



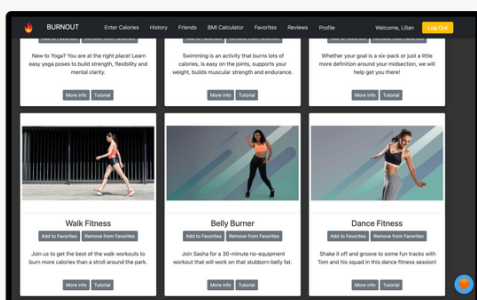
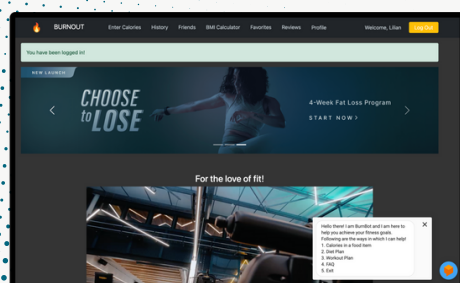
SCAN ME

ENERGIZE



Why Energize?

Energize is an easy-to-use web application designed to keep you motivated and in control of your fitness and health journey. With Energize, users can effortlessly monitor their progress, follow personalized workout plans, and gain valuable insights to live a healthier lifestyle. Whether you're new to fitness or an enthusiast, Energize offers the tools and guidance you need to achieve your goals, all within an intuitive and engaging interface.



What's New?

- **Stay Connected and Motivated:** You can share your fitness journey, celebrate milestones, and stay connected with friends.
- **Comprehensive Health Insights:** Users can now monitor calories and water intake for a healthier lifestyle.
- **Personalized Fitness Plans:** Customize your workout plans tailored to your fitness goals and level.
- **Track Your Progress Effortlessly:** You can set goals, track your fitness history, and see your improvement.
- **Expert Guidance for Beginners:** Users now get expert tips and starter plans from our blog to kick off their fitness journey.

Future Scope

- **Collaborative Workouts:** Invite friends to join you in fitness tasks or follow a plan together, making workouts more fun and motivating.
 - **Seamless Invitations:** Send workout invites to other users. Once accepted, the plan appears in both your schedules, keeping everyone in sync.
 - **Share Your Plans:** Easily share your fitness programs with others, helping them achieve their goals alongside you.
 - **Event Sharing:** Schedule and share fitness events, like a 30-minute tennis session, and get everyone on board.
- **Milestone Magic:** Receive smart reminders that keep you accountable, helping you crush your fitness goals without missing a beat!
- **One-Click Login:** Enjoy swift, secure access using your Google account—no fuss, just fitness!
- **Effortless Interaction:** Dive into a dynamic, responsive experience that makes using the app feel second nature, turning every workout into a joy!

**60 TESTS ENSURING
RELEASE CONFIDENCE**



Group 40

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