

**SYNOPSIS**

Title:

Health & Fitness App

Overview :

In this project, I am going to build a revolutionary health and fitness app that is used to record and estimate number of calories we need to consume daily. This app can also provide guidelines for gaining or losing weight.

”Health is wealth” !!!Obviously, you have heard it a thousand times but as we grow older we often realize it’s true and this app provides an interesting way to get started with the very boring term “dieting” as we already know “FITNESS START WITH WHAT WE EAT AND IN WHAT QUANTITY ”.

Let's discuss how can we build such an application by using Django.

Project Prerequisites

To implement this app we will use :

1.Basic concepts of Python

2.HTML

3.CSS

4.Bootstrap

5.Django framework

6.React.js

Objective:

The purpose of a fitness app is to provide the user with instructions and examples of one or more types of exercise, physical activity, nutritional programs, or some other fitness topic. Some fitness apps are used to count calories, others record statistics on workouts or collect data on walks, runs, and bike rides. The goal of fitness tracking apps is to collect data about the user’s activities. This includes the number of steps taken, calorie intake, calories burned, and other fitness metrics.  Fitness apps can help users with training, nutrition, and activity tracking. People mostly use fitness training app to measure:-

* Step Count
* Calories burned
* Calorie intake
* Sleep Quality

Uses:

* **Easily Keep Track Of Your Progress:**

One can keep an eye on the day to day results so as to check if it is working for you or not. The app helps you keep track of your progress. It lets you know whether you are going in the right direction or not. If there is progress, continue with your plans, otherwise, it is time to change them.

* **Set Goals You Can Achieve:**

When you begin exercising, you must set realistic goals. You must set targets as to how much weight you want to lose in how much time. So, you can use web applications for health and fitness to set realistic goals and achieve them.

* **Monitor Your Diet Every Day:**

Everyone willing to stay fit has to [follow a specific diet plan](https://www.brainvire.com/online-portal-for-customized-personalized-diet-and-fitness-plan/). Your app can monitor your calories and the intake of nutrients on the basis of the food intake throughout the day and night. Well, you can carry your dietitian in your pocket now.

Credits:

Vanshita Kapoor

