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FITNESS APP DOCUMENT

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Chapter One

Introduction

What is the Fitness app & the Feature

The Fitness App Project is a mobile application designed to help people exercise, stay fit, and track their health goals.

The app provides:

- 1. Workout Plans – The app gives users different exercise routines based on their fitness level.**
- 2. Progress Tracking – Users can see their improvements over time, such as calories burned and workouts completed.**
- 3. Motivation – The app includes challenges, rewards, and social features to keep users engaged.**
- 4. Nutrition Support – Some versions of the app may also provide meal plans or diet tips.**
- 5. Smart Device Integration – The app can connect with fitness trackers and smartwatches for real-time data.**

Vision

The vision of the Fitness App is to empower individuals to lead healthier, more active lives by providing an intelligent, engaging, and accessible digital fitness solution. The app aims to be a personal fitness companion that adapts to each user's needs, making exercise and wellness a natural part of their daily routine.

Mission

The mission of the Fitness App is to make fitness accessible, enjoyable, and effective for everyone by providing personalized workout plans, real-time progress tracking, and motivational support. The app is designed to help users build sustainable fitness habits, stay engaged, and achieve their health goals through a smart and user-friendly platform.

Motivation

Staying consistent with fitness goals can be challenging, so the app includes motivation features to keep users engaged and committed to their workout routines.

1. Progress Tracking

- Users can see their improvement over time (e.g., weight loss, muscle gain, endurance).
- The app provides visual charts and statistics for motivation.

2. Personalized Goals & Reminders

- Custom fitness goals help users stay focused.
- Smart reminders and notifications keep users on track

Objectives

The main objectives of the fitness app are to help users achieve their health and fitness goals through a structured, engaging, and personalized digital experience.

1. Progress Tracking & Analytics

- Allow users to track their workouts, calories burned, and body measurements.

2. Health & Wellness Integration

- Provide nutrition guidance and integrate with diet-tracking apps.
- Offer mental wellness support, such as meditation and mindfulness tips.

3. Personalized Fitness Experience

- Provide customized workout plans based on user fitness levels and goals.

Project overview

The fitness app is a digital platform designed to help users achieve their health and fitness goals through a seamless and personalized experience. The app leverages modern technology to provide customized workout guidance, track user progress, and enhance motivation through engagement and social interaction.

The main goal of the app is to improve users' health and fitness levels by offering innovative and easy-to-use solutions, allowing them to access comprehensive fitness programs regardless of their experience level.

Chapter Two

Project planning & management

Project proposal

Fitness Mobile App using Flutter

1. Project Title

A Personalized Fitness Mobile App

2. Introduction

Fitness app is a cross-platform fitness mobile application developed using Flutter. The app aims to help users track their workouts, set fitness goals, monitor their progress, and receive personalized workout and diet recommendations. With an intuitive UI/UX and real-time analytics, It provides an engaging experience for fitness enthusiasts of all levels

3. Objectives

- Develop a user-friendly fitness application with a seamless UI.
- Provide personalized workout and diet plans based on user input.
- Implement tracking features for exercises, calories, and progress.

- Enable real-time notifications and reminders for workouts.
- Integrate social and gamification features to encourage user engagement.

4. Features

- User Authentication: Sign up/login via email, Google, or Apple ID.
- Password Management: Reset and update password functionalities.
- User Profile Management:
 - Register user details such as name, email, weight, and height.
 - Update and manage personal fitness information.
- Workout & Exercise Tracking:
 - Log and track exercises such as Bench Press, Leg Press, Triceps, and Shoulders.
 - Monitor achieved exercises and progress.
 - Calculate BMI based on user inputs (weight & height).
 - Set health goals and track improvements.
- Progress Dashboard: Visual representation of fitness trends and exercise achievements.
- Calculate BMI based on user inputs (weight & height).
- Set health goals and track improvements.

- Progress Dashboard: Visual representation of fitness trends and exercise achievements.
- Reminders & Notifications: Alerts for workout schedules and progress updates.
- Gamification & Challenges: Badges, leaderboards, and social sharing.
- Wearable Device Integration: Sync data from smartwatches and fitness bands.

5. Target Audience

- Fitness enthusiasts looking for a guided workout program.
- Beginners who need structured exercise and diet plans.
- Athletes and professionals tracking advanced metrics.
- Users with wearable fitness devices for real-time data syncing.

6.Timeline

Item	Student Deadline	Graduate Deadline
Project Planning & Management	3/21/2025	2/24/2025
Literature Review	3/21/2025	2/24/2025
Requirements Gathering	3/21/2025	2/24/2025
System Analysis & Design	3/21/2025	2/24/2025
Implementation (Source Code & Execution)	5/9/2025	4/11/2025
Final Presentation & Testing & Reports	5/9/2025	4/11/2025

7. Expected Outcomes

- A fully functional cross-platform fitness application.
- Scalable and responsive UI with high performance.
- Secure user authentication and data storage.
- Enhanced user engagement through gamification features.

8. Conclusion

SmartFit is designed to revolutionize the fitness industry by offering an intelligent and personalized approach to health and exercise. By leveraging Flutter's powerful UI capabilities and integrating AI-driven recommendations, the app ensures an engaging and result-oriented fitness journey for users worldwide.

Project plan & management

Timeline & Milestones: The project is structured into six distinct phases, each with clearly defined tasks, milestones, and deliverables:

- **Week 1 (March 10 – March 16, 2025):**

1. Task: Design and development of the workout exercises module focusing on both UI and UX.
2. Milestone: Completion of the app's design overhaul, including dark mode implementation.
3. Deliverable: Updated app design using Visily.

- **Week 2 (March 17 – March 23, 2025):**

1. Task: Develop the authentication process covering logic implementation and UI/UX design.
2. Milestone: Clear delegation of tasks among team members.
3. Deliverable: Initial UI design framework.

- **Week 3 (March 24 – March 30, 2025):**
 1. Task: Develop the custom workout plans feature.
 2. Milestone: Functional custom workout plans module.
 3. Deliverable: Functional UI design with initial UX navigation.
- **Week 4 (March 31 – April 6, 2025):**
 - 1.o Task: Create and integrate the user profile page for accurate data management.
 2. Milestone: Implementation of backend logic for user profiles.
 - o Deliverable: Completed backend functionality for profile management.
- **Week 5 (April 7 – April 13, 2025):**
 1. Task: Integrate Firebase for data storage, authentication, and additional exercise features.
 - 2.Milestone: Successful connection to Firebase services.
 3. Deliverable: Active Firebase integration with additional UI components.

- **Week 6 (April 14 – April 20, 2025):**
 1. Task: Consolidate all components into a unified application and prepare for deployment.
 2. Milestone: Integration of all modules into a single repository.
 3. Deliverable: Fully integrated and deployable application hosted on GitHub.

Resource Allocation:

- Design Tools: Visly for comprehensive UI/UX designs.
- Development Platform: Android Studio or an equivalent framework for implementation.
- Backend Services: Firebase for data management and authentication.
- Version Control: GitHub to ensure collaborative development and code management.

Task Assignment & Roles

Each team member is assigned specific responsibilities to ensure the project progresses smoothly:

Ahmed: Responsible for the design and development of the workout exercises module, including both the logic and UI/UX design.

Salma & Yasmeen: Tasked with developing the authentication process along with the associated UI/UX design.

Haneen: In charge of creating and managing the user profile page to ensure accurate data representation.

Mohamed: Assigned the task of developing additional exercise pages, including UI/UX design for step exercises, health tracking, and integration of interactive elements.

Risk Assessment & Mitigation Plan

Introduction:

Every project or system faces potential risks that could impact performance, security, and user engagement. Identifying these risks early and implementing mitigation strategies helps ensure smooth operation and user satisfaction. The following are key risks associated with the fitness app and their respective solutions.

1. Risks and Mitigation Strategies

1.1. Incorrect Data Tracking

Risk: Calories, progress, or exercises may be tracked inaccurately.

Mitigation:

- Use smart algorithms to improve calorie and activity tracking.
- Let users manually adjust their data.
- Support wearable devices for better accuracy.

1.2. Low User Engagement

Risk: Users may lose motivation and stop using the app.

Mitigation:

Add challenges, rewards, and leaderboards.
Provide customized workout and meal plans.
Send reminders to keep users active.

1.3. Privacy & Security Issues

Risk: User health data may be accessed without permission.

Mitigation:

Encrypt all stored and shared data.
Use multi-factor authentication for accounts.
Follow data protection laws (e.g., GDPR, HIPAA).

1.4. App Crashes or Slow Performance

Risk: The app may freeze, crash, or load slowly.

Mitigation:

- Test the app regularly to fix bugs.
- Use an error reporting system to track issues.
- Optimize performance to make the app run smoothly.

1.5. Risk of Injuries

Risk: Users might perform exercises incorrectly and get injured.

Mitigation:

- Provide video tutorials and step-by-step instructions.
- Show safety tips before workouts.
- Offer AI-based form correction or virtual trainer guidance.

Key Performance Indicators (KPIs)

Introduction:

To evaluate the success and efficiency of the SmartFit app, it is essential to track key performance indicators (KPIs). These metrics provide insights into user engagement, fitness progress, and financial performance. By continuously monitoring KPIs, we can identify areas for improvement and ensure the app meets user needs effectively.

The following KPIs will be used to measure the project's success and monitor the performance of the SmartFit app

Category	KPI (Key Performance Indicator)	What It Measures	Measurement Method
📍 Engagement Metrics	Monthly Active Users	Number of users who open the app at least once per month.	Firebase
	30-Day Retention Rate	Percentage of users who continue using the app after 30 days.	Firebase
	Average Daily Session Duration	The average time users spend in the app per day.	Google Analytics
📍 Health & Fitness Performance Metrics	Workouts Completed Per Week	The number of workout sessions completed per user per week.	App database
	Goal Achievement Rate	Percentage of users who reach their health goals (e.g., weight loss, fitness improvement).	User input data
	Calories Burned Per Day	The average calories burned by users during workouts.	Fitness trackers
📍 Financial Metrics	Workouts Per User Per Week	The number of workout sessions performed by each user weekly.	App database
	Number of Paid Subscriptions	The number of users who have subscribed to a paid plan.	Payment dashboard / App Store
	Free-to-Paid Conversion Rate	Percentage of users who transition from free to paid subscriptions.	Firebase
	Average Revenue Per User (ARPU)	The average revenue generated per user.	Payment analytics

Chapter 3

Literature Review

Feedback & Evaluation

The project has been commended for its comprehensive approach to fitness tracking and its user-friendly interface. Key observations include:

- **User Experience (UX):**

The app demonstrates a smooth and intuitive interface, allowing seamless navigation. However, it is noted that incorporating a dedicated tutorial or onboarding process could further assist first-time users.

