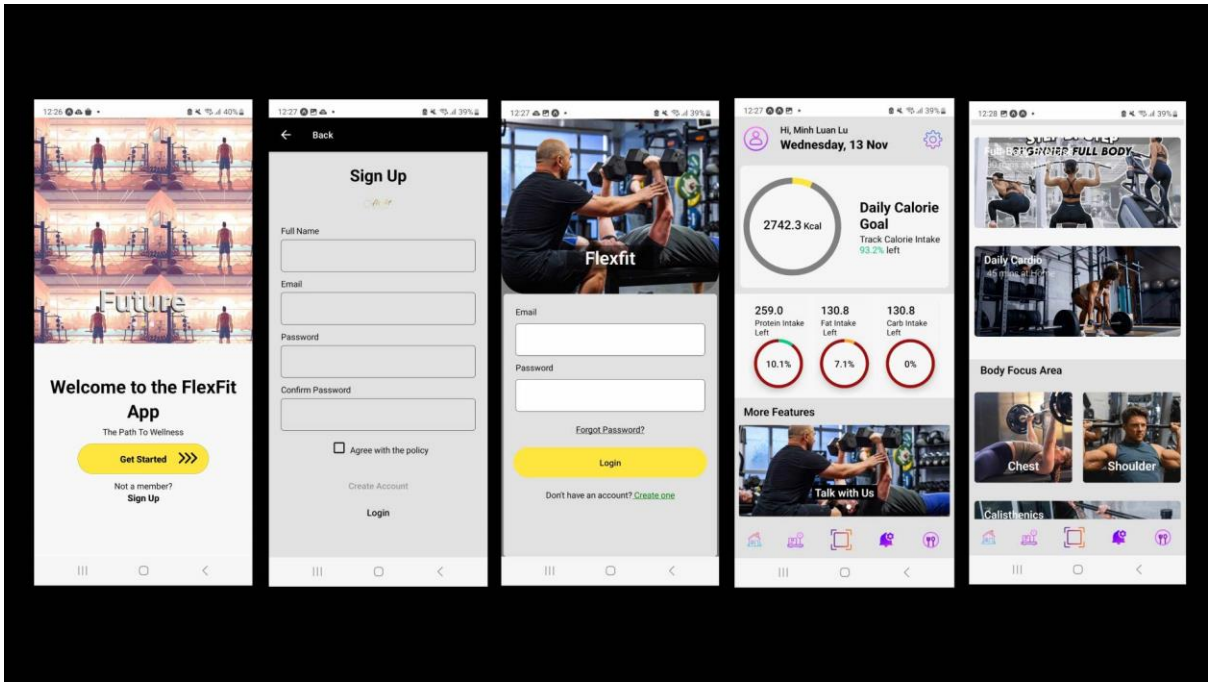
Project Flexfit App

Technologies Used: Django, React.js, PostgreSQL, JavaScript, HTML/CSS, Open Al, Gemini AI, Unsplash API.

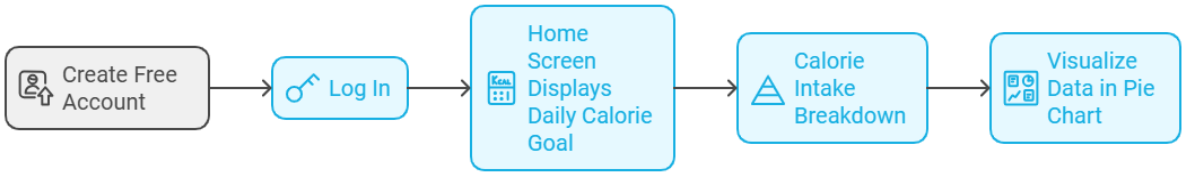
Project Overview:

