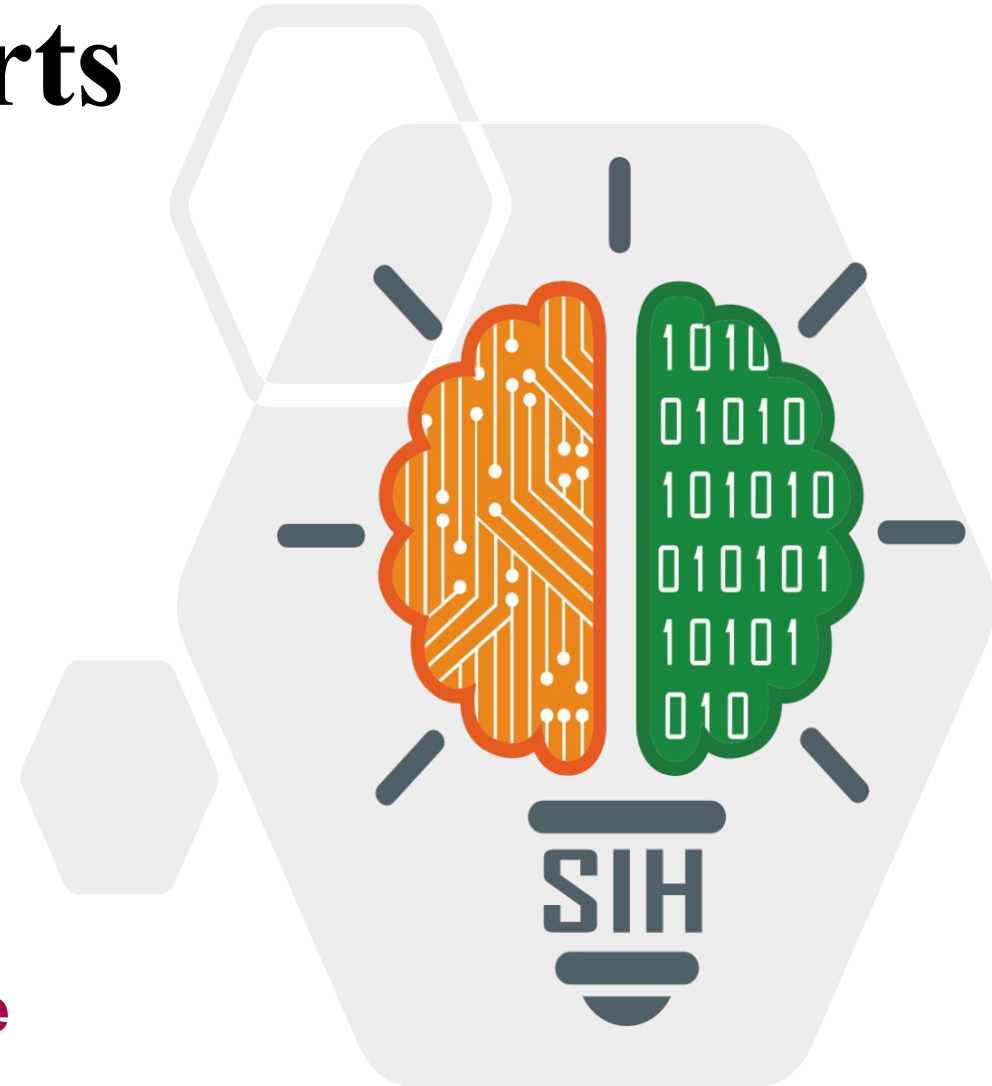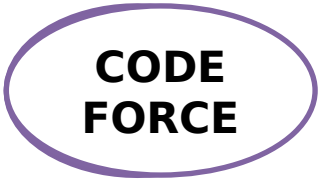# SMART INDIA HACKATHON 2025

Fitness & Sports

- Problem Statement ID –**SIH25129**

- Problem Statement Title-**Student Innovation**

- Theme-**Fitness & Sports**

- PS Category- **Software**

- Team ID-**TXROSIH25090**

- Team Name (Registered on portal)-**Code Force**

MoveMate:Personalized Fitness & Sports Assistant

Proposed solution:

- **We propose a fitness & sports platform to provide personalized workout/ sports plans, integrates with wearables for real-time tracking, and offers gamified challenges with rewards and badges.The platform will connect users with coaches and communities, Encouraging healthy competition and fitness engagement.**

Addressing the problem:

- We address the problem by combining technology, gamification ,and community-driven Engagement to make fitness and sports more accessible, engaging , and sustainable.

Innovation and Uniqueness of the problem:

Unike ,exixting solutions our platform provides
-providing rewards/badges for completing the daily tasks.
- Both the fitness & sports oriented benefits will be available.
-The Fitness specialization based on age groups will be available.

