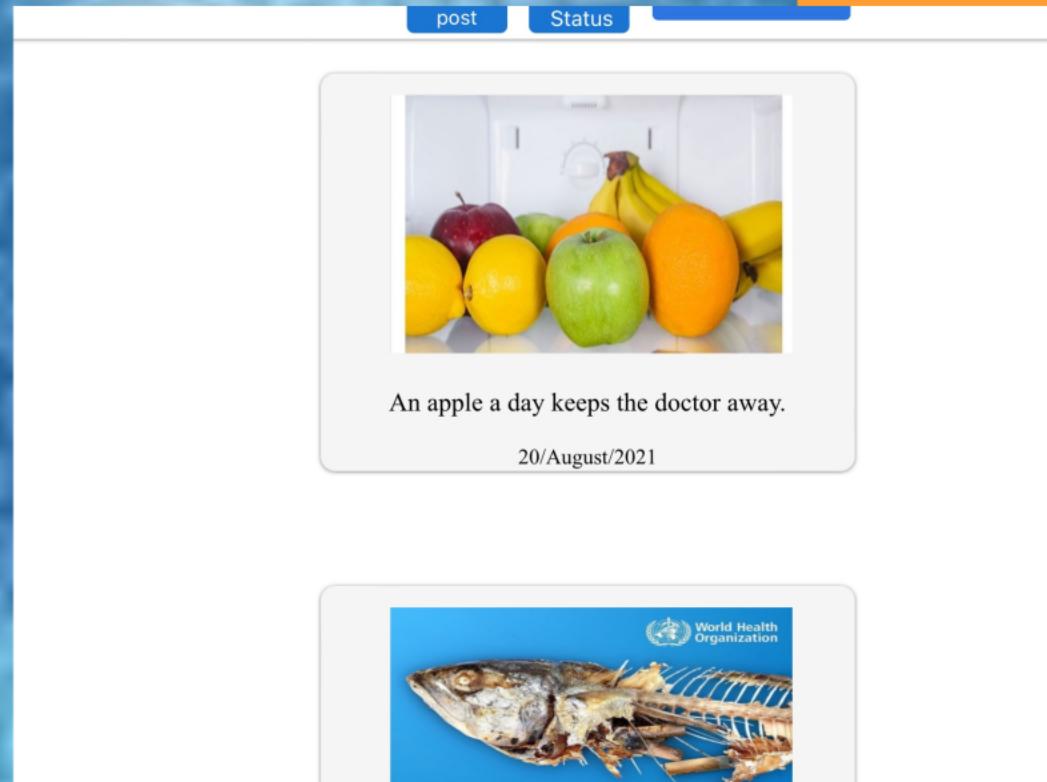
# Fitness Tracking

MinuteMoves allows users to input their workouts. This feature supports users in **setting and achieving fitness goals by providing tailored recommendations** based on their activity levels and **goals**.

# Meal Goals

Users are offered **personalized meals** to help them meet their **goals within MinuteMoves**, gaining insights into caloric intake and nutritional balance. This functionality aids in **developing healthier eating habits tailored to individual dietary goals**.



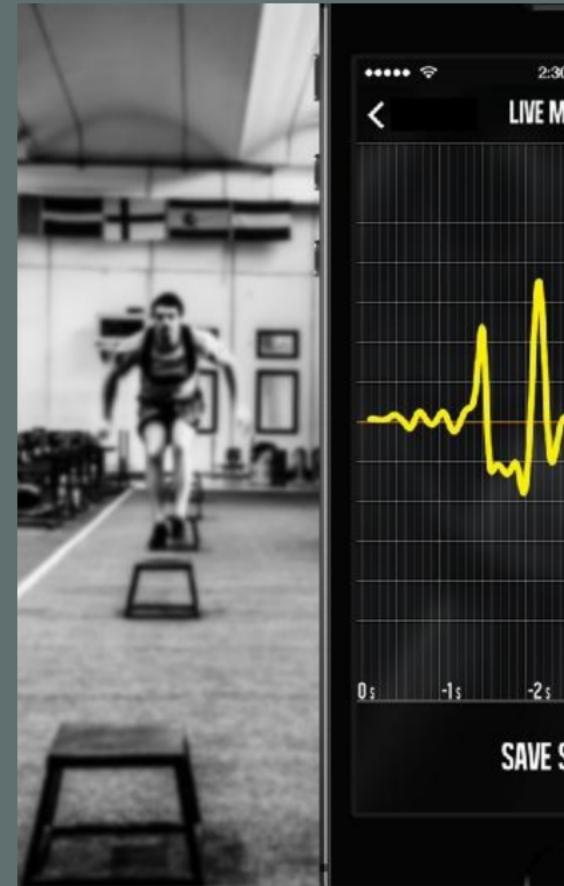


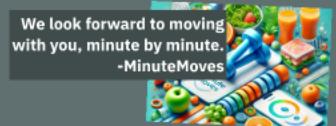
# Health Metrics

The app collects crucial biometrics such as **weight, age, height, gender** and **activity level**, allowing users to **monitor their physical condition over time**. This data-driven approach contributes to **more informed fitness strategies and health decisions**.

