FITNESS TRACKER USING JAVA

In recent years, the integration of technology with health and fitness has revolutionized the way individuals monitor and manage their wellness goals. Fitness trackers, in particular, have become indispensable tools for health enthusiasts, athletes, and everyday users striving to lead healthier lifestyles. These devices and accompanying applications offer real-time insights into various aspects of physical activity, and overall wellness metrics.

The development of fitness tracker applications involves leveraging programming languages and frameworks that enable robust and efficient data collection, analysis, and presentation. Java, with its versatility, performance, and widespread adoption, stands out as a powerful language for creating scalable and feature-rich fitness tracking software.

The application has the feature to calculate calories burned and provide us with the recommended calories and day to achieve the calories. The key features of a fitness tracker is its ability to monitor the calories you consume and burn throughout the day. By inputting your height , weight , age , activity level into the tracker, it can provide a comprehensive view of your daily calorie burned. This information is crucial for those looking to manage their weight effectively.

Body Mass Index (BMI) is a measure used to assess whether your weight is in a healthy range for your height. Fitness trackers often incorporate BMI calculations based on your height and weight input. This feature allows you to quickly gauge whether you are underweight,

normal weight, overweight, or obese according to standard BMI categories.

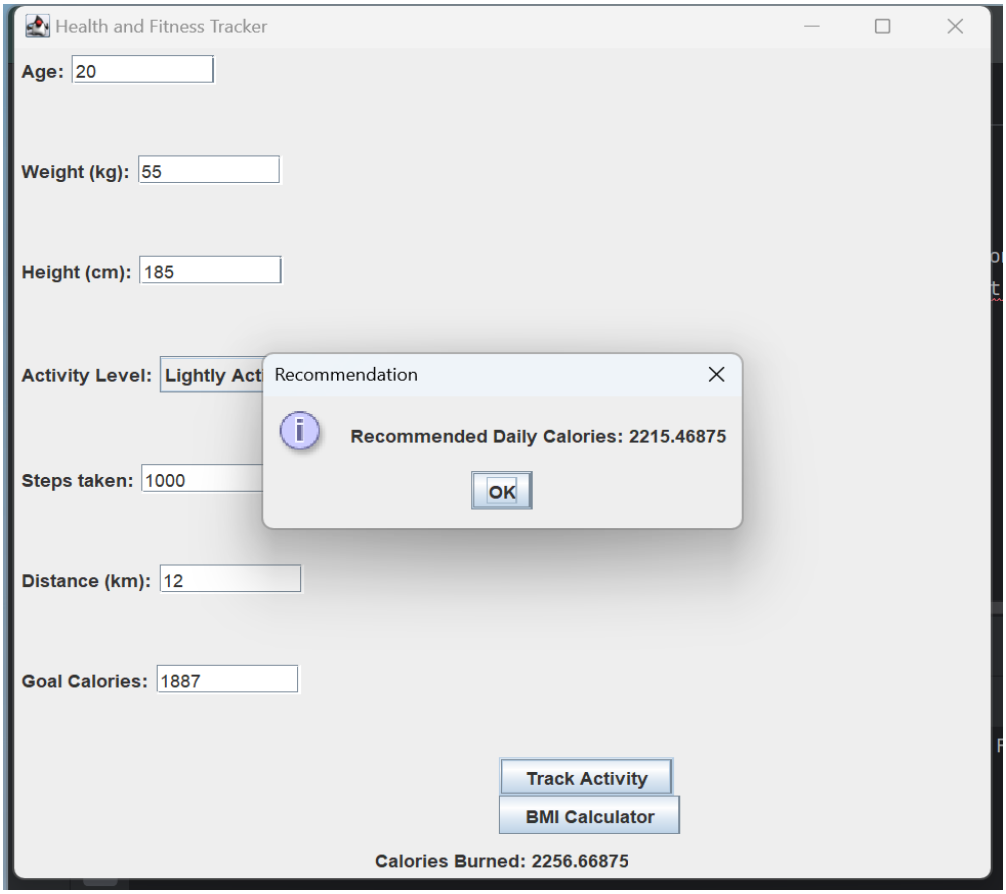
BMI = (Weight in kilograms) / (Height in meters)^2

Your fitness tracker can provide insights into your BMI trends over time, helping you set realistic weight goals and track your progress towards achieving them.

