

Fitness Tracking Application

This presentation will introduce the fitness tracking application, highlighting its key features, technical aspects, and user interface design.



by Kalyani Wasave



About the Fitness Tracking App

Empowering Fitness Journey

Our app empowers users to manage their fitness journey by logging workouts, tracking daily nutrition, and setting goals.

Visualized Insights

A comprehensive dashboard provides an overview of all fitness statistics through visualization.

Achievement Badges

Users earn achievement badges for reaching milestones, providing motivation and recognition.



App Functionalities

User Management

Register, login, and manage user profiles.

Workout Tracking

Log workouts with details such as type of workout, duration, and calories burned.

Goal Setting

Create and track fitness goals with target dates.

Nutrition Tracking

Log daily food intake and monitor the calories consumption.

Additional Features

Badge Achievement

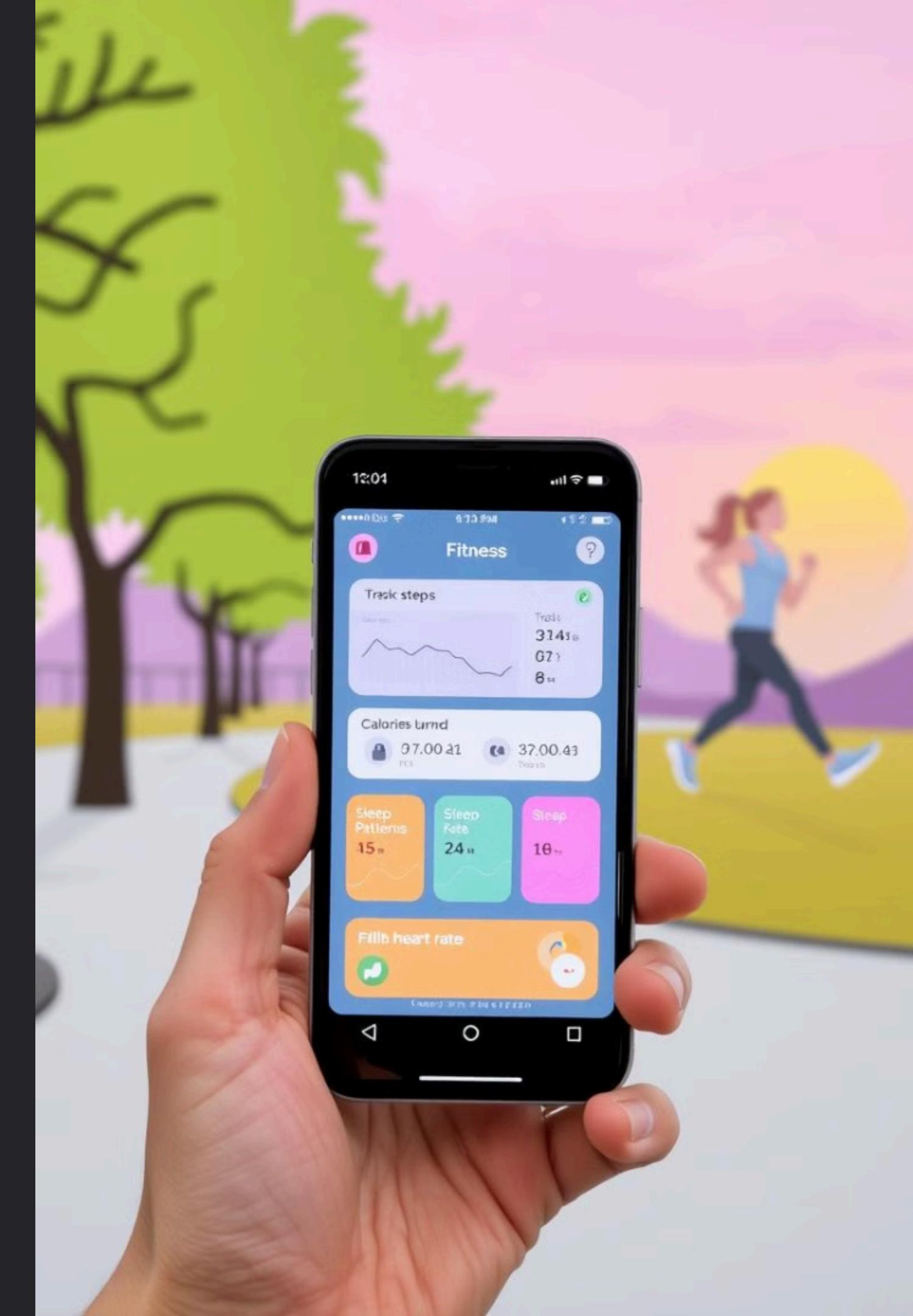
Earn silver, gold, or platinum badges once you earn specific points to motivate.

