

Smart Fitness Routine & Meal Planner

A personalized fitness platform that creates workout routines and meal plans based on your fitness goals.

SmartFit helps users achieve their fitness goals such as **Weight Loss**, **Muscle Gain**, or **Maintenance**. Based on user profile data, the system automatically generates weekly workout and meal plans and tracks daily progress.

[Get Started](#)[Login](#)

Features



Personalized Workouts

Weekly workout routines based on your goal.
Tailored for weight loss or muscle gain
Simple, effective, and adaptive



Smart Meal Plans

Calorie-based meal planning for better nutrition.
Calorie-smart meal plans
Balanced, goal-focused nutrition



Progress Tracking

Track you
Daily workout tracking
Meal completion insights.

About Us

We are a team of developers building a smart fitness solution that combines technology with health and wellness. Our goal is to make fitness simple, structured, and accessible.

Start Your Fitness Journey Today

[Create Account](#)[User Login](#)[Admin Login](#)



Create Account

Name

Email

Password

Confirm Password

Register

Already have an account? [Login](#)



Welcome Back !!!

Email

Password

Login

Don't have an account? [**Register**](#)

Fitness Dashboard

Welcome Roobis



Edit profile

Height: 182 cm

Weight: 74 kg

Goal: maintenance

Workout

Start today's workout session

Start Workout



Meal Plan

View your daily nutrition

View Meal Plan



AI Trainer

AI-driven planning that transforms your data into a smart workout and meal plan



Get plan

Progress Tracker

Track calories, workouts, Body Mass Index

View Progress



Learn Fitness

Transforms your data into a smart workout and meal plan

Get plan



Profile



Name: Roobis

Age: 122

Gender: Male

Height: 182 cm

Weight: 74 kg

Goal: maintenance

[Edit Profile](#)

7 Day Workout Plan ↗

Monday

- Push-ups – 3 x 15
- Bench Press – 3 x 10
- Incline Dumbbell Press – 3 x 12
- Chest Fly – 3 x 12
- Triceps Dips – 3 x 10
- Triceps Pushdown – 3 x 12

Completed

Tuesday

- Pull-ups – 3 x 8
- Lat Pulldown – 3 x 12
- Seated Cable Row – 3 x 12
- Barbell Row – 3 x 10
- Bicep Curls – 3 x 12
- Hammer Curls – 3 x 12

Pending

Wednesday

- Squats – 4 x 10
- Leg Press – 3 x 12
- Lunges – 3 x 10
- Leg Extension – 3 x 12
- Leg Curl – 3 x 12
- Calf Raises – 4 x 15

Pending

Thursday

- Overhead Press – 3 x 10
- Lateral Raises – 3 x 12
- Front Raises – 3 x 12
- Rear Delt Fly – 3 x 12
- Arnold Press – 3 x 10
- Shrugs – 3 x 15

Pending

Friday

- Plank – 3 x
- Crunches – 3 x 20
- Leg Raises – 3 x 15
- Russian Twists – 3 x 20
- Mountain Climbers – 3 x 30
- Bicycle Crunches – 3 x 20

Pending

Saturday

- Burpees – 3 x 10
- Deadlifts – 3 x 8
- Push-ups – 3 x 15
- Pull-ups – 3 x 8
- Kettlebell Swings – 3 x 15
- Jump Squats – 3 x 12

Pending

Sunday

- Walking – x
- Stretching – x
- Yoga – x
- Foam Rolling – x
- Neck Mobility – 2 x 10
- Breathing Exercises – x

Pending

← Back

Workout

7 Day Meal Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Target: kcal

Breakfast – 450 kcal

- Oats : 0.06 kg (60 g)

Lunch – 550 kcal

- Rice : 0.20 kg
- Dal : 0.15 kg

Snack – 280 kcal

- Fruit : 0.20 kg

Dinner – 700 kcal

- Chicken Curry : 0.18 kg

 Reset Entire Week

AI Fitness Assistant

hi ... give me tips and tricks

Hello! Here are some practical tips and tricks to help you with your maintenance goal.

Nutrition Tips

- **Balanced Meals:** Focus on a mix of lean protein, complex carbohydrates, and healthy fats at each meal.
- **Portion Control:** Be mindful of serving sizes. A good rule of thumb is to fill half your plate with vegetables, a quarter with lean protein, and a quarter with whole grains/starches.
- **Hydration:** Drink plenty of water throughout the day. Aim for 2-3 liters.
- **Mindful Eating:** Pay attention to hunger and fullness cues. Eat slowly and savor your food.
- **Smart Snacking:** If you need snacks, choose options like fruit, nuts, yogurt, or vegetable sticks.

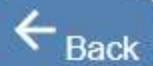
Exercise Tips

- **Consistency is Key:** Aim for regular physical activity. Even short, frequent sessions are beneficial.
- **Mix It Up:** Incorporate a blend of cardiovascular exercise (e.g., walking, jogging, cycling) and strength training (e.g., bodyweight exercises, weights).
- **Stay Active:** Look for opportunities to move more throughout your day – take stairs, walk during breaks, stand while working.
- **Listen to Your Body:** Pay attention to how you feel and adjust your activity levels as needed. Rest days are important for recovery.

