FITMATE - SMART FITNESS COMPANION

A FLUTTER-BASED APPLICATION WITH DARK MODE, LOCALIZATION, AND USER FEATURES

INTRODUCTION

- FITMATE IS A FITNESS APPLICATION BUILT USING FLUTTER. IT PROVIDES FUNCTIONALITIES LIKE BMI CALCULATION, WORKOUT TRACKING, AND DIET PLANNING. IT ALSO INCLUDES LOCALIZATION, DARK MODE, AND USER AUTHENTICATION.

KEY FEATURES

- BMI CALCULATION

- WORKOUT TRACKING

- DIET PLANNER

- DARK MODE TOGGLE

- LOCALIZATION SUPPORT
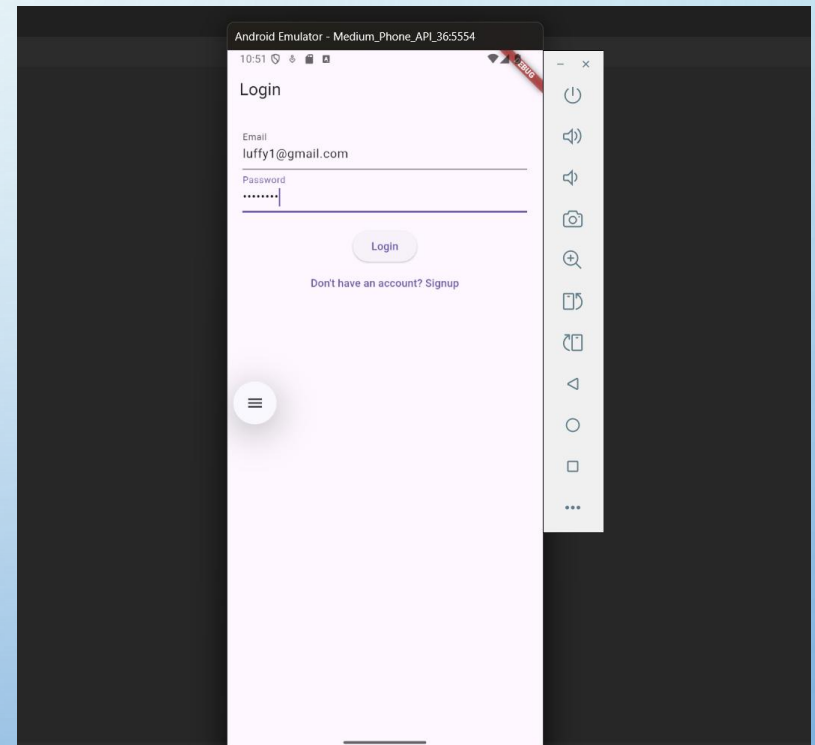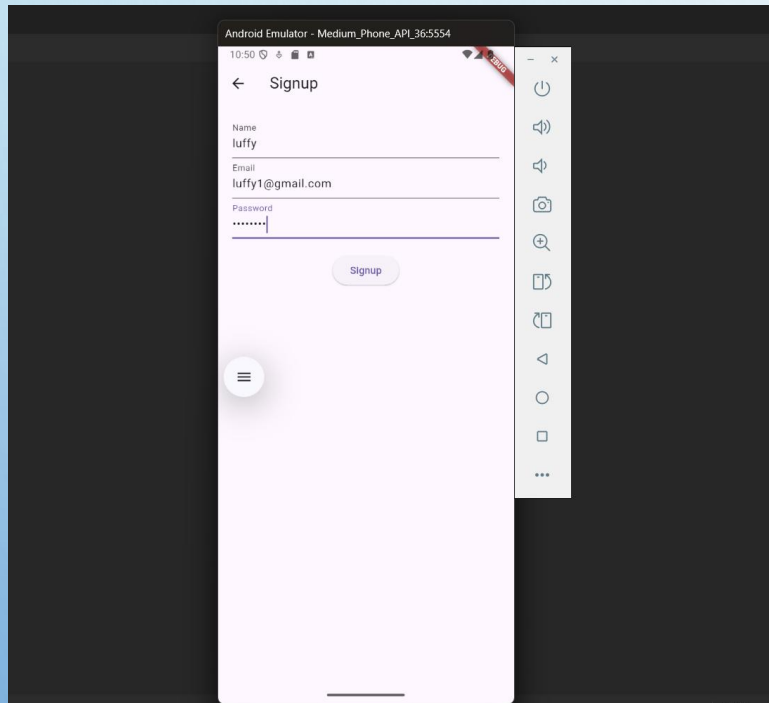
- USER AUTHENTICATION & LOGOUT

