

1. User Registration and Authentication:

- Users should be able to create accounts with unique usernames and passwords.
- Users should be able to log in securely to access their accounts.
- Implement password reset functionality for forgotten passwords.(optional)

2. User Profile Management:

- Allow users to create and manage their profiles.
- Users should be able to update personal information such as age, weight, height, etc.
- Provide an option to upload profile pictures.

3. Goal Setting and Tracking:

- Users should be able to set specific fitness goals (e.g., weight loss, muscle gain, endurance improvement).
- Allow users to set targets for various metrics such as weight, body fat percentage, steps per day, etc.
- Provide visualization tools to track progress towards goals over time.(optional)

4. Exercise Routines:

- Users should have access to a database of exercises categorized by type (e.g., cardio, strength training, flexibility).
- Allow users to create personalized exercise routines by selecting exercises from the database.
- Provide guidance on proper technique and form for each exercise.

5. Diet Monitoring:

- Allow users to log their daily food intake, including meals and snacks.
- Provide nutritional information for common foods and allow users to add custom food items.
- Offer features to set and track daily calorie and macronutrient goals.

6. Progress Tracking and Analytics:

- Provide visual representations of progress towards fitness goals, such as charts and graphs.
- Allow users to view historical data and trends to assess their progress over time.
- Offer insights and recommendations based on user data to optimize workouts and diet plans.

7. Notifications and Reminders:

- Send reminders to users for upcoming workouts, meal times, or other scheduled activities.
- Notify users of milestones reached, such as achieving a fitness goal or completing a certain number of workouts.