- **Functionality & Core Features:**

All primary fitness tracking features are effectively implemented. There is an opportunity to enhance user engagement by integrating more personalized, AI-driven workout plans.

- **Performance:**

The application loads swiftly, yet real-time data synchronization and battery consumption during prolonged usage have been identified as areas requiring further optimization.

- **Security & Privacy:**

Robust authentication protocols are in place, though the evaluation suggests that implementing multi-factor authentication (MFA) and strengthening data encryption practices would bolster user data security.

- **Cross-Platform Compatibility:**

The app functions effectively on both Android and iOS platforms, with a recommendation to enhance syncing capabilities across multiple devices for an improved user experience.

- **Social & Community Features:**

While the app includes engaging social elements, introducing features such as live workout sessions or group challenges may further elevate user interaction.

Overall, the lecturer's evaluation highlights a solid foundation with clear strengths in functionality and design, while also emphasizing the need for targeted improvements in performance, personalization, and security.

Suggested Improvements

Based on detailed feedback and analysis, the following enhancements have been proposed to elevate the project further:

- **Enhanced User Experience:**

1. Refine the design elements by introducing additional themes, including a dark mode.
2. Simplify navigation to ensure ease of use for all users.

- **Workout and Exercise Features:**

1. Enable users to create and customize their own workout plans.
2. Incorporate voice-guided instructions to assist users during exercise routines

- **Calorie and Diet Tracking:**
 1. Integrate a barcode scanner for more accurate food logging.
 2. Provide personalized meal suggestions based on individual fitness goals.
- **Social and Motivation Enhancements:**
 1. Develop features such as challenges, leaderboards, and reward systems to motivate users.
 2. Facilitate social sharing options, allowing users to share progress with friends and community groups.
- **Device Integration and Offline Functionality:**
 1. Improve compatibility with smartwatches and fitness trackers, and ensure data sync with platforms like Google Fit and Apple Health.
 2. Optimize the app for offline use, ensurin

- **Performance Optimization:**

Enhance the overall speed and stability of the app by streamlining background processes and optimizing resource usage.

- **Strengthened Security Measures:**

1. Implement additional encryption protocols and consider MFA to safeguard user data further.
2. Provide users with greater control over their privacy settings.

These targeted improvements are expected to not only refine the user experience but also ensure robust performance and secure, personalized service delivery.

Final Grading Criteria

The project's final evaluation is based on a comprehensive breakdown of key performance and quality metrics. The following criteria, each contributing to the overall mark, are used to assess the project's success:

Weight (%)	Description	Criteria
20%	The app's interface should be user-friendly, visually appealing, and easy to navigate.	App Design & Usability
20%	All key features (workouts, progress tracking, goal setting) must function properly.	Core Features
10%	The app should run smoothly without crashes or performance issues	App Speed & Stability
15%	KPIs like Monthly Active Users (MAU), retention rate, and session duration should meet set targets.	User Engagement Metrics
10%	The app should include motivational elements (badges, challenges, reminders) to keep users engaged.	Gamification & Motivation
10%	User data must be securely stored and comply with privacy policies.	Data Security & Privacy
15%	If applicable, the app's subscription model or in-app purchases should generate revenue as planned.	Revenue Model Effectiveness

Chapter 4

Requirement gathering

Stakeholder analysis

Stakeholder analysis helps identify the key people involved in the success of the fitness app, their interests, and their level of influence.

1. End Users (App Users) Role:

Individuals using the app for fitness tracking, workouts, and health management. Needs:- User-friendly interface and seamless navigation.- Accurate workout and calorie tracking.- Personalized workout plans.- Data security and privacy.- Integration with health tracking devices (Google Fit, Apple HealthKit).

2. Fitness Trainers & Health Experts Role:

Professionals providing workout guidance and training plans. Needs:- Ability to create and manage workout programs.- User engagement tracking.- Secure communication with users

3. Business Owners & Investors

Role: Individuals or organizations funding and managing the app. Needs:- Market growth and user acquisition.- Monetization opportunities (subscriptions, in-app purchases).- Business analytics and performance tracking.

4. Development Team (Engineers & Designers)

Role: Developers responsible for building and maintaining the app. Needs:- Clear project requirements and goals.- Access to necessary tools and resources.- Efficient debugging and testing processes.

5. Third-Party Service Providers

Role: External services like Firebase, payment gateways, and APIs. Needs:- Smooth integration with the app.- Secure and reliable transactions.- Compliance with legal and regulatory standards.

6. Regulatory Bodies & Compliance Authorities

Role: Organizations ensuring legal compliance and data protection. Needs:- Adherence to privacy laws (GDPR, HIPAA, etc.).- Secure data storage and transactions.- Transparency in handling user data

7. App Stores (Google Play & Apple App Store)

Role: Platforms hosting and distributing the app. Needs:- Compliance with app store policies.- Regular updates and bug fixes.- High user engagement and positive reviews.

Use Case Scenario

Use Case: Register a New User

Actors: User

Description: This scenario allows a user to register and create a new account.

Preconditions: The user must not have an existing account.

Main Flow:

1. The user starts the registration process.
2. The user enters their details (name, email, password, etc.).
3. The system verifies the provided data.
4. A verification email is sent (Email Verify).
5. After verifying the email, the user is added as a 'new user.'
6. The system successfully creates the user account.

Alternative Flows:

- If the entered data is invalid, an error message is displayed.
- If the email is not verified, the user cannot complete the registration.

Use Case: Login

Actors: User

Description: Allows the user to log in using their registered credentials.

Preconditions: The user must have an existing account.

Main Flow:

1. The user starts the login process.
2. The user enters their email and password.
3. The system verifies the credentials.
4. If the credentials are correct, the user is logged in successfully.

Alternative Flows:

If the credentials are incorrect, an error message is displayed.

Use Case: Do Exercise

Actors: User

Description: Allows the user to perform workout exercises recorded in the application.

Preconditions: The user must be registered and logged in.

Main Flow:

1. The user selects an exercise.
2. The user starts the workout according to the provided instructions.
3. The system updates the user's exercise data.
4. The user can view their exercise-related data (User Data).

Alternative Flows:

If the user is not logged in, they cannot start an exercise.

Use Case: Checkout

Actors: User

Description: Allows the user to complete a purchase or subscribe to premium services.

Preconditions: The user must have items or services in the cart.

Main Flow:

1. The user initiates the checkout process.
2. The user enters their payment details.
3. The system validates the payment (Validate Payment).
4. If the payment is successful, the order is confirmed.

Alternative Flows:

If the payment fails, the user is notified and given the option to retry.

Functional Requirements:

- **User Registration & Authentication:** Users can sign up, log in, and manage their profiles.
- **Workout Plans:** Users can select, customize, and track workout routines.
- **Exercise Tracking:** Tracks exercises performed, duration, repetitions, and calories burned.
- **Diet & Nutrition Planning:** Provides meal suggestions and tracks calorie intake.
- **Progress Tracking:** Displays charts and reports for user performance and achievements.

- **Push Notifications:** Sends reminders for workouts, hydration, and meal plans.
- **Integration with Wearables:** Connects with smartwatches and fitness bands.
- **Social Features:** Users can share progress, join challenges, and interact with others.
- **Offline Mode:** Allows workouts to be logged without internet connectivity.
- **AI-based Recommendations:** Suggests workouts and diets based on user progress.

Chapter 5

System analysis & design

Use Case Diagram & Description:

Use Case Name:

Fitness App

Actors:

- Primary Actor: App User
- Secondary Actors: Admin

Goal:

To help users track workouts, monitor progress, receive personalized recommendations, and improve their overall fitness.

Preconditions:

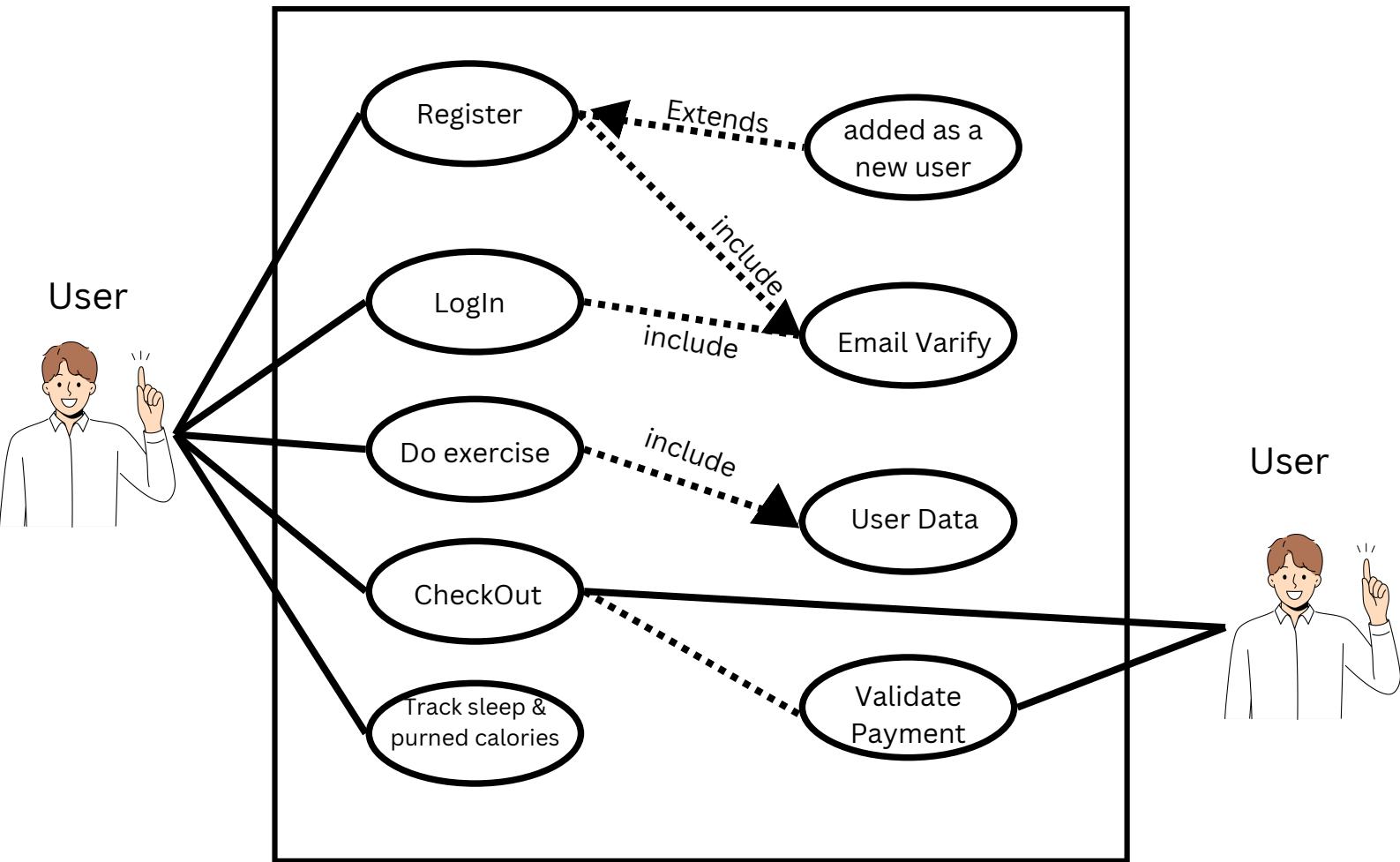
- The user must have an active account.
- The app must have access to the user's fitness preferences and goals.

