1. Project Title
    a. FitForge
2. Project Summary: It should be a 1-2 paragraph description of what your project is.
    a. It is a health-fitness tracking application built to assist users in achieving their diet, nutrition, and physical activity goals. Users can easily log their workouts and meals, track their progress over time, set personalized fitness goals, and receive recommendations based on their personal fitness preferences and achievements. The application itself caters to users looking for personalized solutions to their fitness needs.
3. Description of an application of your choice. State as clearly as possible what you want to do. What problem do you want to solve, etc.?
    a. The ultimate goal is to empower users to take control of their fitness journey and achieve their goals. We want to create a comprehensive platform for users to track and analyze their fitness activities, as opposed to other applications on the market where the user can simply track their activity without any additional support or insights from the application.
4. What would be a good creative component (technically challenging function) that can improve the functionality of your application? (What is something cool that you want to include? How are you planning to achieve it?)
    a. To improve the functionality of the application, we could present the user with analytics, i.e. how "well" they're doing in regards to their goals and any other insights and potentially recommendations. Another more creative component we could include is the option to select a color theme for the application.
5. Usefulness. Explain as clearly as possible why your chosen application is useful. What are the basic functions of your web application? (What can users of this website do? Which simple and complex features are there?). Make sure to answer the following questions: Are there any similar websites/applications out there? If so, what are they, and how is yours different?
    a. Users can track their fitness goals and progress by inputting their meals and exercises. This will hold them accountable and keep them motivated to achieve their goals. Some basic functions include user registration and authentication, profile personalization, workout tracking, meal tracking, progress monitoring, goal setting, and analytics. The tracking, registration, and goal setting will be relatively simple, while the other features are more complex. MyFitnessPal is a similar application, but ours will be more customizable.
6. Realness. We want you to build a real application. So, make sure to locate real datasets. Describe your data sources (Where is the data from? In what format [csv, xls, txt,...], data size [cardinality and degree], what information does the data source capture?). It would be hard to satisfy stage 2 requirements with one dataset. Thus, we strongly recommend identifying at least two different data sources for your project.
    a. This is a Gym Exercise Dataset in csv from kaggle. The degree is 9 since there are 9 columns in this dataset. The columns and their corresponding cardinalities are ID: 2917, Title: 2909, Desc: 1050, Type: 7, BodyPart: 17, Equipment: 13, Level: 3, Rating: (Rating from 0.0 - 10.0) , RatingDesc: 1.

i. https://www.kaggle.com/datasets/niharika41298/gym-exercise-data
b. This is a my calories in food items dataset in csv form from kaggle. The degree is 5 since there are 5 columns in this dataset. The columns and their corresponding cardinalities are FoodCategory: 44, FoodItem: 1993, per100grams: 2, Cals_per100grams: 524, KJ_per100grams: 524.
i. https://www.kaggle.com/datasets/kkhandekar/calories-in-food-items-per-100-grams

7. A detailed description of the functionality that your website offers. This is where you talk about what the website delivers. Talk about how a user would interact with the application (i.e., things that one could create, delete, update, or search for). Read the requirements for stage 4 to see what other functionalities you want to provide to the users. You should include:
   a. The user would be able to create and update their own workout plans and be able to log a variety of features into the website, including workout statistics and meals. They will also be able to search for their old workout statistics or old meals, and be able to see their progress over time. Additionally, it will be a seamless process to add/delete these aspects in the website. In the workout plan itself, there will be sections that include what type of workout, how long it lasted, and potentially how many calories burned. The meal plan section will have a section where each food can be specifically logged and the calories can be tracked easily, allowing the user to ensure that they are burning more calories than they consume if that is the goal they have selected for themselves.

