

## Team Z(change when we have a name)

**Name of the Software:** FitFix(change when we have website name)

### Why did the team decide on this topic:

- Picking a workout and diet website can serve as a way of promoting and facilitating a healthy lifestyle. Individuals often embark on a fitness journey to enhance their physical well being and oftentimes a struggle can be not knowing what or how to start. Therefore, the team thought it would be beneficial to create a platform that enables individuals to get workout tips and nutrition advice.(Add more if you guys want)

### Short description of the software:

- Our software will consist of creating a user-friendly website that allows for specific workout to be discovered depending on muscle that is trying to be targeted. Whether the user is trying to bulk up, slim down, or maintain weight, we got it covered as well as customized meal plans that align with your weight objective.They can generate what exercises they want to do depending on what muscle group they want to work on.Er have the user choose what type of workout they can choose from cardio, weightlifting, or calisthenics, we can have a user input their goal and it can generate a diet plan and foods depending on what type of diet they are doing, we should include different types of diets.(Add more if you guys want)

### Technology Stack (if decided):

- We will be using HTML, CSS, and JavaScript, we will try to fetch APIs from the web to get any statistics and examples of diet, the different workouts, and so many variety of things. We will try to use any libraries as needed like Node, React, Vue, Express or Angular.

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