App Name	Personalized Workouts	Nutrition Tracking	Community Features	Meditation & Mindfulness
Nike Training Club	✔	✘	✔	✘
Peloton App	✘	✘	✔	✘
MyFitnessPal	✘	✔	✔	✘
Centr	✔	✘	✔	✘
Strava	✘	✔	✘	✘
Fitbod	✔	✘	✔	✘
Sweat	✔	✘	✔	✘
Apple Fitness+	✘	✔	✔	✔

TECHNICAL APPROACH

Technologies Used :

- Frontend: React.js + Tailwind CSS + Chart.js
- Backend: Node.js + Express.js
- Database:MySQL
- Authentication: JWT + OAuth
- Hosting: Vercel + Heroku
- Notifications: Web Push API + NodeMailer

TecMethodology & Process

- User signs up → Sets fitness goals.
- Scheduler creates personalized workout plan.
- User performs micro-workouts tracked via dashboard.
- Points & badges awarded for each completed task.
- Data visualized in graphs (progress over time).
- Social features (group challenges, accountability check-ins)

Your Fitness App Journey

FEASIBILITY AND VIABILITY
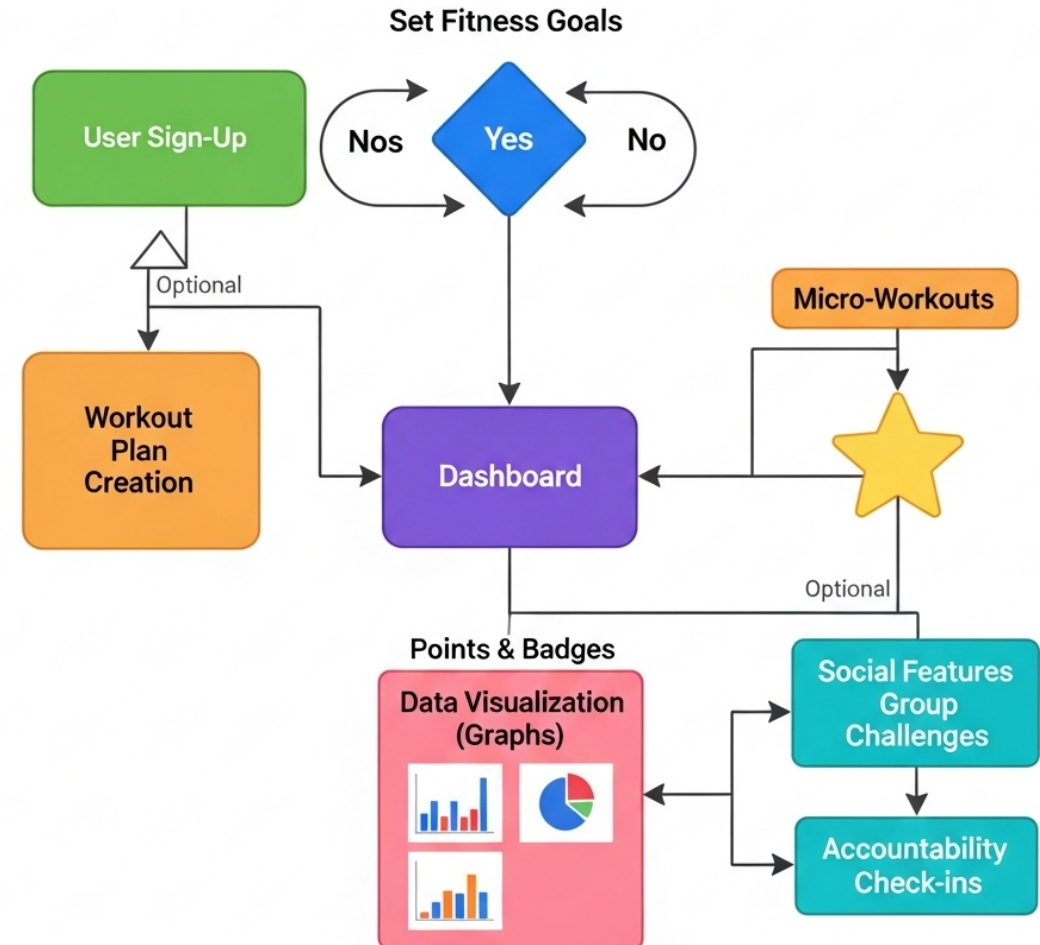
➤**Analysis of feasibility:**
- It is technically possible,economically viable oprationally Manageable ,and in strong market demand.
- The main focus should be on unique features,AI based
- Personalized fitness and sustainability.

➤**Potential challanges & risks:**
- Technical Challenges ,Data   & privacy risks,
- Sustainability Risks,Market User Risks,
- Operatinal Challenges ,Technical Challenges.

➤**Stratagies of overcoming:**
- Competition from established Apps.
- Technical Challenges(Scalability,Integration).
- Lack of Awsarness & user acquisition.
- Data privacy& security.

