**PASCAL OTIENO**

**SCNI/01302/2021**

**COMMUNICATION AND COMPUTER NETWORKS**

**TITLE: FITNESS TRACKER**

**DESCRIPTION;**

The fitness tracker is a simple system that helps users keep track of their exercise routines and monitor their progress towards their fitness goals. The system is designated to be easy to use and is accessible to users of all fitness levels.

When a user signs up for an account, they are prompted to enter some basic information such as their weight, their age and height. They can then set their fitness goals, such as running a certain distance or lifting a certain amount of weight. The system will then generate a personalized exercise plan based on their workouts and fitness level.

The fitness tracker allows user to log their workouts and track their progress over time. They can enter information such as the type of exercise, duration and intensity. The system will then generate charts to help users visualize their progress towards their goals.

In addition to tracking workouts, the fitness tracker also includes a nutrition tracking feature. Users can enter information about the foods they eat, such as the number of calories and macronutrient breakdown. The system will generate a personalized nutrition plan based on their goals and dietary needs.

The fitness tracker also includes a social component, which allows users to connect with friends and family who are also using the system. Users can share their progress and motivate each other to stay on track.

Overall, the fitness tracker is a simple and effective system that helps users achieve their fitness goals. With personalized exercise and nutrition plans, progress tracking, and social support, the system provides a comprehensive approach to fitness tracking and management

**FLOW CHART**

rectangle - flowchart process stepOne step in the process. The step is written inside the box. Usually, only one arrow goes out of the box.

arrow - flowchart flow direction Direction of flow from one step or decision to another.

diamond - flowchart decision step Decision based on a question. The question is written in the diamond. More than one arrow goes out of the diamond, each one showing the direction the process takes for a given answer to the question. (Often the answers are "yes" and "no.")

semi-circle - flowchart delay or waitDelay or wait

circle - flowchart link to another page or flowchartLink to another page or another flowchart. The same symbol on the other page indicates that the flow continues there.

paralellogram - flowchart input or output Input or output

flowchart document symbolDocument

rounded rectangle or oval - flowchart start and end pointsAlternate symbols for start and end point