Dashboard

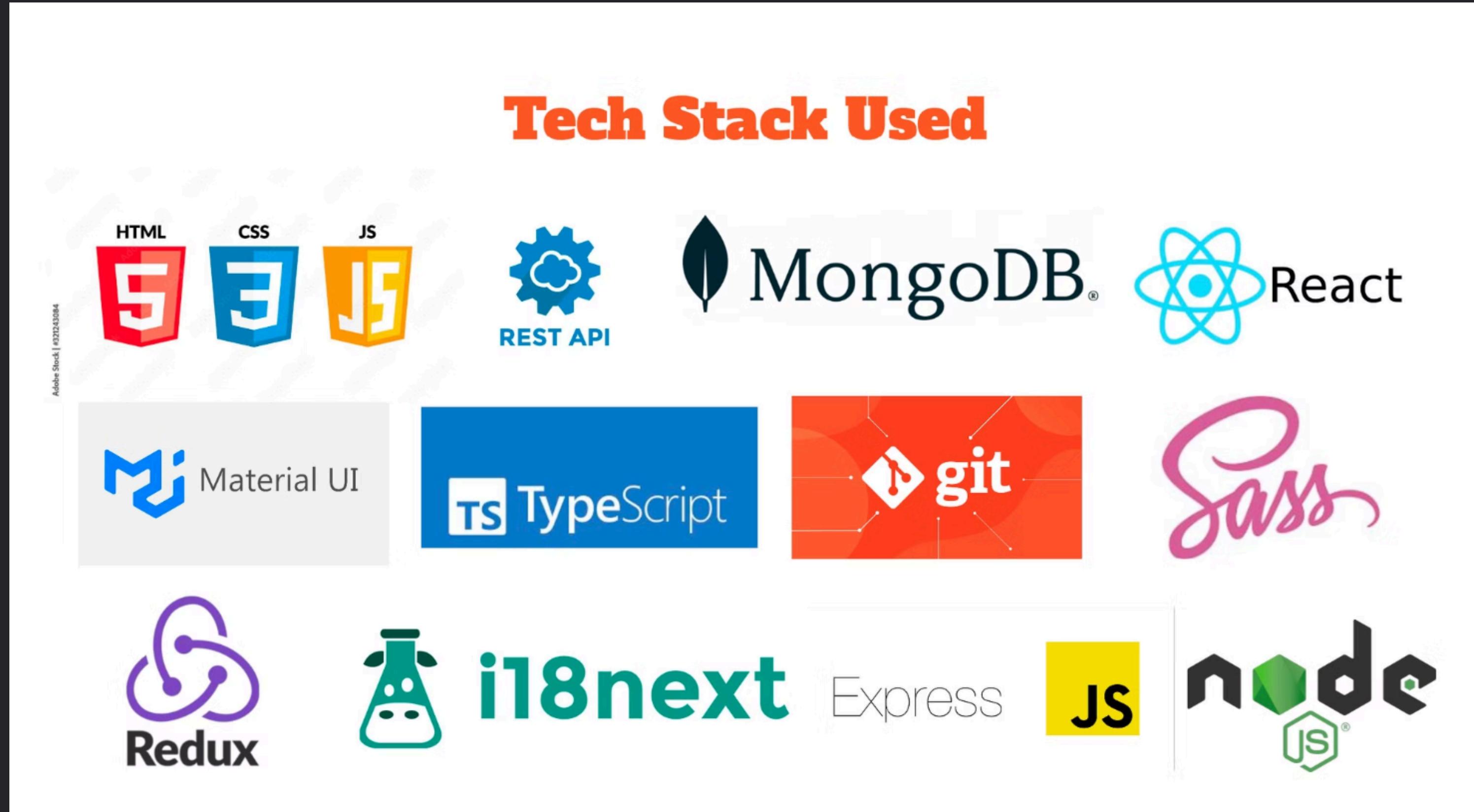
Generate reports to analyze workout, goal, and nutrition data over time.