IMPACT AND BENEFITS
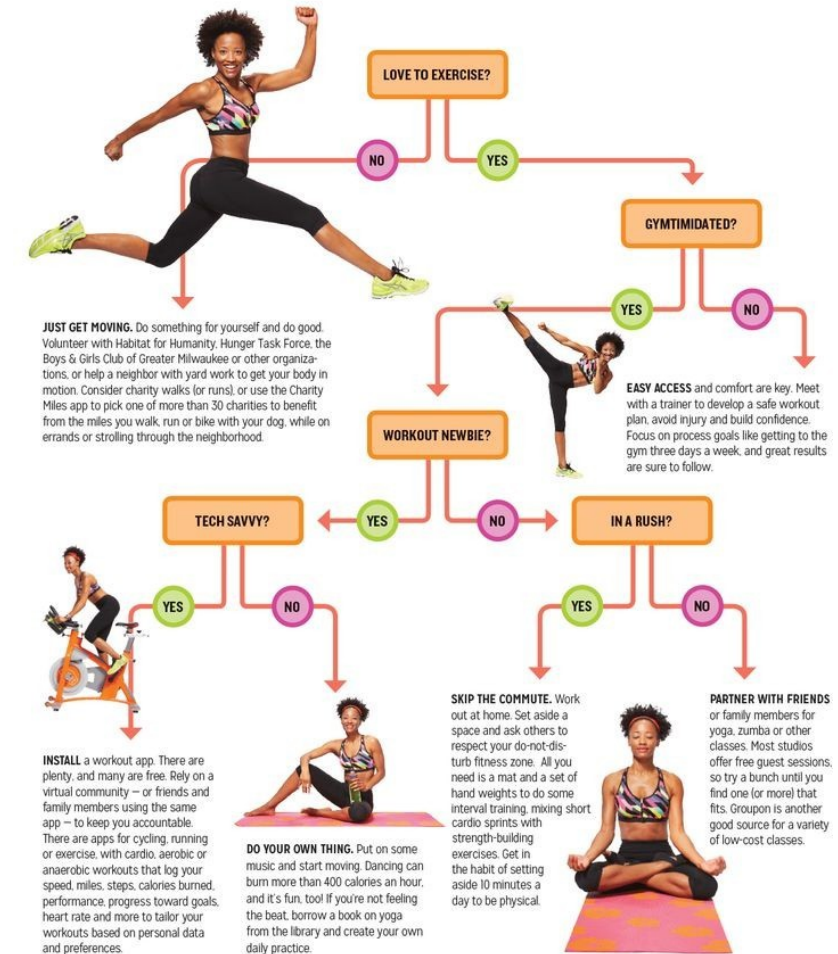
Progress tracking:
- weakly BMI,muscle Mass tracking with graphs
- Goal settingwith visual milestones.

Nutirition fitness races with friends:
- personalized diet
- Barcode scanner for quick calories & nurition logging.
- Water intake trakes with remainders.

Accessibility &inclusive:
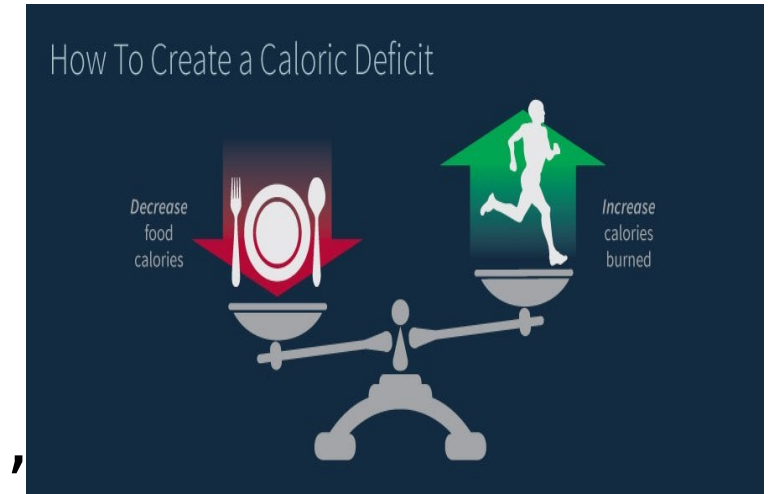- Fitness solutions for people of all ages,gender& differently abled individuals.

Community engagement:
- Social features,like team formation ,fitness groups and peer engagement.

Activity perfomance tracking:
- Monitors steps,heart beat,calories burned.

CODE FORCE

SMART INDIA HACKATHON 2025

REFERENCES:

Thomus ,W.R.(2023).Worldwide "Survey Of Fitness Trends.A CSM'S Health & Fitness journel.

Kraemer,W.J.,& Ratamess ,N.A.(2020).Fundamentals of Resistance Training.Human Kinetics.

Technology Reference links:

https://developers.google.com/fit
https://developer.apple.com/documentation/healthkit

RESEARCH:

-Rising Demand for fitness fitness

-sports & fitness trends

-Technology integration in fitness.