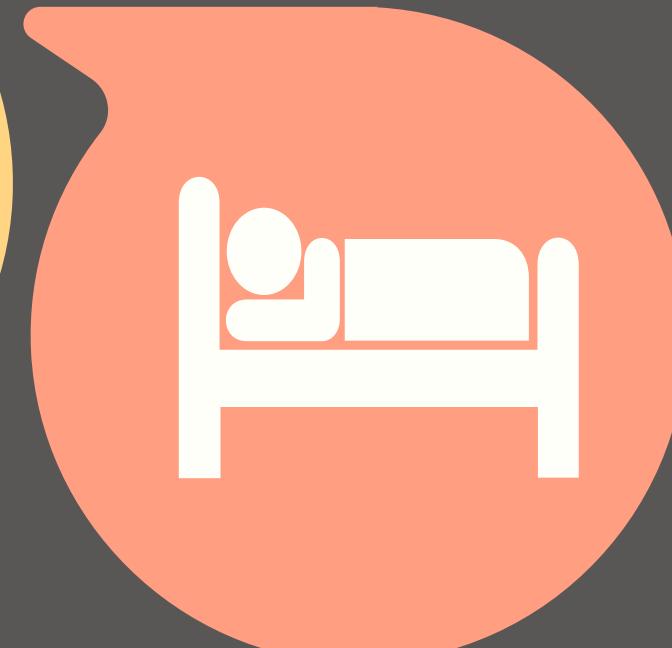


# KRATOS

Spring into Fitness!

HARSHITA NAUHWAR

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# ABOUT THE APPLICATION

**Kratos**, an overall health and fitness inclined application created to bring the companionship and energy of fitness into your home.

By utilising design and technology, **Kratos** helps empower individuals to create the change they want to see in the world through exercise

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## What Are the Benefits You Can Get by Exercising?

- ✓ Assist you in maintaining your weight
- ✓ Reduce your chance of developing heart disease
- ✓ Assist your body in controlling blood sugar and insulin level
- ✓ Assist you in stopping smoking
- ✓ Improve your mental and emotional health





# Vision and Mission



## Vision

Our App is a multi purpose app which combines 3 fields of fitness workout and exercise, nutrition and diet, activity and sleep tracking. These are what people look in single app so they do not need to install 3 different apps



## Mission



Our mission is to provide a one of a kind environment for every being who can't afford expensive fitness trainings. Tracking goals, monitoring health issues, and staying motivated are the three main reasons people use fitness apps. That's what we want to provide to our users.





# Features of the Fitness Application

## Kratos



# Onboarding

## Kratos

spring into fitness

Get Started



### Track Your Goal

Don't worry if you have trouble determining your goals, We can help you determine your goals and track your goals



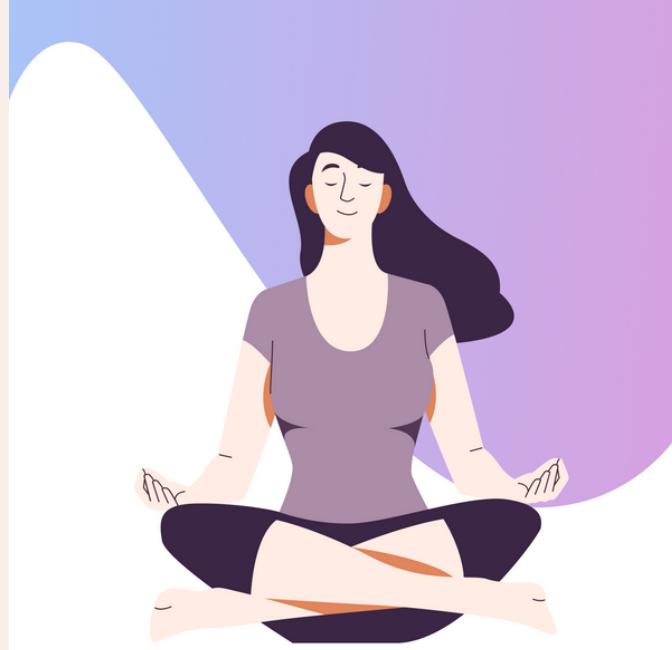
### Get Burn

Let's keep burning, to achieve your goals, it hurts only temporarily, if you give up now you will be in pain forever