TECHNOLOGIES USED

- FLUTTER (DART)

- FIREBASE AUTHENTICATION

- FIRESTORE DATABASE

- SPOONACULAR API (FOR FETCHING DIET PLAN)

- LOCALIZATION (MANUAL MAP-BASED)

- DARK MODE (THEME SWITCHING)

SIGNUP AND LOGIN SCREEN

- IF USER IS NEW TO APP , FIRST USER SHOULD SIGNUP WITH NAME , EMAIL AND PASSWORD.

- ON PRESSING SIGNUP, IT REDIRECTS TO LOGIN PAGE AND USER SHOULD ENTER EMAIL AND PASSWORD TO LOGIN AND ENTER HOME SCREEN.
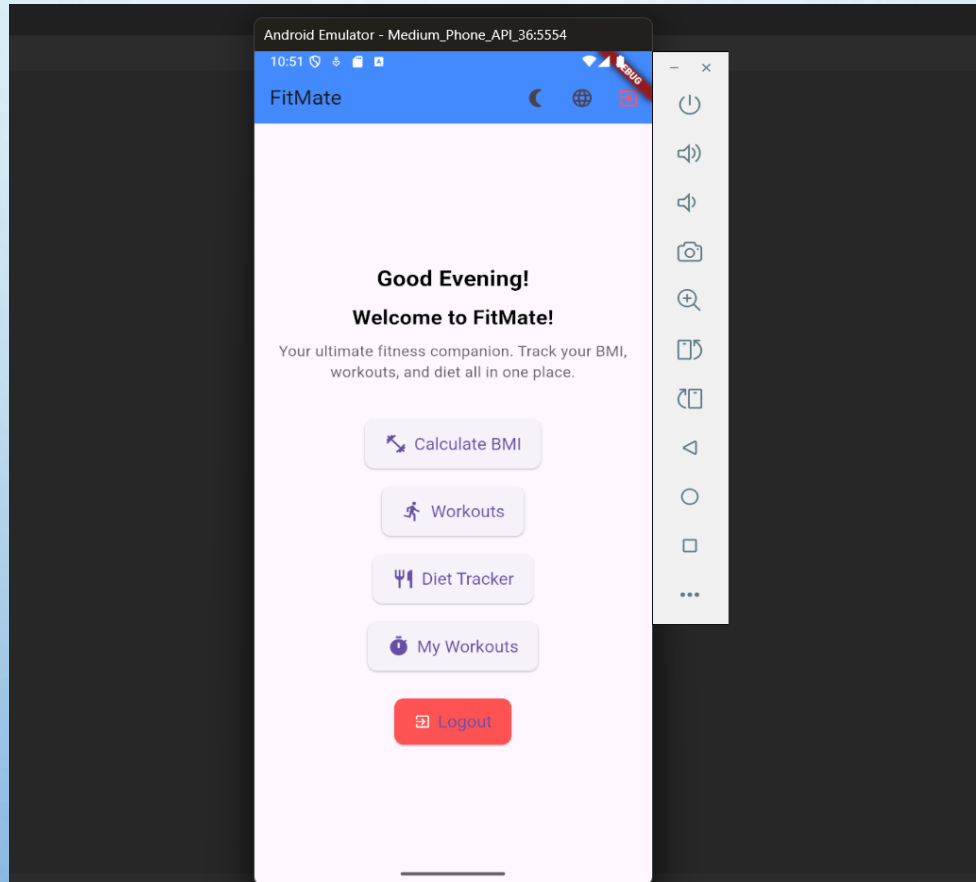
SIGNUP AND LOGIN SCREEN

