

# PROJECT ASSIGNMENT 0 - PROJECT PROPOSAL

## GROUP 4 - 22CLC01

### I. Team members

Name	ID
Văn Diệp Bảo Duy	22127090
Ngô Thanh Phương Dương	22127082
Trương Thuận Kiệt	22127224
Vũ Thái Thiện	22127399
Nguyễn Huỳnh Minh Quang	22127483

### II. Introduction

The Health and Fitness Web Application aims at helping users improve their physical well-being through personalized workout plans and diet recommendations. In today's fast-paced world, maintaining a balanced lifestyle is challenging, making it essential to provide users with accessible, practical, and tailored solutions to stay fit and healthy.

### III. Target users and Environment

#### 1. Target users

- Fitness Enthusiast
- Nutritionist
- Fitness coach/trainer

#### 2. Environments

- Web browsers (Chrome, Firefox, Edge, ...)

### IV. Key features

- Provide Personalized Workout Plans
- Nutrition and Meal Plans
- Motivational Notifications
- Customizable Dashboard
- Progress Tracking