

HEALTH AND FITNESS TRACKING PLATFORM

TEAM 1:
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INTRODUCTION

- A system that helps users track workouts, nutrition, and progress analytics.
- Provides personalized fitness insights and recommendations.

PROJECT GOALS & OVERVIEW



- User Fitness Management
- Workout Planning & Tracking
- Nutrition Monitoring
- Progress Analytics
- Achievement System

WORKFLOW

1. User & Profile Setup
2. Workout & Nutrition Tracking
3. Progress Monitoring & Analytics
4. Achievements & Recommendations

USER MANAGEMENT

- Allows users to create and manage their profiles.
- Enables updating user profiles.
- Stores personal details such as height, weight and health conditions.
- Soft deletion of users.

EXERCISE LIBRARY

- Allows users to create exercises.
- Filtering on the basis of categories and muscle groups.

WORKOUTS

- Allows users to create workouts.
- Workout recommendations on the basis of
 - Difficulty Level
 - Fitness Level
 - User Goals

USER PROGRESS

Allows users to

- add workouts completed.
- latest measurements for tracking.

Show user analytics:

- Workouts completed.
- Active goals and its progress.
- Achievements gained.
- Challenges completed.

NUTRITION TRACKING

- Allows users to track nutritional records.
- Provides recommendations on the basis of:
 - Goal Type
 - Fitness Level
- Also track micro and macro-nutrients intake

GOALS AND ACHIEVEMENTS TRACKING

- Allows users to add goals for themselves.
- Assigns achievements earned on the basis of workouts and challenges completed.

API ENDPOINTS OVERVIEW

- **/api/users**

User and user profile management

- **/api/exercises**

Exercise library management

- **/api/workouts**

Workouts management and recommendation

- **/api/goals**

User goals management

- **/api/challenges**

Challenges tracking



THANK YOU