# Customization Options

The app provides **personalized workout and meal plans based on user preferences and goals**. This level of customization **enhances user satisfaction** and adherence to fitness regimes by **catering to individual needs**.





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# Motivation to Develop MinuteMoves (Maggie)

## Motivation to Develop MinuteMoves

The development of MinuteMoves was driven by a combination of personal experiences and the evident need for a versatile fitness app for people with limited time and meal-prep ideas.

### Introducing... MinuteMoves!

Find Your Goals, Minutes by Minute Fitness and Food Tailored to Your Path

— Every goal starts with small, focused steps. We're here with tailored workouts and meals to fit your goals in just a few minutes a day.



# Motivation to Develop MinuteMoves

The development of MinuteMoves was driven by a combination of personal experiences and the evident need for a versatile fitness app for people with limited time and meal-prep ideas.

## Team PixelPulse

- Joshua Cordial
- Larissa Mae Hernandez
- Maggie Jenkins
- Izaac Ramirez

The journey of creating MinuteMoves began with our own struggles in tracking health metrics, figuring out which workout to do and what to eat. We wanted an app that would cater to our individual goals and preferences.





# Market Demand

The fitness app market is experiencing exponential growth, projected to reach \$14 billion by 2026. Users are increasingly seeking tailored solutions that adapt to their unique fitness journeys, emphasizing the need for MinuteMoves.

# Health Trends

With a rising focus on health and wellness, individuals prioritize tracking their fitness and nutrition. Apps facilitating this process align with the trend of self-improvement and proactive health management.

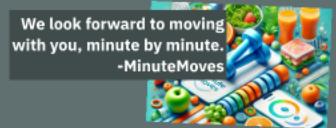


# Introducing... MinuteMoves!

**Fuel Your Goals, Minute by Minute:  
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# Design Process and Technologies Used (Joshua)



# Design Process and Technologies Used

The design of MinuteMoves solves real world challenges while ensuring an effective fitness app that customizes to user needs.

# Balanced Collaboration



## Backend/Server

Izaac  
Larissa Mae  
Joshua



## Presentation/README

Maggie  
All

## Frontend/Client

Joshua: Create account, landing page, login, user Auth, display workout cards, API for workout card

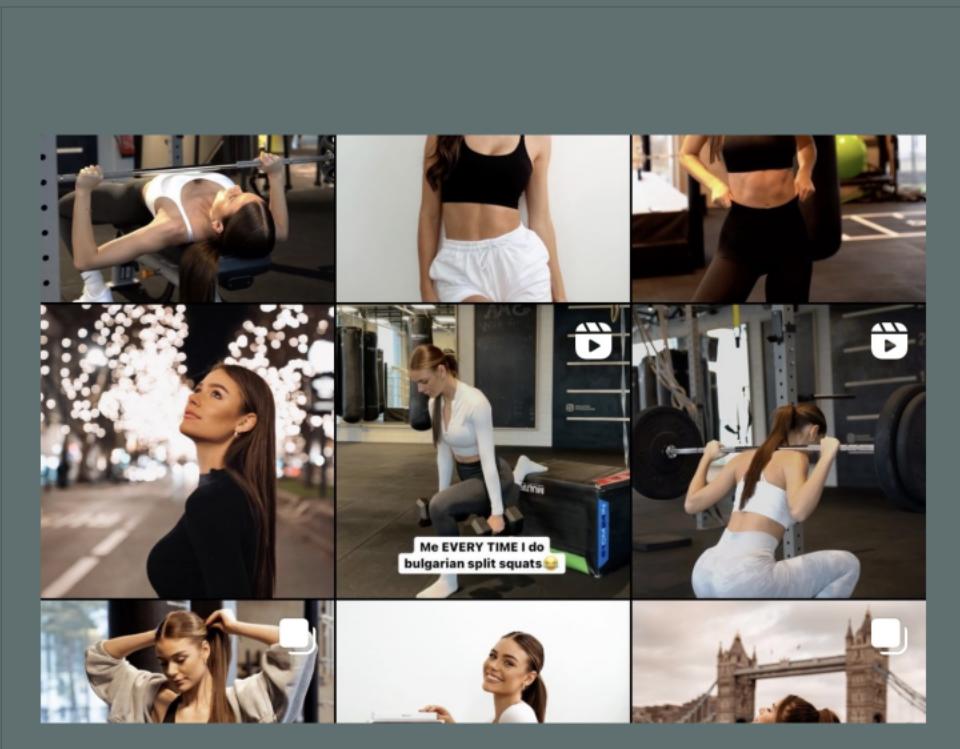
Izaac: User auth, routing, fitness page, modal, chart, some components, fitness calculations

