User Profile:

- User login – Users can create an account using an email and password
- User information – Users can insert their personal information such as height, weight and their birthday
- Change password - Users can change their password through their profile
- Forget password – Users can request to change their password via email if they've forgotten it at login

Exercise input:

- Steps tracker – Users can input the amount of steps they've done
- Weight exercise – Users can input what exercise they are doing as well as the time and intensity they've done
- Calories burned tracker – a mathematical algorithm is used to find how many calories the user has burned with their exercise

Diet tracker:

- Input food intake – The user can input what they've eaten for the day and the app will find how many calories they've intake.
- Calorie deficit/intake tracker – the app finds out how many calories you need based on information given in the user profile to find if you're above or below daily calorie intake

AI chatbot:

- Chatbot – Users will be able to chat to a ai chatbot using the ChatGPT API
- Diet/exercise advise – The chatbot will give advice on how the user can change their diet and exercise habits based on the information the user has inputted

Settings:

- Accessibility options – Users have accessibility options where they can change text size, theme, light and dark mode and colour blind modes
- Profile deletion – Users will be able to delete their profile and have all their data removed from the database