

ABSTRACT

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In the modern world, maintaining a healthy lifestyle is essential yet challenging due to busy schedules and lack of personalized guidance. This project presents a Fitness Planner that combines customized workout routines and diet planning to support users in achieving their health goals. The system is designed to cater to individuals aiming for various fitness objectives such as weight loss, muscle gain, or general well-being.

The core of the application includes user profile management where details like age, gender, height, weight, and fitness goals are recorded to personalize recommendations. Based on the user's profile, the system generates appropriate workout plans categorized into cardio, strength training, and flexibility exercises. It also schedules workouts across the week and allows users to track their progress.

In addition to workout planning, the system integrates a dietary module that calculates the user's daily calorie requirement using standard formulas (like BMR and activity multipliers). It provides a balanced meal plan tailored to the user's goals, including macronutrient distribution and suggested food items.

The app includes a dashboard where users can view their daily progress, upcoming workouts, calorie intake, and suggestions. Progress charts visualize changes over time, helping users stay consistent and motivated. A notification system reminds users about workouts and meals, ensuring better adherence. Altogether, the app aims to be a personal virtual coach, making fitness more structured, trackable, and sustainable for everyone.