HOME SCREEN FEATURES

- DISPLAYS WELCOME MESSAGE & GREETING

- PROVIDES NAVIGATION TO BMI, WORKOUTS, DIET PLANNER

- SUPPORTS DARK MODE TOGGLE

- ALLOWS LANGUAGE SWITCHING (ENGLISH & SPANISH)

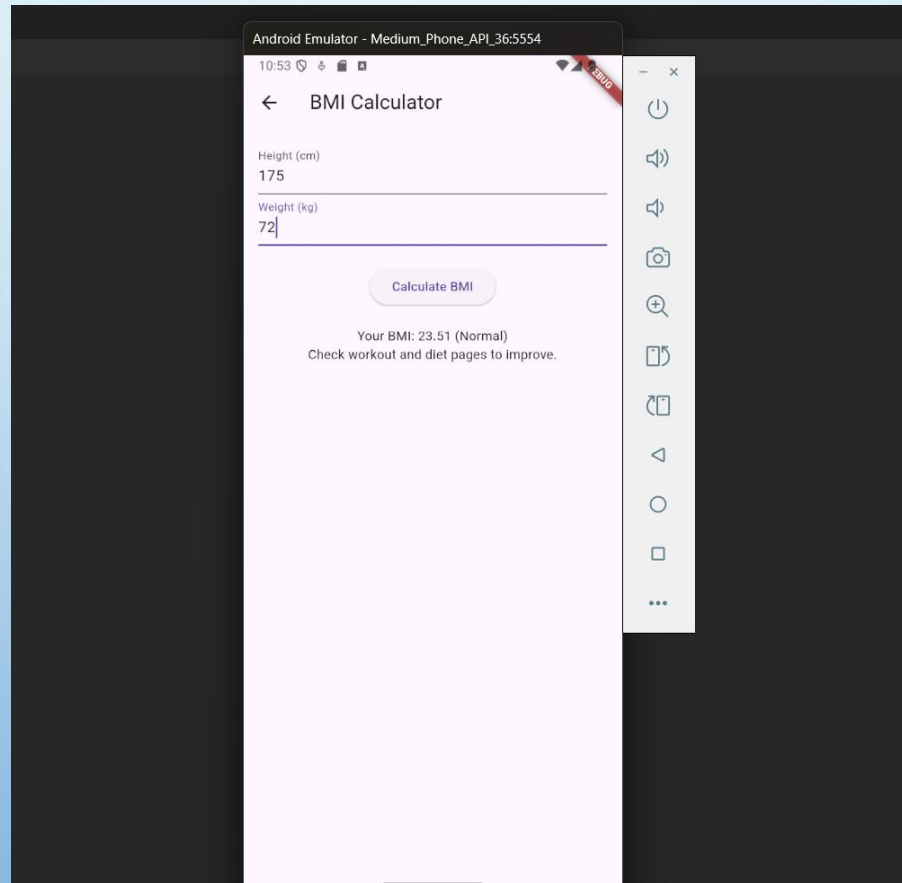- LOGOUT BUTTON FOR USER AUTHENTICATION

HOME SCREEN

BMI SCREEN

- ASKS USER FOR HEIGHT AND WEIGHT.

