

REQUIREMENTS

- **Introduction:**

A Fitness Tracker is an application developed to track the fitness of the particular person. Basically it calculates the fitness of a person on the basis of the following 5 points:

1. Daily WorkOut
2. BMI(Body Mass Index)
3. Water Intake
4. BMR(Basal Metabolic Rate)
5. Approximately Calorie Burnt

- **Inputs Required:**

Application requires various inputs like:

1. Login Details
2. Daily WorkOut and Exercise Details
3. Height
4. Weight
5. Gender

- **Tech Stacks:**

Tech Stack required :

1. Python Language
2. Pycharm