



BURNOUT

YOUR WELLNESS COMPANION

ABOUT

BurnOut - Your Wellness Companion is an all-in-one fitness and wellness application designed to help users track their daily calorie intake and manage their fitness goals. The app offers personalized fitness plans, calorie tracking, and social connectivity to motivate users through their wellness journey.

FEATURES

- Burnout Bot for queries and help
- BMI Index Calculator
- Calorie History tracking
- View various workout programs
- View most popular workouts
- Recommend workouts based on personalized data
- Recommended Exercises for mental health
- Share your workout results with friends

WHATS NEXT ?

- Schedule daily progress notifications for users:** Automatically send personalized reminders and progress updates to users, helping them stay on track with their fitness goals by keeping daily milestones in focus.
- Implement email-based multi-factor authentication:** Enhance security by requiring users to verify their identity through an additional email-based verification step during login, ensuring only authorized access.
- Add a built-in timer to guide workout sessions:** Introduce a customizable in-app timer that helps users stay on track during workout routines by timing exercises and breaks, ensuring an efficient workout.
- Introduce achievement badges for fitness milestones:** Reward users with achievement badges when they reach fitness milestones, motivating them to stay consistent and celebrate their progress.
- Include guided meditation and breathing exercises:** Provide a library of guided meditation sessions and breathing exercises to help users relax, reduce stress, and improve mental well-being alongside their physical fitness.
- Enable sharing of fitness achievements on social media platforms like X:** Allow users to easily share their workout results, milestone achievements, and fitness challenges directly to social media platforms, for improving motivation and community engagement.

WHY TRY BURNOUT ?

1

Comprehensive Calorie Tracking

Unlike traditional apps that only track either calorie intake or calories burned, BurnOut tracks both, giving users a complete view of their daily energy balance.

2

Tailored Fitness Plans

BurnOut offers personalized fitness programs based on user-specific goals (weight loss, weight gain, or maintenance), which wasn't available before. Users can now achieve their targets with custom workout suggestions.

3

Seamless Social Connectivity

While most fitness apps focus solely on individual progress, BurnOut allows users to connect with friends, track each other's progress, and stay motivated through social support. This social aspect was missing from previous solutions.

4

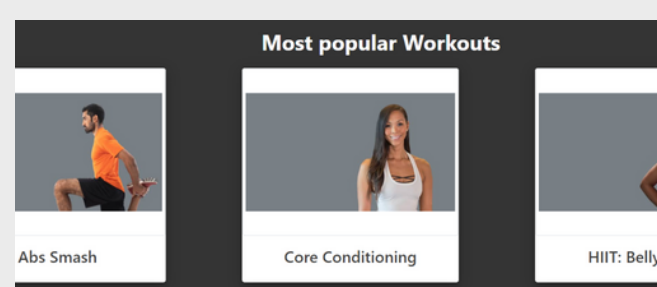
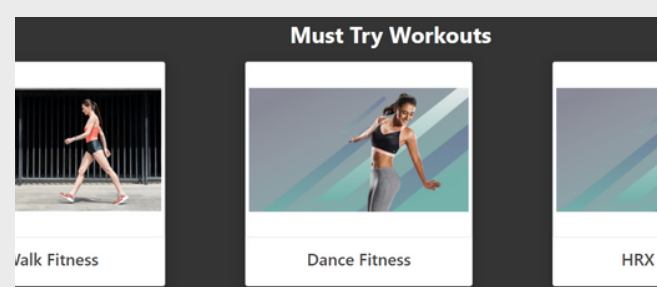
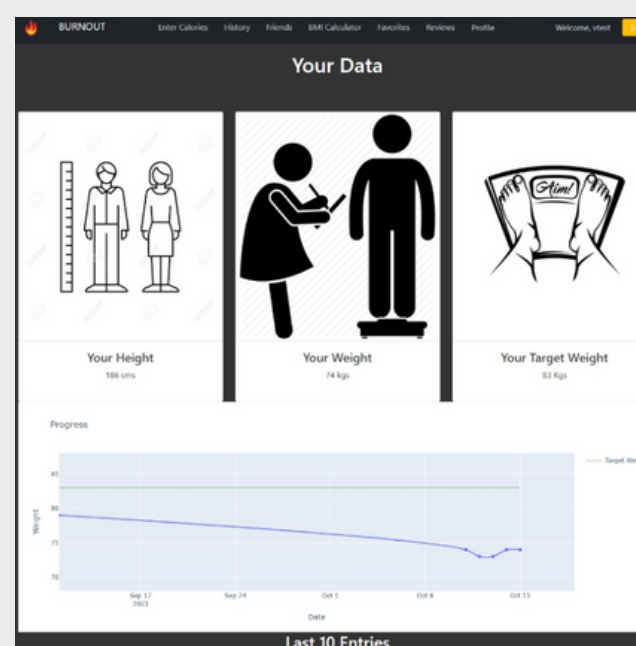
BMI and Health Monitoring

Unlike older apps that only track fitness activities, BurnOut integrates a BMI calculator to help users monitor their health status and set realistic fitness goals based on their current physical condition.

5

User-Friendly Interface and Data Insights

BurnOut's intuitive design makes it easier for users to log activities and track progress with minimal effort. Detailed history and insights give users a clear view of their progress over time, improving user engagement and experience compared to previous apps.



TOOLS USED



Repository



Demo

