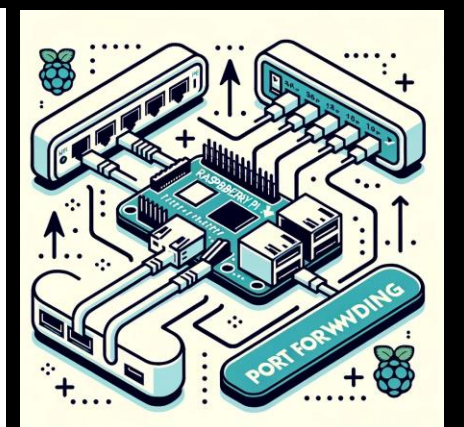
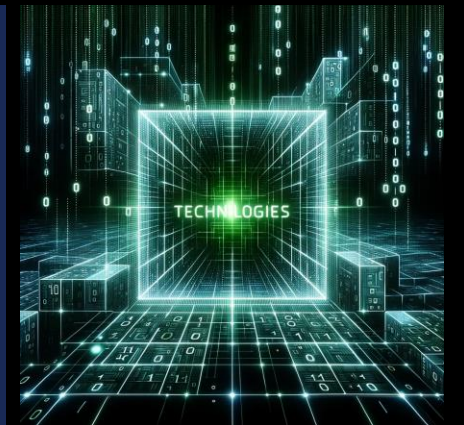
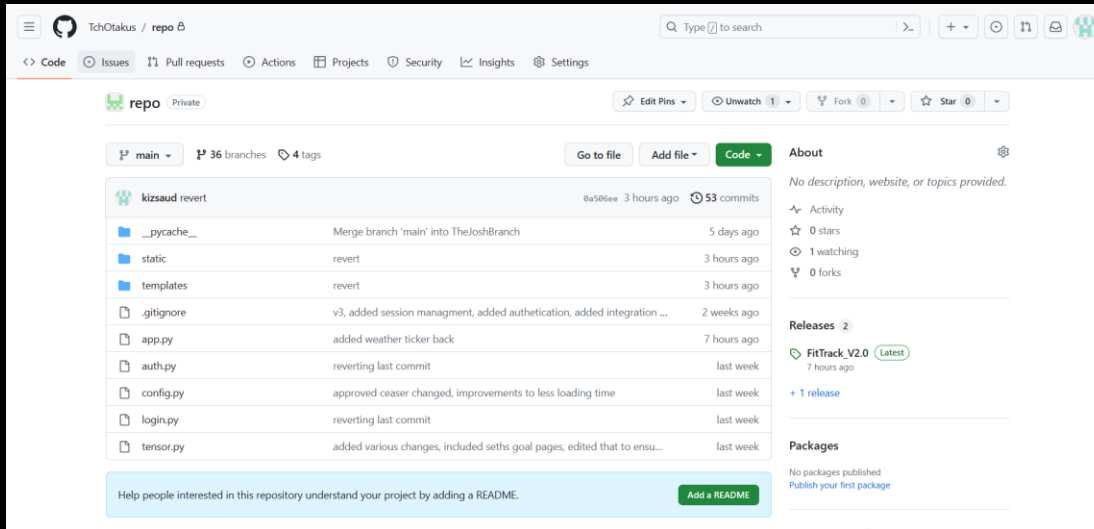




- Khizar Saud
- Joshua McArdle
- Cesar Rojas Herrera
- Seth Kelley
- Yovanny Moscoso







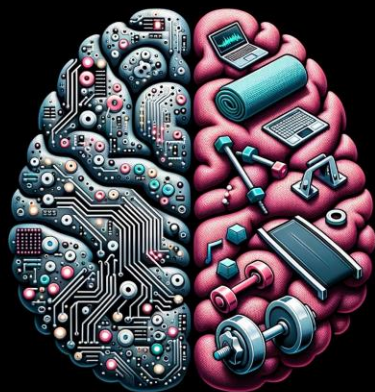
In today's digital era, many face health issues due to sedentary lifestyles but lack a single platform to track and manage their fitness. FitTrack offers a web app that combines real-time health tracking with community interaction and expert advice. The goal is to create a user-friendly tool that balances data insights with community support for a comprehensive approach to wellness.




CURRENT FEATURES

- Trained GPT model tailored to respond to Fitness related questions such as exercises and food information
- Closest Gym
- Weather Tracker
- Set Goals
- BMR,TDEE,Calories calculations.
- Session Management for logins and logouts
- Password resets
- Contact Staff
- Food Logging
- Exercise Logging
- Meal plan management
- Meal Recommendations
- FitBit information displays for heart rate, kCal consumed/burned, steps taken






 **FitTrack Chat**

FitTrack-GPT:
Hi there! Please feel free to ask any questions.