Postconditions:

- User activity and progress are updated.
- Health and fitness metrics are recorded.

Main Flow:

- The user logs into the Fitness app.
- The user navigates to the dashboard, where they can select workout routines, track progress, or view recommendations.
- The user starts a workout session, and the app begins tracking time, movement, and calories burned.
- After workout completion, a summary of calories burned, progress updates, and achievements is displayed.
- The user can set new fitness goals or adjust current ones based on insights.



Functional and Non-Functional Requirements for a Mobile Fitness App:

Functional Requirements:

- **User Registration & Authentication:** Users can sign up, log in, and manage their profiles.
- **Workout Plans:** Users can select, customize, and track workout routines.
- **Exercise Tracking:** Tracks exercises performed, duration, repetitions, and calories burned.
- **Diet & Nutrition Planning:** Provides meal suggestions and tracks calorie intake.
- **Progress Tracking:** Displays charts and reports for user performance and achievements.

- **Push Notifications:** Sends reminders for workouts, hydration, and meal plans.
- **Integration with Wearables:** Connects with smartwatches and fitness bands.
- **Social Features:** Users can share progress, join challenges, and interact with others.
- **Offline Mode:** Allows workouts to be logged without internet connectivity.
- **AI-based Recommendations:** Suggests workouts and diets based on user progress.

Non_Functional Requirements:

- **Performance:** The app should load within 2 seconds and support real-time tracking.
- **Security:** Ensures data encryption, secure authentication, and compliance with GDPR.
- **Usability:** Simple UI/UX with easy navigation and accessibility options.
- **Reliability:** App should function without crashes and maintain workout logs accurately.
- **Scalability:** Supports an increasing number of users without performance drops.
- **Battery Efficiency:** Optimized to consume minimal battery during use.
- **Cross-Platform Support:** Works on both Android and iOS devices seamlessly.

- **Data Syncing:** Syncs user progress across multiple devices via cloud storage.

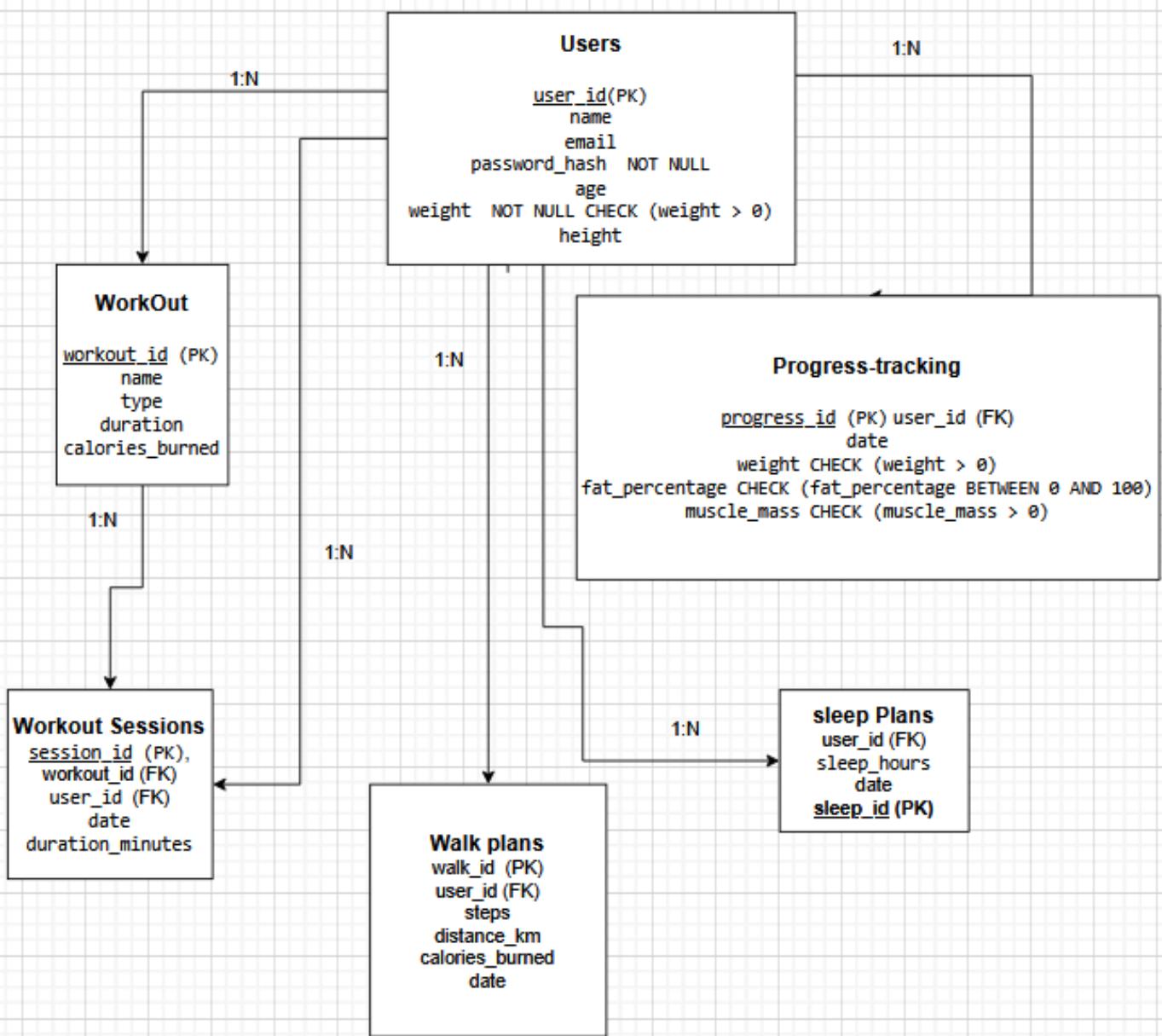
Database design

The database design for the fitness app is structured to efficiently store user data, workouts, progress tracking, and other essential information while ensuring scalability, security, and performance.

ER Diagram

The database consists of several key entities:

1. Users – Stores personal details and preferences.
2. Workouts – Stores workout routines and exercises.
3. User_Progress – Tracks workout history and fitness progress.
4. Nutrition – Stores meal plans and diet recommendations.
5. Challenges & Rewards – Tracks challenges and achievements for motivation.
6. Subscription & Payments – Manages premium features and transactions.



Physical & logical schema

The Logical Schema represents the conceptual structure of the database (entities, attributes, relationships), while the Physical Schema defines how data is stored in the database system, including tables, indexes, storage formats, and optimizations.

- **Users**

Attribute	Data Type	Constraints
user_id	INT	PRIMARY KEY, AUTO_INCREMENT
name	VARCHAR(255)	NOT NULL
email	VARCHAR(255)	UNIQUE, NOT NULL
password_hash	VARCHAR(255)	NOT NULL
age	INT	CHECK (age > 0)
weight	FLOAT	NOT NULL, CHECK (weight > 0)
height	FLOAT	CHECK (height > 0)

- **WorkOut**

Attribute	Data Type	Constraints
workout_id	INT	PRIMARY KEY, AUTO_INCREMENT
name	VARCHAR(255)	NOT NULL
type	VARCHAR(255)	NOT NULL
duration	INT	CHECK (duration > 0)
calories_burned	FLOAT	CHECK (calories_burned >= 0)

• Workout Sessions

Attribute	Data Type	Constraints
session_id	INT	PRIMARY KEY, AUTO_INCREMENT
workout_id	INT	FOREIGN KEY REFERENCES WorkOut(workout_id) ON DELETE CASCADE
user_id	INT	FOREIGN KEY REFERENCES Users(user_id) ON DELETE CASCADE
date	DATE	NOT NULL
duration_minutes	INT	CHECK (duration_minutes > 0)

• Progress Tracking

Attribute	Data Type	Constraints
progress_id	INT	PRIMARY KEY, AUTO_INCREMENT
user_id	INT	FOREIGN KEY REFERENCES Users(user_id) ON DELETE CASCADE
date	DATE	NOT NULL
weight	FLOAT	CHECK (weight > 0)
fat_percentage	FLOAT	CHECK (fat_percentage BETWEEN 0 AND 100)
muscle_mass	FLOAT	CHECK (muscle_mass > 0)

• Walk Plans

Attribute	Data Type	Constraints
walk_id	INT	PRIMARY KEY, AUTO_INCREMENT
user_id	INT	FOREIGN KEY REFERENCES Users(user_id) ON DELETE CASCADE
steps	INT	CHECK (steps >= 0)
distance_km	FLOAT	CHECK (distance_km >= 0)
calories_burned	FLOAT	CHECK (calories_burned >= 0)
date	DATE	NOT NULL