### Eat Well

Let's start a healthy lifestyle with us, we can determine your diet every day. Healthy eating is fun



### Improve Sleep Quality

Improve the quality of your sleep with us, good quality sleep can bring a good mood in the morning



# Sign-up & Login

Hey there,

**Create an Account**

Full Name

Phone Number

Email

Password 

By continuing you accept our [Privacy Policy](#) and [Term of Use](#)

**Register**

Or

Already have an account? [Login](#)



**Let's complete your profile**

It will help us to know more about you!

Choose Gender

Date of Birth

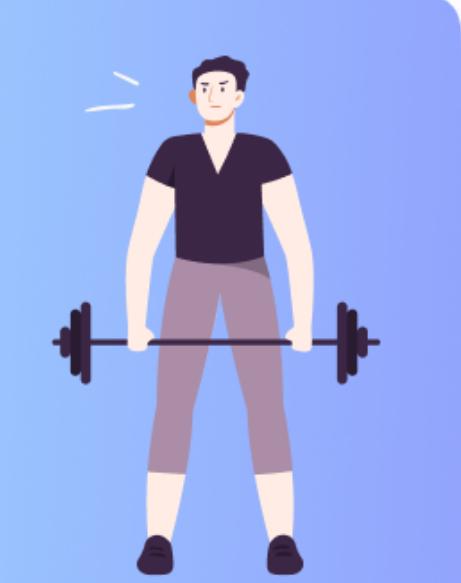
Your Weight 

Your Height 

**Next >**

**What is your goal ?**

It will help us to choose a best program for you



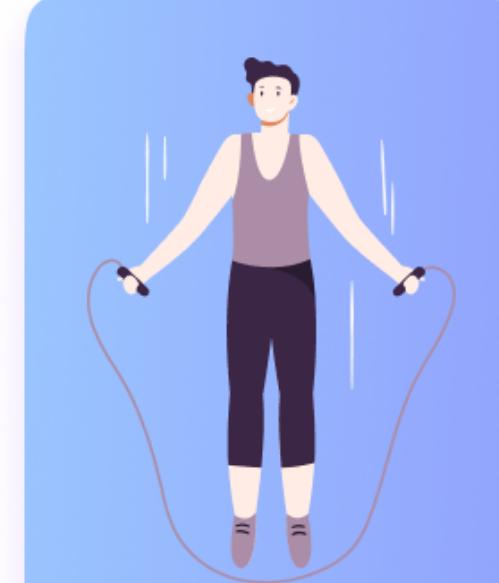
**Improve Shape**

I have a low amount of body fat and need / want to build more muscle

**Confirm**

**What is your goal ?**

It will help us to choose a best program for you



**Lean & Tone**

I'm "skinny fat". look thin but have no shape. I want to add learn muscle in the right way

**Confirm**

Hey there,

**Welcome Back**

Email

Password 

[Forgot your password?](#)

**Login**

Or

Don't have an account yet? [Register](#)

# Dashboard

- Used Active tracker which tracks almost activities of the user like:
  - Water tracking
  - Weekly tracker of workout
  - Heart rate tracker
  - Sleep tracker
- BMI calculator is provided so the user know the exact plan of workout which is best for them.
- Daily workout target is also provided

## PROFILE

- Here all the personal information will be viewed with the option to edit them
- Also shows the achievements and programs user have completed
- Notification pop-up toggle will be shown