 **FitTrack Chat**

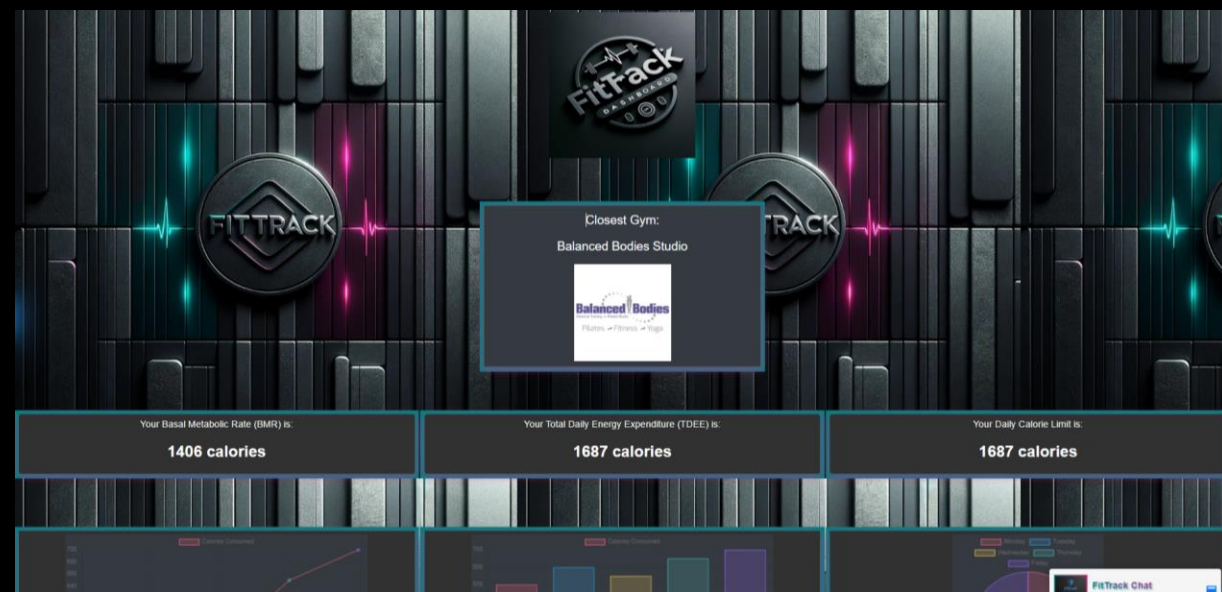
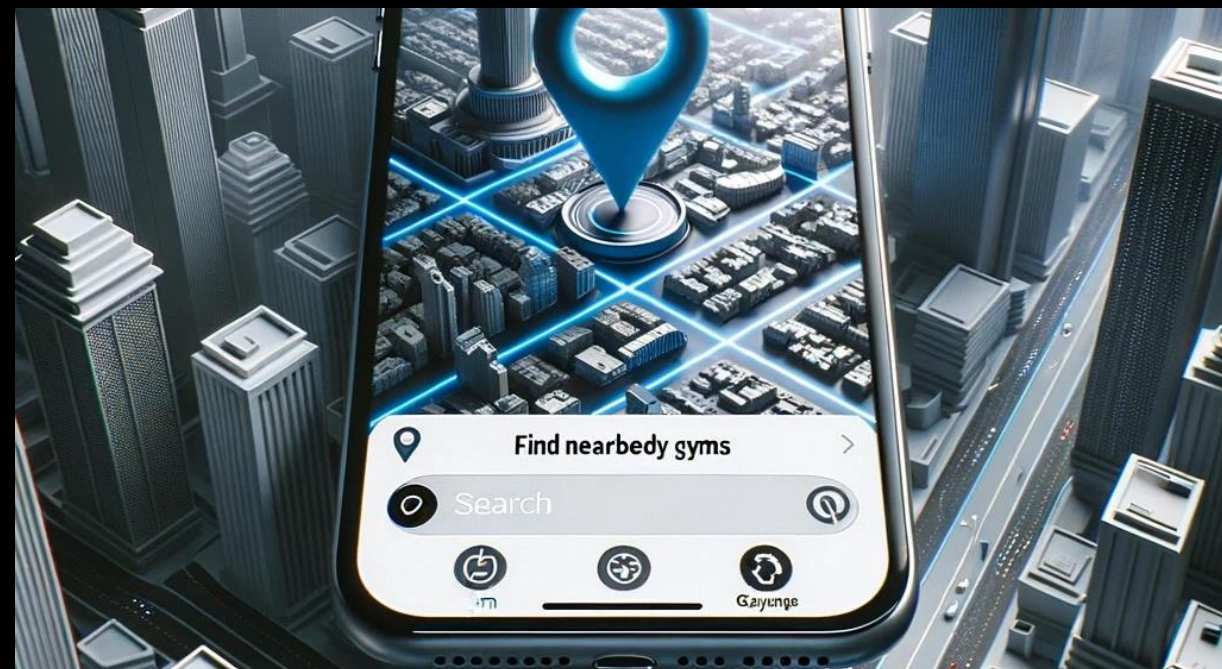
FitTrack-GPT:
Hi there! Please feel free to ask any questions.