8. A low-fidelity UI mockup: What do you imagine your final application's interface might look like? A PowerPoint slide or a pencil sketch on a piece of paper works!
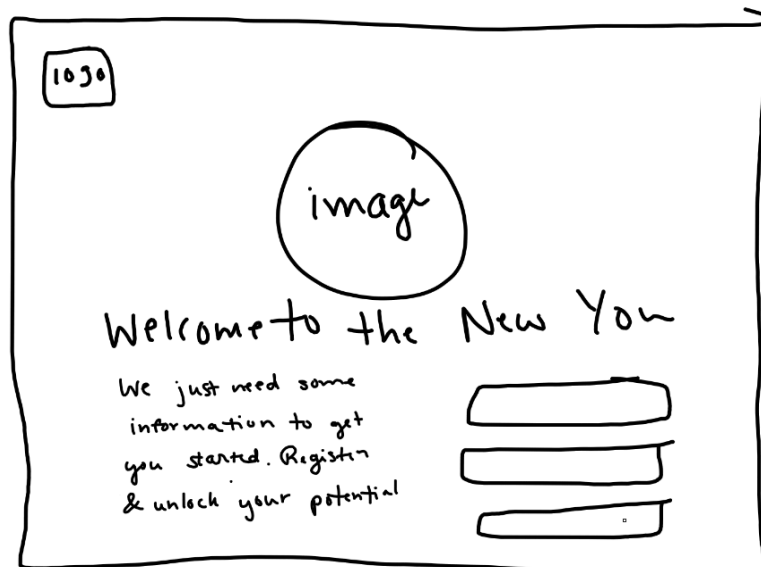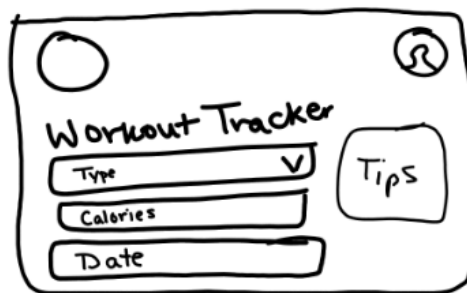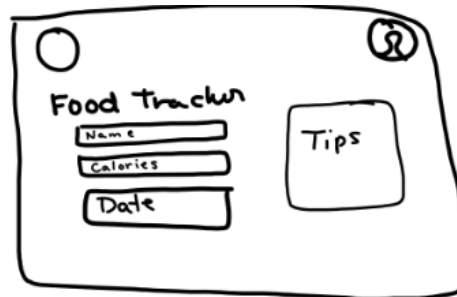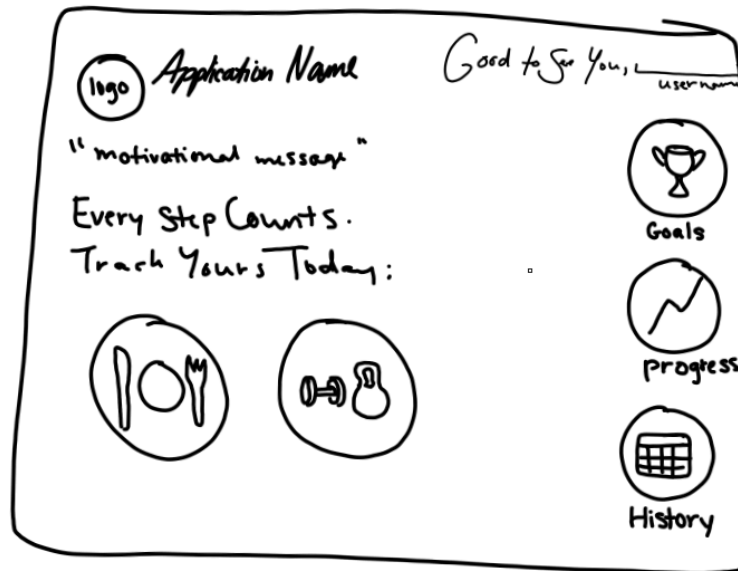
9. Project work distribution: Who will be responsible for each of the tasks or subtasks? Explain how backend systems will be distributed across members. Be as specific as possible as this could be part of the final peer evaluation metrics.
   a. Frontend Components:
      i. Snigdha and Utkarsh will be responsible for developing the frontend components of the application. This includes:
         1. Profile and Personalization
         2. Workout Tracker
         3. Food Tracker
         4. Analytics
         5. Fitness/Diet Goals

b. User Information Management:
    c. Viven will oversee the management of user information. This involves handling:
        i. Personal details (Username, email, password, name)
        ii. Current and previous daily calories consumed
        iii. Workout/eating goals

d. Workout Specifications:
    i. Adi will take charge of defining workout specifications. This includes:
        1. Creating, modifying, updating, and deleting workout plans.

e. Meal Tracking:
    i. Snigdha will manage the meal tracking feature. This includes:
        1. Creating, modifying, updating, and deleting meal plans.

f. Integration Tasks:
    i. Viven will be responsible for integrating the backend and frontend systems to ensure seamless functionality.
    ii. Utkarsh will handle the integration of data from various datasets into the application.

g. Testing:
    i. Adi will conduct thorough testing of all website components to ensure reliability, functionality, and user-friendliness.
    ii. This distribution of tasks ensures that each team member has clear responsibilities and contributes effectively to the project. Additionally, it facilitates comprehensive peer evaluation metrics by outlining specific roles and tasks assigned to each member.