- CALCULATES BMI AND DISPLAYS USERS CONDITION (OVERWEIGHT , NORMAL OR UNDERWEIGHT)
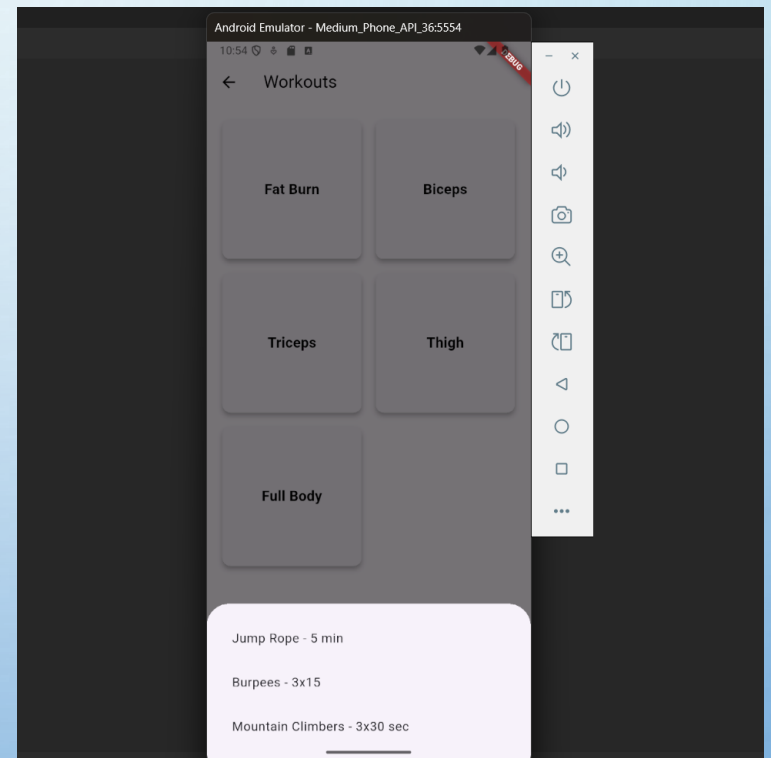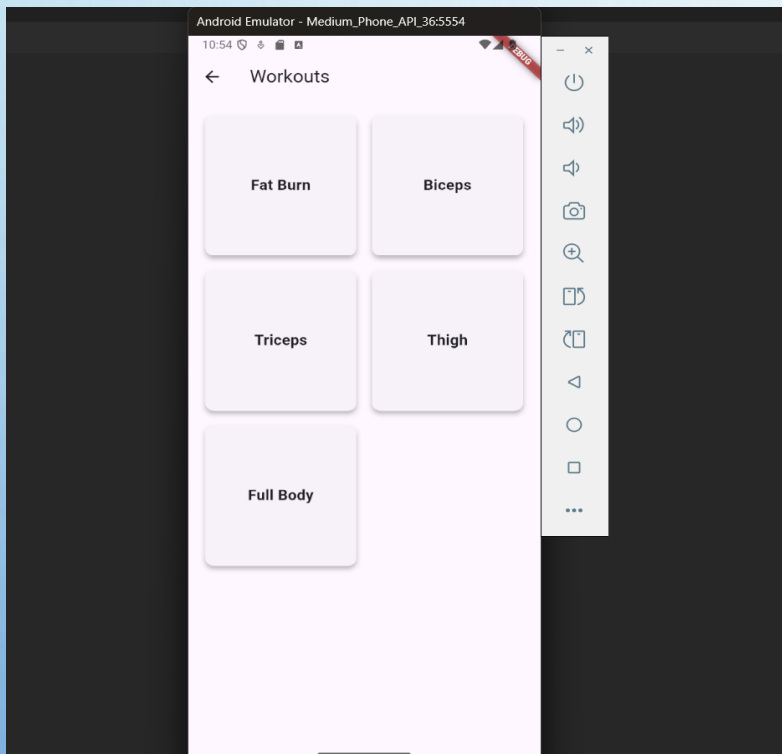
BMI SCREEN

WORKOUTS SCREEN

- DISPLAYS CATEGORIES FOR WORKOUTS(BICEPS,LEG,TRICEPS,ETC..).