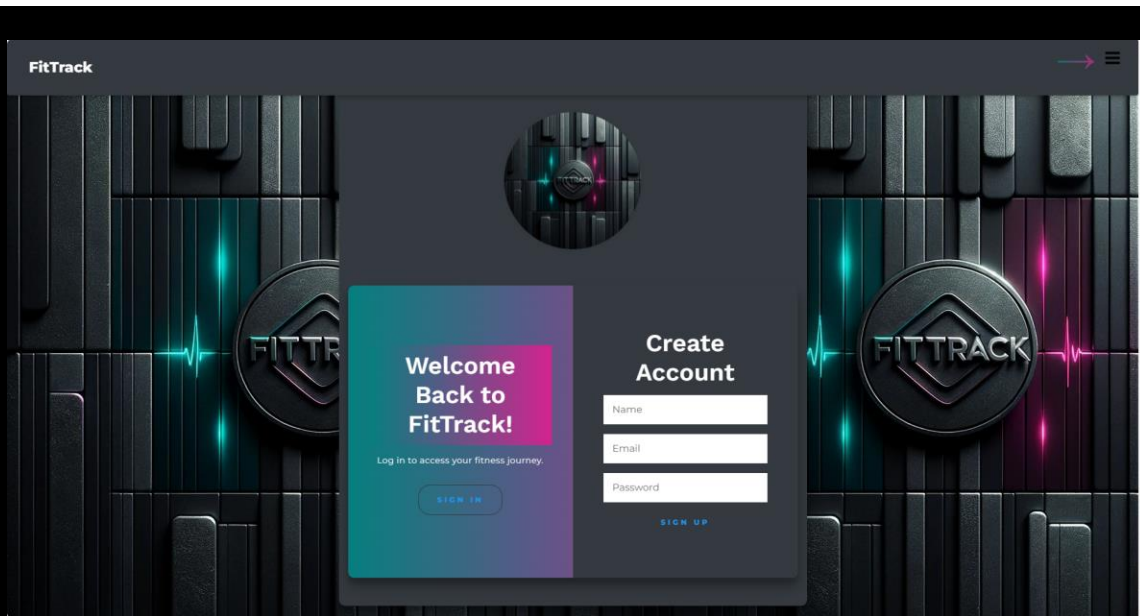
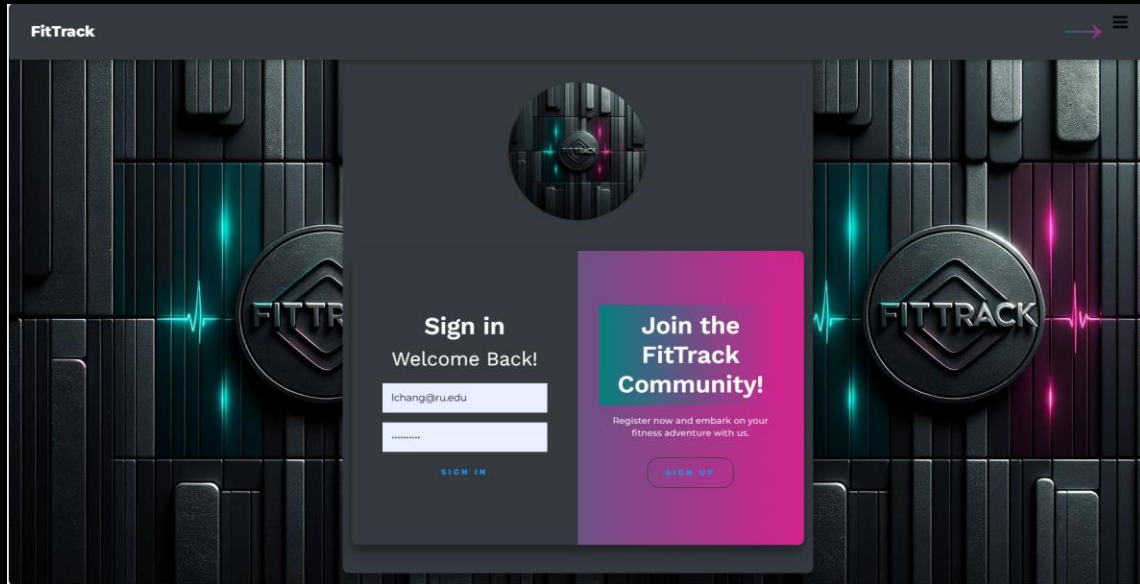
You:
How many calories are in the meal I just ate today: I ate an apple, an egg, 2 pieces of wry bread and a banana