Maggie: Header/footer, landing page and css all pages

Larissa Mae: Meal plan page, interface for recipes, API for recipes

# Our Design Process

Brainstorm features that would allow users to **set personalized goals, track key metrics**, and receive **adaptive fitness and meal plans**. The features include **custom goal-setting** and **data-driven insights**. The outcome was a concept for MinuteMoves as a fitness app that **not only tracks but "moves" with the user**, dynamically adapting recommendations based on progress.



# Programming Technologies Used

The app uses:

- **Node.js** and **Express.js** to create a **RESTful API**;
- **React** for the front end;
- **PostgresSQL** and the **Sequelize ORM** for the database;
- Both **GET** and **Post routes** for retrieving and adding new data;
- Uses one **server-side API**;
- **Folder structure** that follows the separation of files/folder design principles;
- Authentication using **JWT**; and,
- **API keys** and **sensitive information** with environment variables **protection**.



# APIs

Leveraged ChatGPT to provide access to data, allowing MinuteMoves to offer personalized insights and recommendations.





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## App Demonstration and Future Development Ideas (Izaac)



### User Interface Overview

This section provides an overview of the app's user interface, highlighting its clean design and intuitive navigation.

### Key Features Demonstration

Explore the core features of the app, including real-time tracking, advanced analytics, and progress over time.

### Future State: Real-Time Tracking

MinuteMoves will enable users to track their progress in real-time through comprehensive analytics and reports. This feature will be enhanced by integrating with external sensors and devices.

### Future State: Advanced Analytics

Advanced analytics will provide users with detailed insights into their activity patterns, helping them make informed decisions about their health and fitness goals.

### Future State: Progress Over Time

MinuteMoves will enable users to visualize their progress over time through comprehensive analytics and reports. This feature will be enhanced by showcasing achievements and improvements in fitness and nutrition.

### Future State: Community Features

Community features will allow users to connect with others who share similar fitness goals, participate in challenges, and earn rewards for their efforts.

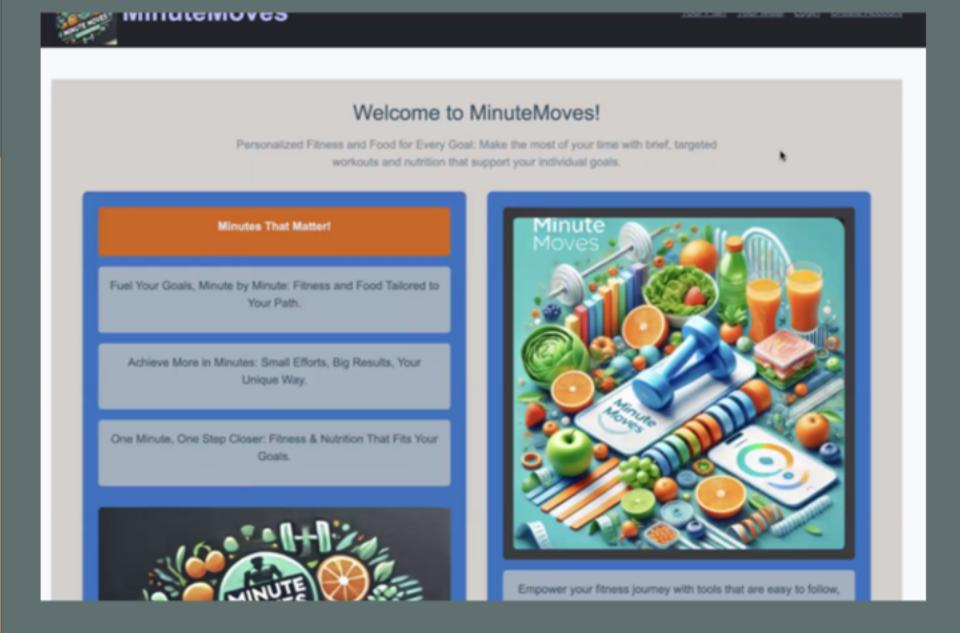
This section showcases the user interface and key features of the MinuteMoves app while discussing future enhancements to elevate user experience.