# Dashboard

Welcome Back,  
**Anaya Singhal**

**BMI (Body Mass Index)**  
You have a normal weight  
20.1

**Today Target**  
Check

**Activity Status**

Heart Rate  
78 BPM  
3mins ago

Water Intake  
4 Liters  
Real time updates  
6am - 8am: 600ml  
9am - 11am: 500ml  
11am - 2pm: 1000ml  
2pm - 4pm: 700ml  
4pm - now: 900ml

Sleep  
8h 20m

Food

Grocery

Sleep

Workout

Profile

**Activity Status**

Heart Rate  
78 BPM  
3mins ago

Water Intake  
4 Liters  
Real time updates  
6am - 8am: 600ml  
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11am - 2pm: 1000ml  
2pm - 4pm: 700ml  
4pm - now: 900ml

Sleep  
8h 20m

Latest Workout

- Fullbody Workout: 180 Calories Burn | 20minutes
- Lowerbody Workout: 200 Calories Burn | 30minutes
- Ab Workout: 180 Calories Burn | 20minutes

Food

Grocery

Sleep

Workout

Profile

**Activity Tracker**

**Today Target**  
8L Water Intake  
2400 Foot Steps

**Activity Progress**

Day	Completion (%)
Sun	~60%
Mon	~90%
Tue	~60%
Wed	~60%
Thu	~90%
Fri	~60%
Sat	~90%

**Latest Activity**

- Drinking 300ml Water About 3 minutes ago
- Eat Snack (Fitbar) About 10 minutes ago

Food

Grocery

Sleep

Workout

Profile

**Profile**

**Anaya Singhal**  
Lose a Fat Program  
Edit

180cm Height

65kg Weight

22yo Age

**Account**

- Personal Data
- Achievement
- Activity History
- Workout Progress

**Notification**

- Pop-up Notification

**Other**

- Contact Us
- Privacy Policy
- Settings

Home

Food

Grocery

Sleep

Workout

Profile

**Congratulations, You Have Finished Your Workout**

Exercises is king and nutrition is queen. Combine the two and you will have a kingdom