 **FitTrack Chat**

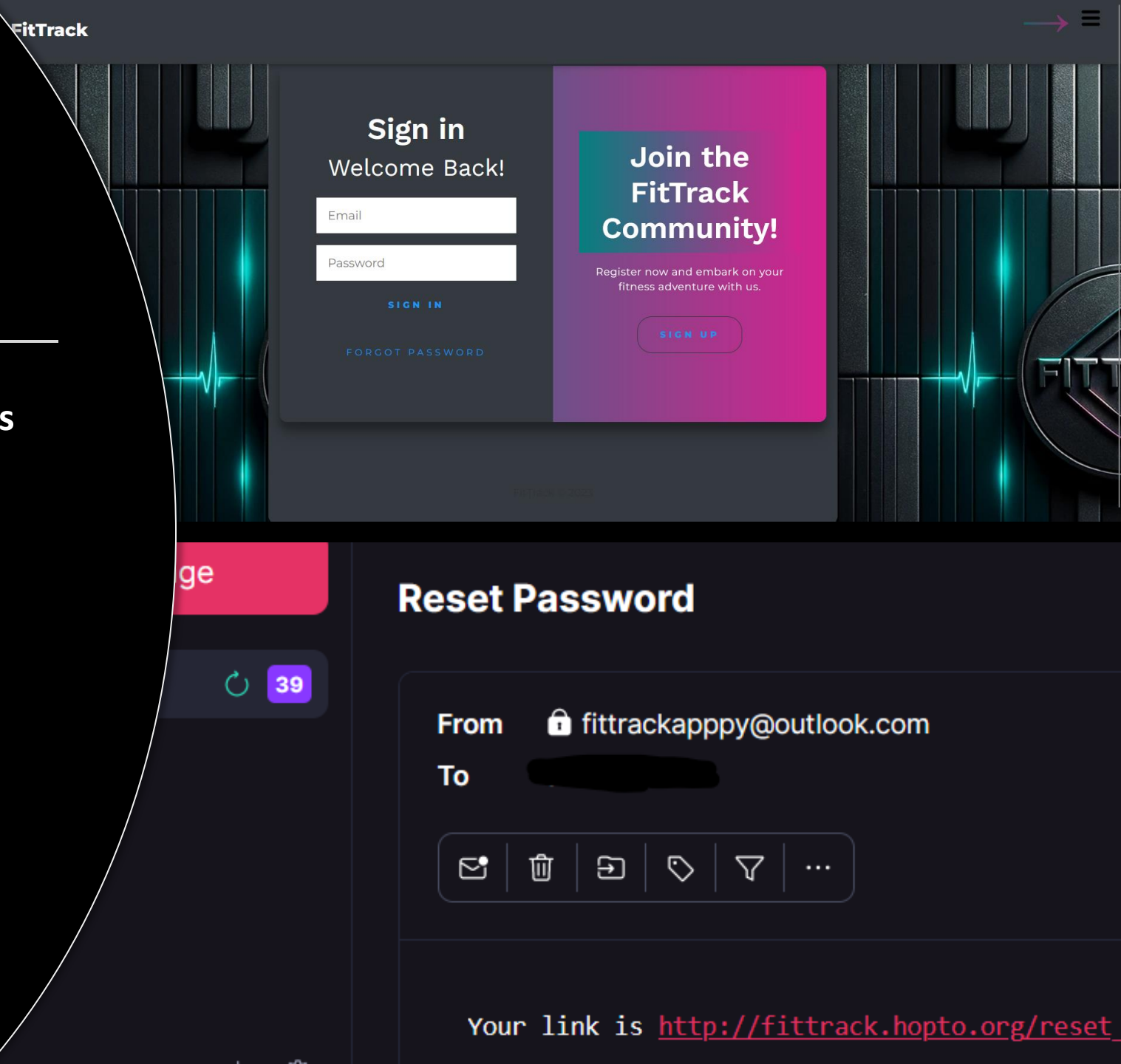
FitTrack-GPT:
As a fitness assistant, I can provide you with an estimate. An apple (medium-sized) has around 95 calories, an egg has around 78 calories, two slices of whole wheat bread have approximately 160 calories, and a medium-sized banana has about 105 calories. So, the total calories in your meal would be around 438 calories.





Reset password

- users can **regain access to their accounts** in the event of a forgotten or compromised password.
- An email containing a unique, **time-sensitive verification link** is sent to the user's registered email.
- Users open their email and click on the verification link
- They can **enter a new password**





Set Goals

- Goal Customization: Users can set personalized and specific fitness goals tailored to their needs and preferences, whether it's weight loss, muscle gain, or improved endurance. (Implemented)
- Progress Tracking: Essential feature implemented to monitor and display users' progress towards their goals over time, offering visual feedback and motivation. (In progress/future implementation)
- Goal [object File]Reminders: Implementation of reminders and alerts to help users stay on track, ensuring they consistently work towards their objectives. (Future implementation)

Profile

Enter your age: 23

Select your height: 6' 3"

Feet: 5 Inches: 10

Select your weight (in lbs): 181.0 lbs

Select your activity level: Sedentary

Goals

Select your goal weight (in lbs): 81.0 lbs

Gain/Lose weight (lb per week): 0.25 lbs

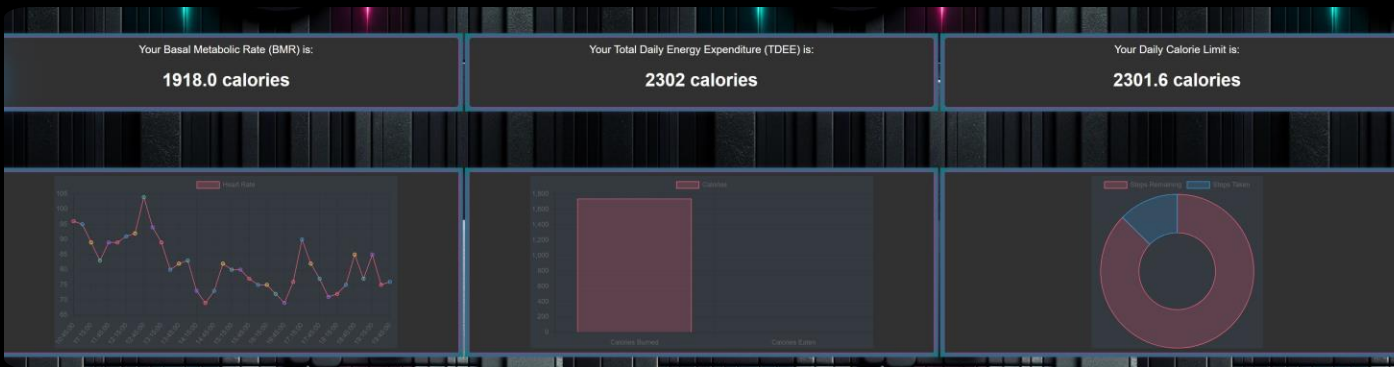
Select your desired macros:

Proteins Carbs Fats

Submit

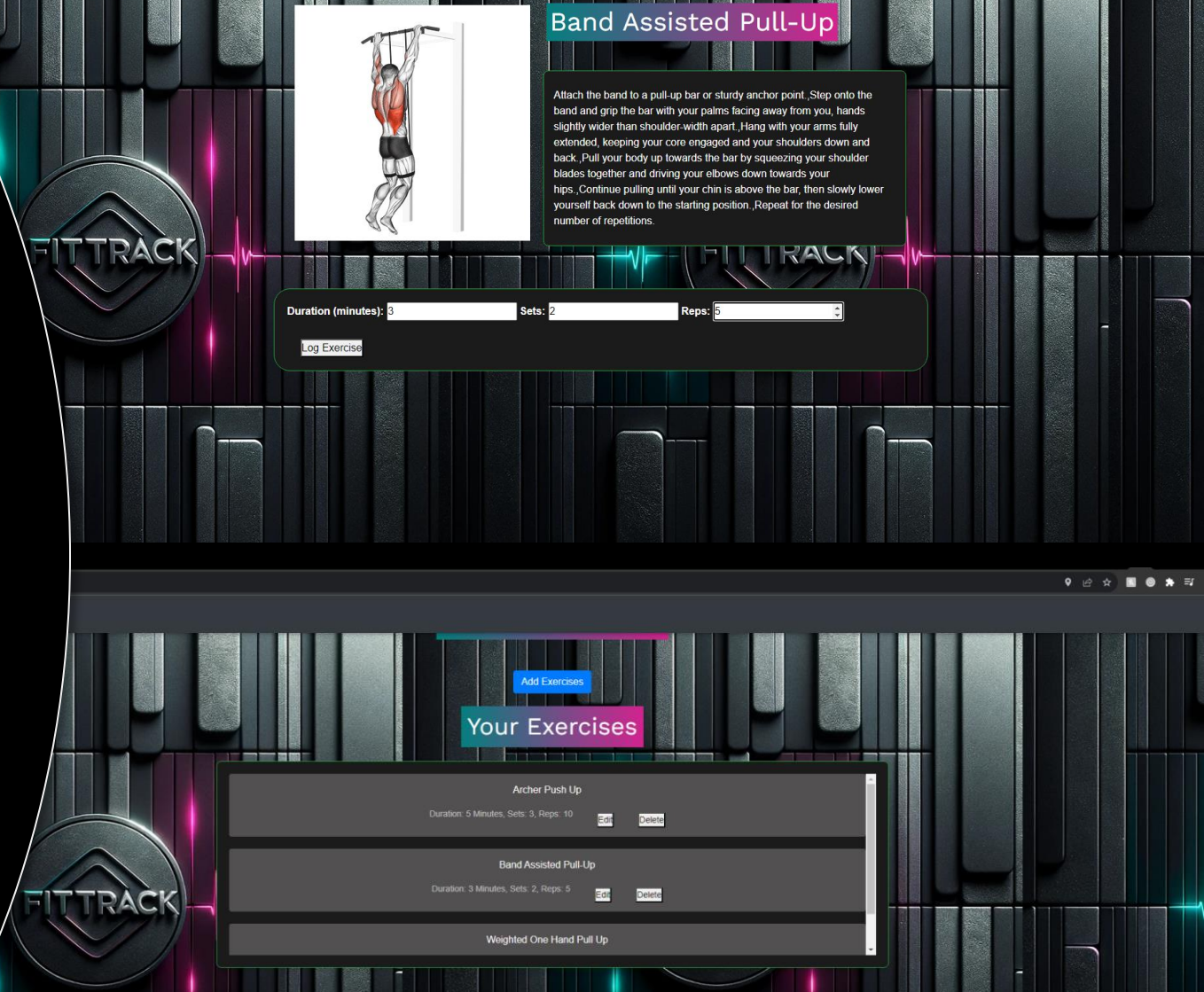
BMR/TDEE/Daily Calorie Limit Calcs

- After setting their info in the goals page, users can see their BMR, TDEE and Daily Calorie Limit calculations on the Dashboard.
- These values are updated every time the user makes a change on the Goals page.
- Visual representation of calories burned and consumed, heart rate and steps are displayed as well after connecting to their FitBit device.