# App Demonstration and Future Development Ideas

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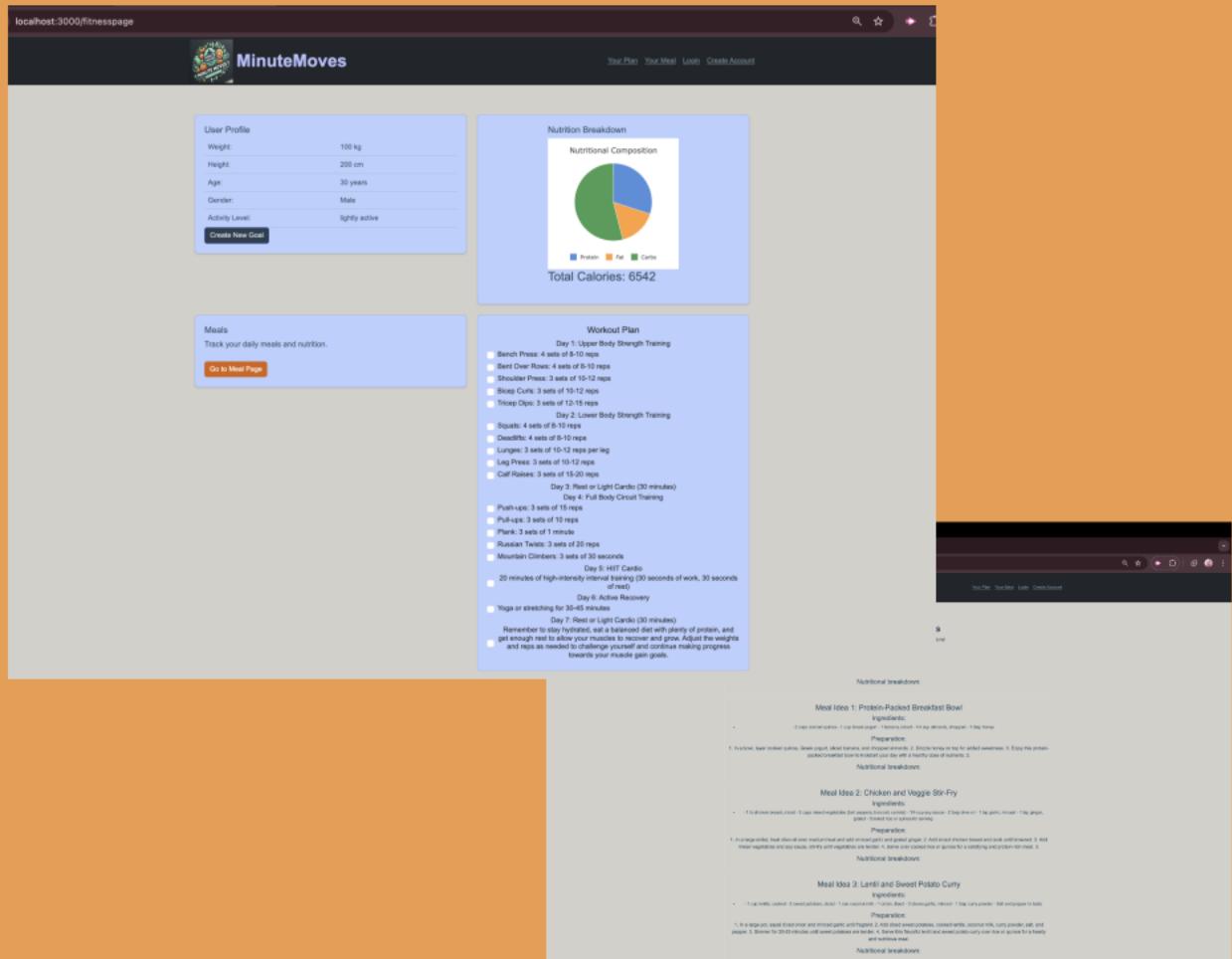
# User Interface Overview

The MinuteMoves app features a user-friendly interface designed for easy navigation. Bright colors and intuitive navigation lead users through various sections, ensuring a seamless experience for workouts, meals, and health metrics.



# Key Features Demonstration

MinuteMoves allows users to customize their accounts to receive tailored workout plans based on their goals, making fitness accessible and personalized. (Go to [Demo](#))



# Future State: Progress Over Time

MinuteMoves will enable users to visualize their progress through comprehensive analytics and reports. This feature motivates continued engagement by showcasing achievements and improvements in fitness and nutrition.





## Future State: Advanced Analytics

Over the next iterations of the App, MinutesMoves will include advanced analytics tools that analyze user data over time. Users receive insights into their fitness trends, allowing for informed adjustments to workout regimes and nutrition plans, enhancing overall effectiveness.



## Future State: Community Features

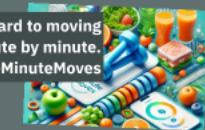
MinuteMoves plans to integrate community features such as challenges and leaderboards, fostering friendly competition among users. These interactive elements not only motivate but also create accountability, encouraging users to achieve their fitness goals.



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