-Jack LaLanne

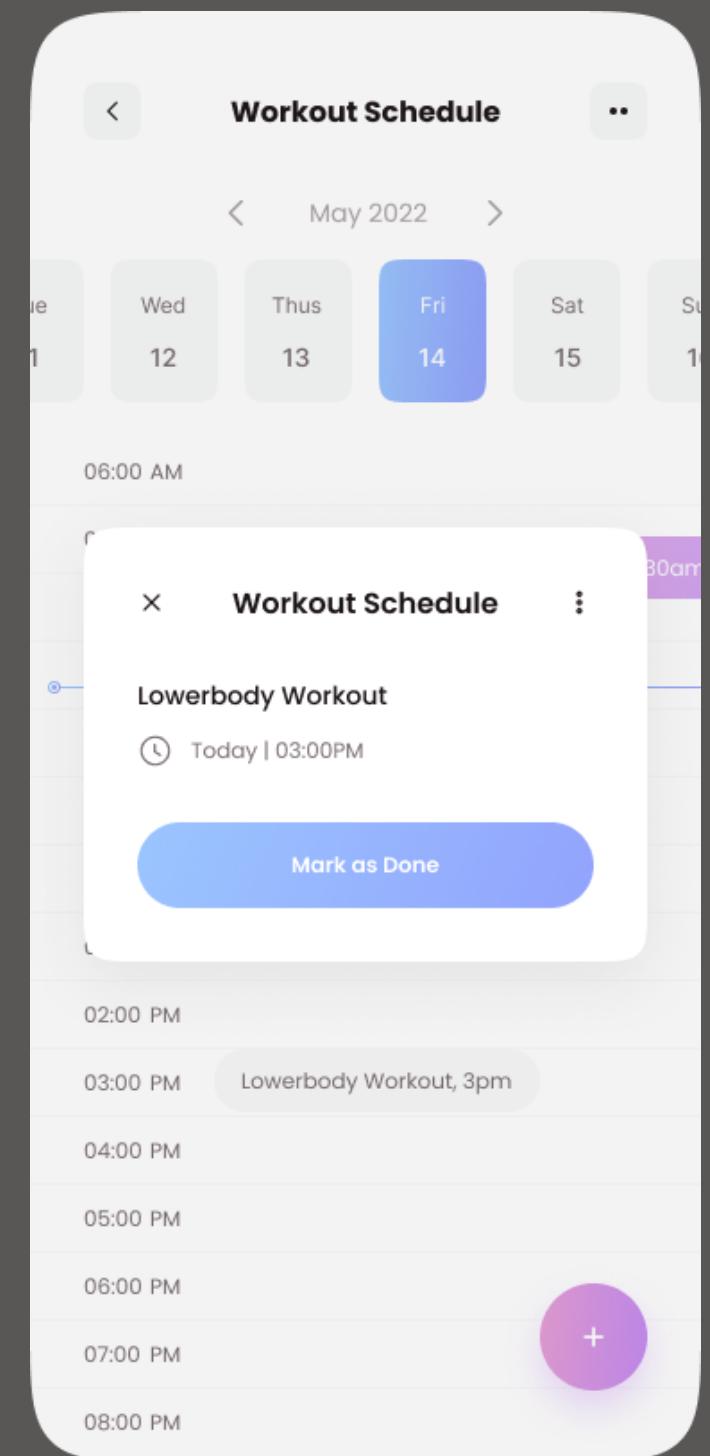
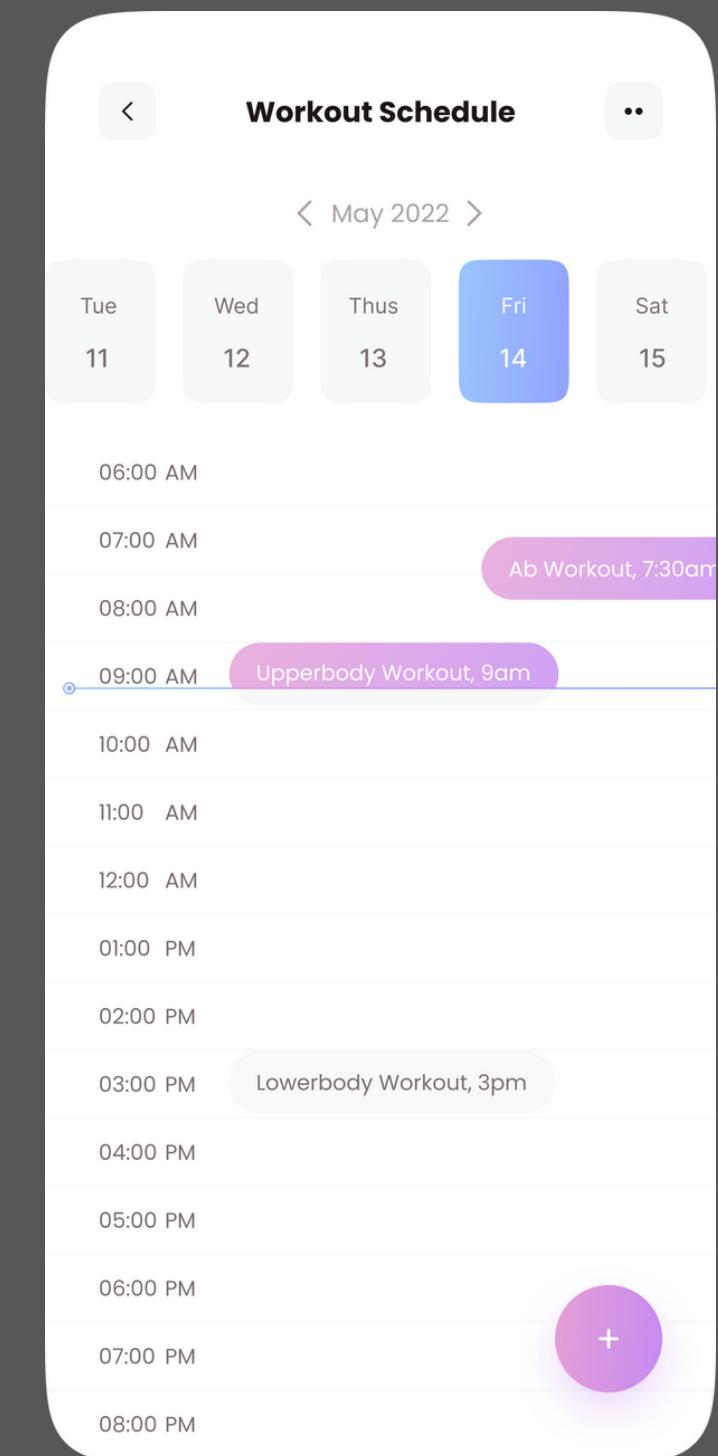
