

Proposed Title: Fitness App Using Azure Data Studio

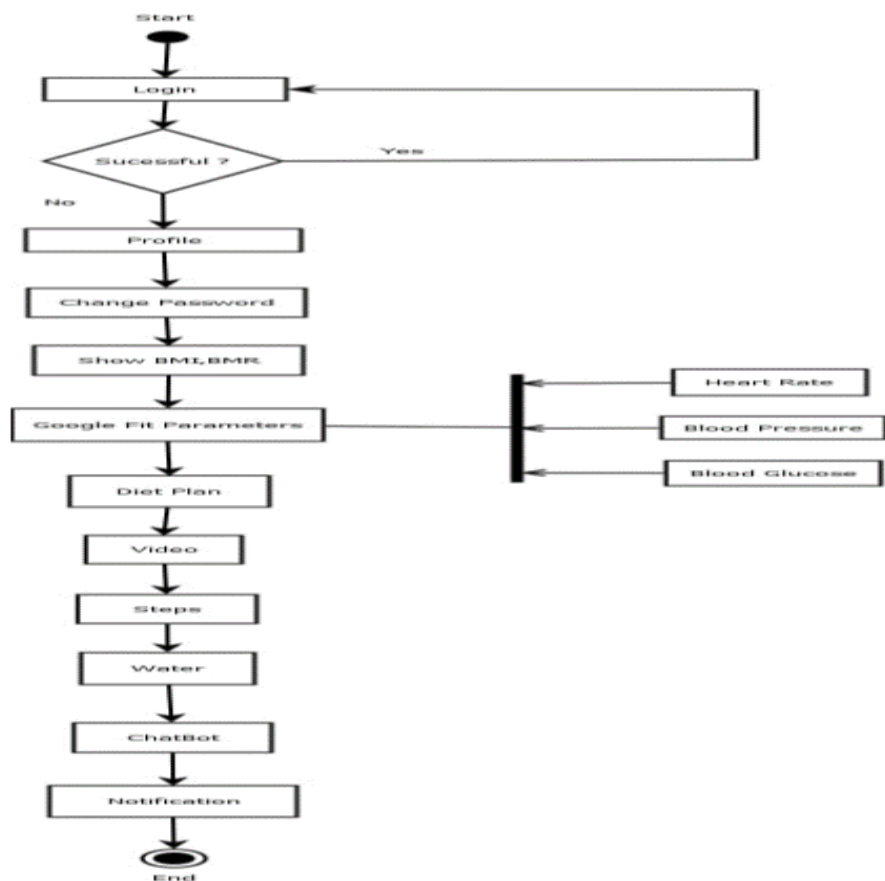
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Introduction to the Topic:

In today's fast-paced world, achieving a healthy lifestyle is a common aspiration often hindered by poor eating habits and insufficient exercise. A balanced diet, rich in essential nutrients and low in unnecessary fats and sugars, is crucial for optimal bodily function and disease prevention. Understanding calorie intake is key, as it governs energy levels and growth. By prioritizing nutrition and calorie management, individuals can unlock the path to improved well-being and performance in their daily lives.

Aim: To develop an application that efficiently assists people in staying healthy and provides them with easier access to a new and innovative approach to living a healthy lifestyle.

Low-level System Design:



Objectives:

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1	To Develop functionality for BMI/BMR calculation and personalized diet planning via AI, utilizing user height/weight inputs and an extensive food dataset.
2	To Integrate AI algorithms to recommend tailored exercise routines aligned with BMI/BMR and diet plans, promoting holistic health management in the application.
3	To Enable health monitoring by syncing with Google Fit for metric tracking and implement notifications for promoting physical activity and hydration based on user data.
4	To Incorporate a conversational chatbot using Dialogflow essentials to deliver personalized diet guidance, enhancing user engagement and interaction within the app.
5	To Enhance user motivation with workout videos and practical wellness tips, fostering commitment to a healthy lifestyle within the application.

Methodology:

1. Generating Diet: Users sign up/log in, input height/weight for BMI/BMR calculation using reliable formulas with validation.
2. Generating Exercises: AI suggests exercises based on BMI/BMR, utilizing varied options.
3. Synchronizing Google Fit data: Utilize Google Fit API for health metric display, sending activity/hydration reminders.
4. Active Notifications: Send activity/hydration reminders based on step data, customizable for user preference.
5. Chatbot: AI-driven chatbot responds to user queries using Dialog flow essentials.
6. Training & Motivational Videos: AI suggests tailored workout and motivational videos based on user data and preferences.

Expected Output:

Successful Development of the Application
Demonstration of a working model