Multi Languages

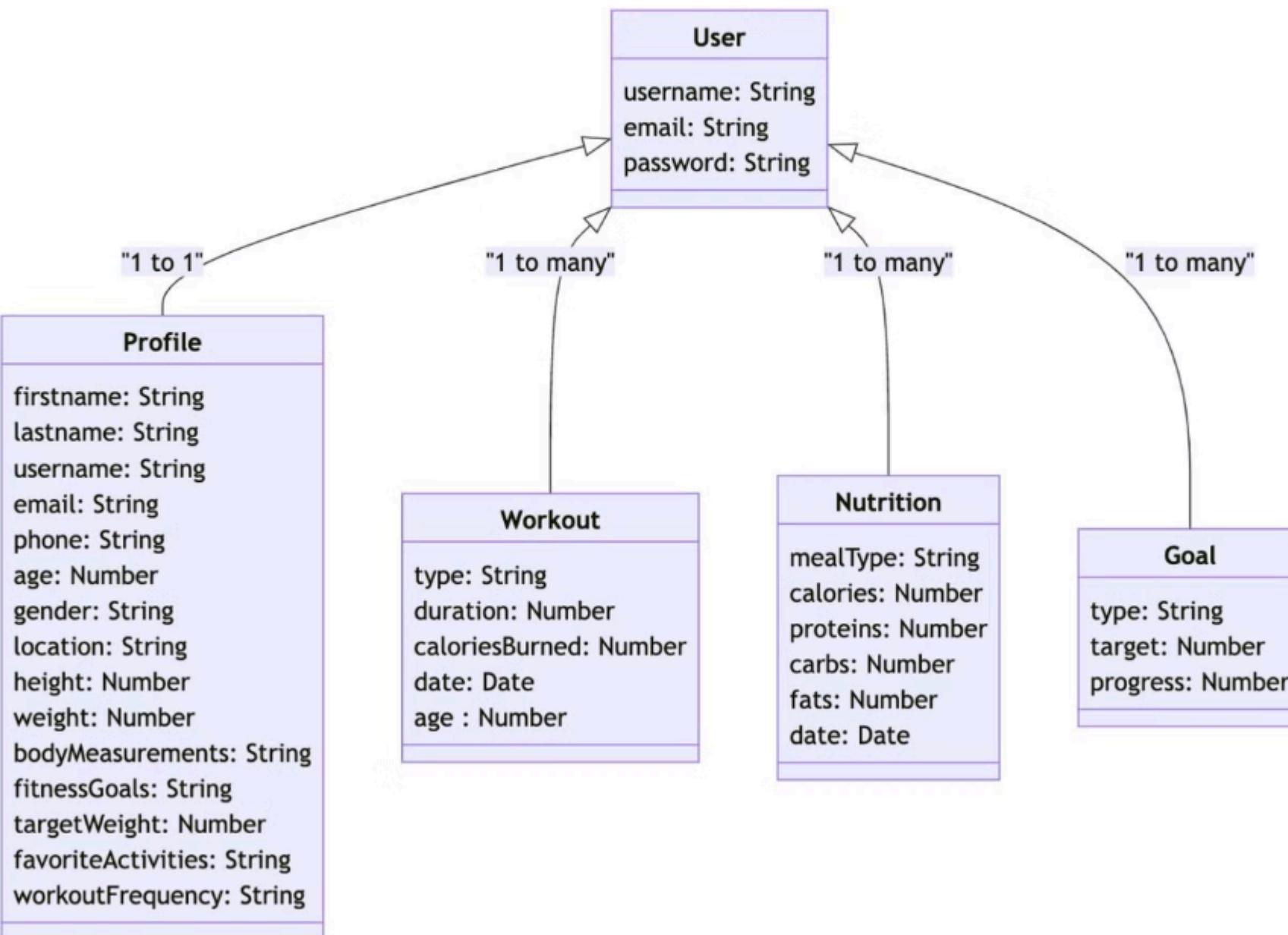
Users can choose languages among English, Chinese, or Hindi.



