



Vision Document

BlissFit

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1 Introduction

BlissFit is an integrated fitness solution that aims to enhance the well-being of individuals through a combination of technology and fitness expertise. It comprises a website and a mobile application designed to assist users in achieving optimal fitness levels. The website incorporates a posture check feature to ensure correct form during yoga or exercise sessions, while the mobile application offers features such as calorie tracking, personalized diet suggestions, workout planning, and a BMI calculator. BlissFit is dedicated to empowering users to lead healthier lives by providing comprehensive fitness support in a user-friendly and accessible manner.

2 Background

In today's fast-paced world, maintaining a healthy lifestyle has become increasingly challenging. People often struggle with exercising correctly, managing their diets, and staying motivated. BlissFit was conceptualized to address these issues and bridge the gap between technology and fitness. By leveraging innovative technologies and expert guidance, BlissFit aims to make fitness more accessible, enjoyable, and effective for individuals of all fitness levels. With its holistic approach, BlissFit envisions a future where everyone can easily integrate fitness into their daily lives and achieve their wellness goals.

3 Objectives

- **Posture Check:** The website will utilize computer vision and motion tracking technologies to assess users' postures during yoga or exercise sessions. It will provide real-time feedback to help users maintain correct form and prevent injuries.
- **Calorie Tracking and Diet Suggestions:** The mobile application will enable users to track their calorie intake and expenditure, making it easier to manage their dietary goals. Based on users' profiles and objectives, the app will provide personalized diet suggestions to support healthy eating habits.
- **Workout Planner:** The mobile application will offer a comprehensive workout planner that caters to individual fitness goals and preferences. Users will be able to create customized workout plans, track their progress, and receive motivational reminders to stay consistent.
- **BMI Calculator:** The mobile application will include a BMI calculator, allowing users to assess their body mass index and gain insights into their overall fitness levels.

4 Semester Milestones

- A. First Release: The first release with proper prototype and working demo will be implemented by the 30th of June.
- B. Second Release: This will be the final release for this semester with all the features specified. It will be implemented in the first fortnight of July.

5 Future Scope

BlissFit has the potential for future expansion and enhancements to further empower individuals on their fitness journeys. Here are some potential areas of growth:

- **Integration with wearable fitness devices:** BlissFit can integrate with popular wearable fitness devices to provide real-time data synchronization, allowing users to track their progress seamlessly.
- **Social features:** Adding social elements to the mobile application, such as the ability to connect with friends and participate in challenges, can boost motivation and foster a supportive fitness community.
- **Advanced analytics:** Incorporating advanced analytics capabilities can provide users with deeper insights into their fitness data, enabling them to make more informed decisions and set more precise goals.
- **Expansion to additional fitness domains:** BlissFit can expand its offerings beyond yoga and exercise, incorporating other fitness disciplines like dance, martial arts, or meditation.