- **Sleep Plans**

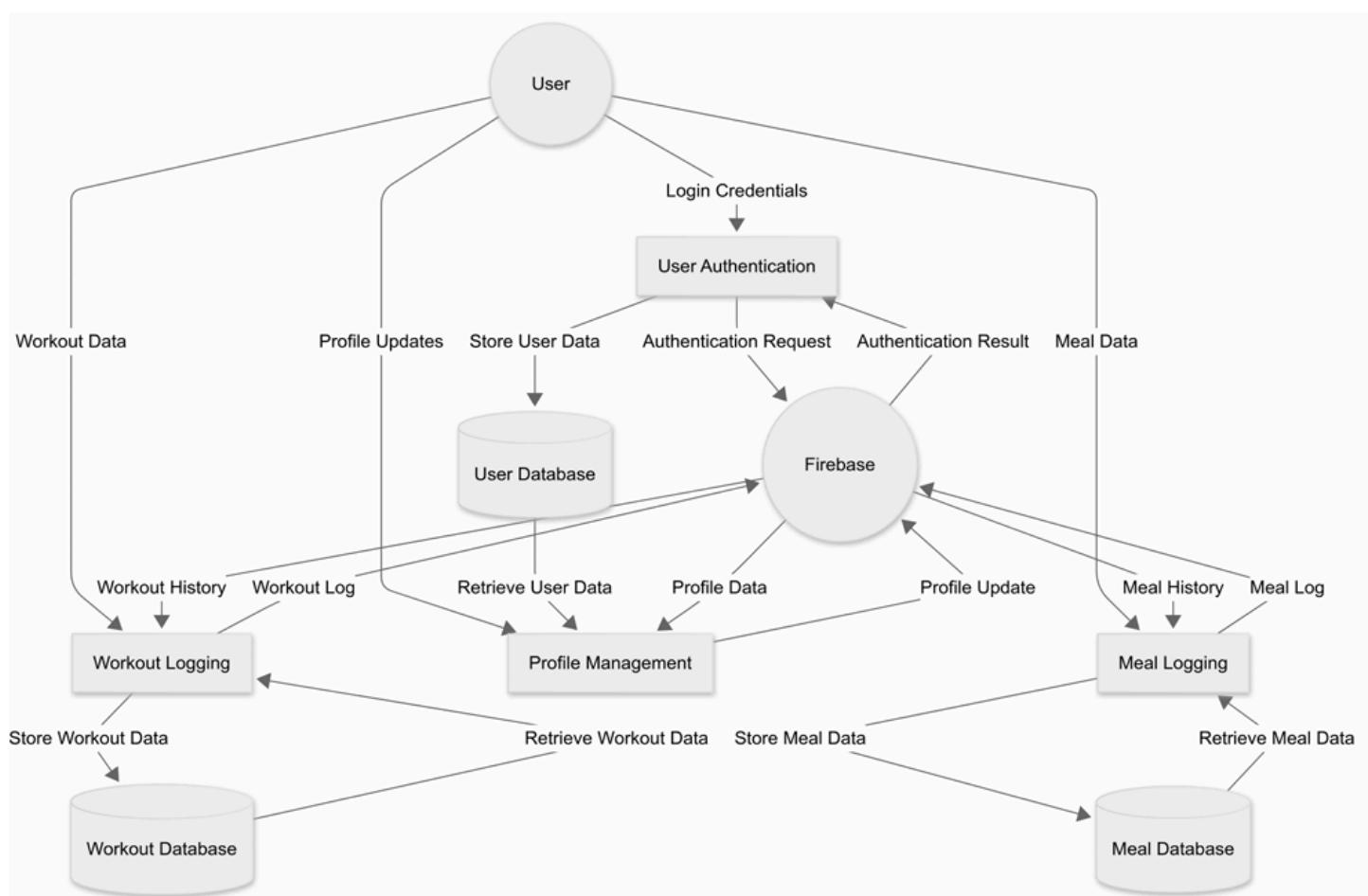
Attribute	Data Type	Constraints
sleep_id	INT	PRIMARY KEY, AUTO_INCREMENT
user_id	INT	FOREIGN KEY REFERENCES Users(user_id) ON DELETE CASCADE
sleep_hours	FLOAT	CHECK (sleep_hours > 0)
date	DATE	NOT NULL

Data Flow & System Behavior

The Data Flow Diagram (DFD) and System Behavior help in understanding how data moves within the app, how different components interact, and how users experience the app.

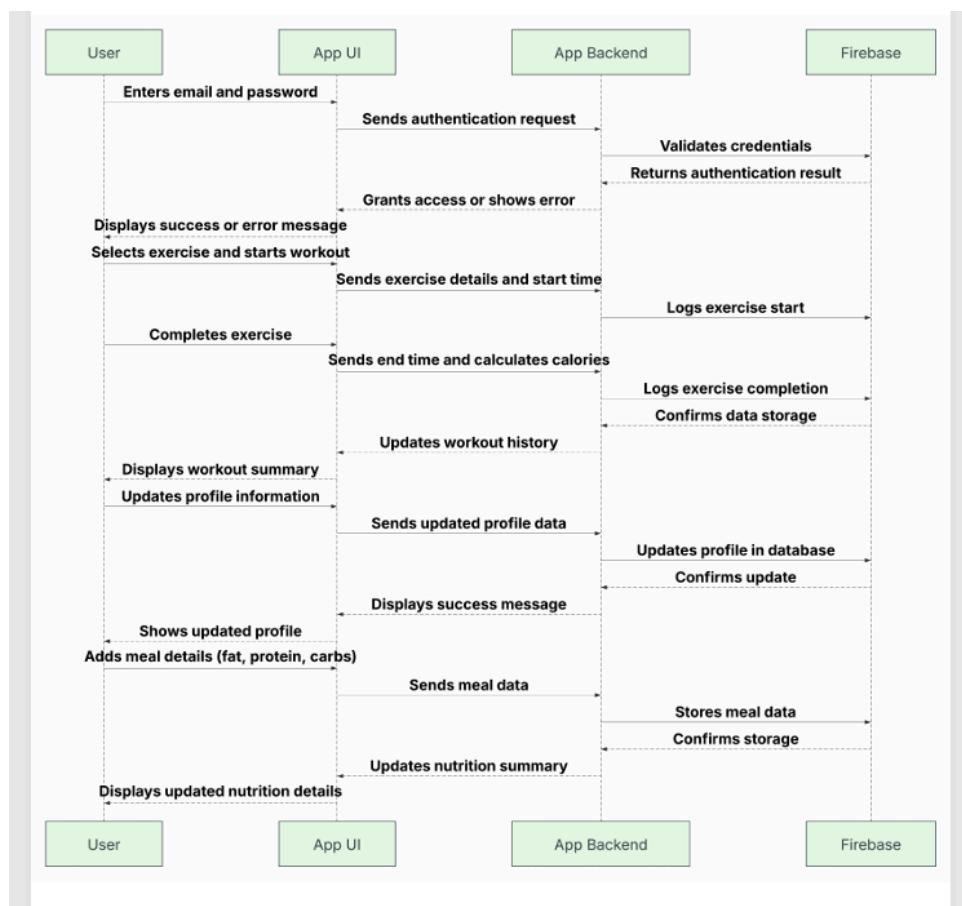
DFD

represents how data moves between users, the system, and external entities.



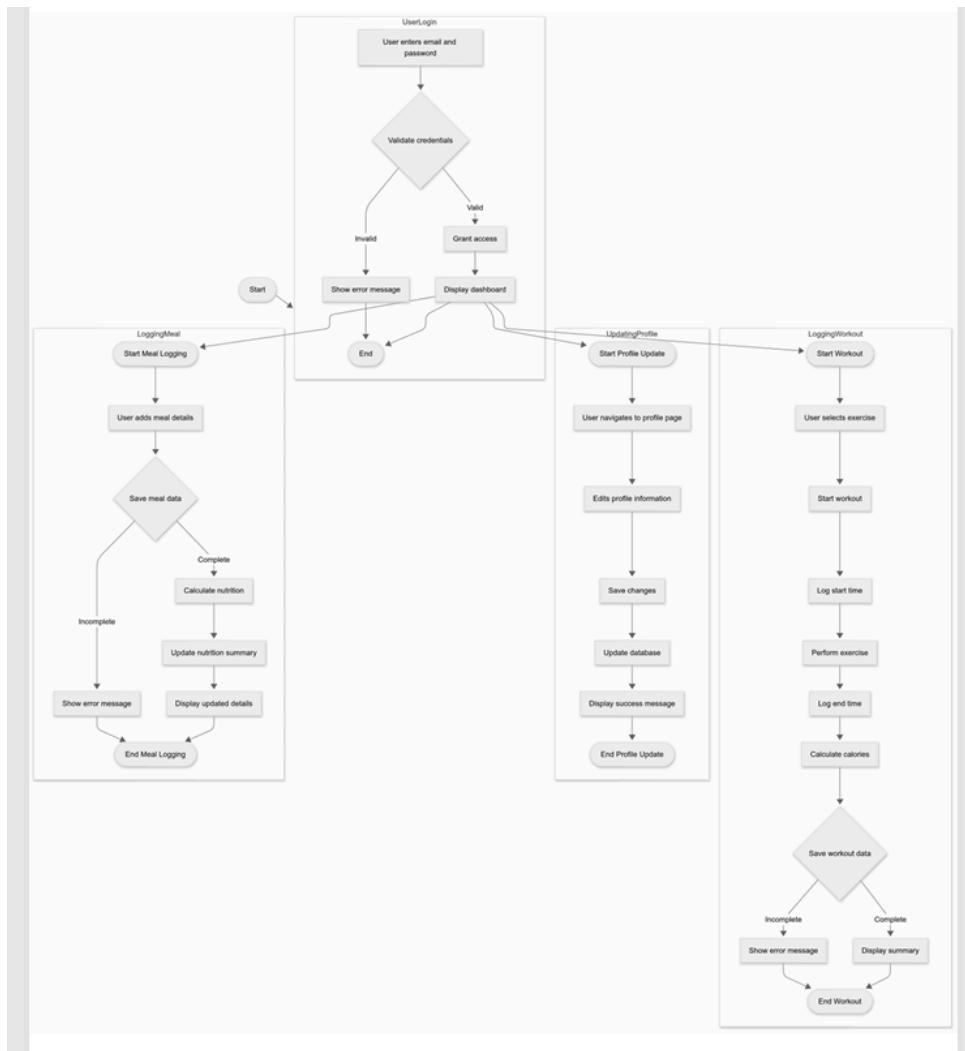
Sequence Diagram

A sequence diagram visually represents the interaction between different components of the Fitness app during a workout session. It illustrates how users interact with the system, how data flows between the app and external devices, and the sequence of operations that ensure smooth functionality. The diagram showcases key interactions such as user login, workout selection, activity tracking, and performance analysis.