Tech Stack Used



Architecture Diagram



Key Technical Features

CRUD Operations

- Create: Add new workouts and exercises.
- Read: View workout history and details.
- Update: Modify existing workouts.
- Delete: Remove workouts from the log.

Routing

- Seamless Navigation: Home, Workout Log, Exercise Library, Profile.
- User Experience: Ensure a smooth and intuitive user experience.

Redux

- Centralized State Management: Manage application state efficiently.
- Data Consistency: Ensure that all components reflect the most up-to-date and consistent data.
- Scalability: Enhance the app's ability to handle increasing data and complexity.

Internationalization (i18n)

- User Preferences: Allow users to select their preferred language.
- Inclusivity: Make the app accessible to a wider audience.

Powering Your Fitness Journey

Dive into the technical heart of our fitness tracking app, where cutting-edge features come together to elevate your experience:

Seamless CRUD

Effortlessly **create** new workouts, **read** your fitness history, **update** existing logs, and **delete** activities - all at your fingertips.

Centralized State

Rely on our robust **Redux** architecture to ensure data consistency and scalability, keeping your fitness journey on track.



Intuitive Navigation

Explore our app with ease, moving between the **Home**, **Workout Log**, **Exercise Library**, and your personal **Profile**.

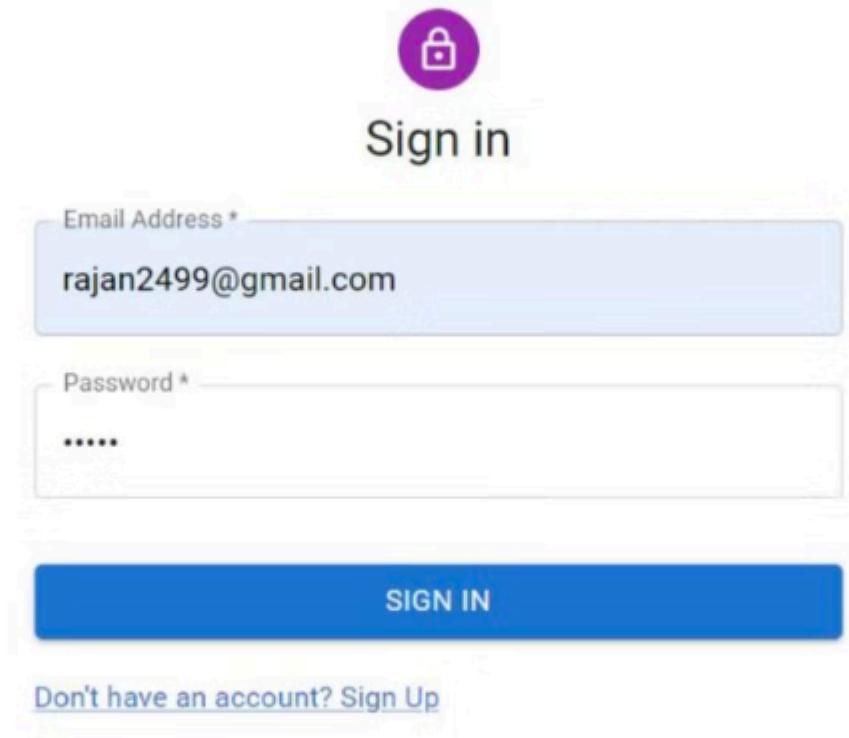
1 Inclusive Experiences

Our **internationalization** features adapt to your preferences, making the app accessible and inclusive for all.

2 Responsive Design

Experience our **Progressive Web App** (PWA) capabilities, offering a seamless, app-like experience across devices.

App UI 1- Sign In Page



The image shows a sign-in form with a purple lock icon above the 'Sign in' button. The form includes fields for Email Address and Password, both containing placeholder text. A blue 'SIGN IN' button is at the bottom, and a link for 'Don't have an account? Sign Up' is at the bottom right.

Sign in

Email Address *

rajan2499@gmail.com

Password *

.....

