GEEKSFORGEEKS HACKTON POWERED BY GOOGLE CLOUD & AMD

Theme -Sports and fitness

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Description:

Our project is a fitness and sports application designed to help users achieve their fitness goals by providing them with workout suggestions and nutritional recommendations. The application is built using the React framework and utilizes MongoDB with Google Cloud Cluster for data storage and management.

The main features of our application include:

Recording Calories:

The application allows users to record their calorie intake by inputting the number of calories consumed in each meal. Users can set daily calorie goals and track their progress towards achieving them.

Recording Daily Food Intakes:

The application enables users to record their daily food intake by inputting the types and quantities of food consumed. Users can track their intake of macronutrients, such as carbohydrates, proteins, and fats, as well as micronutrients, such as vitamins and minerals.

Nutrition Analysis:

The application provides users with nutrition analysis, which helps them understand the nutritional value of the food they consume. The application provides a breakdown of macronutrients and micronutrients, along with recommendations for maintaining a balanced diet.

Exercises According to Body Parts Along with Demo Videos:

The application provides users with a range of exercises that target specific body parts, such as legs, arms, abs, and back. The application includes demo videos that demonstrate how to perform each exercise correctly.

Recipes Search According to User Preferences:

The application allows users to search for recipes based on their dietary preferences, such as vegetarian, vegan, low-carb, or low-fat. The application provides a wide range of healthy and easy-to-prepare recipes.

User Profile Management:

The application enables users to manage their profiles by updating their personal information, setting fitness goals, and tracking their progress. Users can view their workout history, calorie intake, and other metrics related to their fitness journey.

The application is deployed on Gcloud, making it easily accessible to users from anywhere. This deployment method ensures that the application is reliable, scalable, and accessible to a large number of users.

Overall, our fitness and sports application is designed to provide users with a comprehensive and personalized fitness experience that is easy, convenient, and accessible. The inclusion of features such as calorie tracking, nutrition analysis, exercise suggestions, recipe search, and user profile management makes our application a one-stop-shop for all fitness-related needs.