

# Foodball

## Targeted audience

**Foodball** is an app made specially for those people who want to follow a healthy lifestyle. It is also good for people suffering from diseases like diabetes as it helps them in making a proper eating and exercising schedule.

## What happens when you get the app?

When you first install the app, it inputs various information from you like your age, gender, weight, height. It also asks the person about his/her eating habits, i.e, if they are a vegan, vegetarian, eggitarian or non-vegetarian. It also inputs their allergies, and if they have any disease or disability like diabetes.

## What happens next?

The app then finds the best exercise and eating plans for the client, taking into consideration his weight, allergies etc. It then shows the plans to the client for his approval. Once approved it executes the plan. It gives a notification to the client whenever it is time to exercise or eat. It also tells the person which exercises to do and what to eat, helping the person become fit and healthy. These exercises and eating plans will be made by fitness and dieting experts.

## Fun Way

For those people who want to exercise in a more fun way, there are also fun drills realated to sports like football, basketball, etc, which not only help you become a better player in those sports but also a fitter person