**Requirements Gathering - Fitness Tracker Dashboard**

**1. Business Requirements**

**Objective:**

* Develop a web app for users to track fitness activities and monitor progress.
* Provide a clean and interactive UI with real-time data tracking.
* Use charts to visualize progress effectively.

**Target Users:**

* Fitness enthusiasts, gym-goers, personal trainers.

**Key Features:**  
 Track steps, calories, and heart rate.  
 Display progress with interactive charts.  
 Secure user authentication and data storage.  
 Mobile-friendly design for easy access.

**2. Functional Requirements**

**User Management:**

* Sign up, login, and authentication via email or social accounts.
* Profile management (age, weight, height, fitness goals).

**Activity Tracking:**

* Manual entry for workouts (exercise type, duration, calories burned).
* Integration with fitness devices (Google Fit).
* Real-time data updates.

**Data Visualization:**

* Use **Chart.js** or **Recharts** for progress graphs.
* Daily, weekly, and monthly activity insights.

**Notifications:**

* Workout reminders.
* Alerts when reaching fitness goals.

**3. Non-Functional Requirements**

**Performance:** Fast and smooth user experience.  
 **Security:** Secure user data with **Firebase Auth** or **JWT**.  
 **Compatibility:** Works on mobile and desktop.  
 **Scalability:** Supports future features like AI-based insights.

**4. Tech Stack**

**Frontend:** React.js + Redux + Tailwind CSS / Material-UI  
**Backend:** Firebase (Firestore + Auth) or Node.js + Express + MongoDB or Laravel+mysql+xampp  
**APIs (Optional):** Google Fit API for fitness tracking integration.