

# LyfeON

A personalized health and wellness web application designed to adapt and fit you.



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## Our Solution

LyfeON acts as a digital health journal that helps users track their health in 3 major areas:

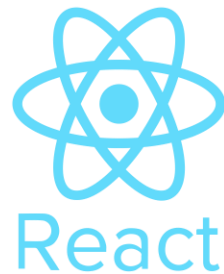
- Fitness
- Nutrition
- Sleep

Users can set goals for themselves and then see how well they are progressing based on the exercise, meal, and sleep information they've logged.

## The Recommendation System

LyfeON analyzes user data to provide general recommendations for fitness and nutrition. Workouts and meals are ranked and recommended based on what's popular among our users. This approach is rather simple, and a more sophisticated approach would be to leverage machine learning to provide personalized recommendations for the user (potential future enhancement).

## Tech Stack



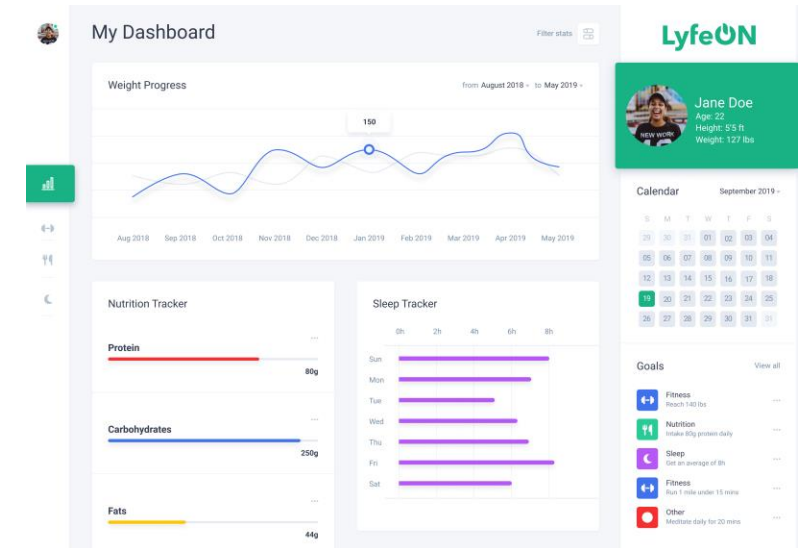
React



express

mongoDB®

## Dashboard UI Mockup



## Challenges

- Unfamiliar technologies/tools
- Lack of experience
- Project planning

## Future Plans

- Devise a new recommendation system using machine learning algorithms to improve the user experience.
- Maintain and support the app.
- Develop a mobile version (iOS).
- Integrate with Apple Watch.

## Why Another Health App?

There are many applications out there for people to track health data, but ours implements a recommendation system to help users better plan their meals and create workout routines. We also offer a way for users to track their progression and visualize it, which is lacking from other common fitness apps.