### **Problem & background**

Lack of physical activity and low-nutrition food has clearly been shown to be risk factor for cardiovascular disease and other conditions: Less active and less fit people have a greater risk of developing high blood pressure. Physical activity can reduce your risk for type 2 diabetes.

### **Solution**

Making the fitness tracker solves this exact problem, it is a great way to keep track of your weight, and health and understand your body requirements.

Whether you’re a gym enthusiast or not. Making the fitness tracker is for everyone. It’s a perfect spreadsheet to define your fitness and weight loss / gain goals, most importantly track your progress.

### **Methodology & Project scope**

A step-by-step process that helps to make this Fitness tracker meaningful and powerful.

* The Fitness tracker is designed to track the weight loss or weight gain process through weekly check-ins.
* In the main menu added the date of your weekly check-in, weekly goal type, weekly goal weight and the number of times you lifted this week(weight sessions), and the amount of HIITS, LISS, Steps count you did(exercises/Activities).
* To track the nutritional food intake, set target calories for a week and note each day’s intake of proteins, carbs, and fats. The calorie compliance, protein compliance, and carbs/fats compliance will be automatically calculated.
* Protein and total calories are more important values to focus on.
* Compliances values are colour coded(Green= on target, Yellow = Average, but needs some work, Red = Unacceptable).
* The pie chart represents the weekly calorie compliances in percentage.
* The graph represents the weekly weight gain/weight loss of average weight, and it has a trendline that shows the increase or decreases at a steady rate.

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### **Goals & KPIs**

### How will you measure the success of your project?

* **Goal 1:** Get healthy in body and mind to live a longer and more fulfilled life.
* **Goal 2:** Lose weight/fat.
* **Gain 3:** Gain weight/muscle.
* **Gain 4:** Lose fat and gain muscle.

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### **Concepts Used**

Concepts used in the project From Module 1

* **Concept 1:** Averages
* **Concept 2:** Cell Reference
* **Concept 3:** Data Validation
* **Concept 4:** Conditional Formatting
* **Concept 5:** Colour coding
* **Concept 6:** Graphs, Pie Chart

### **Conclusion**

With the use of Fitness tracker, everyone can monitor their progress and keeps them accountable to their goals.

### **Project owner**

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