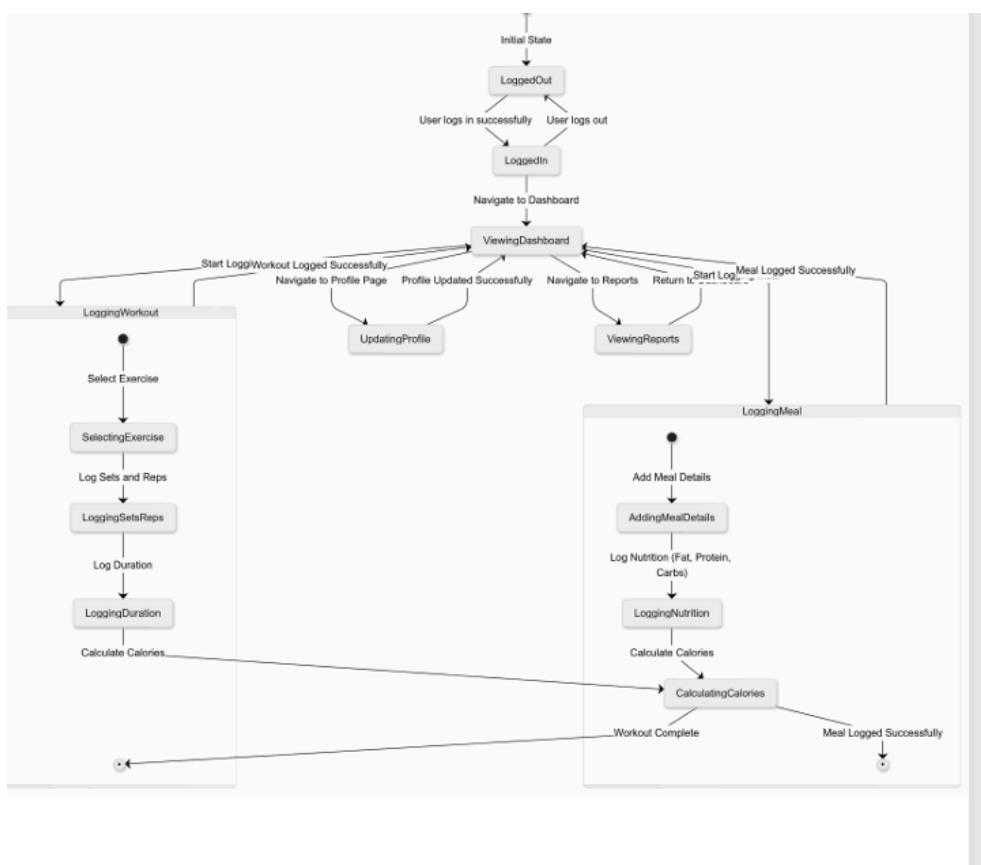
Activity Diagram

An activity diagram represents the workflow of the Fitness app, illustrating the step-by-step process users follow while interacting with the system. It provides a clear visualization of user actions, system responses, and decision points, ensuring a smooth and efficient user experience. This diagram highlights key activities such as user login, workout selection, progress tracking, and goal management.



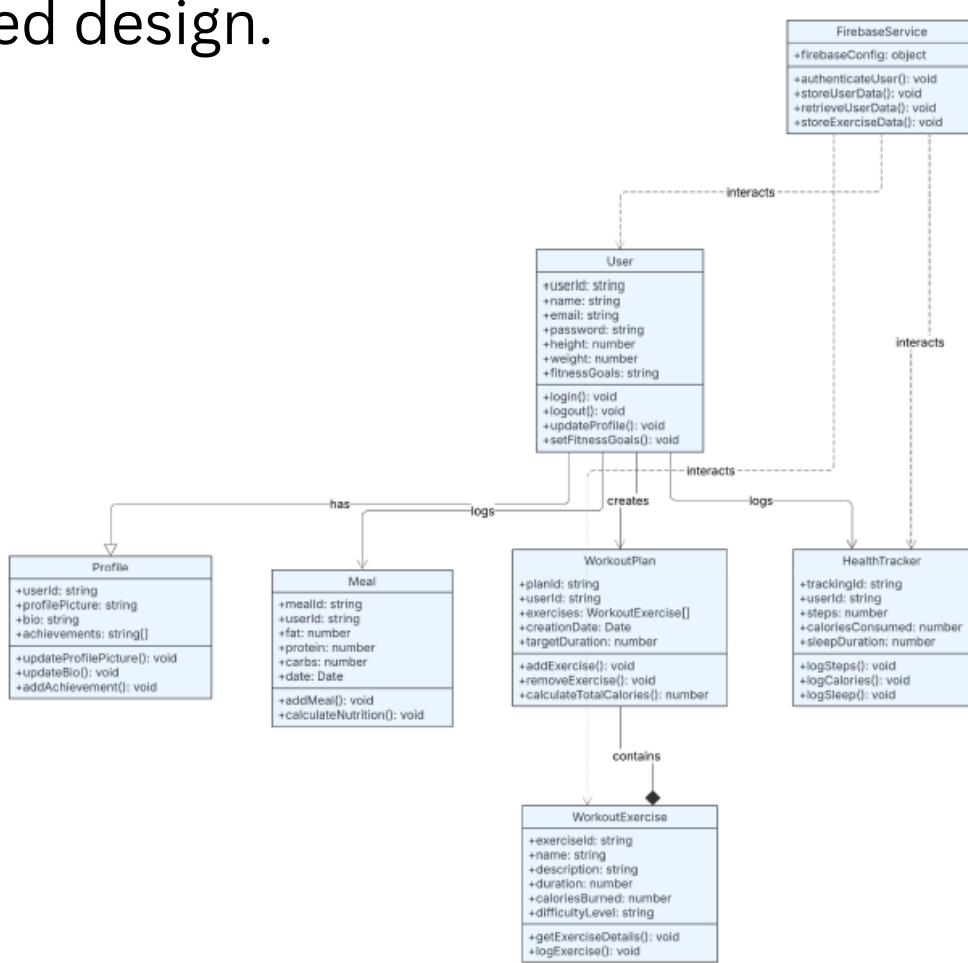
State Diagram

A state diagram represents the different states the Fitness app can be in and the transitions between these states based on user interactions and system processes. It helps visualize how the app responds to various inputs, such as user login, workout tracking, and goal completion. This diagram provides a structured overview of the app's behavior throughout its lifecycle..

