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**Chapter 1**

**Introduction**

* 1. **Motivations**

This project aims to provide a simpler solution

**1.2 Objectives and Scope**

The objective of this project is to develop an all in one fitness solution which covers all aspects of information and services required to help users maintaining a healthy lifestyle .

This project aims to use this application to simplify the process of staying fit and healthy by providing all tools and information that one requires. Therefore making it easier for people like working adults or school students who doesn’t have the time or knowledge to live an active lifestyle, therefore leading to health complications due to their poor living habits.

**1.3 Organisations**