ATHLEAT

Eat. Move. Feel.

Charles Richardson, Preston Goren, Humberto Garcia, Saketh Renangi
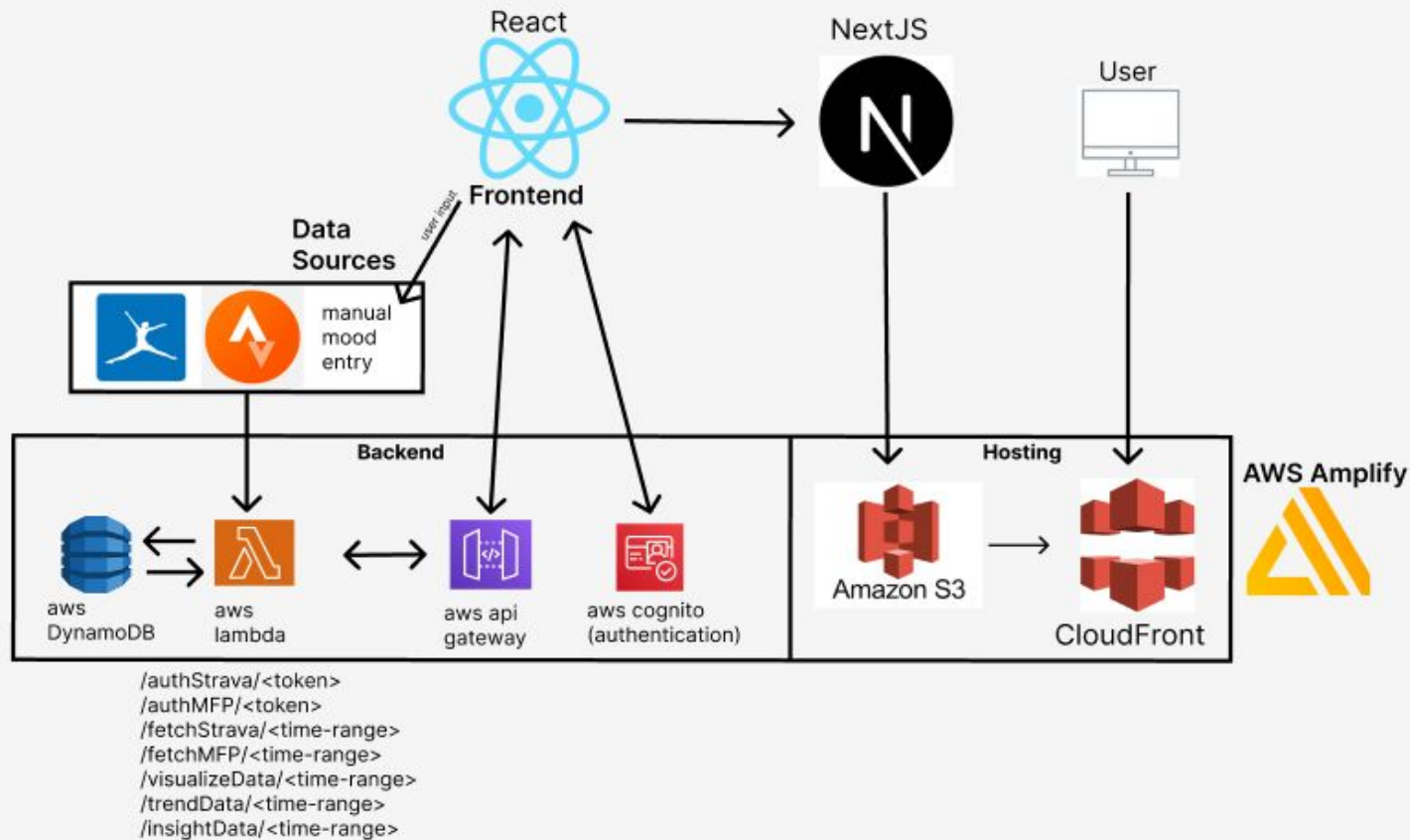
Project Overview

