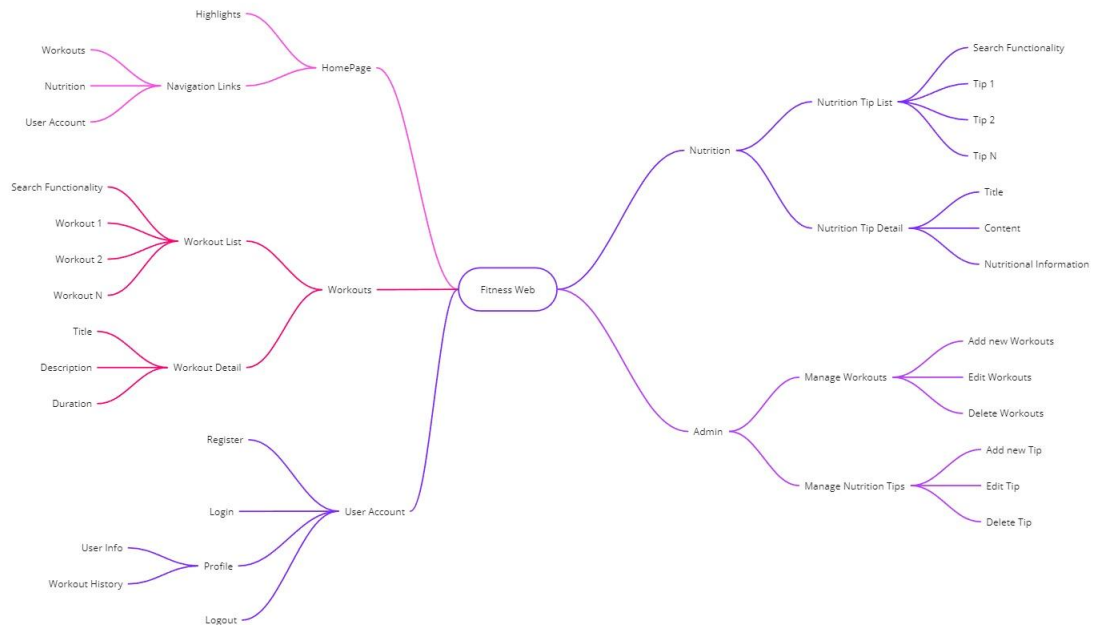# Fitness App With Python Django Framework

Functional Requirements:

- **HTML,CSS:** HTML is the standard language used to create and structure content on the web. It defines the structure of web pages using elements and tags. Each element represents a different type of content, such as headings, paragraphs, links, images, and more.CSS is a stylesheet language used to describe the presentation of an HTML document. CSS defines how HTML elements should be displayed, including layout, colors, fonts, and more. It separates the content (HTML) from the presentation (CSS), allowing for greater flexibility and control in web design.

- **Django:** Django is a high-level Python web framework that promotes rapid development and clean, pragmatic design. Created to help developers build robust and scalable web applications quickly, Django emphasizes reusability, modularity, and the "don't repeat yourself" (DRY) principle. The framework includes an Object-Relational Mapping (ORM) system, which allows developers to interact with databases using Python code instead of SQL, making database operations more intuitive and less error-prone.

- **VS Code:** Visual Studio Code (VS Code) is a highly popular, free, and open-source code editor developed by Microsoft, renowned for its versatility and extensive functionality. It provides developers with a comprehensive suite of tools, including IntelliSense for intelligent code completion, an integrated debugger, and a built-in terminal, all of which enhance productivity and streamline development workflows. VS Code's powerful extension ecosystem allows for seamless customization and the addition of features tailored to various programming languages and frameworks.

- **Python:** Python is a versatile and widely-used programming language known for its simplicity and readability, making it an excellent choice for both beginners and experienced developers. Created by Guido van Rossum and first released in 1991, Python emphasizes clear, readable syntax that allows developers to express concepts with fewer lines of code than other languages like Java or C++. Python's extensive standard library supports a wide range of programming tasks, from web development and data analysis to artificial intelligence and scientific computing. Its dynamic typing and interpreted nature facilitate rapid development and debugging, while its support for multiple programming paradigms—including procedural, object-oriented.

MindMap:

Features:

- **User Management:** Users should be able to register using an email address and password.
- **Workout Plans and Exercises:** The website should offer predefined workout plans for different fitness goals (e.g., weight loss, muscle gain, endurance).Users should be able to create custom workout plans .Users should be able to browse and search for workout plans. Allow users to filter exercises by muscle group, equipment, and difficulty level.
- **Nutrition and Diet Plans:** Offer predefined diet plans for different fitness goals. Allow users to create custom diet plans. Enable users to browse and search for diet plans.
- **Notifications and Reminders:** Send notifications and reminders for scheduled workouts and meal times. Send motivational messages and tips.
- **Administration:** Provide an admin dashboard for managing users, content, and products. Allow administrators to create and manage workout and diet plans.