

FITNESS BUDDY

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DEPARTMENT

Outline

- Problem Statement
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Problem Statement

Individuals face in creating personalized workout plans and tracking their health-goals, leading to a lack of motivation and consistency in maintaining a fitness regimen.

Propossed Solution

Recommendation engine, Fitness Buddy like generates personalized workout and diet tailior-
ed to user's goals, preferences
and activity levels.

Future Scope

Efficiency additional data sources to integrating additional data sources, enhancing social recommendation options, as incorporating social

Result

FIINESS BUDDY

Wellcome! years are your recommendationsensors

Workout Plan

Push ups
obstink
Plan uda
Platrk

Conclusion

Considerable efficient Fitness Buddy like recommendation engine, employing users all personalized plans and tracking progress, useful system, being as a streamlit web application.

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