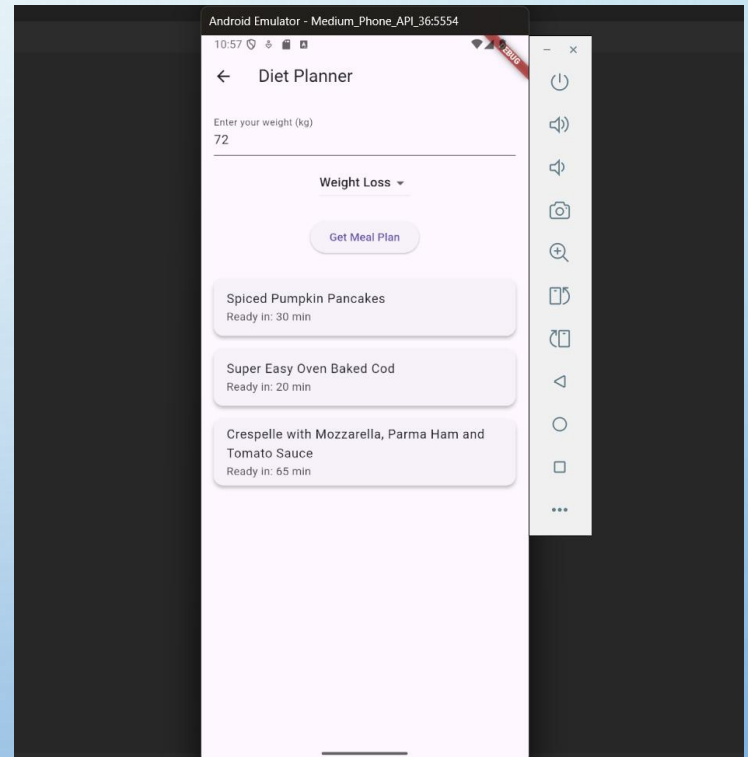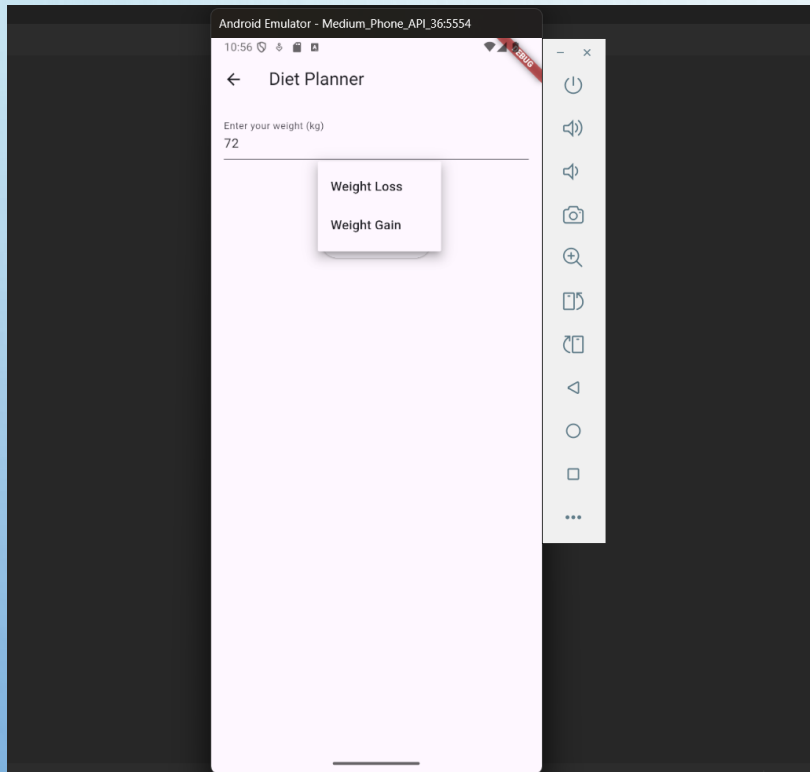- ON SELECTING A CATEGORY ,IT DISPLAYS RESPECTIVE EXERCISES.

