

Football

Targeted audience

Football is an app made specially for those people who want people who want to follow a healthy lifestyle. It is also good for people suffering from diseases like diabetes.

What happens next?

The app then finds the best exercise and eating plans for the client, taking into consideration his weight, allergies, and then shows the plans to the client for approval. Once approved it executes the plan. It gives a notification to the client whenever it is time to exercise or eat. It also tells the person which exercise to do and what to eat, helping the person become fit and healthy.

What happens when you get the app?

When you first install the app, it inputs various information from you like your age, gender, weight, height. It also asks the person about his/her eating habits, i.e., if they are a vegan, vegetarian, eggitarian or non-vegetarian. It also inputs their allergies, and if they have any disease like diabetes.