Exercises

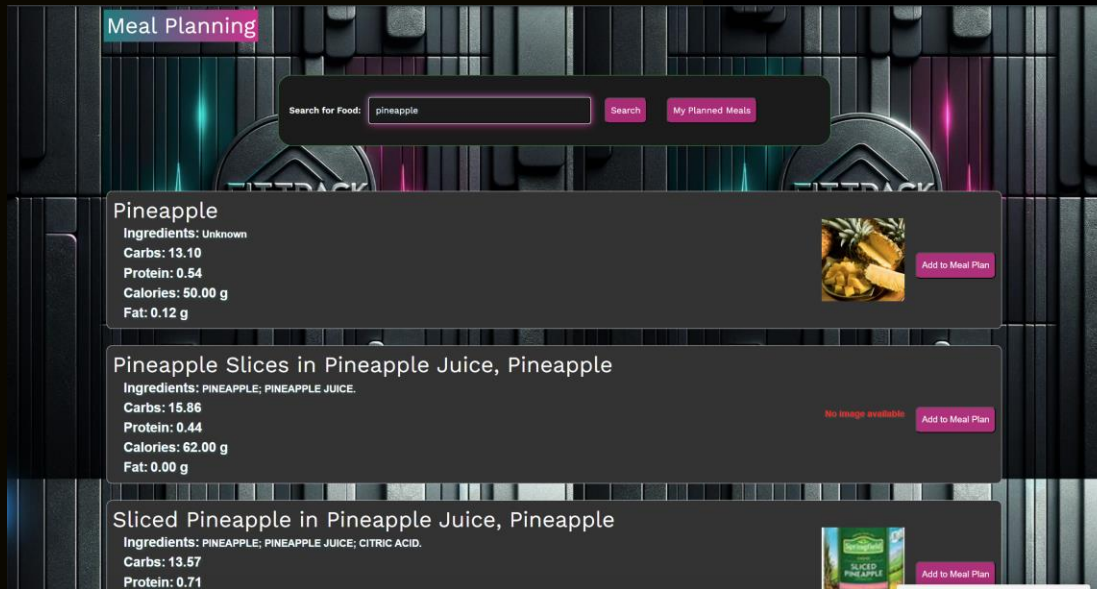
- Searches: Users can search for specific exercises. Queries are used as search strings to retrieve data from an external API and display all relevant exercises matching those strings.
- Individual exercise info: Clicking on an exercise card redirects the user to a separate page where they can view a description of the exercise and how to perform it.
- Logging: Users can log individual exercises, entering in the duration (in minutes), the # of reps and # of sets they've done.
- Edit/Delete: In addition to logging, users can edit the values they've set for an exercise in their list. They can also delete an exercise from their list.





Contact Page

- Send a message: Users can contact us by typing their name, email, and message which will be sent to us, and the user will get a generic message confirming the message was received. (Implemented)

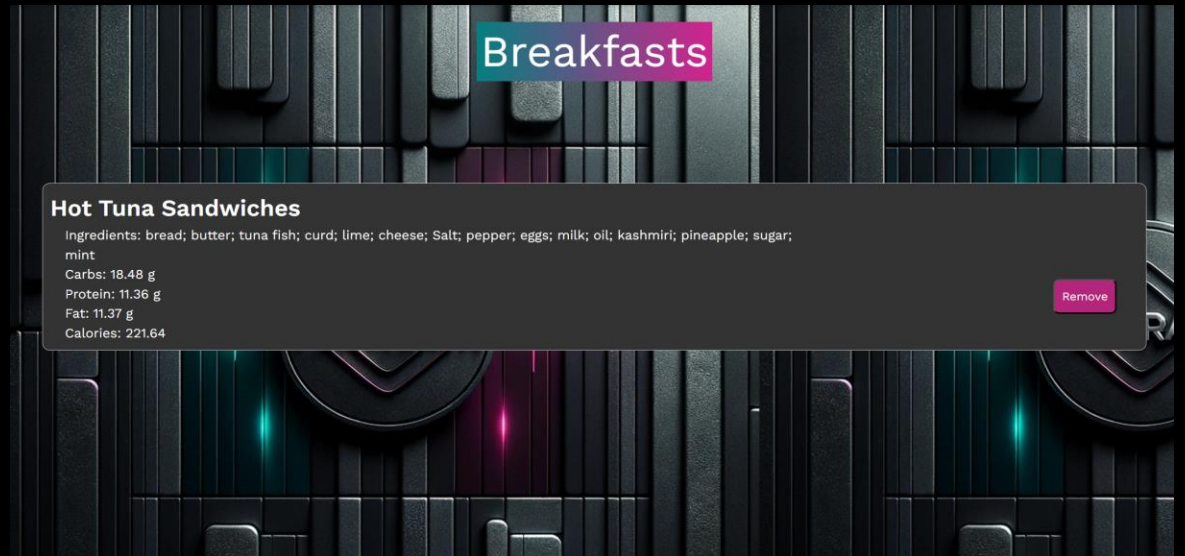
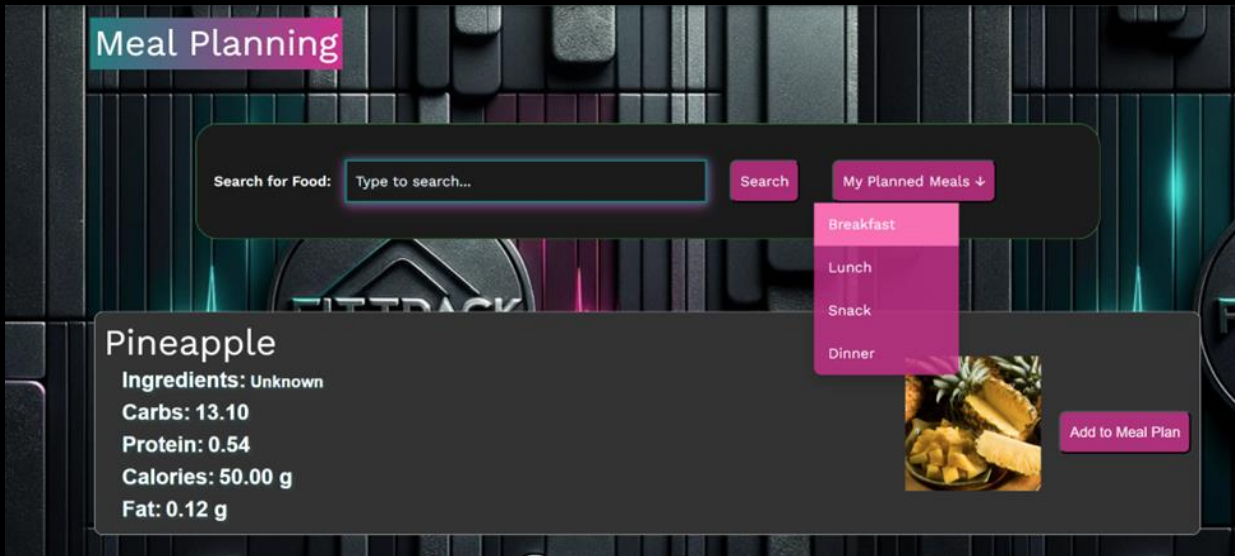