Lifestyle Habits

- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night. Good sleep supports energy levels and overall well-being.
- **Manage Stress:** Find healthy ways to cope with stress, such as meditation, hobbies, or spending time in nature.
- **Stay Flexible:** Life happens! Don't get discouraged by occasional indulgences or missed workouts. Get back on track with your next meal or session.

 Copy



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Roobis

Height : 182

Weight : 74

MAINTENANCE



Expert Advice

Stay Active

- ➊ Move your body every day.
- ➋ Engage in at least 30 minutes of physical activity.
- ➌ Include walking, stretching, or light workouts.
- ➍ Avoid long periods of sitting.
- ➎ Daily movement improves energy and mood.

Balanced Diet

- ➊ Maintain healthy eating habits.
- ➋ Eat a mix of carbohydrates, proteins, and fats.
- ➌ Include fresh fruits and vegetables daily.
- ➍ Limit processed foods and sugary snacks.
- ➎ Drink enough water throughout the day.

Mixed Training

- ➊ Combine cardio and strength workouts.
- ➋ Do cardio exercises for heart health.
- ➌ Add strength training for muscle development.
- ➍ Alternate workouts to avoid monotony.
- ➎ Balance training with adequate recovery.

Mental Health

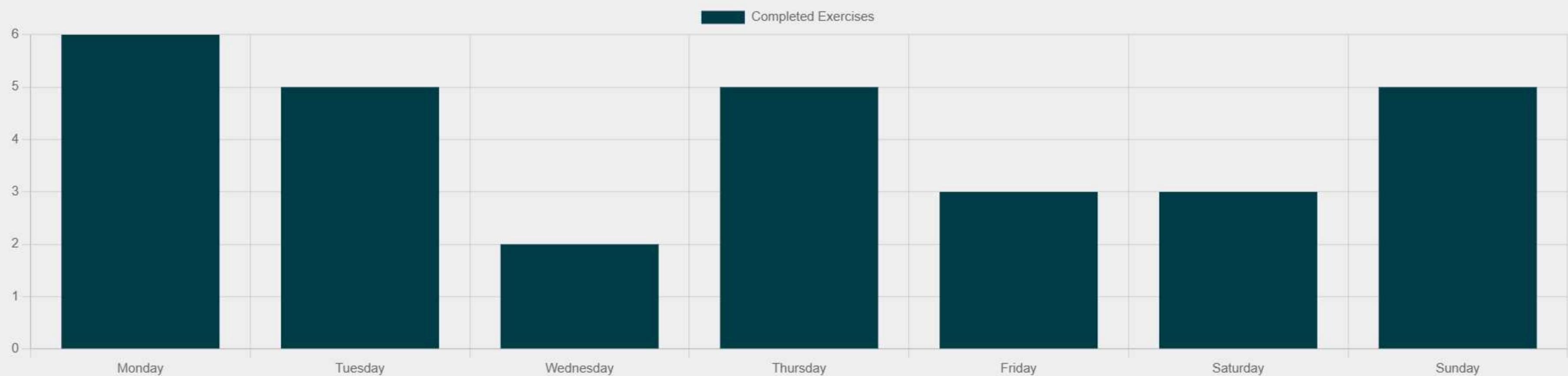
- ➊ Manage stress and stay positive.
- ➋ Practice meditation or deep breathing.
- ➌ Get quality sleep every night.
- ➍ Take breaks when feeling overwhelmed.
- ➎ A healthy mind supports overall wellness.

Sustainability

- ➊ Build habits you can follow long term.
- ➋ Set realistic and achievable goals.
- ➌ Avoid extreme diets or intense routines.
- ➍ Focus on consistency over perfection.
- ➎ Make fitness a lifestyle, not a short-term goal.

