

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

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



Reset Entire Week

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.





Back

Roobis

Height : 182

Weight : 74

MAINTENANCE



Expert Advice

Stay Active

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

Balanced Diet

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

Mixed Training

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

Mental Health

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

Sustainability

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

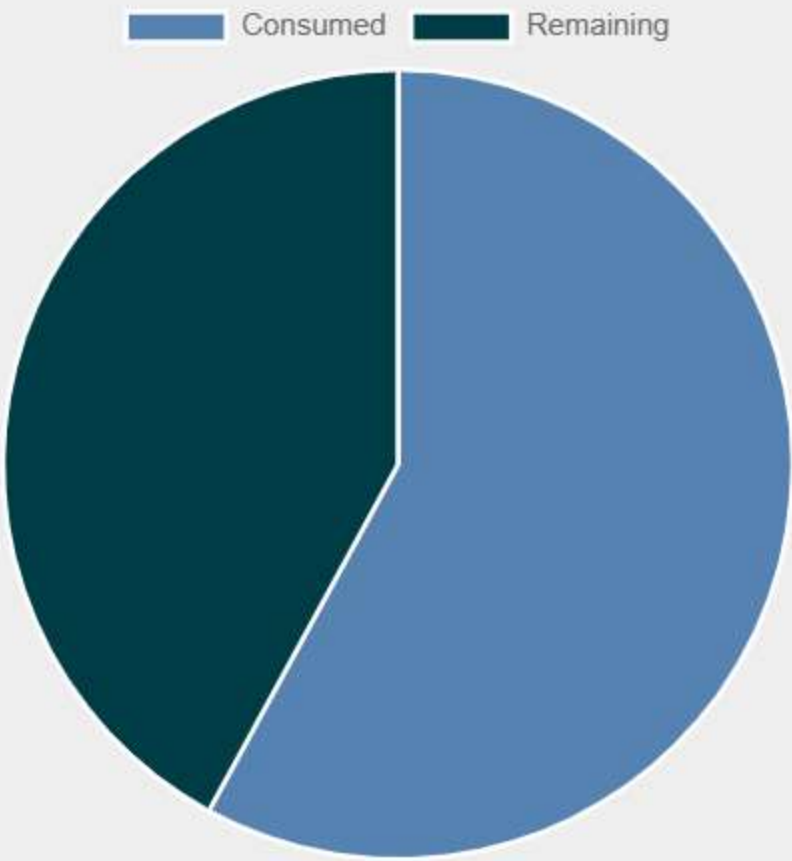
Progress Tracker

Daily Workout



Weekly Calories

Weekly Target : 14000
Avg Daily Target : 2000



BMI Heat Map

BMI: 22.34 (Normal)

Low

Normal

High



Admin Login



Login

User Management

+ Add User

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

Add New User

Create a user account and assign fitness goals

- 1
- 2

Step 1: Create User

xyz

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 (60 g)	Breakfast	450
Rice : 0.20 kg (200 g)	Lunch	550
Fruit : 0.20 kg (200 g)	Snack	280
Chicken Curry : 0.10 kg (100 g)	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 (120 g)	Breakfast	470
Veg Rice : 0.22 kg (220 g)	Lunch	560
Buttermilk : 0.20 L (200 ml)	Snack	270
Fish Curry : 0.10 kg (100 g)	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 (250 ml)	Breakfast	450
Chapati Bread : 0.12 kg (120 g)	Lunch	550
Nuts : 0.03 kg (30 g)	Snack	290
Paneer Curry : 0.15 kg (150 g)	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 (200 g)	Breakfast	460
Rice : 0.20 kg (200 g)	Lunch	560
Fruit : 0.20 kg (200 g)	Snack	280
Chicken Fry : 0.10 kg (100 g)	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 (220 g)	Breakfast	440
Veg Curry : 0.20 kg (200 g)	Lunch	560
Milk : 0.25 L (250 ml)	Snack	285
Fish Curry : 0.10 kg (100 g)	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 (220 g)	Breakfast	470
Chicken Rice : 0.25 kg (250 g)	Lunch	580
Fruit Bowl : 0.20 kg (200 g)	Snack	250
Paneer Wrap : 0.10 kg (100 g)	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 (250 g)	Breakfast	480
Veg Biryani : 0.25 kg (250 g)	Lunch	600
Juice : 0.30 L (300 ml)	Snack	220
Chicken Salad : 0.25 kg (250 g)	Dinner	700

+ Add Meal

Save Day Plan

User Progress

