PROJECT PROPOSAL(TEAM-4)

**Name of the App**: Fit Buddy

**Problem/Issue Addressed**:

Fit Buddy aims to address the growing concern of sedentary lifestyles and the lack of motivation to engage in regular physical activity. Many people struggle to maintain a healthy lifestyle due to busy schedules, lack of knowledge about proper diet and exercise, and difficulty in staying motivated. Fit Buddy aims to provide users with a comprehensive platform to track their fitness goals, receive personalized recommendations, and stay motivated to lead a healthier life.

**Activities and Their Intended Purpose**:

**Activity 1**: User Registration/Login

**Purpose**: Allow users to create accounts and login securely to access their personalized data.

**Activity 2**: Personal Profile Setup

**Purpose**: Enable users to input and manage personal information such as height, weight, age, and any medical conditions. This information will be used to personalize the user experience and provide tailored recommendations.

**Activity 3**: Goal Setting

**Purpose**: Allow users to set fitness goals such as weight loss, muscle gain, or general fitness improvement. Users can track their progress towards these goals and receive notifications and rewards upon achievement.

**Activity 4**: Diet Recommendations

**Purpose**: Generate personalized diet plans based on user preferences, dietary restrictions, and nutritional requirements. Provide recipes, meal plans, and nutritional advice to help users make healthier food choices.

**Activity 5**: Exercise Suggestions

**Purpose**: Recommend exercises and workout routines tailored to the user's fitness level, goals, and available equipment. Provide instructional videos, workout plans, and progress tracking features to keep users motivated and engaged.

**Risky Components**:

* Requires functionality we will talk about later—Requires the database to store the user’s information.
* robust security measures to protect user data and privacy.