Progress Tracker

Daily Workout

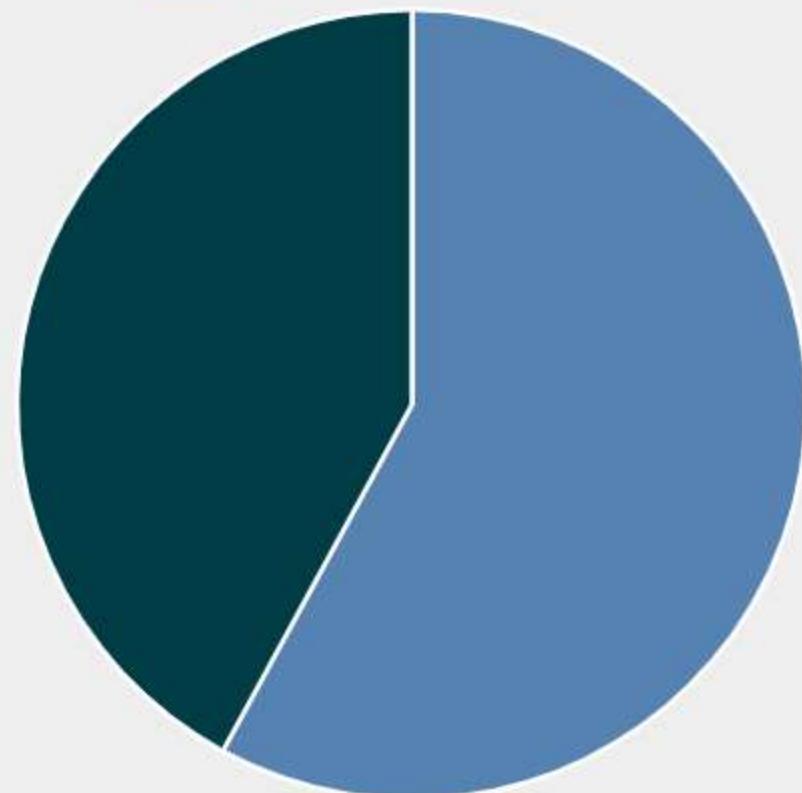


Weekly Calories

Weekly Target : 14000

Avg Daily Target : 2000

Consumed Remaining



BMI Heat Map

BMI: 22.34 (Normal)

Low

Normal

High



Admin Login



Email

Password

Login

User Management

+ Add User

User	Height	Weight	Goal	Created	Actions
Roobis	182 cm	74 kg	Maintenance	23 Dec 2025, 02:02 PM	<button>View</button> <button>Delete</button>
ram	180 cm	90 kg	Weight_loss	30 Dec 2025, 05:48 PM	<button>View</button> <button>Delete</button>
sanjai	180 cm	75 kg	Muscle_gain	31 Dec 2025, 03:45 PM	<button>View</button> <button>Delete</button>

Add New User

Create a user account and assign fitness goals

1 2

Step 1: Create User

xxyz

xxxy@gmail.com

....

Create User

Step 2: User Profile & Goal

Age

Select Gender

Height (cm)

Weight (kg)

Weight Loss

Save Profile

User Management

User Profile

Name

Roobis

Height (cm)

182

Weight (kg)

74

[Save Profile](#)

Workout & Meal Plans

Monday

Exercises

Push-ups	3	15
Bench Press	3	10
Incline Dumbbell I	3	12
Chest Fly	3	12
Triceps Dips	3	10
Triceps Pushdown	3	12

[+ Add Exercise](#)

Meals

Oats : 0.06 kg	Breakfast	450
Rice : 0.20 kg	Lunch	550
Fruit : 0.20 kg	Snack	280
Chicken	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Tuesday

Exercises

Pull-ups	3	8
Lat Pulldown	3	12
Seated Cable Row	3	12
Barbell Row	3	10
Bicep Curls	3	12
Hammer Curls	3	12

[+ Add Exercise](#)

Meals

Eggs : 0.12 kg	Breakfast	470
Veg Rice : 0.22 kg	Lunch	560
Buttermilk : 0.20 L	Snack	270
Fish Curry : 0.10 kg	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Wednesday

Exercises

Squats	4	10
Leg Press	3	12
Lunges	3	10
Leg Extension	3	12
Leg Curl	3	12
Calf Raises	4	15

[+ Add Exercise](#)

Meals

Smoothie : 0.25 L	Breakfast	450
Chapati Dough : 0.12 kg	Lunch	550
Nuts : 0.03 kg	Snack	290
Paneer Curry : 0.15 kg	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Thursday

Exercises

Overhead Press	3	10
Lateral Raises	3	12
Front Raises	3	12
Rear Delt Fly	3	12
Arnold Press	3	10
Shrugs	3	15

[+ Add Exercise](#)

Meals

Idli : 0.20 kg	Breakfast	460
Rice : 0.20 kg	Lunch	560
Fruit : 0.20 kg	Snack	280
Chicken Fry	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Friday

Exercises

Plank	3	Reps
Crunches	3	20
Leg Raises	3	15
Russian Twists	3	20
Mountain Climber	3	30
Bicycle Crunches	3	20

[+ Add Exercise](#)

Meals

Poha : 0.22 kg	Breakfast	440
Veg Curry : 0.20 kg	Lunch	560
Milk : 0.25 L	Snack	285
Fish Curry : 0.18 kg	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Saturday

Exercises

Burpees	3	10
Deadlifts	3	8
Push-ups	3	15
Pull-ups	3	8
Kettlebell Swings	3	15
Jump Squats	3	12

[+ Add Exercise](#)

Meals

Dosa : 0.22 kg	Breakfast	470
Chicken Rice : 0.25 kg	Lunch	580
Fruit Bowl : 0.20 kg	Snack	250
Paneer Wrap : 0.18 kg	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

Sunday

Exercises

Walking	Sets	Reps
Stretching	Sets	Reps
Yoga	Sets	Reps
Foam Rolling	Sets	Reps
Neck Mobility	2	10
Breathing Exercise	Sets	Reps

[+ Add Exercise](#)

Meals

Pancakes : 0.25 kg	Breakfast	480
Veg Biryani : 0.25 kg	Lunch	600
Juice : 0.30 L	Snack	220
Chicken Salad : 0.25 kg	Dinner	700

[+ Add Meal](#)[Save Day Plan](#)

User Progress