SIGN IN

Don't have an account? [Sign Up](#)

App UI 2- Profile Page

Dashboard Workout Nutrition Goals Profile Sign Out English ▾

Profile

First Name Last Name *

Username Email Address

Phone Age

Gender Location

Height (cm) Target Weight (kg)

Favorite Activities

UPDATE PROFILE

App UI 3- Workout Page

The screenshot displays a workout tracking application with a clean, modern design. At the top, a blue header bar contains navigation links: Dashboard, Workout, Nutrition, Goals, Profile, Sign Out, and a language selector set to English. Below the header is a large, semi-transparent overlay window titled "Log Workout". This window includes fields for "Type of Workout" (set to "Strength Training"), "Date" (a date input field), "Duration (minutes)" (0), "Calories Burned" (0), and "Weight" (0). A prominent blue "Log Workout" button is located at the bottom of this form. To the right of the overlay, the main content area shows a "Workout History" section. It lists four entries: 1. CORE - 200 calories burned | Duration : 50 minutes (date: 31 Jul 2024) 2. FLEXIBILITY - 100 calories burned | Duration : 50 minutes (date: 1 Aug 2024) 3. FUNCTIONAL TRAINING - 300 calories burned | Duration : 40 minutes (date: 2 Aug 2024) 4. FUNCTIONAL TRAINING (partial entry)

Dashboard Workout Nutrition Goals Profile Sign Out English

Log Workout

Type of Workout:
Strength Training

Date:
mm/dd/yyyy

Duration (minutes): 0 Calories Burned: 0 Weight: 0

Log Workout

Workout History

CORE
200 calories burned | Duration : 50 minutes
31 Jul 2024

FLEXIBILITY
100 calories burned | Duration : 50 minutes
1 Aug 2024

FUNCTIONAL TRAINING
300 calories burned | Duration : 40 minutes
2 Aug 2024

FUNCTIONAL TRAINING

App UI 4- Nutrition Page

Dashboard Workout Nutrition Goals Profile Sign Out English ▾

Log Nutrition

Food Item: Ramen Date: 07/28/2024

Calories: 1200 Protein (grams): 500 Carbs (grams): 300 Fat (grams): 100

Log Nutrition

OATS 100 gram Calories 0 gram Protein 0 gram Carbs 0 gram Fat 14 Aug 2024	trash
TEA 50 gram Calories 0 gram Protein 0 gram Carbs 0 gram Fat 13 Aug 2024	trash
PALAK PANEER 300 gram Calories 600 gram Protein 700 gram Carbs 200 gram Fat 5 Aug 2024	trash
BUTTER CHICKEN 400 gram Calories 1200 gram Protein 300 gram Carbs 100 gram Fat 4 Aug 2024	trash

App UI 4- Nutrition Page with Chrome Notification

The screenshot shows a web browser window for a 'Fitness Tracker' application. The URL is `localhost:5173/nutrition`. A Chrome notification at the top right says 'Nutrition Logged localhost:5173 You just logged a new nutrition entry!'. The main page has a blue header with 'Dashboard', 'Workout', 'Nutrition', 'Goals', 'Profile', 'Sign Out', and 'English' dropdown. Below the header is a 'Log Nutrition' form with fields for 'Food Item', 'Date' (set to mm/dd/yyyy), 'Calories', 'Protein (grams)', 'Carbs (grams)', and 'Fat (grams)'. All fields have a value of 0. A 'Log Nutrition' button is at the bottom. Below the form is a 'Nutrition History' section with entries for 'OATS', 'TEA', 'PALAK PANEER', and 'BUTTER CHICKEN', each with its details and a delete icon.

info-6150-summer-2024/fin... X Fitness Tracker X +

localhost:5173/nutrition

ps ADOBE kalyaniwasave The Report | Hack... Challenges - EvalAI Discord | #books-t... Course: Great Pro... Kalyani's Trello Bo... Library Genesis > All Bookmarks

