



## **PROJECT PROPOSAL**

**Arabic Title**

**English Title**

**Submitted by:**

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### **PROJECT ABSTRACT:**

Nowadays lots of people take care of their weight, health and try to make best look of their bodies but they don't know how to start what should they do, what they should eat I tried to make some food plans, exercises from different categories available in this application in a way that is easy to use and be understood and for free

### **PROJECT OBJECTIVES:**

Health app project for food plans and exercises

**WHO ARE THE PROJECT COMPETITIVE? AND HOW WILL YOUR PROJECT BE DIFFERENT?**

Most applications in this field don't provide their users with free plans for food and exercises, It must be with fees and not all categories of food plans

**TOOLS, HARDWARE AND SOFTWARE RESOURCES:**

**Tools :- Adobe XD (prototype) , flutter (Mobile app)**

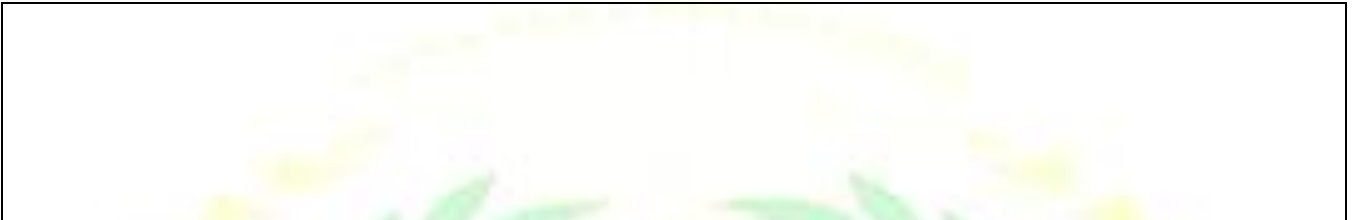
**Software :- Android Studio ,Visual Studio ,Dart Language**

**Hardware:- mobile**

**SCHEDULING PHASES:**

From	To	Activity
15/4/2021	22/4/2021	proposal
		prototype
		Initial phase of program
		Final project

## LITERATURE REVIEW:



## REFERENCES:

### **Fitness Guide :-**

<https://www.chloeting.com/program/>

<https://www.helpguide.org/harvard/whats-the-best-exercise-plan-for-me.htm>

### **Food Plan Guide : -**

<https://www.skinnytaste.com/meal-plans/>

<https://www.eatingwell.com/category/4286/meal-plans/>