

ABSTRACT

Fitnora (A Smart Workout and Food Tracking App) is an Android-based fitness application designed to combine workout tracking and diet monitoring within a single, easy-to-use platform. The application addresses the inconvenience of using multiple fitness apps by providing a unified solution for managing daily workouts and nutrition.

Fitnora allows users to log workout activities such as exercises, sets, repetitions, weights, and cardio duration. Users can also track nutritional information including calorie intake, protein consumption, and body weight. After registration and login, users can record their daily progress through a simple and intuitive mobile interface, enabling consistent tracking without complex setup or configuration.

The application follows a local-first design, where workout, food tracking and progress data are stored securely on the user's device, ensuring offline access, fast performance, and full control over personal data. Fitnora also provides an optional cloud backup feature to allow users to back up and restore their data when needed.

The mobile application is developed using Flutter to deliver a smooth, responsive, and cross-platform experience. Local data storage is managed using an embedded database (SQFLITE), while cloud services are used only for optional backup. This approach results in a lightweight, privacy-focused, and practical solution for combined workout and diet tracking.