Mission Statement: Combining fitness, nutrition, and emotional well-being to unlock data-driven insights. Find your perfect balance of consumption and production.
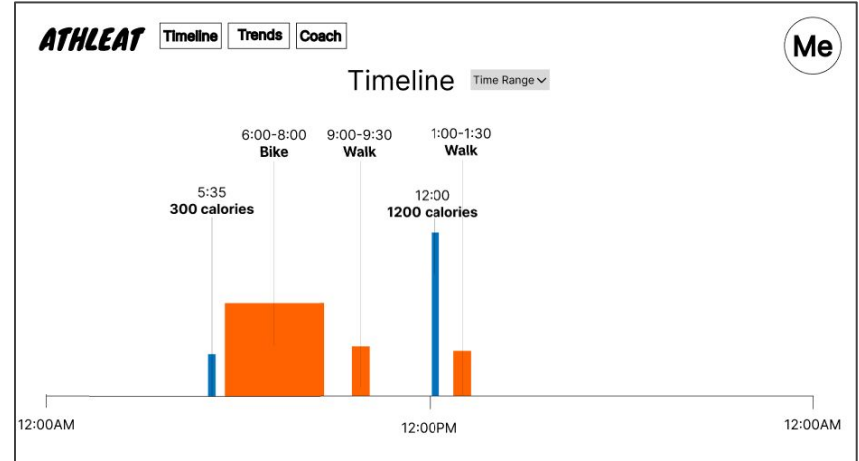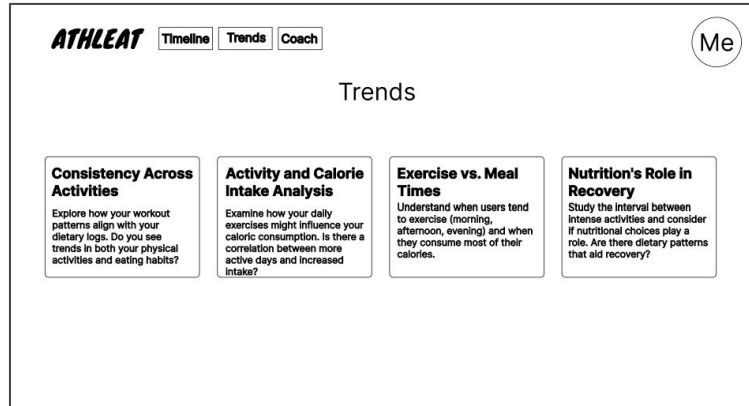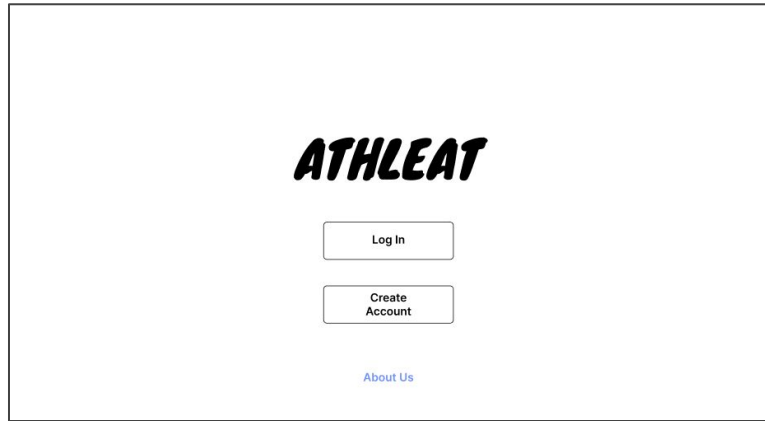
Platform Features:

- **Fitness:** Integration with Strava for activity tracking.
- **Nutrition:** Sync with MyFitnessPal for dietary insights.
- **Mood:** In-house mood tracker for holistic wellbeing assessment.

High Level Architectural Overview

React

NextJS

User

Frontend

Data Sources

user input

manual mood entry

Backend

aws DynamoDB

aws lambda

aws api gateway

aws cognito (authentication)

Hosting

Amazon S3

CloudFront

AWS Amplify

/authStrava/<token>
/authMFP/<token>
/fetchStrava/<time-range>
/fetchMFP/<time-range>
/visualizeData/<time-range>
/trendData/<time-range>
/insightData/<time-range>

User Interface Designs

User Interface Designs cont.

