OOAD Project

**Project Title**: Fitness Application

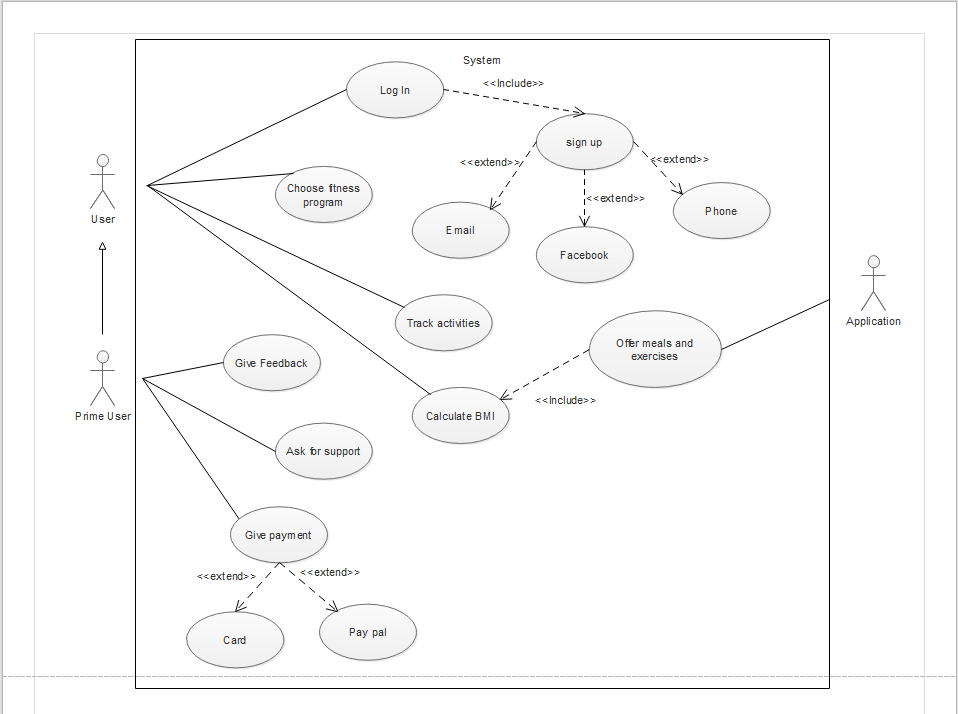
**Project overview**:

Fitness app is app for helping people get in shape and maintain better health. User must sign up and log in to get access to every feature. He can sign up with either Email, Facebook or phone-num. User can choose what kind of fitness program he/she wants. The app itself also offers different exercise and meals depending on the client’s BMI. The user has to calculate his/her BMI in the app. User can track their activity while they walking, running, cycling or swimming improve their physical activity. Every client can access every exercises and meal plans in the app but only premium User can give feedback and ask for special support from the app. He can pay either by card or through pay pal.

**Justification: In this section you have to point out the benefit of your proposed system.**

It is very hard to keep track of our daily health in our day-to-day life. We often think about our health and fitness but it’s very hard to maintain it. But using our fitness app we easily keep track of our health and fitness. In this app, user can log in and logout by signing in with their individual username and password. After logging in the user can easily browse the app and find the exercises and health tips he or she need. By entering his/her BMI (Body mass index) he can easily find the exercises and meal plans which are best him/her. There are different exercises. For example - Pushup, Skipping, Running, Weight Lifting etc. There are wide range of features to choose and get fit. Overall, this application is a very user-friendly fitness app.

**Overall Use case of the Proposed Project:**

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