

ADAPT:

Aiding Dietician and Personal Trainer

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AD
APT

IMPROVE YOUR LIFE

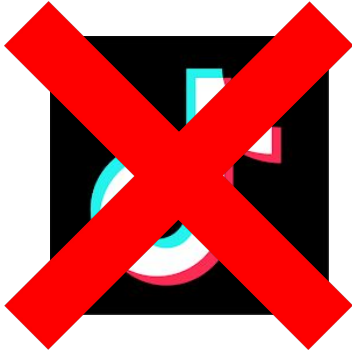
What does ADAPT do?

With ADAPT you can get tailored recipes and workouts based on your specific nutritional and fitness goals with the clicks of a few buttons!!



Google

TT

TT =  ?

NO! TT = **T**echnologies used + **T**argeted Audience!

- React and Firebase (sorry Google we actually like you)
- ADAPT is meant for **everyone!**

Why??

- **ADAPT was motivated by the need to provide convenient and personalized health and fitness guidance for all.**
- The motivation behind creating ADAPT stemmed from the recognition of the challenges and barriers that individuals face when trying to improve their health and fitness. We understood that going to the gym for the first time or making significant dietary changes can be overwhelming and require extensive planning and research.



3 Basic Features



1. **Display Dynamic Data:**
 - a. Show different recipes and workouts retrieved from the server
 - b. Show user's current information
2. **Upload data from the client to the backend:**
 - a. User can type in and change their personal data
3. **Meaningfully search through server side data:**
 - a. User can search for recipes
 - b. User can search for workouts
 - c. Both are customized searches that are distinct features

Distinct Features



1. **Manual Login and Google Login**
 - a. both of which will save user data
 - b. used in customization search
2. **Customized Search**
 - a. Food (intersection)
 - b. Workout (union)
3. **Customize Food Options by BMI**

Live demo time!



Thanks for
watching!