**National University of Computer and Emerging Sciences**



Database Project Proposal

**Fitvisor**

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# Introduction

This website is going to be a platform which helps users to track their daily calorie intake, recommend workouts according to their fitness goal, designs diet plans and provide free consultations from expert nutritionists who have registered on the platform.

# Functionalities

The following section contains all the functionalities proposed for this project.

## Sign up (Users/Nutritionists)

Users and expert nutritionists will be registered along their respective bios.

## Log in (User/ Nutritionists)

Users and nutritionists will be able to login with valid credentials.

## Profile editing (User/Nutritionists)

Both users and nutritionists will be able to edit their profiles as well as change their credentials and profile pictures etc…

## Add Intake

Users will be able to add their daily food intake..

## Track Intake

## Users will be able to retrieve information about their intake and visualize it.

## Consult a nutritionist

Users will be able to request consultation from a nutritionist.

## Add Daily Step count

This functionality will record the daily step count of users and calculate how many calories they have lost.

## 2.8. Helping material

We will provide our own recipes with ratings to the users according to their fitness goal and price range.

2.9. Workouts

Our platform will provide workouts which will be categorized according to different fitness goals.

2.10. Discussion room

There will be a discussion room where users can post questions, answer questions posted by other users and give advice.

2.11 Transformation journey

Users will be able to share their transformation journey with other users on the platform to inspire them