Dashboard Workout Nutrition Goals Profile Sign Out English

Log Nutrition

Food Item: Date: mm/dd/yyyy

Calories: Protein (grams): Carbs (grams): Fat (grams): 0 0 0 0

Log Nutrition

Nutrition History

OATS
100 gram Calories | 0 gram Protein | 0 gram Carbs | 0 gram Fat
14 Aug 2024

TEA
50 gram Calories | 0 gram Protein | 0 gram Carbs | 0 gram Fat
13 Aug 2024

PALAK PANEER
300 gram Calories | 600 gram Protein | 700 gram Carbs | 200 gram Fat
5 Aug 2024

BUTTER CHICKEN

App UI 5: Goals Page with Achievement Badge and Chrome Notification

The screenshot shows a web browser window for a "Fitness Tracker" application. The URL is `localhost:5173/goals`. The browser's title bar includes tabs for "info-6150-summer-2024/fina" and "Fitness Tracker". A notification bubble in the top right corner says "Goal Achieved" with the message "localhost:5173 You've achieved your goal: Weight Loss". The main content area has a blue header bar with links for "Dashboard", "Workout", "Nutrition", "Goals", "Profile", "Sign Out", and language selection ("English").

Goals
Total Points: 10129

Badge Earned: Platinum. You have earned the highest badge!

Congratulations! You have achieved your goal and earned 5 points. Badge Earned: Platinum. You have earned the highest badge!

Current Goals

New Goal
Target *
ADD GOAL

Finished Goals

- Running Milestones (3 km)**
Points: 50, Achieved: 3 km
- Water Intake (2 liters)**
Points: 3, Achieved: 2 liters
- Water Intake (2 liters)**
Points: 3, Achieved: 2 liters
- Running Milestones (20 km)**
Points: 50, Achieved: 20 km
- Daily Steps (1000 steps)**
Points: 10000, Achieved: 10000 steps
- Weight Loss (1000 kg)**

App UI 6- Language Options

The screenshot displays a mobile application interface for logging workouts and viewing history. At the top, a blue navigation bar includes links for Dashboard, Workout, Nutrition, Goals, Profile, Sign Out, and a language dropdown menu. The language dropdown shows English (selected), Chinese, and Hindi. Below the navigation bar is a large white card titled "Log Workout". It contains fields for "Type of Workout" (set to Strength Training), "Date" (a date input field), "Duration (minutes)" (an input field containing "0"), "Calories Burned" (an input field containing "0"), and "Weight" (an input field). A blue "Log Workout" button is at the bottom of this card. To the right of the log card is a "Workout History" section. It lists three entries: "CORE" (200 calories burned | Duration : 50 minutes, 31 Jul 2024), "FLEXIBILITY" (100 calories burned | Duration : 50 minutes, 1 Aug 2024), and "FUNCTIONAL TRAINING" (300 calories burned | Duration : 40 minutes). Each history entry has a small trash can icon to its right.

Dashboard Workout Nutrition Goals Profile Sign Out

✓ English
Chinese
Hindi

Log Workout

Type of Workout:
Strength Training

Date:
mm/dd/yyyy

Duration (minutes): Calories Burned: Weight:

Log Workout

Workout History

CORE
200 calories burned | Duration : 50 minutes
31 Jul 2024

FLEXIBILITY
100 calories burned | Duration : 50 minutes
1 Aug 2024

FUNCTIONAL TRAINING
300 calories burned | Duration : 40 minutes

App UI 7- Dashboard Page

Dashboard Workout Nutrition Goals Profile Sign Out English ▾

Hello kalyani!

Stay healthy and keep pushing your limits!

