# BURNOUT - YOUR WELLNESS COMPANION

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An all-in-one wellness app designed to help users manage their daily calorie intake along with a comprehensive suite of tools to support individuals in achieving their fitness and weight management goals.

WHAT'S NEW?

- **Calorie Tracking:** Effortlessly keep track of daily calorie intake and calories burnt
- **Fitness Programs:** BurnOut offers a variety of fitness programs, including yoga classes and workout sessions catering to users with different fitness preferences and skill levels.
- **Water Intake:** Users can now record their daiy water intake to keep track of their drinking habits.
- **BMI Calculation:** Automatically calculate your BMI for a more personalized health profile.
- **Calorie Burn Automation:** Intelligent calorie burn calculations based on your activities.
- **Enhanced User Interface:** A fresh, modern look for a smoother and engaging experience.
- **Profile Customization:** Users can personalize their profiles by entering their height, weight, fitness goals (weight loss or gain), and target weight.
- **Reviews:** Users can leave reviews and feedback on the fitness programs they participated
- **Improved Progress Tracking:** Better visual tracking of your progres on the landing page
- **Blog:** Introduce the beginner with the fitness and how to make effectively workout plan.
- **Shop:** Places where user can shop for workout gears.
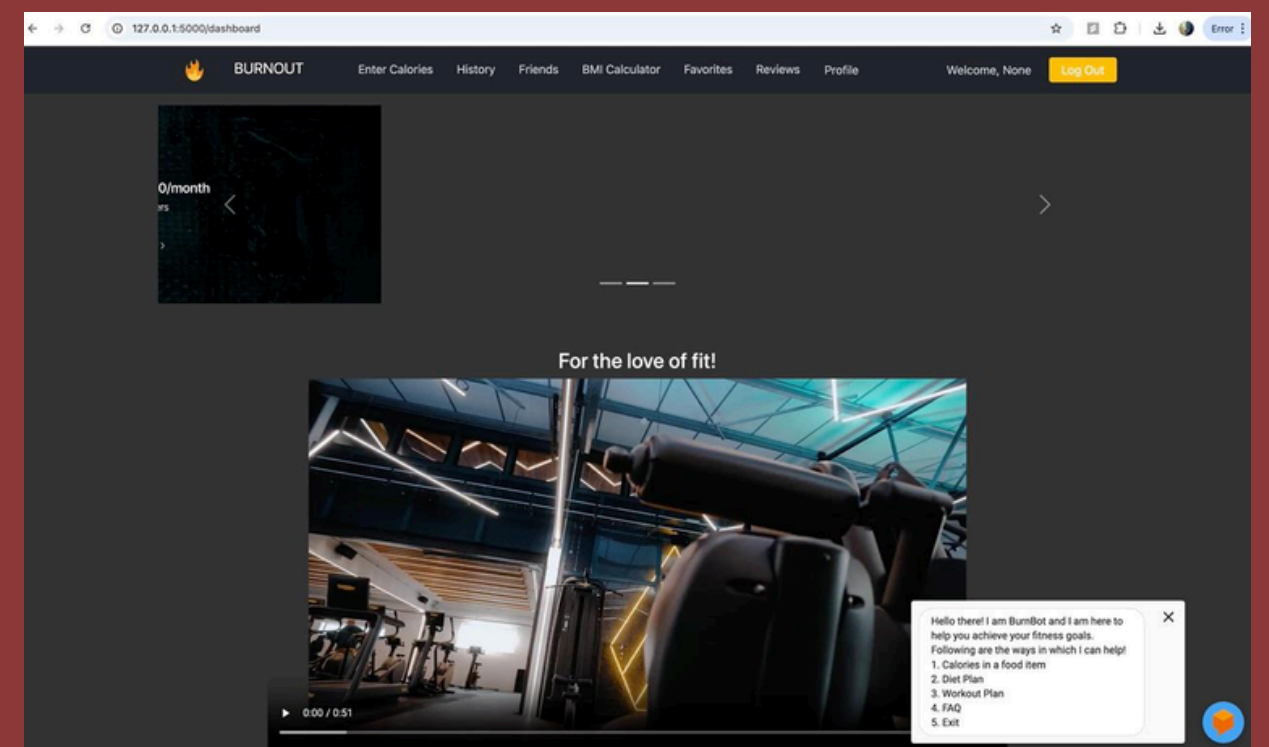
FUTURE SCOPE

- **Weight & Progress Monitoring:** Track weight, body measurements, and upload progress photos to visually monitor transformation over time. Get automated insights on progress and goal achievements through graphs and reports prepared using rich visualization support provided using JS libraries.
- **Community & Social Features:** Join fitness challenges, share milestones, and connect with like-minded individuals for support. Participate in leaderboards, group discussions, and motivate each other through social engagement.
- **Workout Streaks:** Maintain consistency with streak tracking and unlock rewards for consecutive workout days. Set milestones to keep motivation high and build lasting fitness habits.
- **Medical History Consideration:** Tailor workouts and nutrition plans based on users' medical history, offering personalized recommendations that align with their health conditions and fitness goals.
- **Fitness Advice:** Access audio and video tutorials for guided workouts and form checking to ensure correct technique. Receive real-time feedback to improve performance and avoid injuries.
- **Dual Login Types:** Coaches create and assign personalized workout/nutrition plans, track students' progress, and communicate updates. Students log workouts, view assigned plans, and track their own progress.

TECH STACK

python

{.js} JavaScript

CSS

HTML

The project contains 15 tests URL

GITHUB

DEMO