HEALTH AND FITNESS TRACKER

PRESENTATION BY TEAM BRO>>CODE

FITZEN

era marked by fitness and health 's growing importance

FEATURES

- Exercise Buddy System
- Diet Plan Generator
- Mental Health Chatbot
- Workout Plan Generator
- Dashboard with KPIs
- Mobile App Food Scanner
- Food Item's Nutrients Information

OUR PROBLEM STATEMENT

- India has an employement ratio of more than 51%. This means that most people work 9-7, eventually leaving them with the least amout of time for themselves.
- This doesn't give one an excuse to disregard our health.
- Targetting the elderly who wish to take better care of themselves but aren't able to venture out is another hurdle.
- Also, looking at a greater audience, we are acquainted with thefact that not everyone has regular access to proper and needful resources, nor can everyone afford it.
- Considering the hitch of resources, the issueof covid from the past 2 years has badly affected people's discipline, made themlethargic and now need huge motivation to get back to track.

Target Audience

01 People working 9-7, have anytime access to our website and start exercising

02 People who cant get the required resources

03 the older generation, in the form of yoga

04 Sports enthusiats who want to practice everyday and do not want a break in their weekly routine

Virtual fitness companion for guided exercises and workouts. Automatically counts the number of reps during exercises real time.

AI exercise buddy

Since we also cater the elderly and not all of them are used to accessing the web, we also have a trained-voice assistant
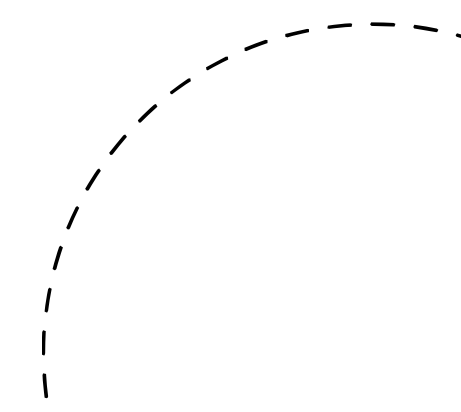
Voice assistance

Meal and workout generator

Tailored diet plans based on individual health goals and preferences. Along with Personalized workout plans adaptable to your progress.

Mental Health Chatbot

Personalized support for mental well-being through natural language processing.

Future Scope

Rewarding NFTs

The users would be awarded based on their performances in the variousexercises they take

Healthy Products

The users need not go to other sites for health related products, they can buy various resources through our site itself. This would help us retain the audience to our site which would increase the number of repeated users

Displaying calories of food products by scanning them

Users will get calories by scanning ther food items.

Integration with Google Fit

We will be integrating GoogleFit which will help us get the personal details of our users and make our site more personalized for them.

Our Triple 'A' Business Model

Assist

Assist our users in helping them learn new exercises and diet

Assess

Assess our user by tracking their activities and progress

Appreciate

Appreciating our users' efforts by rewarding them points in the form of NFTs.

THANK YOU!