

Group Name: Asteroid destroyers

Names of people in the group: Emilia Mahmoodi, Novali Plascencia, Christian Rusanovsky, Andy Moughalian, and Roe Palmon.

Project Proposal:

Personalized workout and diet powered by AI

Maintaining a healthy lifestyle is difficult because most people struggle with:

- Knowing what diet best fits their body composition, preferences, and goals.
- Finding workouts that match their schedule, fitness level, and dietary restrictions.
- Staying consistent without personalized feedback or adjustments.