



**SYNOPSIS
ON
BeFit App**

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INTRODUCTION

Fitness is defined as the quality or state of being fit and healthy.

Fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest.

People earlier did a lot of physical work and ate nutrition rich and healthy food, so there was no need of them caring about the term “fitness” but now as this world is changing at a rapid pace and people running around to work and survive, eating unhealthy has become common which has led to several diseases becoming common and leading a disease-free life is everybody’s dream. Thereby, this fitness has a great significance in today’s world.

Instructing people about fitness has become very common in this age. And as the technology is advancing this fitness and health has been more widespread and reachable to people. Now people are using their smartphones to get instructed about the exercise’s to be done to stay healthy, what diet to follow, etc. other functions too & that too at your own convenience and ease.

This brings our motive for building such an app that handles all the fitness and health related works at ease and on your fingertips.

Our app is a basic all in one health and fitness app that provides a wide variety of services as home workout without having equipment at home to stay healthy, etc. This app helps blending data from different ranges of activities like cycling, walking, steps climbing, and depending on device compatibility it also curates heart-rate and sleeping patterns. It helps users to set targets by calculating variables in the form of total number of calories burned or a total distance covered.

TEAM CONTRIBUTION

Project is divided into many modules. The team members specified are working on the following:

Sadaf Ali-

- Calories Counter
- Weekly Report and Summary

Shyam Krishnan-

- Heart Points and Recommendations
- Different plans for men, women.
- Alert

Nitin Kr. Vaish-

- Step Counter
- Diet and Nutrition

Shubh Mishra-

- Meditation
- Exercise

Sahil-

- Progress Check
- Sleep Pattern
- Energy Expended

USE OF THE PROJECT

Our App as described is very useful for people who want to become healthy and lead a disease-free life and that too at their convenience and ease.

To all the people caring about themselves our app is also use full as it will motivate you so that you don't feel that you require a personal instructor. We here will be our customers **Virtual Instructors and friend.**

We provide personalized nutrition and diet for different genders of people like for men's, women and kids.

It provides all a fitness progress tracker with the tips on supplements and sports nutrition.

It also provides a sleep tracking and meditation practices

It even provides time to time fitness summaries on the time you spend doing exercises or time spend on fitness productivities on the app.

FEASIBILITY OF PROJECT

As for technical needs, it is critical to ensure that the proposed device would be accessible to a broad range of people. Therefore, it should be compatible with Bluetooth version 2.0 and have the ability to integrate with smartphones

Strengths

It promotes healthy lifestyles and tracks the most important health indicators. In contrast to other devices.

It doesn't require any device like smart band, smart watch.

It enables user to do good workout and exercise at home.

It is cost efficient than a smart band.

Weakness

One may note Xiaomi's Mi Band, for example, which is almost half the price of TechSystems' device. Better technological features are offered by competitors, such as compatibility with the latest Bluetooth versions.

FUNCTIONAL SPECIFICATION

- **Training and workout**

This fitness app includes workout plans and videos with explanatory comments. This app will be able to adapt to the user, it will create an individual training plan depending on the goals and initial data, as well as easily monitor the athlete's progress.

- **Diet and nutrition**

- a calorie counter,
- a collection of video recipes,
- a progress tracker,
- tips on supplements and sports nutrition.

- **Wellness**

This app includes meditation and exercise apps with spiritual practices. This app posts videos and photos with the exercise techniques, motivational content, and various timers. Other functions of this app are as follows:

- Sleep tracking
- Meditation practices

- **Activity summaries by specific time period**

This function gives the user an overview of their fitness activities by day, week, month, or other time period. It helps evaluate the progress in a given period of time and set long term goals accordingly.

- **Goal setting**

The key purpose of this app is to help the users bring themselves and their bodies to measurable results. The user sets the desired results themselves, which means that the process of goal setting should be very simple and clear.

This app focuses on setting goals related to activities and nutrition. The user needs to choose a task, set a target by inputting a goal value or a certain date, and then

specify the action that they need to do to achieve that goal. The app also shows the task performance statistics for the last week.

SOFTWARE SPECIFICATION:

- Technology Implemented: Android API's and Built in JAVA libraries
- Language Used: JAVA
- Database: Firebase
- Web Browser: Chrome, Brave, Firefox, Safari, Edge

HARDWARE REQUIREMENTS:

Processor: intel i3 or higher

Operating System: Windows 7/8/10/11

Android System: Android 5 or higher

RAM: 4 GB or higher

Hard disk: 64 GB

Hardware Devices: Computer System

FUTURE SCOPE

Since this is the first build of our app. It might too a bit incomplete compared to the competition in the fitness app category but it gets all the basic functions of the app gets done with ease. We will definitely improve this app as in coming future.

Improvements needed:

1.Make UI smooth and fluid with transitions and better animations.

2.Add more functionalities.

- Better Personalization.
- Sleep pattern information.
- Better fitness regime.
- Weekly Report

3.Manage all with a separate database.

4. Make our App Fast and reliable.

5.Support for iOS.