

# Fitness App (WorkIt)

By.

(Group 1)

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Fitness tracking and diet plans are a vital component of working out. It lets us keep a track of the progress over overtime, be it days, months or years. Furthermore, it also keeps us hyped and active about our health by encouraging us to put our best foot forward so that our fitness and physique get better. There are so many reasons and ways to keep track of our health, one of them is through our fitness application.

Here are some of the features that will be built in our application:

- Display nearby gyms: Use Google Maps and location sensors to show gyms within a certain distance of the user. Users should be able to click on the gym to see its details.
- Using the camera to record workouts and then uploading them to our backend. Also give users the option to share their workouts on social media or with their contacts.
- A Food/Diet plan section that allows users to create their own diet plan to keep track of healthy/unhealthy food intake. Statistics of food such as calories and ingredients will be displayed allowing users to have an idea of what they are consuming.
- A notification system to remind users of scheduled workouts.
- Create an achievements section that awards users with badges if they accomplish certain milestones in pre-built workouts in order to encourage them to keep going.
- User profile section to show overall statistics of one's workouts and include shortcuts to different sections of the app.
- Login/Register functionality.
- Offline synchronization to avoid loss of data on closing the application.

Ambitious Idea: Machine learning implementation where the application is able to detect foods based on a picture taken by the phone's camera.