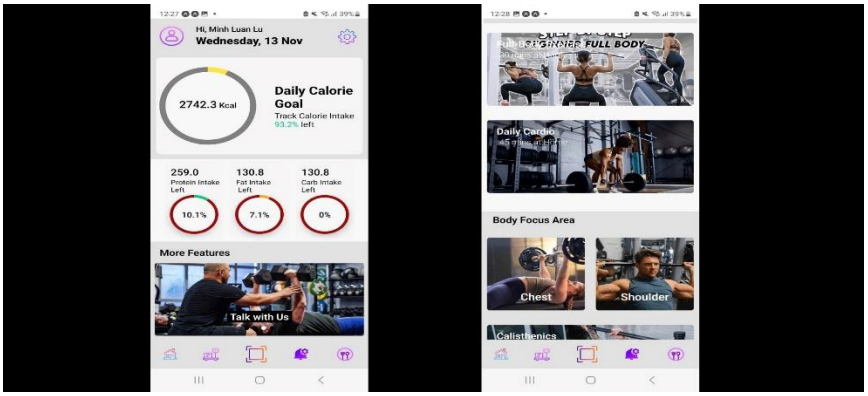
I have developed a mobile app called Flexfit, which helps users manage their fitness journey. Flexfit is designed to track and remind users throughout the day, showing them their calorie intake, the remaining calories they can consume, and the calories they have already taken in. The app also allows users to log and customize their meals, scan food items with the camera to get their macronutrient information, and add them to their daily intake, helping them reach their macronutrient goals.



Home Screen:

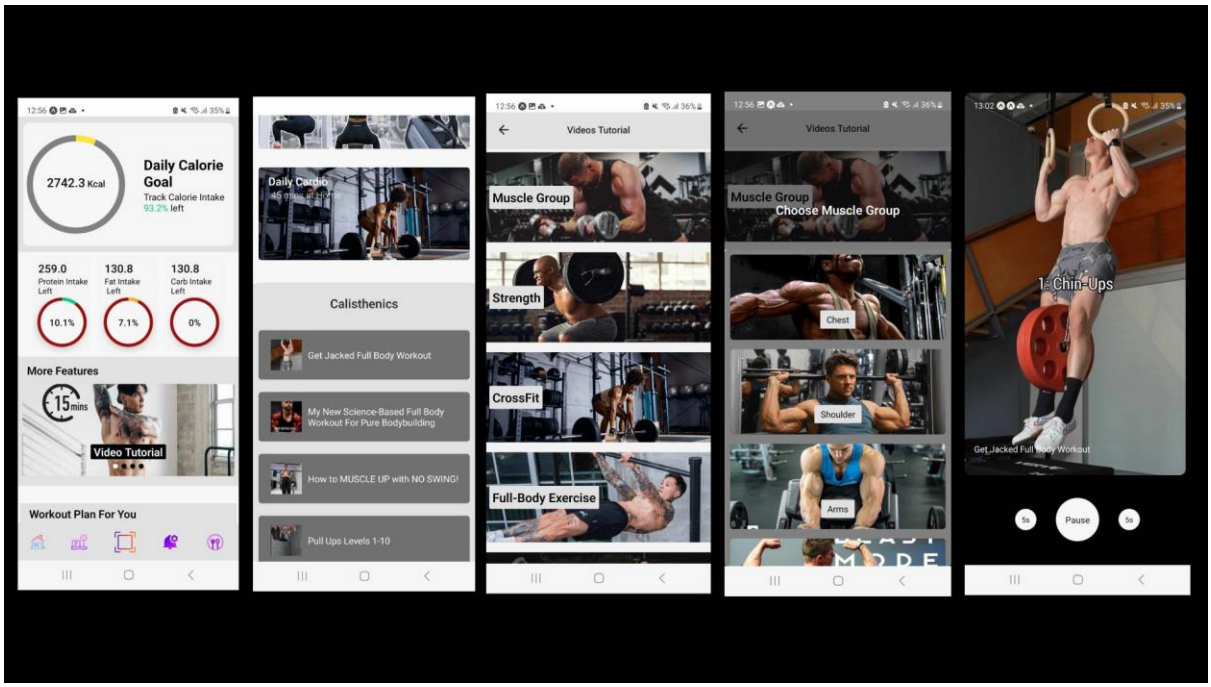
To use the app, users need to create a free account. Once they log in, the home screen will display important data, such as the user's daily calorie goal, calorie intake breakdown (including protein, carbs, and fats), and the percentage of each macronutrient consumed and remaining. This information is also displayed in a pie chart for easy visualization.





