

A Major Project Synopsis on

Healthletic

Submitted to Manipal University, Jaipur

Towards the partial fulfillment for the Award of the Degree of

MASTER OF COMPUTER APPLICATIONS

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by

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I. Introduction

Welcome to Healthletic your partner in achieving a healthier, more active life. We are a next-generation health, wellness, and fitness company dedicated to helping you reach your goals through the perfect blend of technology and personalized coaching. Our comprehensive platform offers customized workout plans, expert nutrition guidance, and wellness insights, all designed to fit seamlessly into your everyday routine.

Whether you're just starting or looking to level up your fitness journey, Healthletic provides advanced tracking, data analysis, and motivational tools to keep you on track and inspired. Join us as we redefine the future of health and wellness, making fitness accessible, effective, and enjoyable for everyone.

Why you should choose us?

- a. Personalized Approach
- b. Comprehensive Tracking & Insights
- c. Technology-Driven Innovation
- d. Community & support

II. Motivation

Healthletic is driven by the vision of empowering individuals to lead healthier lives through a personalized, holistic approach to fitness and well-being. In a world where many people struggle to maintain a consistent and balanced lifestyle, the platform addresses key challenges such as lack of personalization, fragmented health solutions, and the overwhelming nature of fitness advice. By offering customized workout plans, nutrition tracking, and mental wellness support in one seamless platform, Healthletic helps users stay motivated and engaged on their journey. The integration of wearable devices and real-time feedback, coupled with a supportive community, ensures that users are not only achieving their physical goals but also nurturing their mental health. Ultimately, Healthletic aims to make healthy living accessible, sustainable, and enjoyable for everyone, regardless of where they are in their fitness journey.

III. Problem Statement

In today's fast-paced world, many individuals struggle to maintain a balanced and healthy lifestyle. With a rise in sedentary behavior, poor eating habits, and insufficient physical activity, people are experiencing a variety of health issues, such as obesity, cardiovascular diseases, and mental health concerns. Despite the availability of various fitness programs and apps, users often face challenges in finding a holistic, personalized solution that integrates fitness, nutrition, and mental wellness in one platform.

The current market lacks a comprehensive, user-friendly app that not only offers tailored workout routines and meal plans but also provides real-time progress tracking, expert guidance, and motivation to help users stay consistent and achieve their long-term health goals.

Healthletic aims to fill this gap by offering a holistic health and fitness solution that encourages healthy habits, helps users track progress, and provides the necessary tools to make sustainable lifestyle changes.

IV. Methodology/ Planning of work:

1. Login
2. Registration
3. Personal Account.
4. Diet Profile.
5. Goal Settings.
6. Meal Planner.
7. Water Intake Log.
8. Workout Database.
9. Nutrition Checker.
10. BMR Calculator.

V. Requirements for proposed work:

1. Software Requirement:
 - a. Operating System: Windows
 - b. User Interface: React JS
 - c. Database: MongoDB
 - d. Backend: Node JS, Express JS
2. Hardware Requirement:
 - a. Hardware: Pentium based systems with a minimum of P4
 - b. RAM: 256MB (minimum)
 - c. Hard Disk: 10 GB Hard Disk Space

VI. Bibliography/References

- Personalized Fitness Programs and Their Impact on Health and Wellness

Authors: Various (search for papers in academic journals like *Journal of Medical Internet Research*)

- Behavioral Science in Health and Fitness Apps

Authors: K. W. Stephens, et al.