Weight Over Time

Date	Weight
01 Aug 2024	85
05 Jun 2024	75
31 Jul 2024	0

Calories Eaten Over Time

Date	Calories
14 Aug 2024	120
13 Aug 2024	50
05 Aug 2024	300

Calories Burned Over Time

Date	Calories
01 Aug 2024	200
05 Jun 2024	50
31 Jul 2024	300

Recent Workouts

Core
Duration: 30 mins, Calories: 30
13 Aug 2024

Flexibility
Duration: 30 mins, Calories: 200
04 Aug 2024

Functional training
Duration: 40 mins, Calories: 300
02 Aug 2024

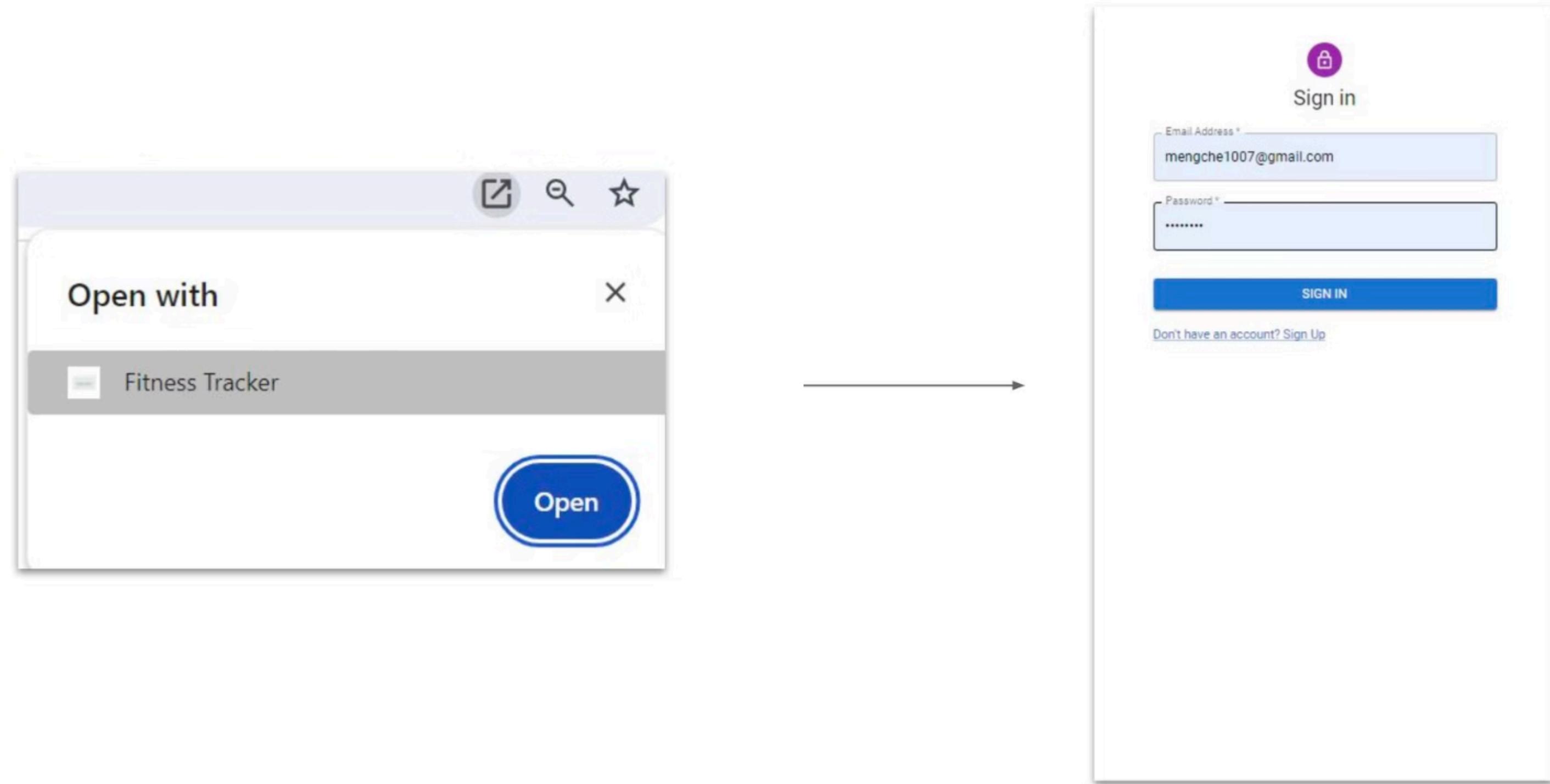
Recent Nutrition Logs

Oats
Calories: 100, Protein: 0, Carbs: 0, Fat: 0
14 Aug 2024

Tea
Calories: 50, Protein: 0, Carbs: 0, Fat: 0
13 Aug 2024

Palak paneer
Calories: 300, Protein: 600, Carbs: 700, Fat: 200
05 Aug 2024

App UI 8- PWA





Thank You

Thank you for your time. We are excited to share more about our fitness tracking application and its potential to empower users on their fitness journey.