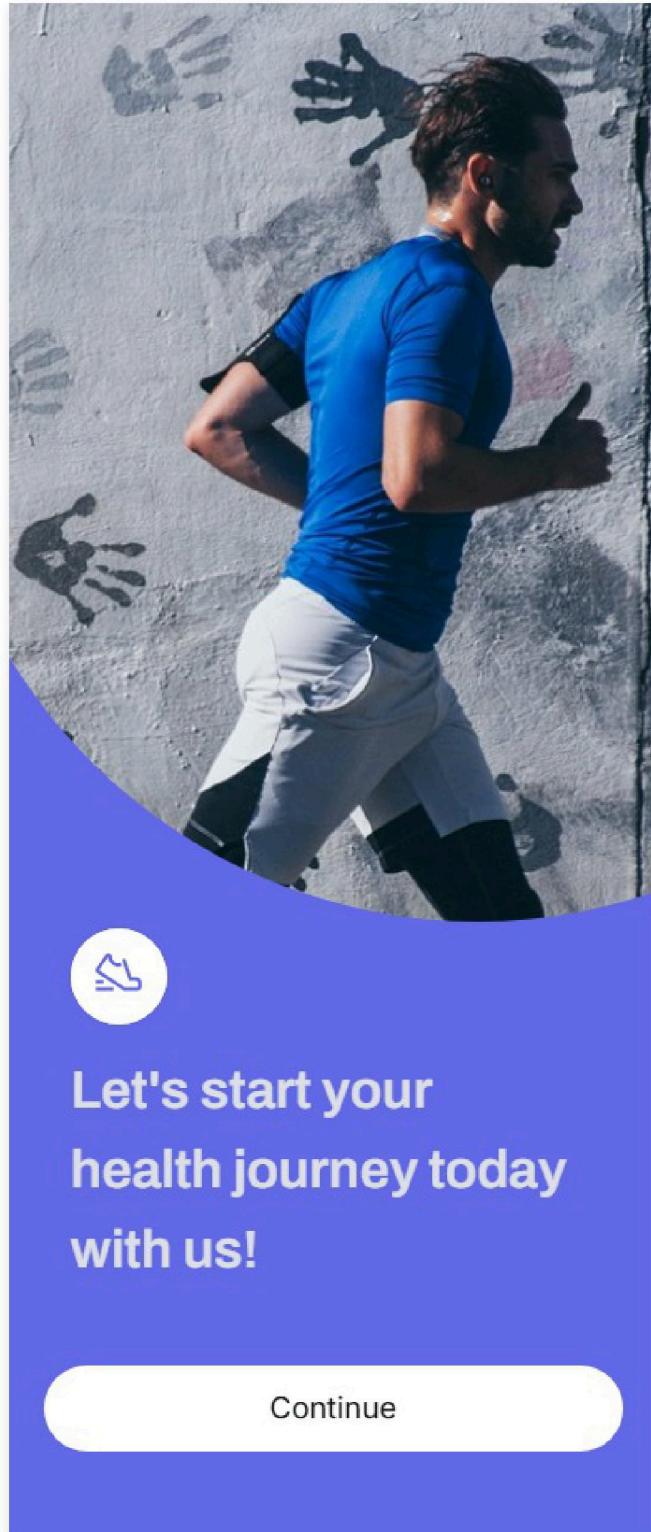


Class Diagram

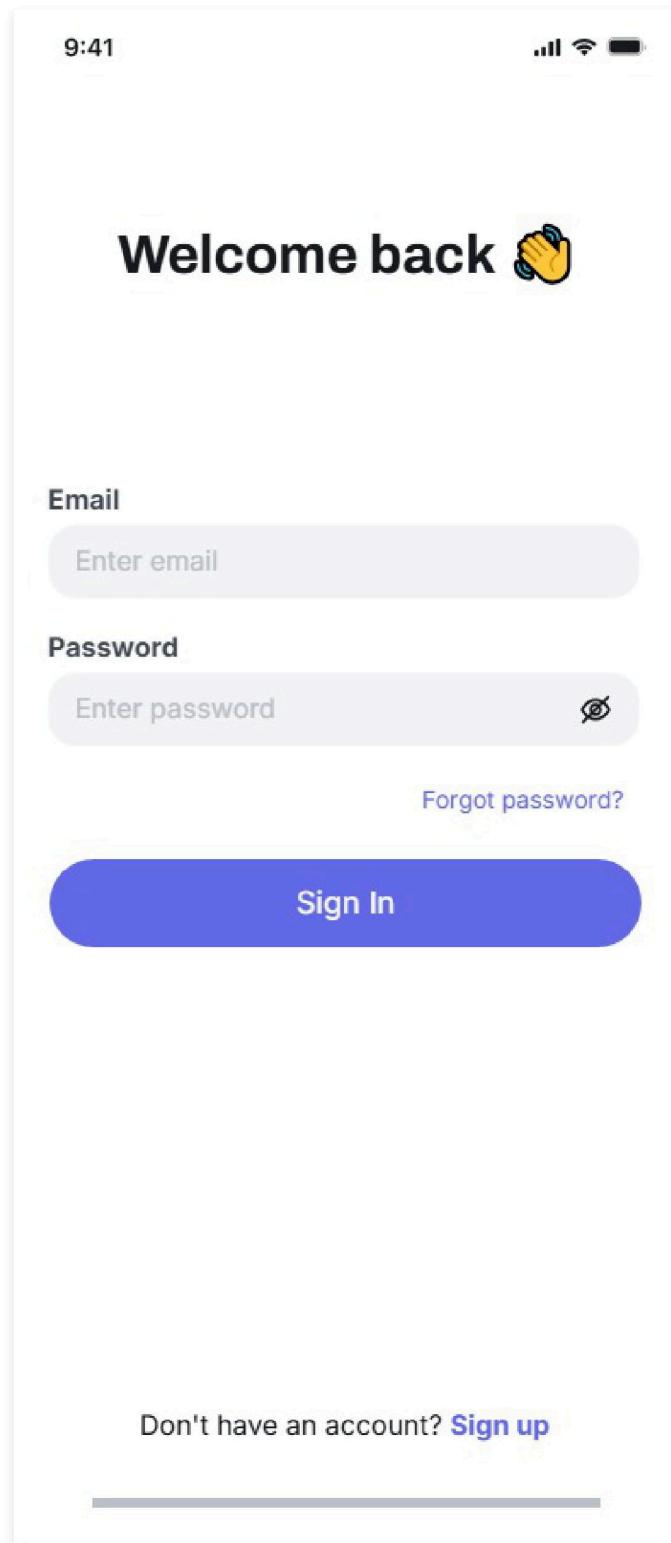
A Class Diagram in UML is a structural diagram that represents a system's blueprint by depicting classes, attributes, methods, and relationships. Each class is shown as a rectangle with three sections: name, attributes, and methods. Relationships like association, inheritance, aggregation, and composition are represented using different connectors. It helps visualize the system's structure before implementation and is widely used in object-oriented design.



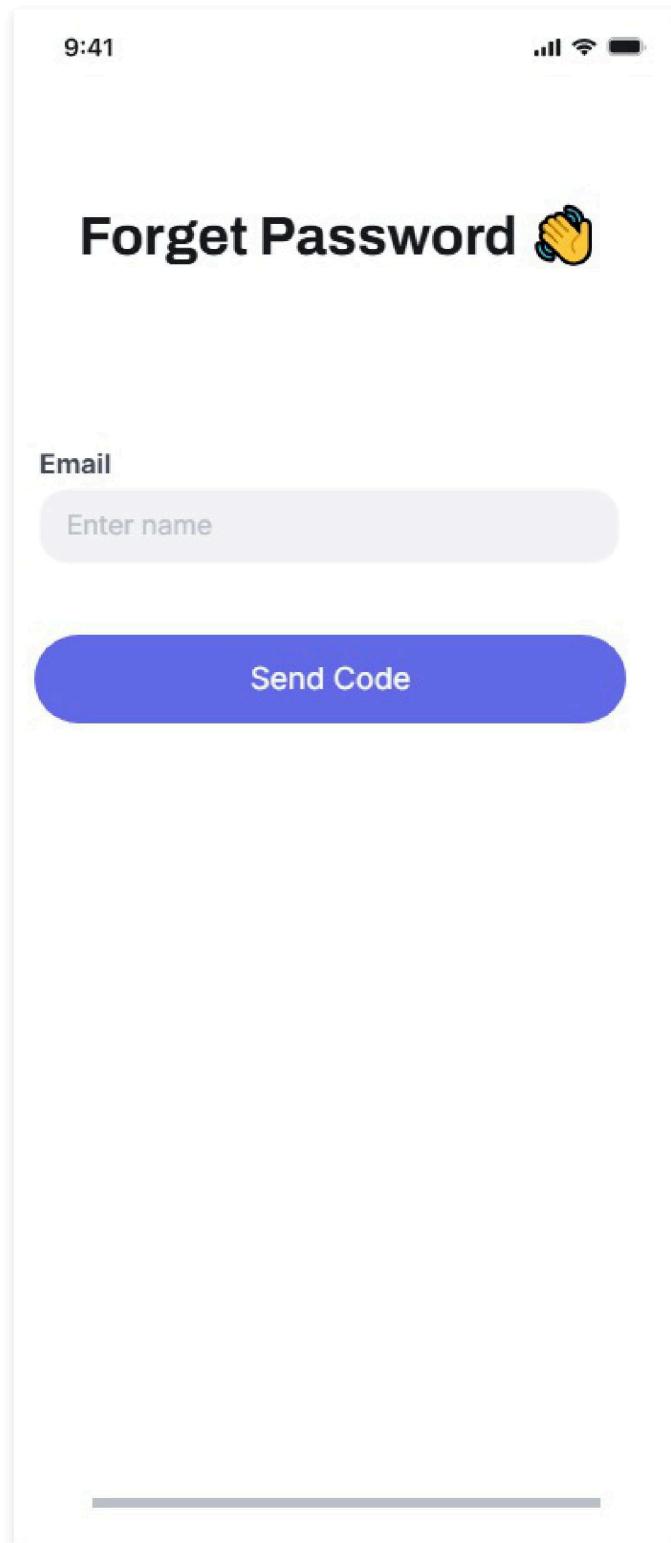
UI/UX Design



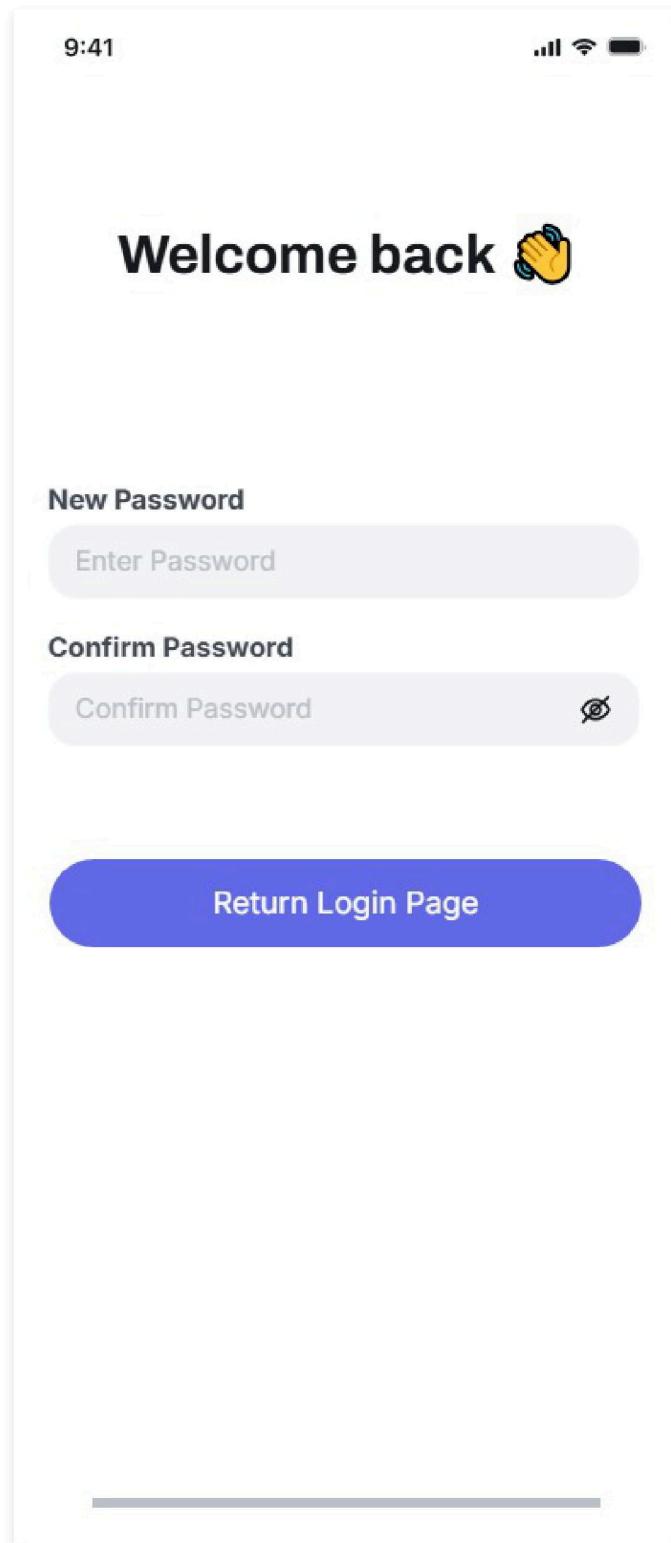
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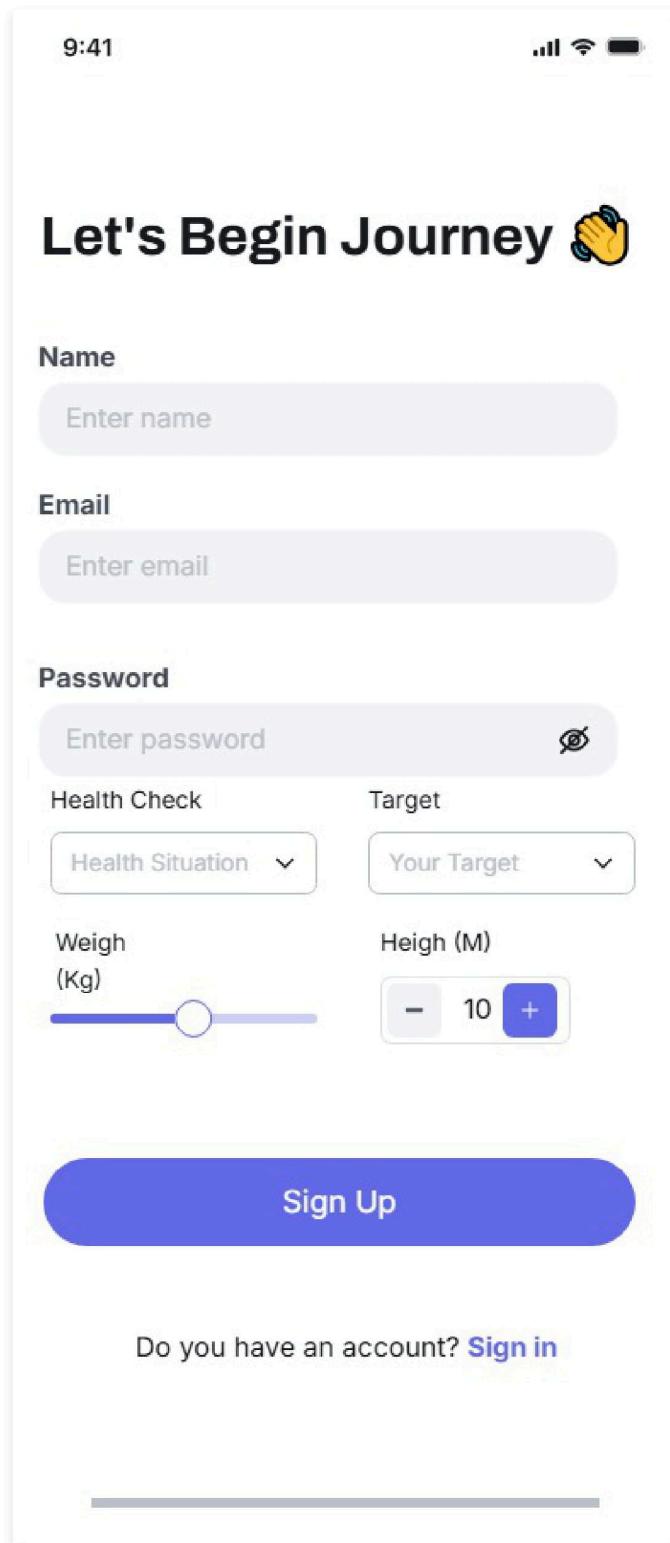
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Info Priv.