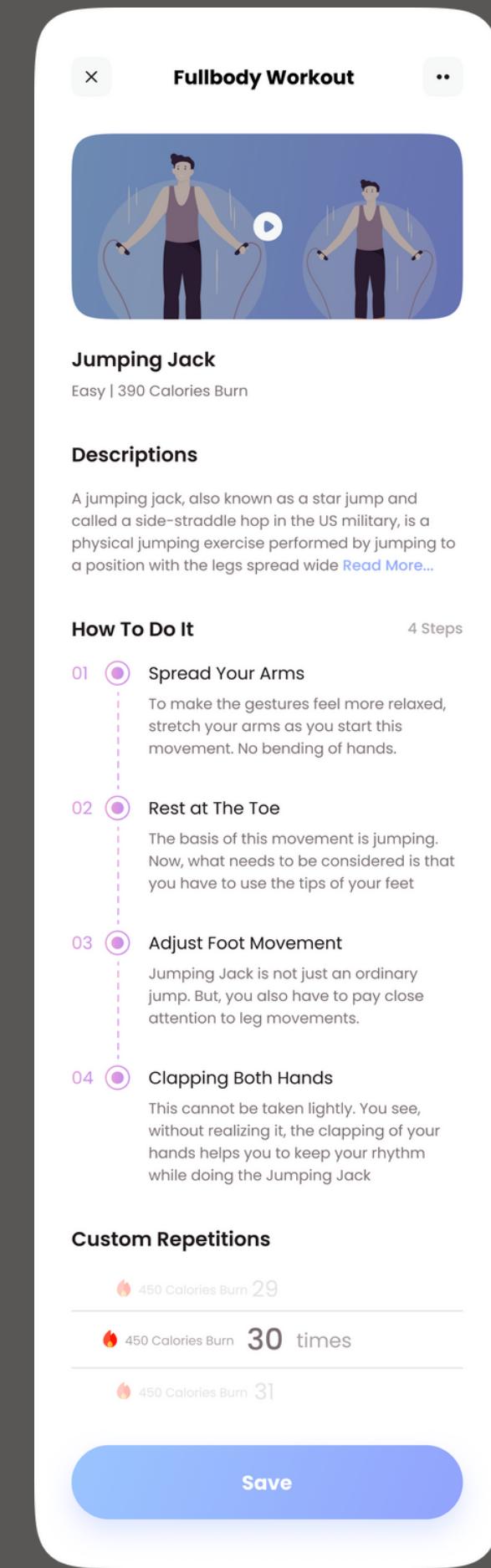
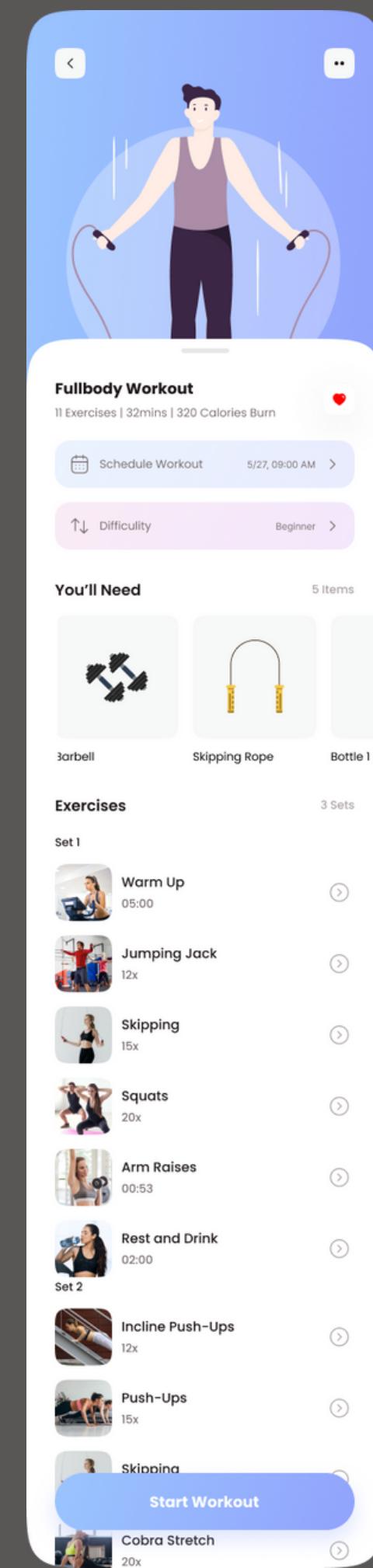
