



# Elevate Your Health & Fitness Game!

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## ABOUT:

Burnout is a comprehensive web-based health and fitness application designed to empower users in their wellness journeys. It offers personalized tools for tracking fitness progress, monitoring nutrition, and discovering local fitness events.

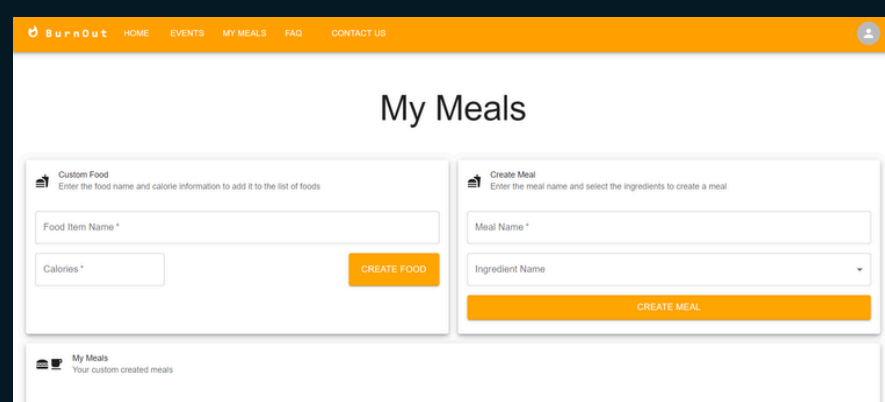
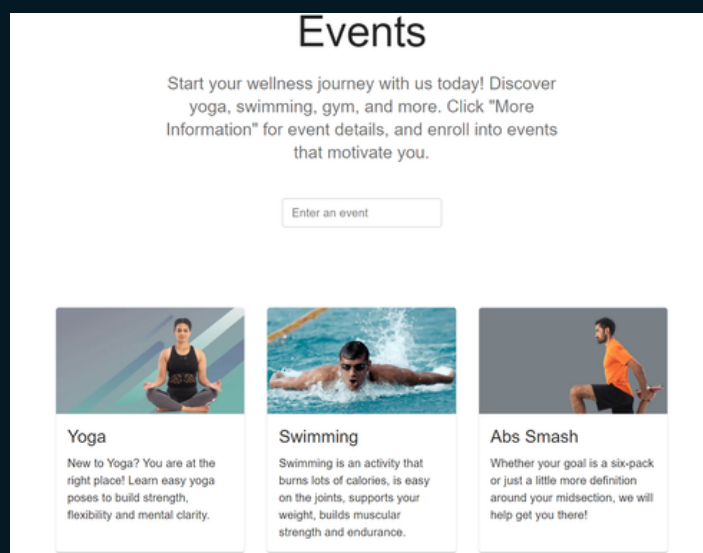
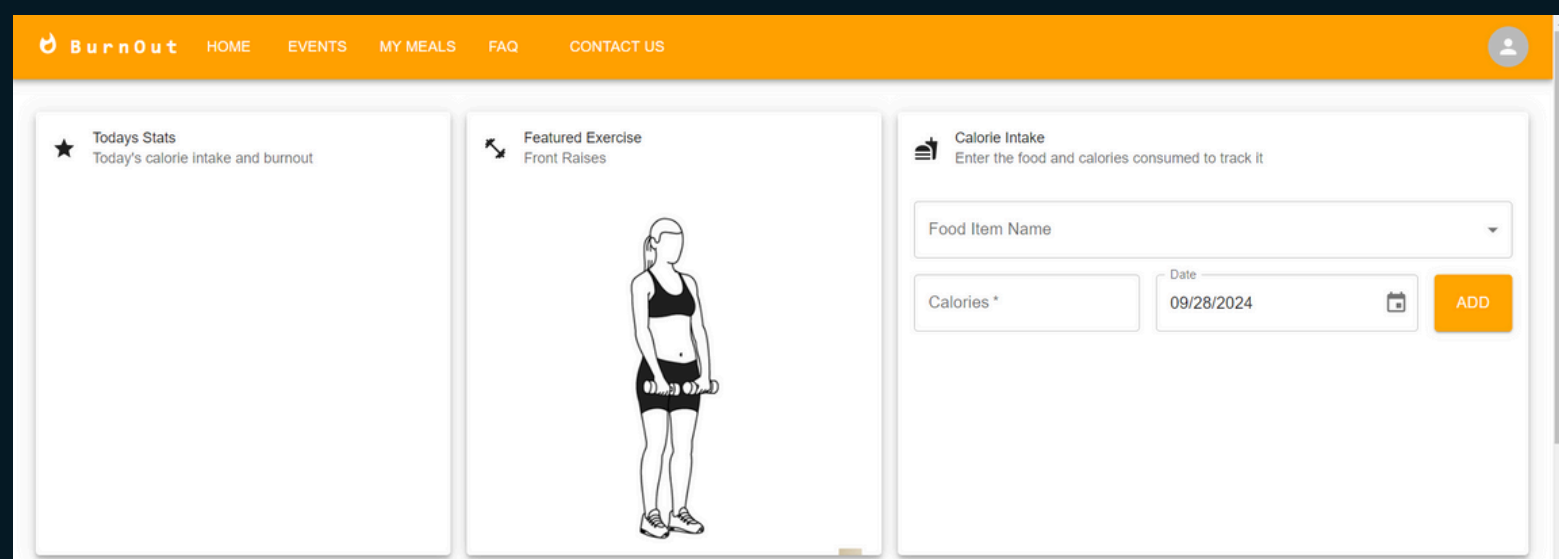
## WHY CHOOSE BURNOUT?

- Track all aspects of your health—meals, workouts, and goals—seamlessly in one place.
- Get tailored recommendations and feedback based on your unique health data.
- Discover and join local fitness events to stay motivated and engaged.
- Connect with like-minded fitness enthusiasts to share tips and celebrate milestones.
- Your personal data is safe with Burnout, thanks to our advanced security measures.

TRY US: BURNOUT APP



## OUR AWESOME APP



## WHAT'S NEW???

### GOOGLE MAPS INTEGRATION FOR EVENTS



Find and join local fitness events using our seamless Google Maps integration. Discover workouts, yoga classes, and fun fitness meetups near you.

### ADVANCED ACTIVITY MONITORING



Track every move you make with real-time data on your steps, calories burned, and workout intensity. Stay on top of your fitness goals like never before.

### CUSTOM WORKOUT PLANS



Personalize your fitness journey! Create custom workout routines tailored to your goals, complete with a built-in calendar to keep you on schedule.

### PERSONALIZED THEMES



Make Burnout your own! Choose from a variety of themes, including dark mode, minimalist, or vibrant designs, to match your personal style.

### DIET TRACKER ENHANCEMENTS



Enhanced diet tracking features give you better insights into your daily intake. Get personalized feedback based on your goals and eating habits.

## FUTURE ENHANCEMENTS

### CATEGORIZE MEALS



Automatically categorize meals into breakfast, lunch, dinner, or snacks, making meal tracking faster and more intuitive.

### MOBILE SUPPORT



Fully optimized interface for seamless use across all devices.

### WEEKLY TRACKING



Track weight weekly and compare actual progress with target goals.

### SORTING & FILTERING CAPABILITIES



Receive personalized meal and workout suggestions for balanced health goals.