Name: Ahmed Atef Edit

Email: ahmed@gmail.com

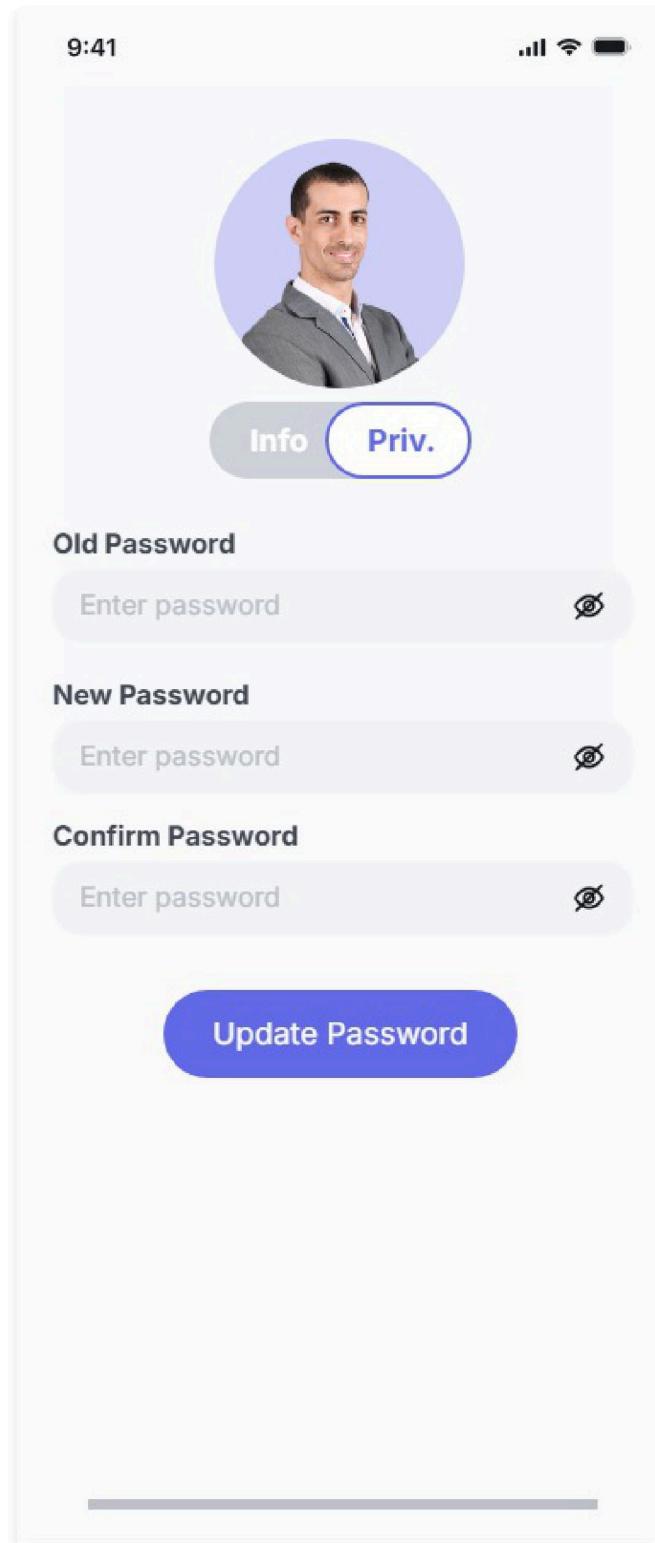
Height (Kg): 90 Kg

Tall (M): 187 M

Workout Exercises

EXERCISES	Achieved
Bench Press Chest Shoulders Triceps	65%
Leg Press Quads Hamstrings Glutes	90%

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Informations Privacy

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Workout Exercises

EXERCISES	Achieved
Bench Press Chest Shoulders Triceps	65%
Leg Press Quads Hamstrings Glutes	90%

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Overview

Health

Based on your overview health tracking, You Doing Great. Keep Going.!