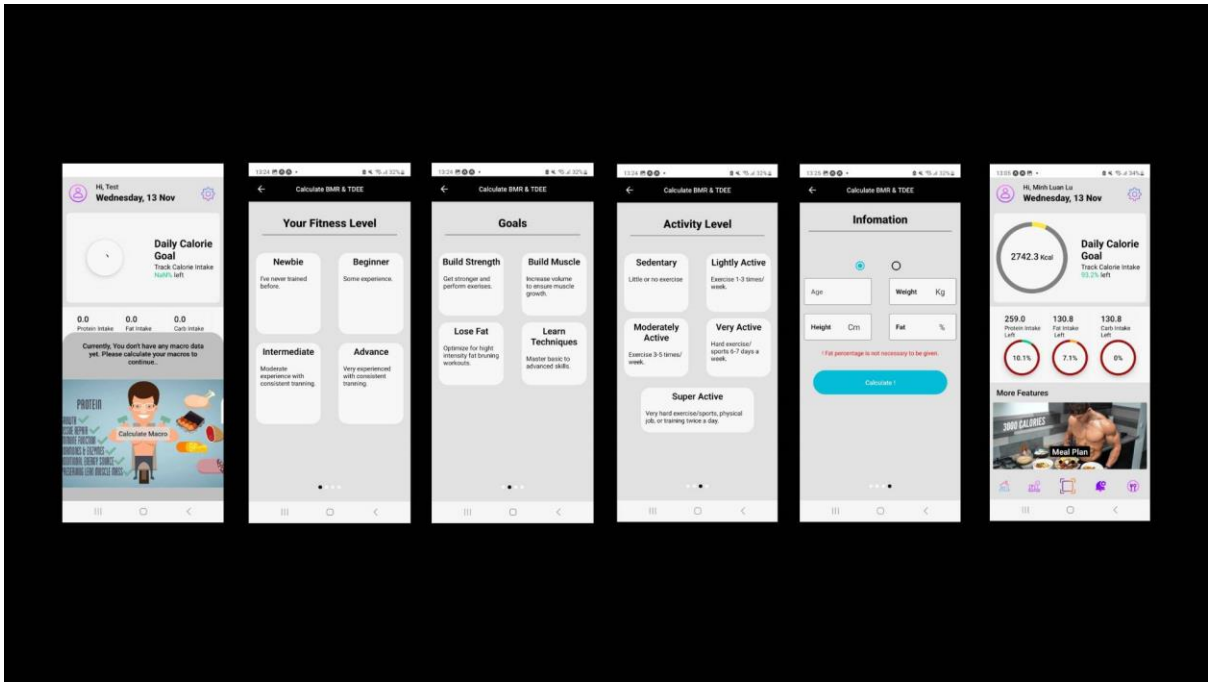
Video Tutorial:

On the home screen, users can also find workout video tutorials for upper body, lower body, cardio, and calisthenics. These tutorials help users easily watch and learn proper techniques and discover new exercises.



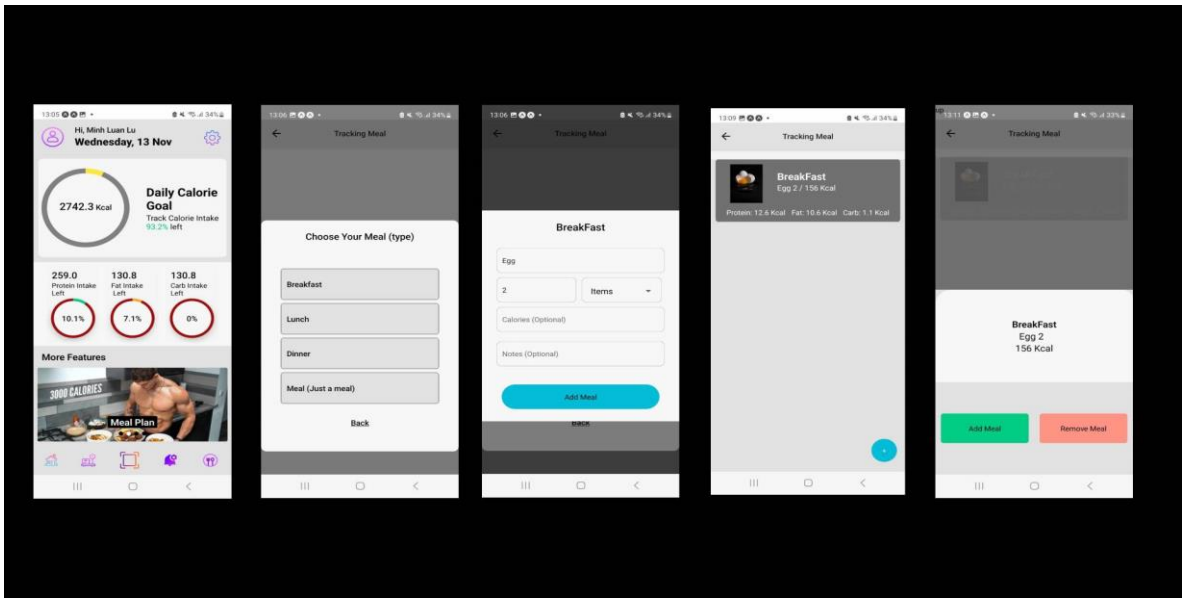
Calculate Marco:

When users log in for the first time, they will need to provide some information, such as their experience level, fitness goals, height, weight, age, and body fat percentage. The system will use this information to calculate the user's macros, which will then be displayed on the home screen of the app. If the user wants to update their macros, the app can recalculate them based on the total calories consumed so far that day and adjust the macros accordingly. This ensures that all data matches perfectly with the user's intake.



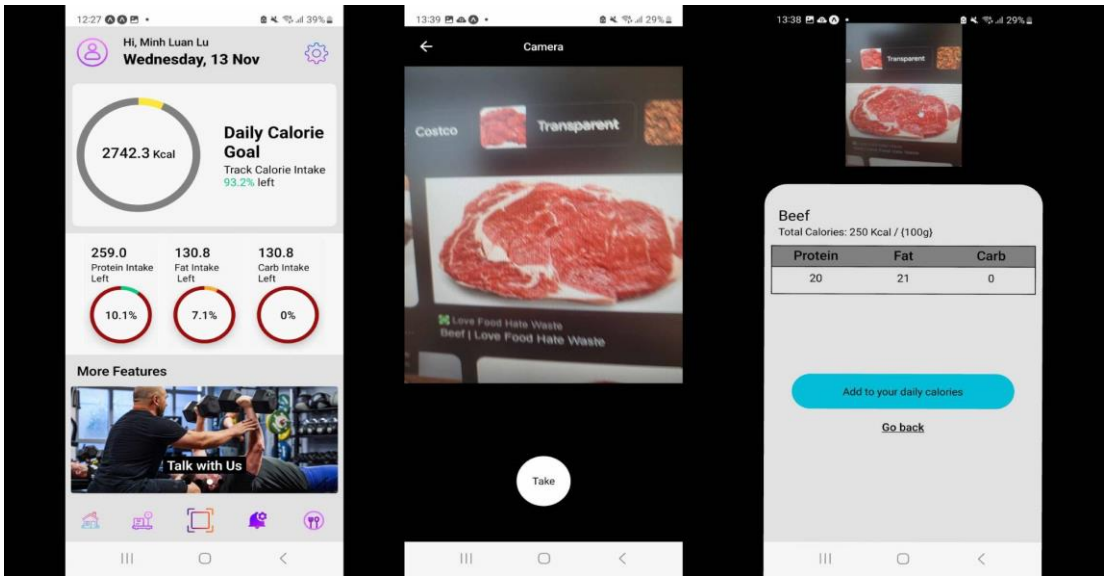
Add meal feature:

Users can also add and customize their own meals to easily control the macros they consume each day. After customizing, they can add or remove meals from their daily calorie intake. Meal type options include breakfast, lunch, dinner, or just a snack. Users need to provide the name and quantity of the food, and after doing so, they will receive the macronutrient information for that item. This feature uses OpenAI to retrieve the macronutrient data of the foods provided by the user and utilizes Unsplash AI to fetch images that match the food names.



Scan Food:

Users can use their camera to scan food items and receive the macronutrient information for that food. Once scanned, they can easily add the food to their daily macro intake. This feature uses Gemini AI to detect the food item from the image and provide accurate macronutrient details, including calories, protein, carbs, and fats. The system ensures that users can effortlessly track their meals by simply scanning the items they eat, helping them stay on track with their fitness goals.



Reminder Notification:

This feature sends users reminders at specific times throughout the day, informing them how many calories they have left and how many they have already consumed. These notifications help users stay on track and reach their daily calorie and macronutrient goals.

Reminder time:

Morning: 08:00 AM

Midday: 12:00 PM

Afternoon: 16:00 PM

Evening: 20:00 PM