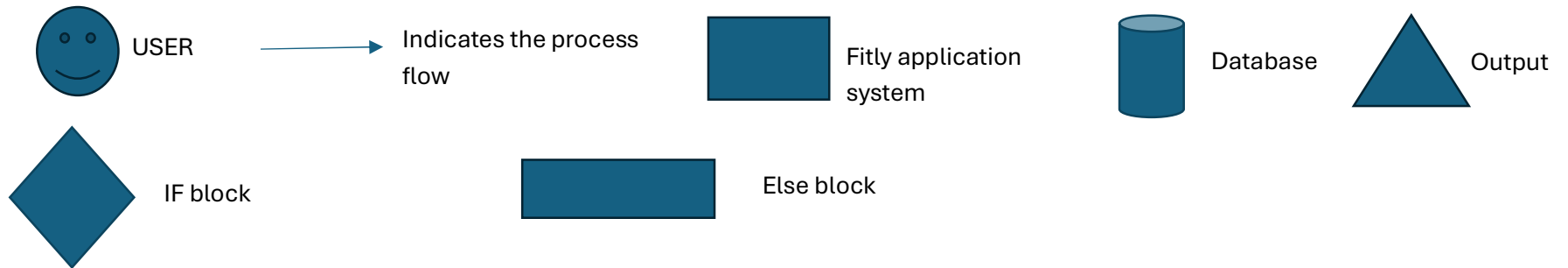# FITLY DESIGN DIAGRAM

A fitness application that assists people in achieving their fitness goals through personalized recommendations and create a well-rounded fitness plan for their body type.

Symbols Overview:

USER

Indicates the process flow

Fitly application system
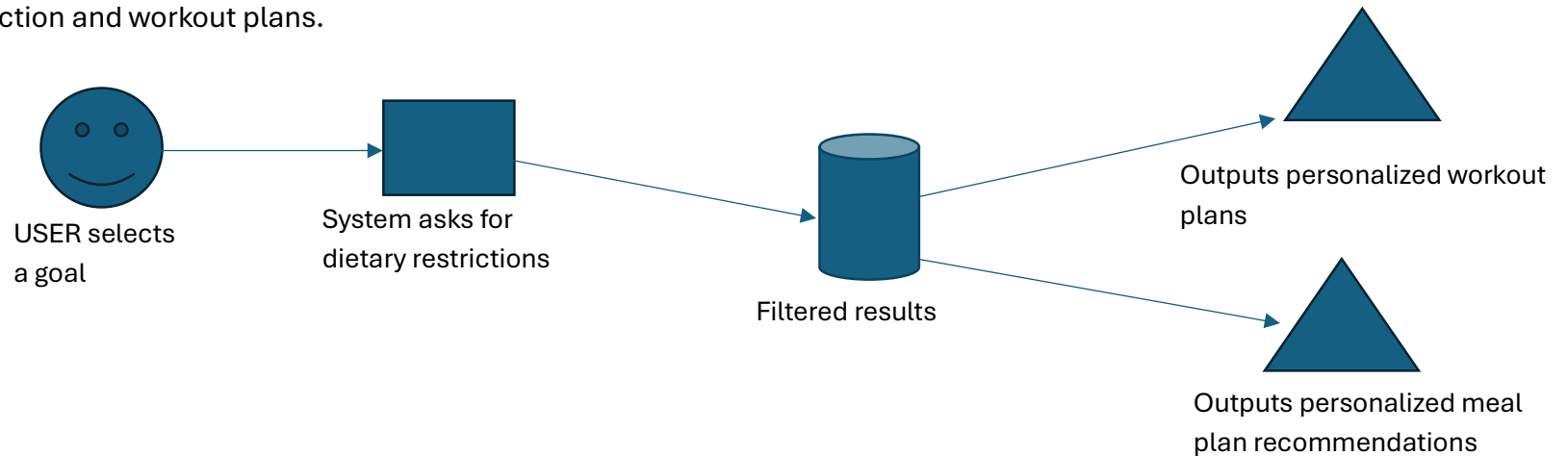
Database

Output

IF block

Else block

Design D0: Highest-level view of project

User would pick their body goals (lean build, lose fat, build muscle, etc.) from the home page and the system will give them workout and meal plan recommendations.

USER selects a goal

Fitly system

Outputs fitness and meal recommendations
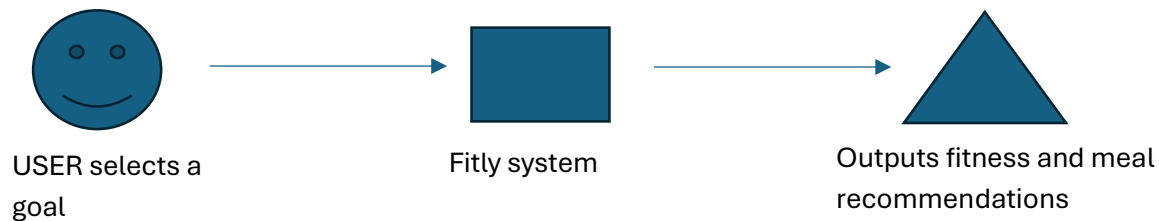
Design D1

User would pick their body goals (lean build, lose fat, build muscle, etc.) from the home page and the system will ask for dietary restrictions (gluten free, etc) and then it'll output filtered results for meal plans catered to their dietary restriction and workout plans.

USER selects
a goal

System asks for
dietary restrictions

Filtered results

Outputs personalized workout plans

Outputs personalized meal plan recommendations

Design D2:

User would pick their body goals (lean build, lose fat, build muscle, etc.) from the home page and the system will ask them for secondary goals because most users would want to lose fat and build muscle so the dietary plans and workout plans would need to cater for both. Then the system takes in dietary restrictions (gluten free, etc), primary and secondary muscle groups the workouts should target the most and then it'll output filtered results for meal plans catered to their dietary restriction and workout plans based on their goals and muscle groups they chose to be targeted as well as cardio recommendations too. If the user's primary goal was to lose a few pounds, then it'll output cardio recommendations only.

USER selects
a primary goal

System asks
secondary goal

IF

primary is "lose a
few pounds" and
secondary is N/A

ELSE

System asks for
dietary restrictions

System asks for primary
muscle groups preference

System asks for
secondary muscle groups

System asks for
dietary restrictions

Personalized cardio
recommendations

Personalized lifting
recommendations

Personalized meal plan
recommendations