ABSTRACT

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In today’s fast-paced world, individuals struggle to maintain a healthy lifestyle due to busy schedules, lack of motivation, and the absence of personalized guidance. People often face challenges in planning effective workout routines and balanced diets that align with their unique fitness goals. As a result, they find it difficult to stay consistent and track their health progress efficiently. The idea is to develop a **Fitness Planner Application** that serves as a virtual fitness coach. The system will integrate both **workout planning** and **diet tracking** into a single platform. By collecting user-specific data such as age, gender, weight, height, and fitness objectives, the application will generate customized fitness and nutrition recommendations tailored to the individual’s needs. The Fitness Planner will include **User Profile Management**: Collects user data and goals to personalize plans. **Workout Planner**: Generates weekly exercise routines (cardio, strength, flexibility) based on the user’s profile and fitness goal. **Diet Planner**: Calculates daily calorie needs using BMR and suggests a balanced meal plan including macronutrient breakdown and recommended foods. **Progress Tracker**: Displays weight, workout consistency, and calorie intake over time through dashboards and visual charts. **Reminder System**: Notifies users about their scheduled workouts and meal times to help them stay on track. This solution will help users overcome common fitness obstacles by making health management more personalized and structured, user-friendly application.

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