**iMom Project**

* Contributed to the development of **iMom**, a health-focused web and mobile application designed to help postpartum women (6 weeks post-delivery) decrease their BMI through personalized fitness, nutrition plans, and activity tracking.
* Built the application using **JavaScript** for front-end functionality and **SQL Server** for secure data management, ensuring efficient storage and retrieval of user health metrics, goals, and progress.
* Designed interactive features that provided personalized workout routines, calorie tracking, and meal planning based on each user’s postpartum status and health objectives.
* Collaborated with healthcare professionals to integrate evidence-based strategies for postpartum weight management, ensuring the app catered to women with mild to moderate overweight conditions.
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