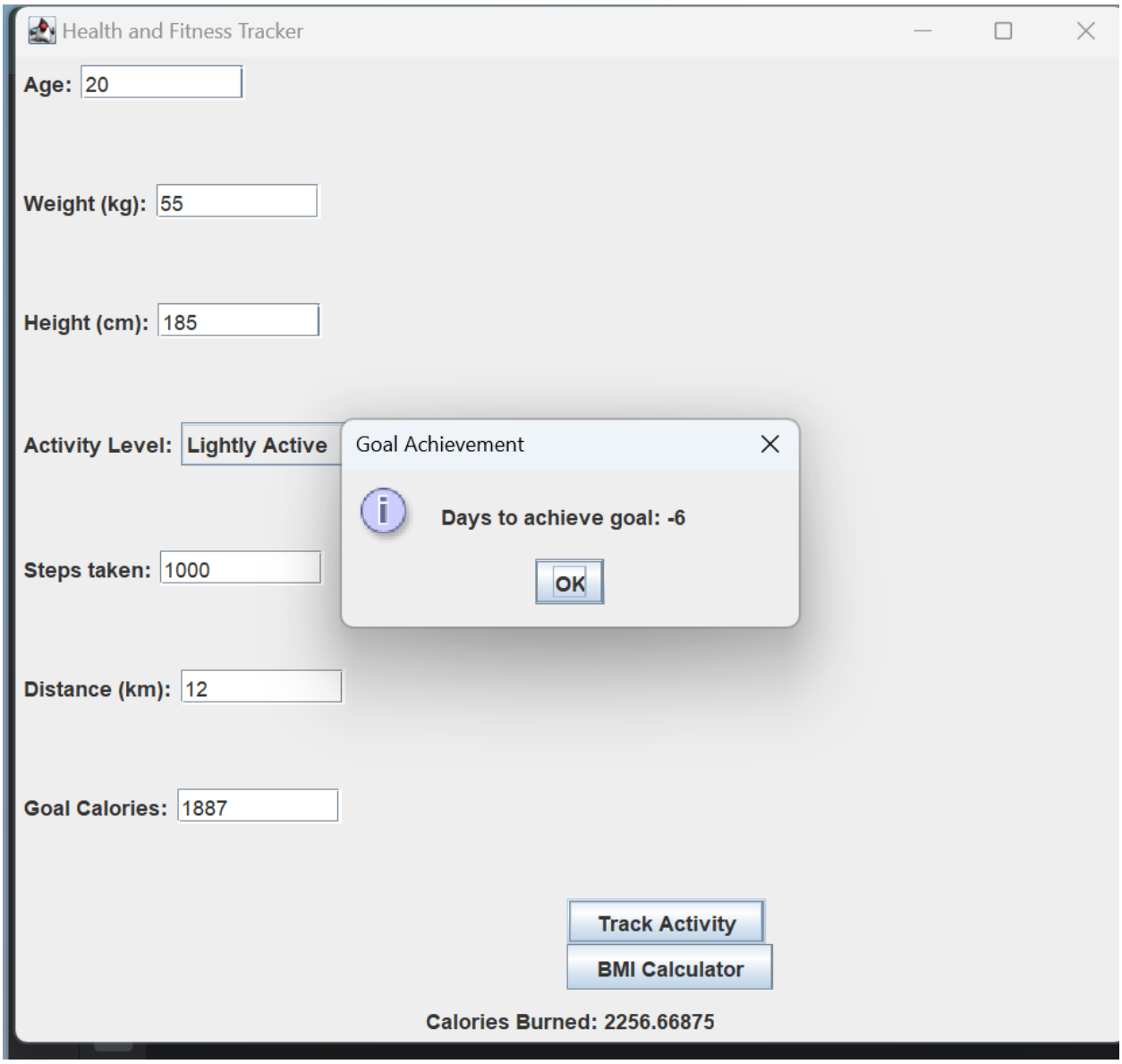
Based on your unique profile (age, gender, weight, height, activity level), fitness trackers can generate personalized recommendations for your daily calorie intake. These recommendations take into account your fitness goals, whether you aim to lose weight, maintain weight, or build muscle.

SCREENSHOT OF THE RESULT

Providing calories burned by giving all the details and recommends daily calories.



Giving days to achieve the goal.



Body Mass Index Calculator