

- App Name
 - Personal Trainer
- App Tagline: short one-liner description of your app:
 - Recommends workout routines based on user's fitness goals & level
- Link(s) to any other public Github repo(s) of your app. If you have one repo for iOS and one for Backend, please link to your backend repo.
- Some screenshots of your app (highlight important features)



- A short description of your app (its purpose and features)
 - The purpose is to take in user's info such as body stats and fitness goal (weight loss, strength training, or staying fit) and recommend workout routine with various exercises. First, the user inputs 5 things: name, age, gender, weight, and height. After clicking the next button, the list of workout routines (9 total) are presented, with the workout name, level, and goal. The user can one goal filter and one level filter, and the corresponding workout routine will be shown. The user selects the workout routine, highlighting the cell, and clicks on submit. There is also a delete account option.
- A list of how your app addresses each of the requirements (iOS / Backend)
 - Autolayout
 - The name/gender/weight/height/age labels are arranged in the set up page
 - There are back,next,submit buttons
 - CollectionView
 - Each workout routine is a CollectionView cell.
 - Navigation
 - Modal view controller is used to navigate between different screens. Once the user inputs information and clicks next, a new screen is presented showing the different routines.
 - Pressing the back button in the routine page brings the user back to the set up page, again using modal view controller.
 - Integrate an API

- When the user inputs the data, a post request is made to send the data to backend.
 - The details of workout routine (list/name of exercises, difficulty level, duration) are retrieved by get request.
- Backend:
 - Get request to get user with name, Get request to get all the routines in the database
 - Post request to post user information