# 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

- User authentication: Registration, login, logout, and password reset.  
- User profile management: Input and update personal details (e.g., age, weight, height).  
- Workout plan generator: Generates plans based on user input.  
- Diet recommendations: Calculates calorie needs and macro breakdown.

## Non-Functional Requirements

- Performance: Load workout plans and diet recommendations in less than 10 seconds.  
- Scalability: Handle a large number of concurrent users if the hosting service allows to (1000+).  
- Security: Hash user passwords and prevent unauthorized access.  
- Usability: Provide a simple and intuitive interface.  
- Compatibility: Ensure responsiveness on mobile devices and compatibility with modern browsers.  
- Maintainability: Include clear documentation for future developers.