Project Progress

https://github.com/charlieforward9/ATHLEAT
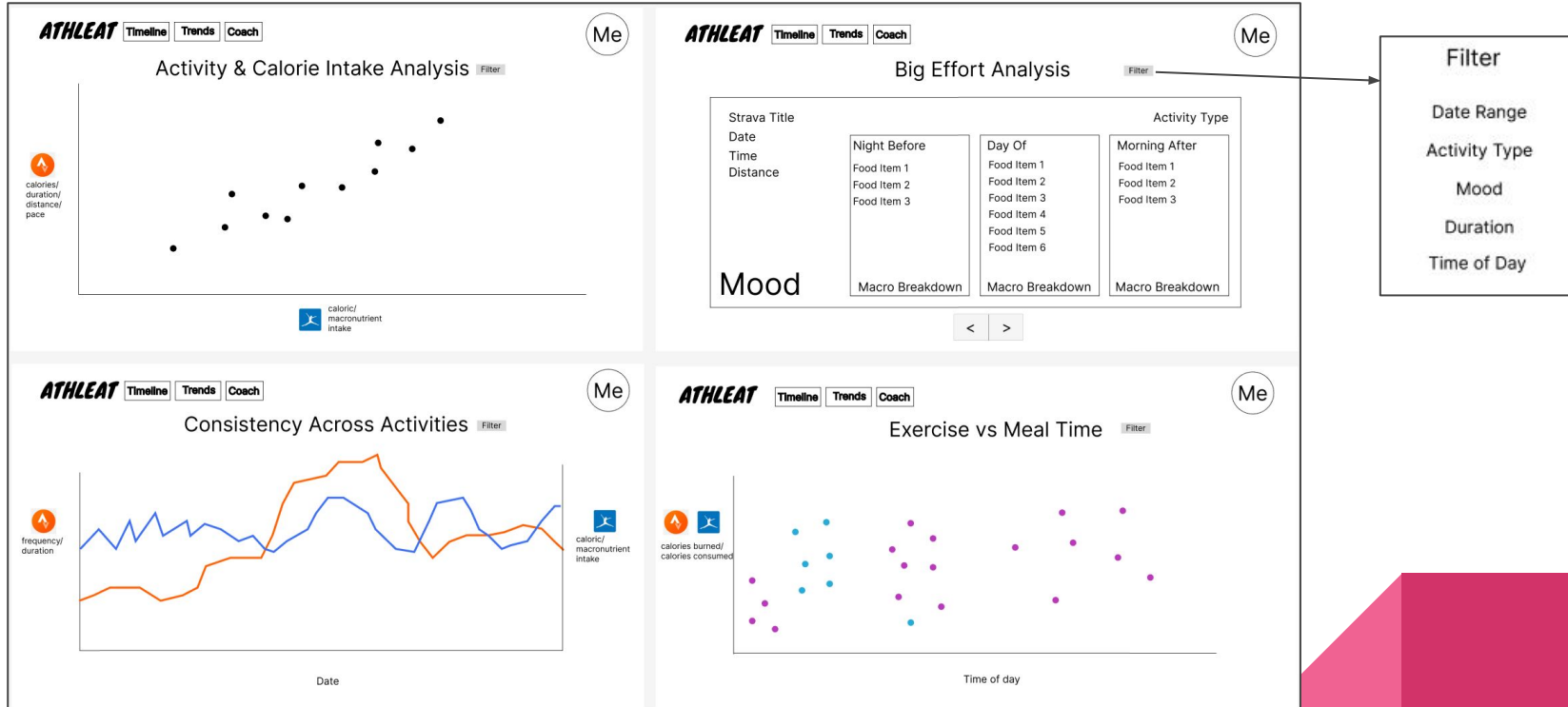
- Set up initial codebase with create-next-app
- Set up AWS Amplify Backend Ecosystem
- Finished UI Designs
- Initiated discussion of task backlog

AWS Amplify

Individual Responsibilities

- Saketh - Backend Development, Authentication Configuration
- Preston - Backend Development, Database and API Management
- Humberto - Frontend Development, Cloud Hosting Configuration
- Charles - Project Manager, Frontend Development, API Integration

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Launching late November