Meal Planning

- Search: Users can search for specific foods , and information about the food is fetched from Edamam API and displayed in designated containers.
- Add to Meal Plan: This feature enables users to save an specific item from the API into their preferred meals.

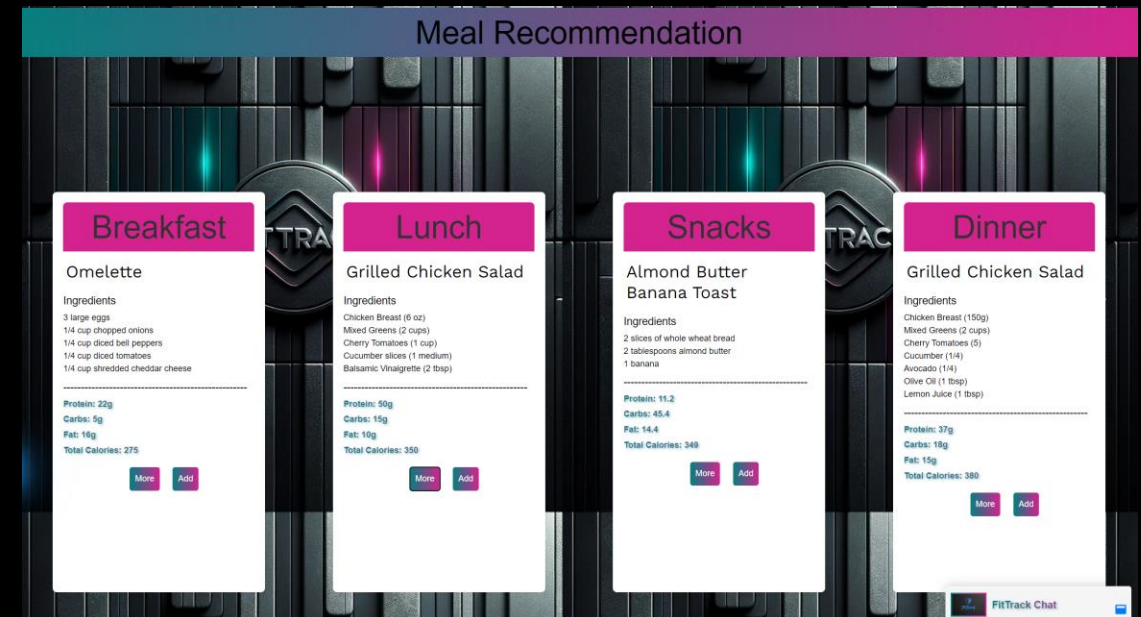
Planned Meals

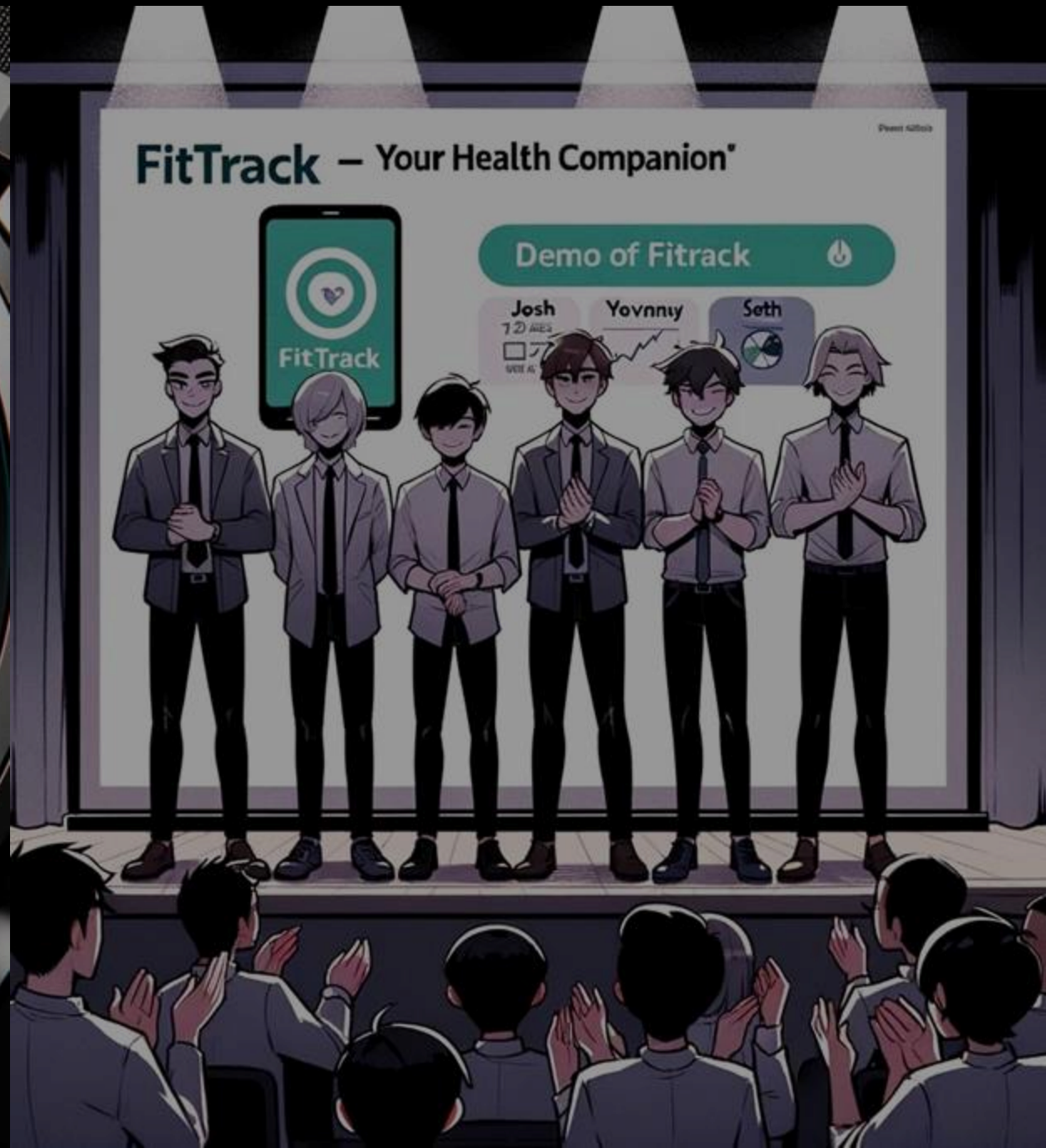
- This feature enables users to visualize their meal preferences. This way, they can access information about the macros contained in a particular item or meal.