WORKOUTS SCREEN

DIET PLANNER SCREEN

- IT ASKS FOR USER WEIGHT AND MOTIVE (WEIGHT LOSS OR WEIGHT GAIN) .

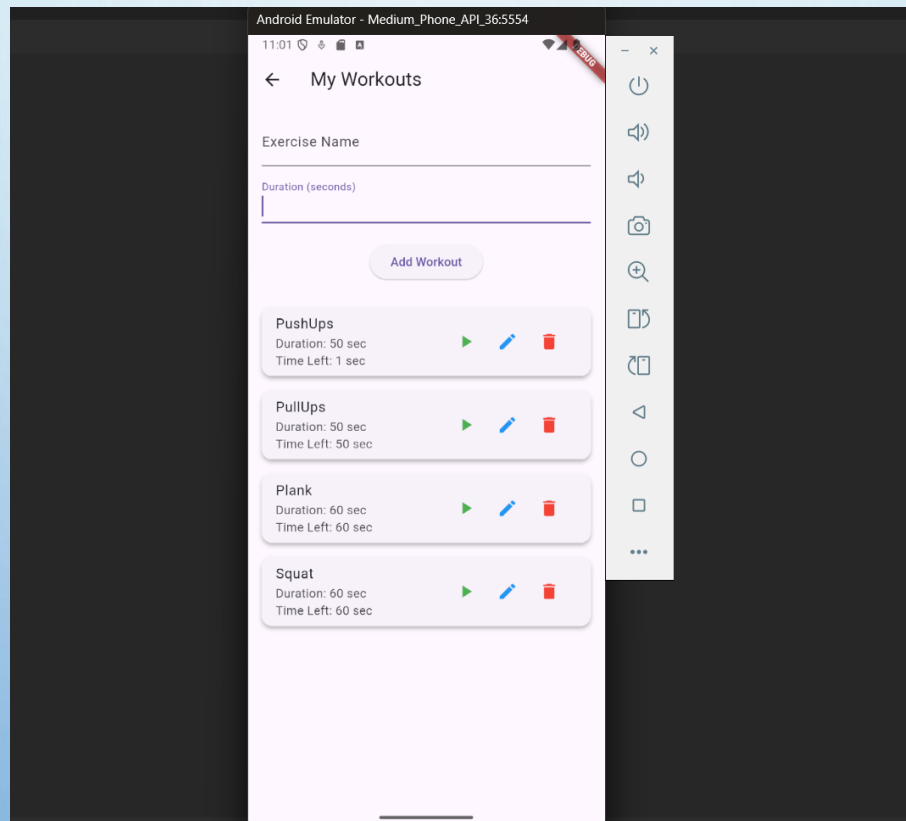- THEN SHOWS DIET MEAL PLANS (FETCHED FROM API) .

DIET PLAN SCREEN

MY WORKOUTS SCREEN

- ALLOWS USER TO ADD AND SAVE CUSTOM WORKOUTS AND DURATION.

- EACH WORKOUTS WILL HAVE START , EDIT AND DELETE BUTTONS.

- ON PRESSING START TIMER STARTS FOR SET DURATION SO THAT USER CAN TRACK TIMING.

