LIVE DEMO

GITHUB

"Fuel Your Fitness, Master Your Health and Track Your Triumph"

BurnOut

About Us

Are you ready to transform your health and achieve your dream physique? Welcome to Burnout, the all-in-one health and fitness app designed to empower you on your journey to wellness!

- **Nutrition Simplified:** Say goodbye to the confusion of calorie counting. Burnout makes tracking your meals effortless. Whether you're enjoying a healthy salad or treating yourself to a cheat meal, we'll help you keep tabs on your nutrition—because every bite counts.
- **Explore Thrilling Fitness Events:** Tired of the same old workout? Dive into a world of exciting fitness events. From serene yoga classes to high-energy gym sessions, there's something for everyone. Get social, challenge yourself, and discover new passions that keep you engaged and inspired.
- **Personalized Just for You:** Your health journey is unique, and Burnout understands that! Input your age, weight, height, and goals to receive a tailored plan just for you. Celebrate every milestone and watch in real-time as you get closer to achieving your dreams.

What's new?

- **Calorie Tracking & Progress Visualization -** Easily monitor your daily calorie intake and visualize your progress with an intuitive calorie graph, helping you stay on top of your health goals.
- **Customizable Meal Plans -** Create personalized meal plans with automatic calorie calculations, or quickly select meals from a searchable dropdown. You can also manually add custom foods along with their calorie content.
- **Activity & Exercise Tracking -** Track activities like gym sessions or yoga, and receive intelligent, automatic calorie burn estimates. Additionally, discover a "Randomized Exercise of the Day" to keep your workouts fresh.
- **Personalized Profile & Metrics** - Manage your profile with ease, and get real-time updates on key metrics like Total Daily Dietary Intake (TDDI) and BMI, with calculations based on your profile data.
- **Improved Progress Tracking** - Stay motivated with better progress tracking directly on the landing page, offering a quick snapshot of your journey.
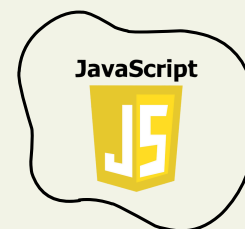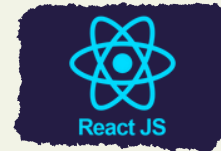
Future Scope

- **Dockerize for Scale** – As we prepare to grow and welcome more users, Docker will help us build, test, and deploy the application, ensuring it's ready for production at any scale.
- **Unlock Premium Features** – Get a truly personalized fitness journey! Utilizing LLMs from OpenAI, and fine-tuning suggestions using insights from expert insights, we'll offer:
  a. Customized diet plans featuring superfoods and recommendations from an extensive food database.
  b. Smart exercise suggestions based on your calorie intake and burn, aligned with your fitness goals.
- **Seamless Event Syncing with Google Calendar** – Never miss an event! When you register for any activity—whether it's swimming, yoga, or a workout session—it's automatically synced with your Google Calendar, marking your schedule effortlessly.
- **Meet "Buddy": Your New Fitness Guide** – Say goodbye to boring FAQs. With "Buddy," our friendly chatbot, you'll get real-time answers to your questions and a smooth introduction to all the app's features.
- **Introducing "Tutorials"** – A static feature that serves as a one directory for all kinds of physical exercises, by providing video tutorials of the correct form of exercise, eliminating the hassle of using video apps like Youtube for each new exercise.

mongoDB
python
React JS
node JS
CSS3
HTML5
JavaScript JS
Flask

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