

CSCI 318 Project Proposal (PHASE 1)

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Title: HealthBoost

A Personalized Nutrition and Workout App for Improved Health and Wellness.

Abstract

Health and wellness have become increasingly important aspects of our lives. With the increasing number of people seeking to improve their health, HealthBoost aims to provide a comprehensive solution through its innovative and personalized nutrition and workout app. HealthBoost offers customized nutrition plans based on individual dietary restrictions and health goals, personalized workout plans, daily reminders and progress tracking, and integration with popular fitness tracking devices. With its user-friendly interface built using React Native and secure backend powered by Node.js and SQL, HealthBoost is a valuable tool for individuals and businesses to achieve their health and wellness goals.

Keywords

Nutrition, Workout, Personalized, Health, Wellness, Fitness, React Native, Node.js, SQL, Comprehensive Solution.

Motivation

Our motivation for developing HealthBoost stems from the increasing demand for comprehensive health and wellness solutions. We believe that personalized and optimized nutrition and workout plans are key to achieving health goals and that our app, with its unique features and seamless user experience, will fill this gap in the market. Our goal is to provide individuals and businesses with valuable tools to improve their health and wellness through a comprehensive and personalized approach.