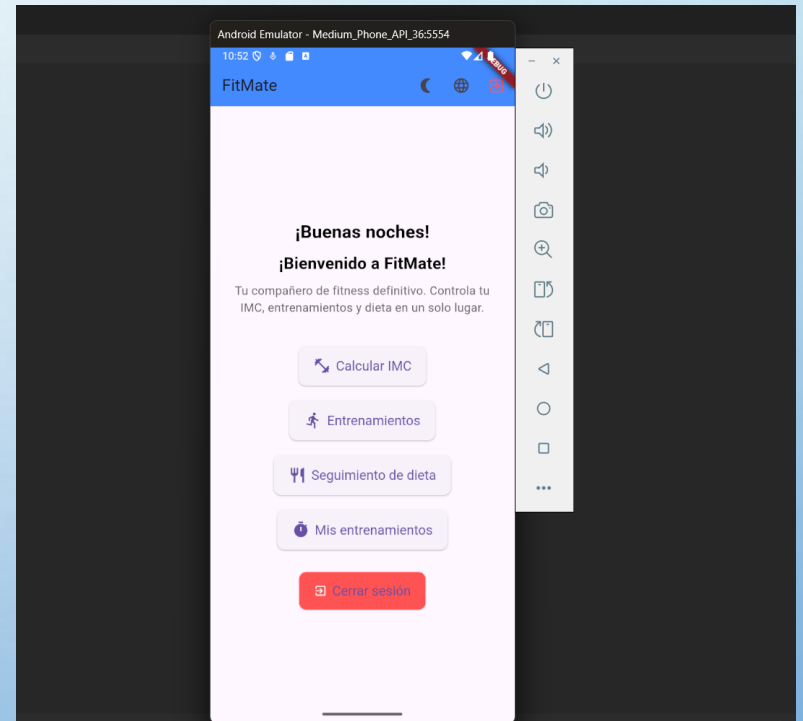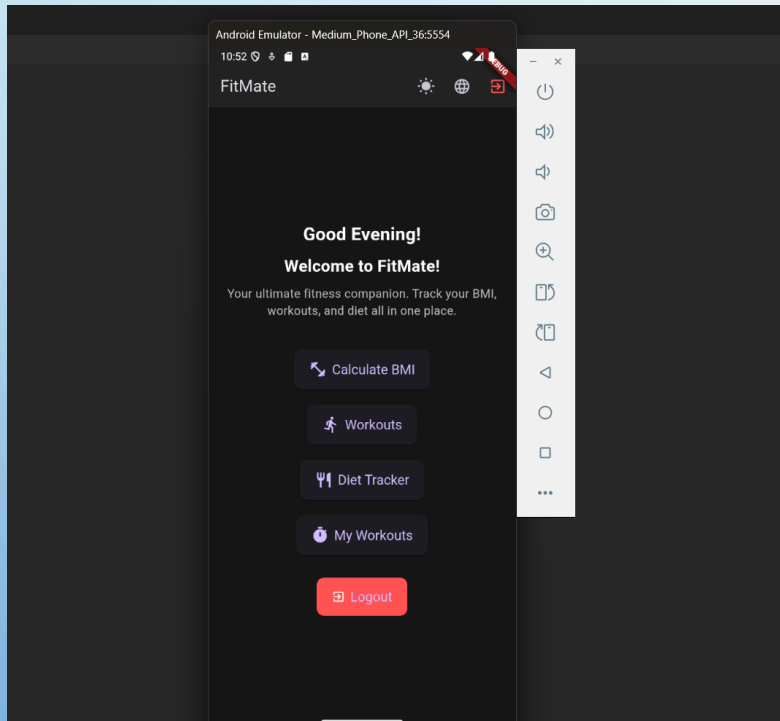- USER CAN ADD ANY NUMBER OF EXERCISES.

MY WORKOUTS SCREEN

DARK MODE & LOCALIZATION IMPLEMENTATION

- DARK MODE TOGGLES BETWEEN LIGHT AND DARK THEMES

- LOCALIZATION CHANGES UI TEXT DYNAMICALLY

- USES A MANUAL TRANSLATION MAP FOR MULTIPLE LANGUAGES

DARK MODE AND LOCALIZATION

CONCLUSION

- FITMATE IS A FEATURE-RICH FITNESS APP THAT ENHANCES USER EXPERIENCE THROUGH PERSONALIZATION, MULTILINGUAL SUPPORT, AND MODERN UI/UX FEATURES.