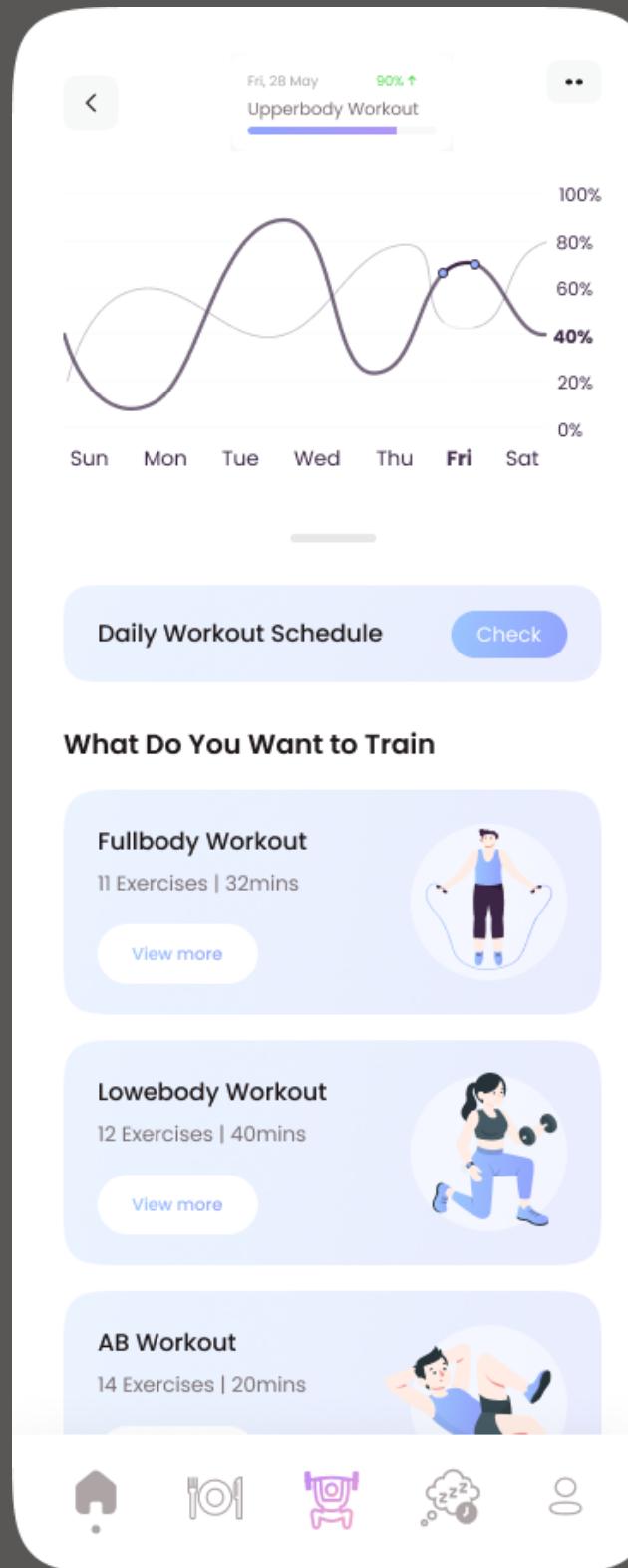
**Back To Home**

