

University Institute of Engineering, Chandigarh University

Department of Computer Science & Engineering

Project Proposal

Date: 15/02/2021

Project Title:

This Project is focused on “Fitness and Health” Which Helps users to start their Journey on Weight Loss and gain, Muscle gain, Fit From Home, Yoga and Meditation.

Project Team

Team Designation	Name	UID	Section
Lead	Arpit Kumar Singh	19BCS2257	CSE-10-C
Member1	Tussar Upadhyay	19BCS2261	CSE-10-C
Member2	Aryan Sharma	19BCS2290	CSE-10-C
Member3	Joy deb	19BCS2264	CSE-10-C

Project Objective

This Project focus mainly on making Fitness and health related Features accessible to Every corner of this world and To achieve this we have taken Following Point in Mind to make this product, Unique from others.

- ◆ On the basis of individual height and weight we recommend Daily calories intake.
- ◆ Blogs on Various Fitness related Topic and Healthy Food recommendation with their recipes.
- ◆ Calories taken for Every Food items and Calories burned for Every exercise exist.
- ◆ BMI Calculator, BMR Calculator with Visuals Animations and Plans.
- ◆ Various Food recommendation under specific calories (inputted by user).
- ◆ Various Workout Training and Meal chart for user.
- ◆ Integration with various Fitness devices like bands and watches, Google Fit and Software.
- ◆ Premium Instructor plan at very affordable price with personalized plan for specific Goals.
- ◆ Nearby Gym recommendation with their Subscription price and Reviews.
- ◆ Monthly Challenges with Certification or Appreciation and Shout-out.
- ◆ There will be tutorials video for Every possible Exercise to show and guide you how to do it Properly.
- ◆ There will be coin based system which can be earned by daily usage and extend of usage and Can be used in various premium features for free and earn some discount too. (This feature will be taken into consideration later).




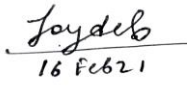
Project ID (If selected from project basket)

NA (i.e Not from Project Basket)

Project Outcome (Tick the Column)	Patent	Journal Paper	S/W Project	*	H/W + S/W Project	Others
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Remark of Supervisor

Name of Supervisor		Signature	
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S.No.	Signature of the Students	Contact No.	Signature
1.	Arpit Kumar Singh	9634536665	
2.	Tussar Upadhyay	8477833726	
3.	Aryan Singh	8629063985	
4.	Joy deb	6377476960	 16 Feb 21

Signature