



WorkoutPal

Exercícios e Nutrição

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Questões



Motivação

- Proporcionar ferramentas para uma vida saudável
- Interface simples
- Juntar exercícios com nutrição

A photograph of a kitchen counter with various ingredients and a stove. In the foreground, there is a wooden cutting board with a large pile of thin, yellow, spiral-shaped pasta. To the left of the pasta is a carton of brown eggs. In front of the pasta is a small white bowl filled with a brown, textured mixture, possibly a sauce or seasoning. To the right of the bowl are several garlic cloves and some black peppercorns. In the background, a stainless steel pot is on a black electric stove, and a bunch of green herbs is visible. The right side of the image is overlaid with a dark blue triangle containing white text.

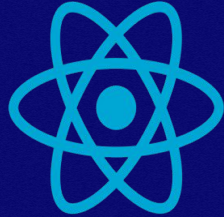
Introdução

- Finalidade
- Visão Geral

Tecnologias Utilizadas



Expo Go



React Native



TypeScript



MongoDB

Modelo de dados

User Document

```
_id: ObjectId('65e8d6dd03a1f8425615304e')
username: "user4"
email: "user4@gmail.com"
password: "$2b$10$SyhOUqWCsvK57LpA7EdTz0QKQUuEqFvr8zlyhXKdyh0gGvmKrKVKe"
token: "6b8c5f1d-4ce1-4982-83d3-720969912f12"
▼ workout_plans: Array (1)
  ▼ 0: Object
    name: "WorkoutPlan1"
    description: "WorkoutPlan1 Description"
    ▼ exercises: Array (1)
      0: "0006"
▼ days: Array (1)
  ▼ 0: Object
    date: "17-4-2024"
    ▼ consumedFood: Array (2)
      ▼ 0: Object
        id: ""
        name: "Oreo Enrobed White"
        calories: 532
        protein: "4.9g"
        fat: "25g"
        carbs: "70g"
      ▼ 1: Object
```

Exercise Document

```
_id: "0003"
name: "air bike"
bodyPart: "waist"
equipment: "body weight"
gifUrl: "https://v2.exercisedb.io/image/xMhmfOuVbq0zzB"
target: "abs"
▼ secondaryMuscles: Array (1)
  0: "hip flexors"
▼ instructions: Array (5)
  0: "Lie flat on your back with your hands placed behind your head."
  1: "Lift your legs off the ground and bend your knees at a 90-degree angle..."
  2: "Bring your right elbow towards your left knee while simultaneously str..."
  3: "Return to the starting position and repeat the movement on the opposit..."
  4: "Continue alternating sides in a pedaling motion for the desired number..."
```



Requisitos Implementados

01

Signup

04

Planos de treino
personalizados

02

Login

05

Pesquisa de
alimentos

03

Pesquisa de exercícios

06

Registo diário de
alimentos

Demonstração





Trabalho Futuro

01

**Registo diário de
alimentos**

04

Criação de Cartaz

02

Estatísticas

05

Requisitos Opcionais

03

Documentação

06

Versão Beta



OBRIGADO!



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