|  | |
| --- | --- |
| **User** | Enters data, receives plans | |
| **Admin / Healthcare Pro** | Monitors user data (if feature included) | |
| **External APIs** | Provide data for recommendations | |
| **Auth Provider** | Manages user identity | |

**Justification:**

The **Factory Method Pattern** is used in the *Wellnex* app to handle the creation of various types of recommendation objects dynamically at runtime — such as diet plans, workout plans, or hybrid recommendations — without specifying the exact class of the object that will be created.

**Use Case in Wellnex:**

In the recommendation engine, Wellnex supports different recommendation types based on user goals (e.g., weight loss, muscle gain, maintenance). Each type may require different logic and data sources. Instead of tightly coupling the backend to specific recommendation classes, a **factory method** is used to create instances of the correct strategy.