

# Fit-Life Application

## Why did I decide to do this project?

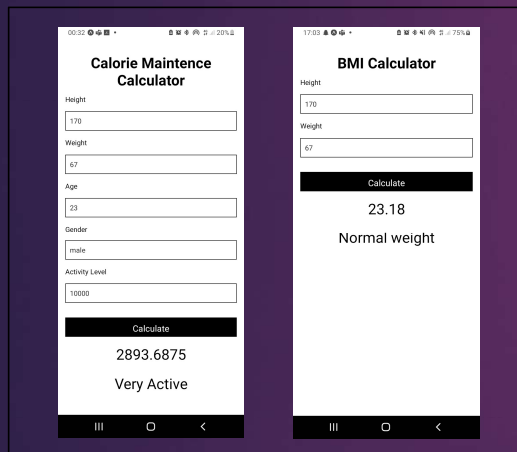
I wanted to make a fitness app as I have a great interest in fitness and nutrition, and I wanted to make a Calorie maintenance counter and BMI calculator to help people on there fitness journey.

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ATLANTIC TECHNOLOGICAL UNIVERSITY  
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## Activity Levels.

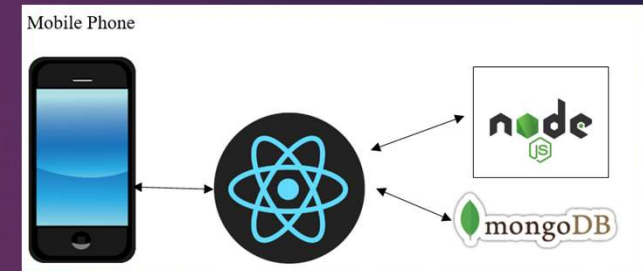
- Sedentary = 0 – 5000 steps per day.
- Lightly Active = 5000 – 7500 steps per day
- Active = 7500 – 10,000 steps per day
- Very Active = 10,000 steps and Higher



- Calculate your Daily food intake with US.
- Take your fitness goals to the next level.
- Take control of your body
- Make your Fitness and health a essential part of your day.

$$\text{BMR} = 66 + (13.7 \times \text{weight(kg)}) + (5 \times \text{height(cm)}) - (6.8 \times \text{age})$$

$$\text{TDEE} = \text{BMR} * \text{Activity Level}$$



- React native / expo
- Expo Go
- MongoDB
- Node.js
- Visual Studio code.
- JavaScript

Total Daily Energy Expenditure (TDEE) is the total amount of calories your body burns in 24 hours

## Workout Plan Included

BMI	Weight Status
Below 18.5	underweight
18.5 – 24.9	Healthy
25.0 – 29.9	Overweight
30.0 and above	Obese