

Fitness Tracker

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ABSTRACT

The "Fitness Tracker" is a cutting-edge web-based application dedicated to revolutionizing personal fitness management, offering a comprehensive suite of features within an intuitive interface. In response to the burgeoning health consciousness, this platform provides tailored solutions for individuals seeking to optimize their physical well-being.

Modules and functionalities

• Admin

- ✓ Admin can manage user Account
- ✓ Admin can add Trainer and Nutritionist
- ✓ Admin can add Product catalogue, Including adding new products, updating price, removing product. Handle stock details
- ✓ Admin can Provide Educational contents
- ✓ Admin can add specialization

• Trainer

- ✓ Trainer can add slots
- ✓ Fitness Assessment
- ✓ Make challenges
- ✓ Personalized workout plan
- ✓ Exercise scheduling
- ✓ Progress Monitoring
- ✓ Feedback and motivation

• Nutritionist

- ✓ Personalized nutrition plan
- ✓ Dietary Goal Alignment
- ✓ Nutritional Analysis
- ✓ Meal Planning
- ✓ Nutrient Education
- ✓ Monitoring Progress

- **Users**

- ✓Profile Creation
- ✓Engaging with fitness plan
- ✓Following Nutritional Guidance
- ✓Purchasing Fitness Items
- ✓Monitoring Progress about previous diet chart
- ✓Access Educational content, videos, articles
- ✓Seeking support
- ✓Set summary or feedback about the day
- ✓Engage in community, user can post, comment, like etc

Upon registration and login, users engage in insightful questionnaires that inform personalized recommendations for trainers and nutritionists. They enjoy the flexibility to select customized packages, purchase fitness products, locate nearby fitness centers, and engage in live chats with experts. Furthermore, users actively participate in a dynamic community, sharing posts, comments, and experiences.

Trainers leverage the platform to efficiently manage schedules, conduct virtual classes, initiate engaging challenges, and add available slots, facilitating interactive engagement with users. The seamless integration of e-commerce functionalities enables direct product purchases, enhancing user convenience and satisfaction.

Admin capabilities encompass user account management, product addition, specialization oversight, and slot management, ensuring seamless platform operation. The "Fitness Tracker" aims to provide a holistic fitness experience, emphasizing user engagement, expert guidance, and community support. With its comprehensive approach and intuitive interface, the application endeavors to empower individuals on their journey towards health and wellness.