**Description of the project**

Flex zone is an easy to use app that helps you to become healthier and keep your body in shape.

Flexzone is an app helps the user to improve their health and keep a track of their progress throughout their fitness journey.

It helps in keeping track of your sugar levels by generating a graph with respect to your sugar levels over the past year.

It provides you with workouts and a description on how to perform them depending upon the muscle group you want to train with or without any equipment.

It helps in calculating your body mass index and can also generate a health score depending upon the amount of calories that you burnt and the number of steps you have walked/ran throughout your day.

Hence this app, Flexzone is going to be a play a huge role in your fitness journey.