

# App Goals for FitnessApp

Version 1.0

## Introduction:

The purpose of this document is to outline the key goals and features of the "FitnessApp." This app aims to provide users with a comprehensive tool to track their health metrics, manage their daily tasks, and enhance their overall well-being with a focus on fitness and health.

## 1. User Data and BMI Calculation:

**Goal:** Create a user-friendly form page that allows users to input their personal data such as weight, height, age, and gender. Implement a BMI calculation feature that derives the user's Body Mass Index based on the provided data.

### Description:

The app will present a well-designed form page where users can easily enter their weight, height and gender. Upon submitting this information, the app will perform a BMI calculation and provide the user with their BMI value, along with a brief interpretation of what the BMI signifies for their health.

## 2. Stylish BMI Popup:

**Goal:** Design a visually appealing and interactive popup that displays the user's calculated BMI along with relevant health information.

### Description:

When the user's BMI is calculated, a stylish popup will appear on the screen. This popup will showcase the user's BMI value prominently, accompanied by a creative visualization, such as a color-coded scale representing different BMI ranges. The popup will also offer insightful tips on maintaining a healthy BMI.

## 3. Nutrient-Tracking for Food:

**Goal:** Develop a dedicated screen where users can add the foods they consume and have the app automatically calculate and display the nutritional content of those foods.

### Description:

The app will provide a dedicated section where users can input the foods they've eaten throughout the day. Users can either manually enter the food items or use a barcode scanner for quick data entry. The app will then calculate and present the nutritional values, including calories, macronutrients, and micro-nutrients, helping users make informed dietary choices.

## 4. Task Logging and Notifications:

**Goal:** Create a user interface where users can log their daily fitness tasks and set up reminders to be notified at specific times for each task.

**Description:**

The app will offer a user-friendly fitness task management screen where users can list their daily exercise routines, workout sessions, and fitness goals. Users can set due dates and time reminders for each task. Once the specified time arrives, the app will send notifications to the user, ensuring they stay on top of their fitness commitments.

**Conclusion:**

The "FitnessApp" aims to empower users in managing their fitness and overall well-being effectively. By achieving the outlined goals, the app will provide a seamless experience for users to track their BMI, monitor their nutrition intake, manage fitness tasks, and receive timely notifications. Through these features, the app seeks to promote a healthier and more active lifestyle for its users.