

SVT Project Idea

Project Name: **FitTrack** - A Fitness Tracking Application

Idea: FitTrack allows users to record their daily exercise and food intake, track progress towards goals (e.g., weight loss or fitness level), and motivate them with reminders and statistics.

- **Purpose:** FitTrack is a Java-based application designed to help users track their fitness goals, monitor their workout routines, log nutrition, and set personalized fitness plans. It allows users to record various fitness metrics such as weight, calories burned, exercise routines, and more. The primary aim is to assist users in maintaining a healthy lifestyle by keeping track of their daily physical activities and providing data-driven insights.

Features:

- **User Authentication:** Login/Signup and Profile Management.
- **Workout Log:** Track exercises and calories burned.
- **Nutrition Log:** Log meals and track calorie intake.
- **Goal Setting:** Set fitness goals (weight loss, muscle gain).
- **Progress Tracker:** View fitness progress over time.

- <https://share.balsamiq.com/c/aaRKNzztbfdZcagFxn3h.jpg>
- <https://github.com/najirhussain029>