



BURN OUT

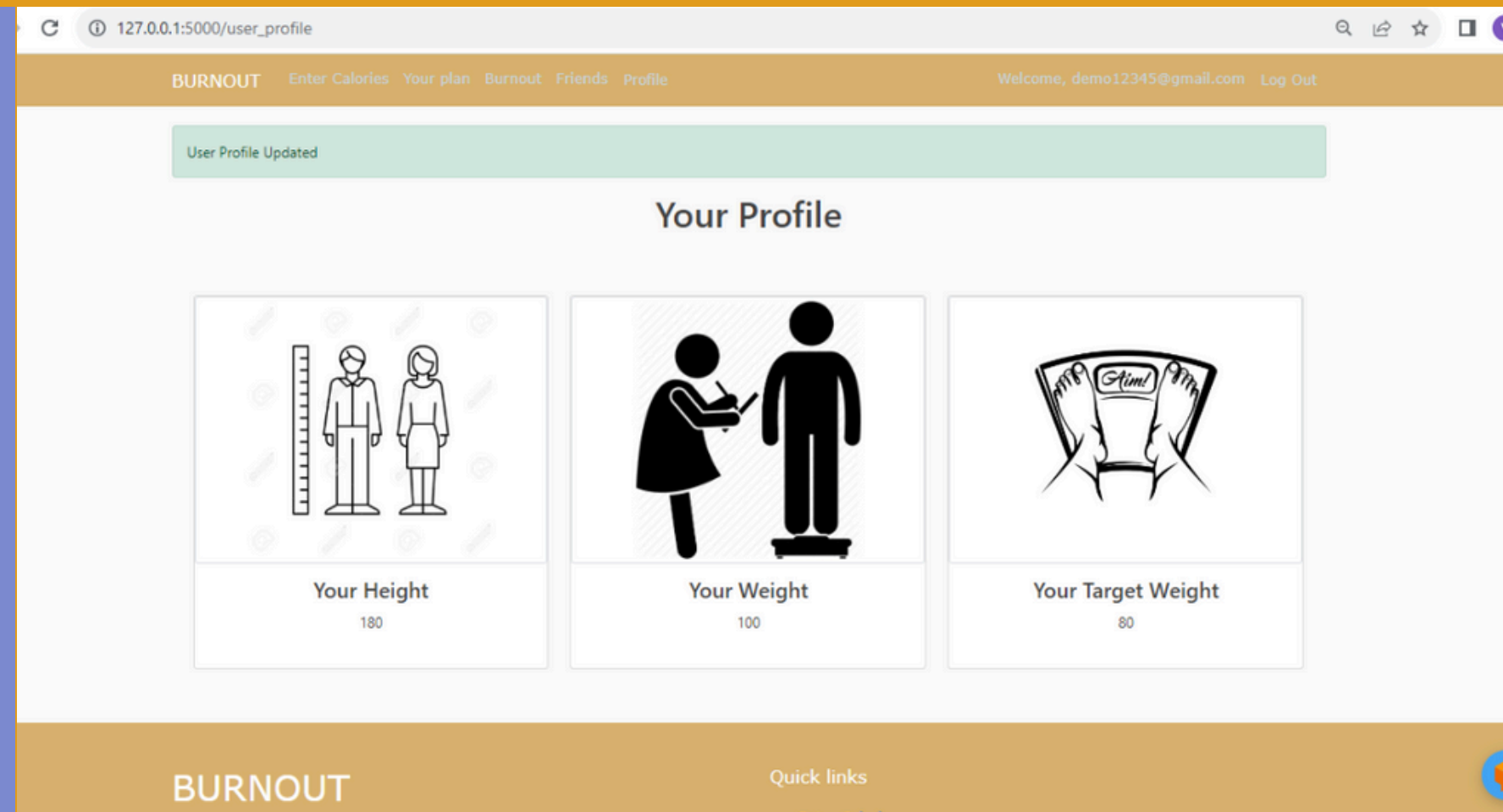


ABOUT

BURNOUT IS A USER-FRIENDLY APP DESIGNED TO HELP YOU MONITOR YOUR DAILY CALORIE INTAKE AND EXPENDITURE. IT ALLOWS YOU TO SET GOALS FOR WEIGHT LOSS OR GAIN AND CUSTOMIZE YOUR PROFILE BY ENTERING YOUR HEIGHT, WEIGHT, TARGET WEIGHT, AND OVERALL GOALS. YOU CAN ALSO JOIN VARIOUS FITNESS PROGRAMS, INCLUDING YOGA CLASSES AND WORKOUT SESSIONS. ADDITIONALLY, BURNOUT ENABLES YOU TO CONNECT WITH FRIENDS BY SENDING FRIEND REQUESTS AND SHARING YOUR PROGRESS WITH THEM.

WHY BURNOUT?

- EASILY TRACK CALORIE INTAKE BY ENTERING YOUR FOOD; CALORIES ARE CALCULATED AUTOMATICALLY.
- VIEW DAILY RECORDS OF CALORIES CONSUMED AND BURNED IN THE HISTORY TAB.
- RECEIVE GUIDANCE ON EATING AND EXERCISING BASED ON YOUR WEIGHT GOALS.
- CONNECT WITH FRIENDS TO MONITOR EACH OTHER'S PROGRESS AND ENROLL IN YOGA AND WORKOUT SESSIONS.
- USER-FRIENDLY AND ACCESSIBLE TO ALL.

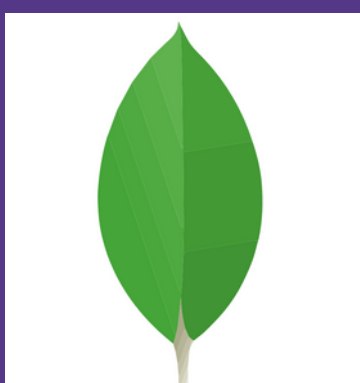


MAKING IT BETTER

- INCORPORATING A MONTHLY DATA RECORD OF CALORIES CONSUMED AND BURNED IN THE HISTORY TAB FOR USERS TO TRACK THEIR PROGRESS.
- SENDING NOTIFICATIONS AND ALERTS TO USERS WHEN DAILY GOALS ARE NOT ACHIEVED.
- INCORPORATING A BODY MASS INDEX (BMI) CALCULATOR.
- IMPLEMENTING A DIET SHEET TO ASSIST USERS IN DETERMINING THEIR REQUIRED INTAKE OF PROTEIN, CARBOHYDRATES, AND OTHER NUTRIENTS.



PYTHON



MONGO DB



HTML



CSS3

TECHNOLOGIES USED