GROUP 6

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SDEV265

Title: FitAI - Fitness and Workout Tracking Application

**Introduction**

FitAI is a fitness and workout tracking application designed to help users manage their exercise routines and monitor their progress. This powerful software tool assists users in creating customized workout plans, tracking their performance, and analyzing their progress over time. FitAI's user-friendly interface makes it easy for anyone to start their fitness journey, regardless of their experience level. With FitAI, users can set personal goals, stay motivated, and achieve their desired fitness results.

**Body of Material**

1. Getting Started with FitAI:
   * Installation and Setup
   * Creating an Account
   * Navigating the Dashboard
2. Managing Workouts:
   * Creating a Custom Workout Plan
   * Scheduling Workouts
   * Logging Completed Workouts
3. Tracking Progress:
   * Analyzing Performance Metrics
   * Progress Charts and Graphs
   * Setting and Achieving Goals
4. Social Features:
   * Connecting with Friends
   * Sharing Progress and Milestones
   * Competing in Challenges

**Details**

1. User Authentication Requirement: FitAI's user authentication system ensures the privacy and security of each user's data. Upon launching the application, users are prompted to create an account or log in with their existing credentials. The authentication process uses industry-standard encryption techniques to protect user data from unauthorized access.
2. Custom Workout Plan Requirement: FitAI allows users to create custom workout plans tailored to their individual needs and fitness goals. Users can choose from a variety of exercises and design a plan that includes sets, repetitions, and rest times. This flexibility enables users to create workout plans that are challenging, engaging, and effective.
3. Progress Tracking Requirement: One of the key features of FitAI is its robust progress tracking capabilities. Users can easily log their completed workouts, which are then analyzed by the application. FitAI provides insightful performance metrics, charts, and graphs that help users visualize their progress and stay motivated to reach their fitness goals.
4. Social Interaction Requirement: FitAI incorporates social features that allow users to connect with friends, share their progress, and participate in friendly competition. Users can create or join challenges, compare their performance with friends, and celebrate milestones together. These social aspects foster a sense of community and support, making the fitness journey more enjoyable and rewarding.

**Summary**

FitAI is a comprehensive fitness and workout tracking application designed to help users effectively manage their exercise routines, track progress, and achieve their fitness goals. With features such as custom workout plans, performance analysis, and social interaction, FitAI offers a complete solution for anyone looking to improve their physical health and well-being. By providing the necessary tools, insights, and motivation, FitAI empowers users to take control of their fitness journey and make lasting, positive changes in their lives.