FITZBIT

YOUR PERSONAL WORKOUT APP

YOUR FITNESS PARTNER

THIS APP WILL HELP YOU TO GET YOUR FITNESS GOALS

INTRODUCTION

▪ Development of Fitness application is mainly required by People to make sure that their health is going well through the use of smart phone and tablets. The main aim of this project is to facilitate People in fitness, Exercising and improving their knowledge regarding trainings. Our app provides them workout plans and tips on nutrition. We designed the application to facilitate the users to be able to stay fit and get their desired body look using professional workout plans targeting different muscle of whole body.

MOTIVATION

- In this fast track career driven generation people want flexibility of time and place so for its solution we're making this app which will provide custom workout plans which can be performed in anywhere without or some equipments at the ease of the user

SCOPE

- Choose workout plan as per your age criteria

- Get notified about workout time

- Administrative Task

- Add or delete Exercise

- Easy way to test your health.

- User friendly- app for easy understanding.

- Can reduce usage of time.

FEATURES

- Custom Workout planner with all the exercise

- Your personal trainer, visual graphics tutorial on how to perform exercises

- Sets Counter and Timer

- Tips on Nutrition and Quotes for daily workout

- Daily Reminder and Sound Notification

- 60 days Workout Planner and progress tracker

- Send Notification to users about new trends

METHODOLOGY

- Android Studio

- Java

- Gradle

- Firebase

- Flutter

THANK YOU