- **Pre-set Exercise Routines**
  - Here we focus on ease of use for any type of user. Categorizing workouts according to type is always a good idea. It simplifies search, allowing users to find what they are looking for.
- Kratos offers users a variety of workouts with different focuses, including strength, endurance, and mobility.
- The app provides video demonstrations and audio guidance for exercises. To make it fast and easy for users to find the workouts they need.
- Users can choose training plans according to their needs and change or adapt them if necessary.

# Workout Tracker



# Workout Tracker



# Meal Planning

- **Meal Planner**

- Plans meals accordingly the user's preferences and needs.
- Takes user's inputs for meal suggestions
- Allows to set a personal goal

- **Meal Scheduler**

- Creates a Daily Schedule with healthy meals throughout the day
- Specifies the calories, nutrients, etc. in every meal



# Meal Planner

**Blueberry Pancake**  
by Abc Defghijkl  
**Nutrition**  
180kCal, 30g fats, 20g proteins  
**Descriptions**  
Pancakes are some people's favorite breakfast, who doesn't like pancakes? Especially with the real honey splash on top of the pancakes, of course everyone loves that! besides being [Read More...](#)

**Ingredients That You Will Need**  
6 items  
Wheat Flour, Sugar, Baking Soda, Eggs

**Step by Step**  
8 Steps  
01 Step 1: Prepare all of the ingredients that needed  
02 Step 2: Mix flour, sugar, salt, and baking powder  
03 Step 3: In a separate place, mix the eggs and liquid milk until blended  
04 Step 4: Put the egg and milk mixture into the dry ingredients, Stir until smooth and smooth  
05 Step 5:

