# Workout Planner App Project

## Project Idea

The Workout Planner App is a Django-based application designed to provide users with personalized workout plans and diet recommendations. It tailors plans based on user inputs such as height, weight, age, body fat percentage, activity level, and fitness goals. The app aims to simplify fitness planning by offering easily accessible and actionable advice for users with diverse fitness levels and objectives.

## Problem Statement

Many individuals struggle with planning effective workouts and diets tailored to their specific needs and goals. Existing solutions are often overly complex, generic, or require significant expertise to use effectively. The Workout Planner App addresses this gap by providing personalized fitness and nutrition plans in a user-friendly platform, enabling users to focus on their fitness journey without unnecessary barriers.

## User Personas

### 1. Ali – The Beginner

- Age: 25  
- Occupation: Student  
- Goals: Lose weight and get fit.  
- Pain Points: Doesn’t know how to start with workouts or diet planning.  
- Needs: Easy-to-follow workout plans and diet suggestions that fit a student budget.

### 2. Sara – The Fitness Enthusiast

- Age: 30  
- Occupation: Marketing Professional  
- Goals: Build muscle and track progress.  
- Pain Points: Wants advanced plans tailored to her needs.  
- Needs: Plans that focus on specific muscle groups and advanced workout suggestions.

### 3. Omar – The Busy Parent

- Age: 40  
- Occupation: Accountant  
- Goals: Stay healthy with limited time.  
- Pain Points: Doesn’t have time for complex workout routines.   
( Will be pinpointed by days/week available )  
- Needs: Short and effective workout plans and simple meal recommendations.

## Functional Requirements

1. **User Authentication:**
   * Users can register, log in, log out, and reset passwords.
2. **User Profile Management:**
   * Users can input and update their personal details: age, weight, height, activity level, and fitness goals.
3. **Workout Plan Generation:**
   * Personalized workout plans are generated based on user inputs such as weight, height, and goals.
4. **Diet Recommendations:**
   * Calculate calorie needs, including maintenance, surplus, and deficit.
   * Provide macronutrient breakdown based on user goals.

## Non-Functional Requirements

1. **Performance:**

* Generate workout and diet plans within 10 seconds or less.

2. **Scalability:**

* Support up to 1000 concurrent users.

3. **Security:**

* Passwords must be hashed and stored securely.
* Prevent unauthorized access to user data.

4. **Usability:**

* Maintain a simple, intuitive interface with a clean design.

5. **Maintainability:**

* Provide clear documentation for developers.