Category

View more >



Steps



Workout



Health

This week report

View more >



Steps

697,978



Workout

6h 45min



Health

108 bmp/day



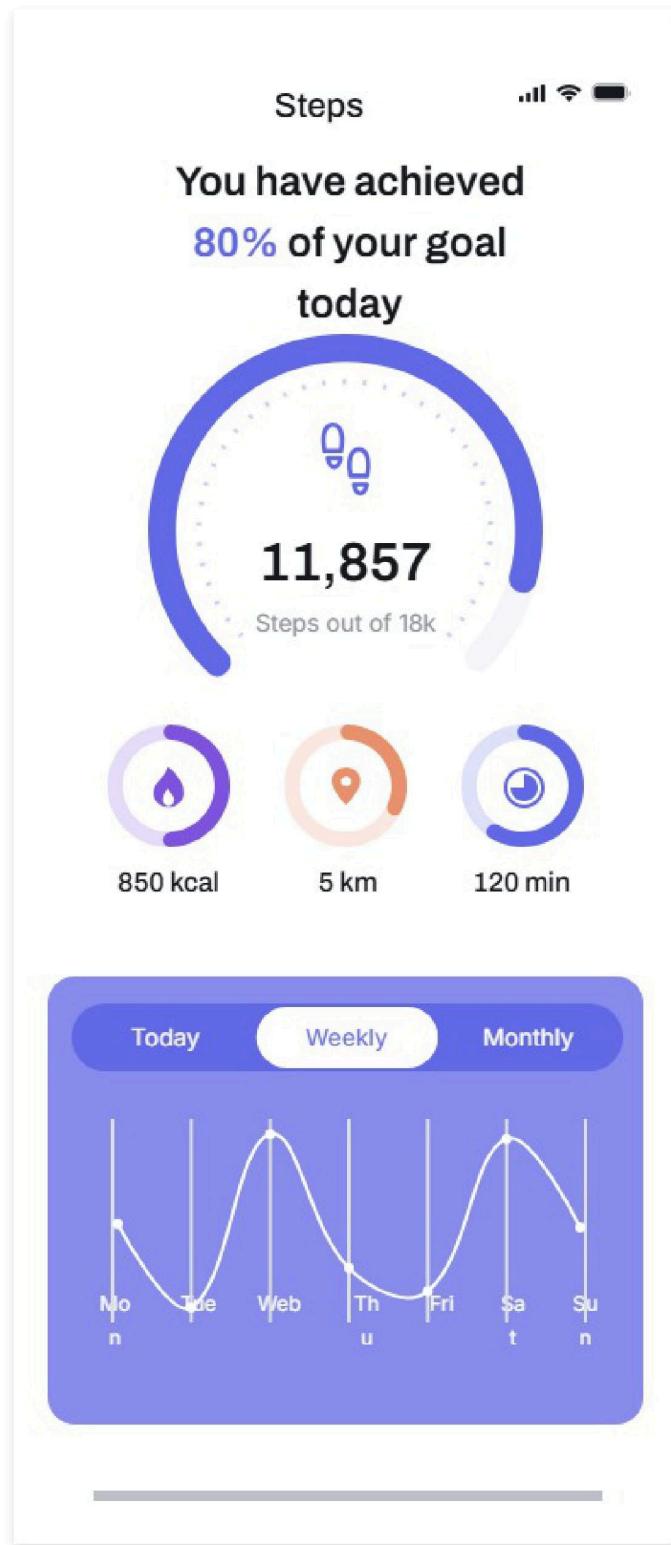
Sleep

29h 17min

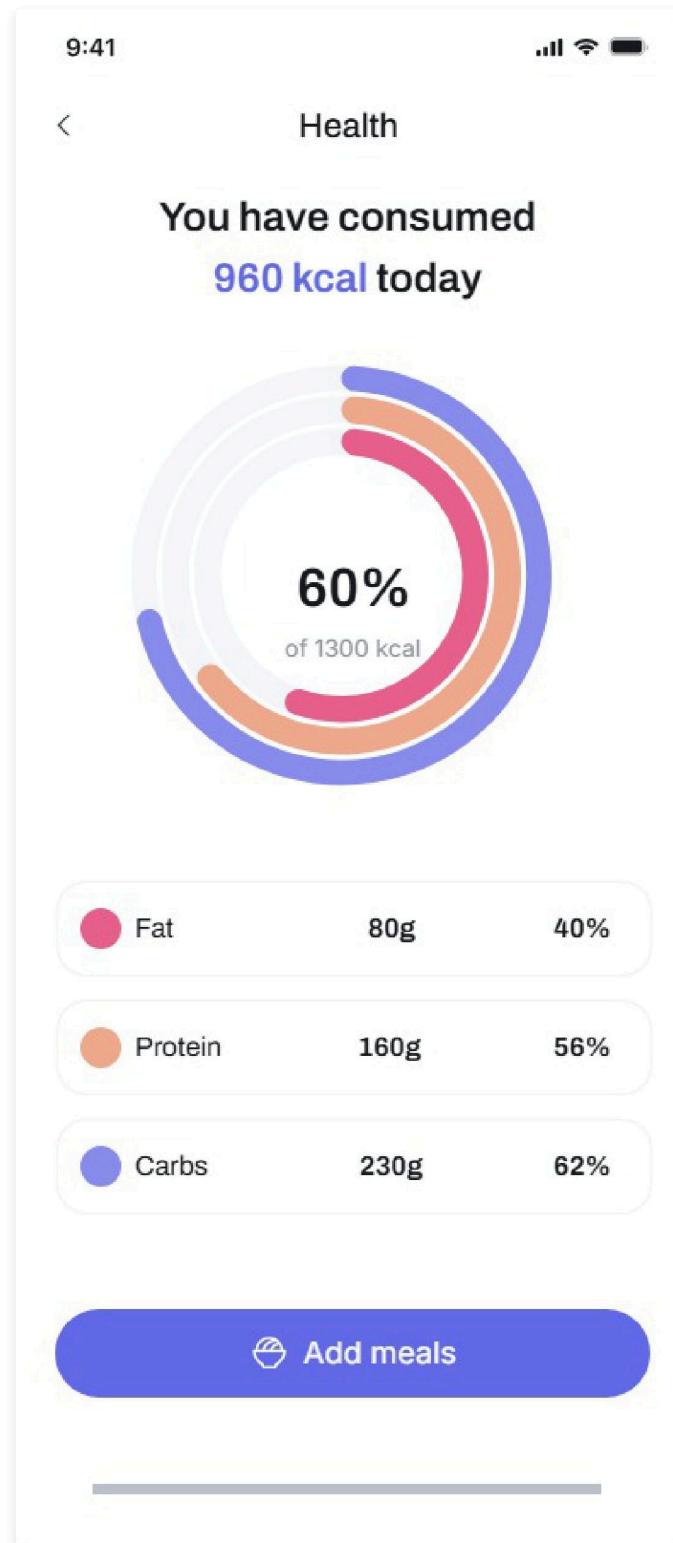
More Details

>>>

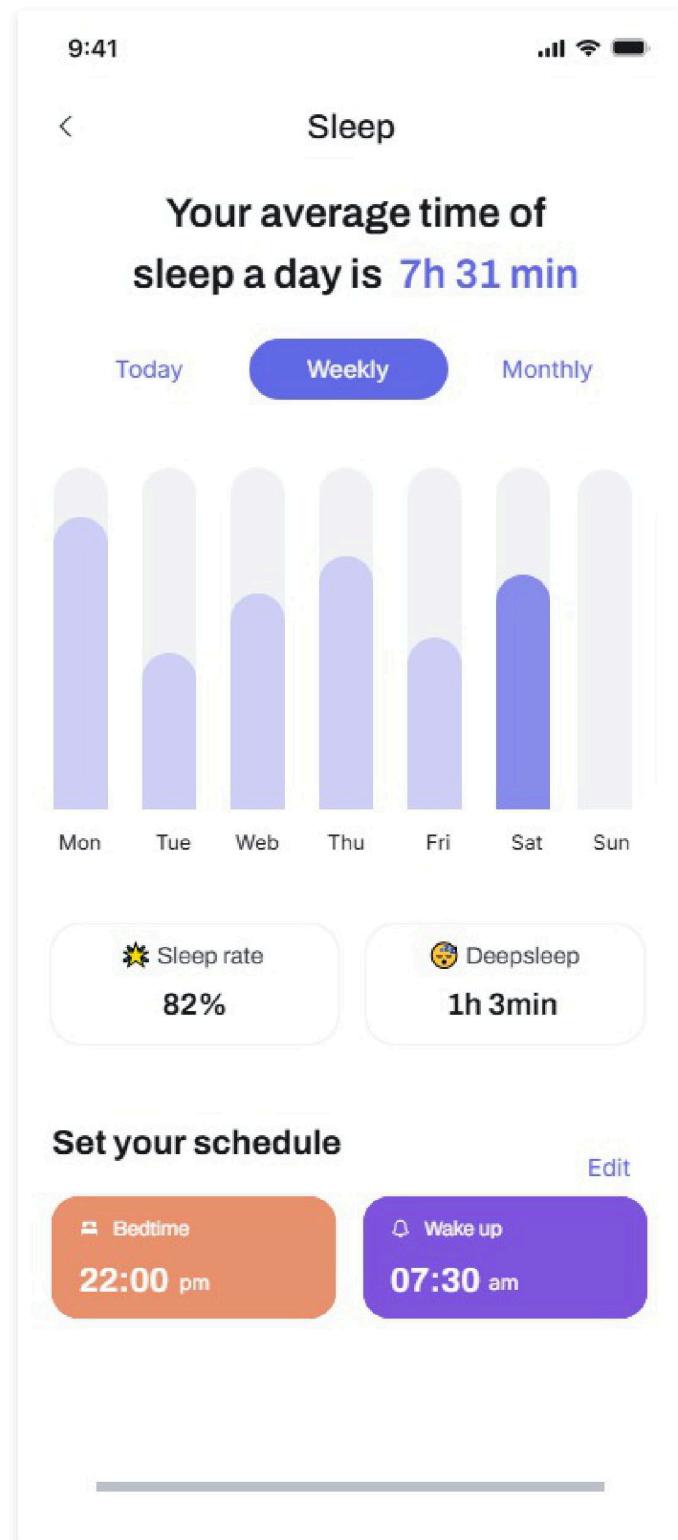
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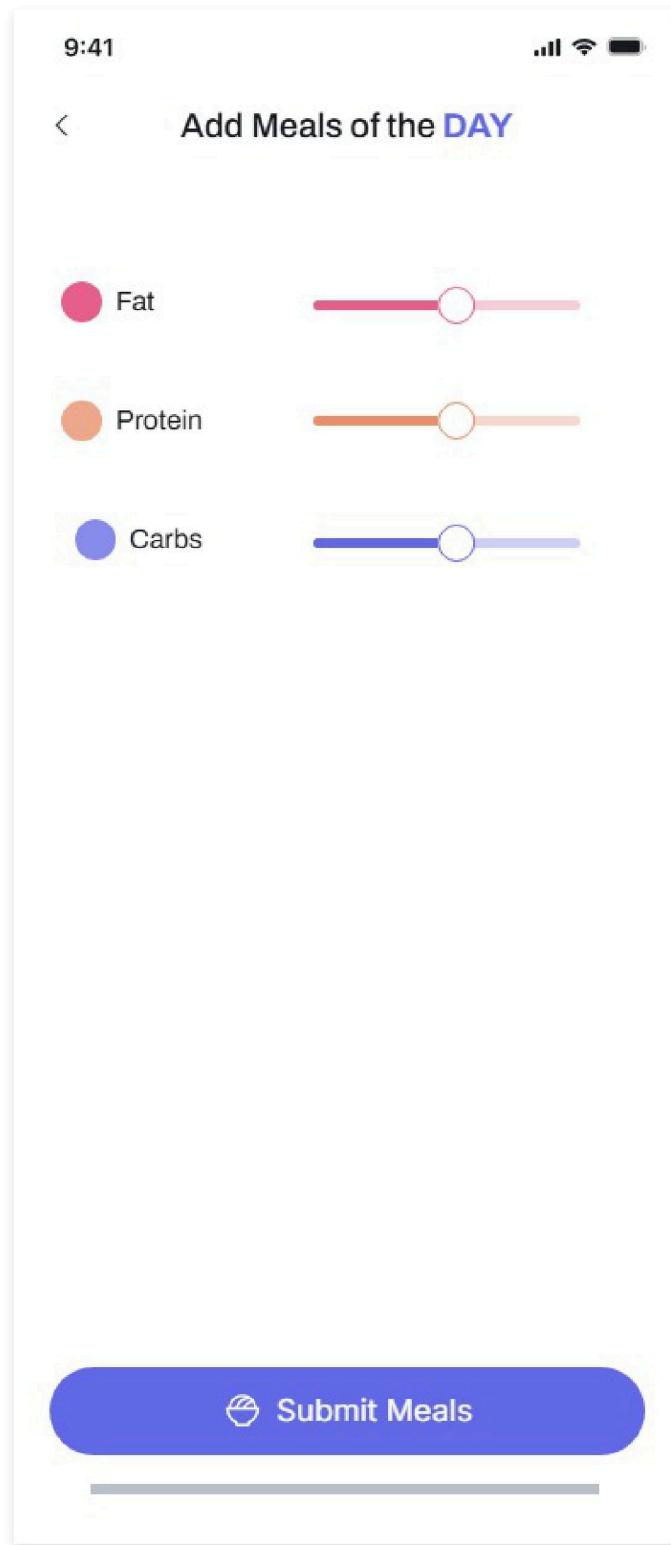
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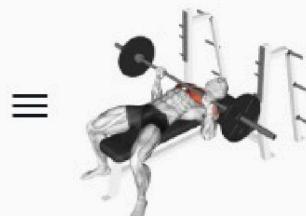
WorkOut Exercises

-  Bench Press Exercises
Dumbbell, Incline, Barbell
-  Leg Press
Quads, Hamstrings, Glutes
-  Deadlift
Full Body, Emphasis on Back,
-  Pull-Ups
Back, Biceps, Shoulders
-  Overhead Shoulder Press
Shoulders, Triceps, Upper Chest
-  Lungs
Quads, Hamstrings, Glutes, Core
-  Plank
Core, Shoulders, Glutes

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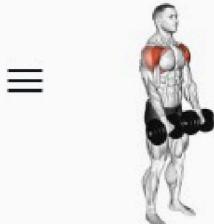


25 min . 3 workouts



Bench Press

3 reps - 10 Counts



Front Shoulders

4 reps - 10 Counts



Dumbbell Triceps

2 reps - 12 Counts

START

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Ready to go

Bench Press



3 reps - 10 Counts

Number of Reps

2



Continue

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