**Meal Planner**

**Meal Nutritions**  
Calories 82% ↑, Fibre 88% ↑, Sugars 39% ↓, Fats 42% ↓  
Sun Mon Tue Wed Thu Fri Sat

**Daily Meal Schedule** Check

**Today Meals** Breakfast  
Salmon Nigiri Today | 7am, Lowfat Milk Today | 8am

**Find Something to Eat**  
Breakfast 120+ Foods, Lunch 130+ Foods

Home, Recipe, Shopping List, Sleep, Profile

**Breakfast**

**Category**  
Salad, Cake, Pie, Smoothie

**Recommendation for Diet**  
Honey Pancake, Canai Bread

**Popular**  
Blueberry Pancake, Salmon Nigiri

**Meal Schedule**  
May 2022

Day	Wednesday	Thursday	Friday	Saturday	Sunday
1	12	13	14	15	16

**Breakfast** 2 meals | 230 calories  
Honey Pancake 07:00am, Coffee 07:30am

**Lunch** 2 meals | 500 calories  
Chicken Steak 01:00pm, Milk 01:20pm

**Snacks** 2 meals | 140 calories  
Orange 04:30pm, Apple Pie 04:40pm

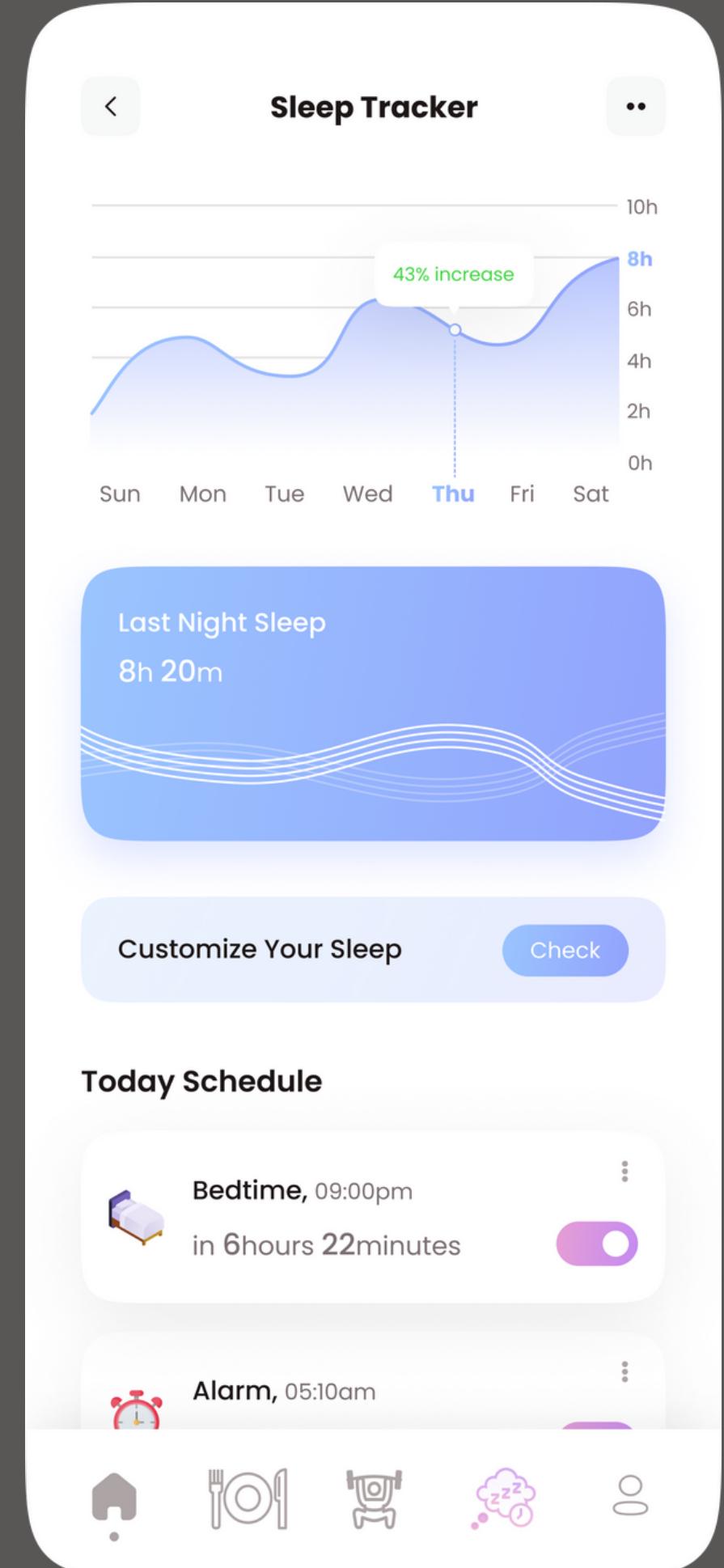
**Dinner** 2 meals | 120 calories  
Salad 07:10pm, Oatmeal 08:10pm

**Today Meal Nutritions**  
Calories 320 kCal, Proteins 300g, Fats 140g, Carbs 140g

# Sleep tracker

- Sleep weekly tracker
- Customizable audio sounds for alarm.  
Plus user can customize number of days  
of alarm repeat
- Sleep cycle alarm clock
- Users can choose a wake-up time and  
duration of maximum of 5 hours sleep.
- The app will gently wake them during the  
lightest phase of sleep so they get up  
refreshed and ready for the day ahead.





# Sleep Tracker

