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| OPSC7312  Document 2 |
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# INTRODUCTION

Imagine finding the right balance between fitness goals, a fitness journey where every step you take is guided, every goal a user sets is do-able, your diet is well balanced ad every workout is formulated just for you. Our fitness app Vital-Sync is a significant tool designed to change the way you approach health, diet and wellness recipes. This application offers a personalised and dynamic approach to health that matches accordingly to your daily routine. The application caters for beginner users, advanced users and pro users.

The app provides unique features like providing a scheduled workout plan that the user can modify based on what they are comfortable with, a real-time progress tracking system that has a range of options like calories consumed by user, water intake of the user, the number of steps the user has taken in that specific day as well as insightful analytics.

# Api Design

# The API for our application is designed to provide users with access to our food database. This allows users to search for specific foods and retrieve detailed nutritional information, including calorie content. Users can then select these foods and use the API to track their daily calorie intake by tallying up the calories from the foods they've consumed throughout the day

# UML

# Data listing

These are the data types that we'll be using for API:

* food\_id: Unique identifier for each food item.
* name: Name of the food item.
* serving\_size: Standard serving size.
* calories: Calories per serving.
* macronutrients: Data on fats, proteins, carbohydrates, etc.
* micronutrients: Vitamins, minerals, etc.
* category: Food group (e.g., fruits, vegetables, grains).

# Project plan

# Conclusion

In conclusion, Vital-Sync redefines the fitness experience by offering a tailored and adaptable approach to health and wellness. With its personalized workout plans, real-time progress tracking, and insightful analytics, the app empowers users at every level whether beginner, advanced, or pro to achieve their fitness goals with confidence. By seamlessly integrating with daily routines and offering flexibility, Vital-Sync ensures that your fitness journey is not only manageable but also enjoyable, making health and wellness a sustainable part of your lifestyle.