Meal recommendation

- Recommendation feature displays information about meals based on user information and goals. Responses are generated by the OpenAI API Health Helper. User metrics are passed through the request, and the health helper retrieves specific meal suggestions.
- Users can store their preferred meals using the "add" function. This allows them to save specific meal recommendations for future reference.
- To explore additional meal options, users can click on the "more" button. This feature allows users to search for and discover alternative meal recommendations.







Went Well

- Communication between all members improvement, everyone was consistent in keeping each other up to date on their progress in the project.
- We noticed that by meeting in person, we improved communication and we were also able to transfer knowledge between team members.

Didn't go well

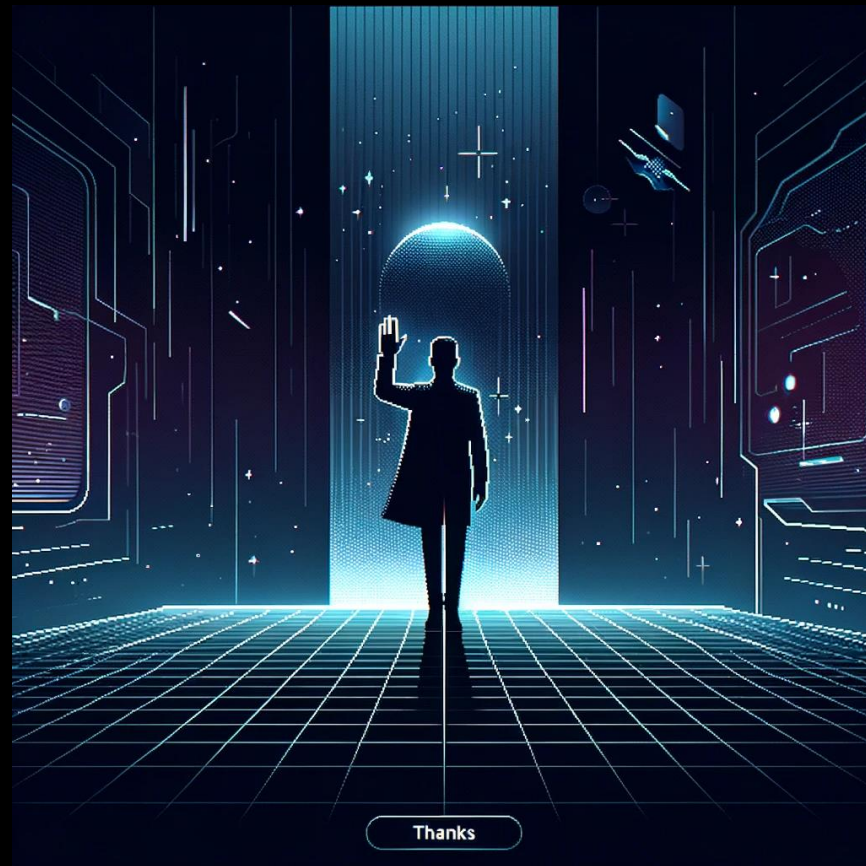
- Merging conflicts on GitHub.
- Sequential task dependency on a team member's completion.
- Having public repo made api keys get disabled many times

Diversions

- Removed healthcare expert
- Removed tutorial system
- Originally started to test with postman but ended up using pytest

Known Bugs

- After signing up and logging out than going back to the sign up page, it says a message randomly 'user successfully logged in'
- Fitbit api requires to log in twice
- On goals page random message stating exercise deleted



Thanks