

- **Project Name:** FitJourney AI

- **Abstract:**

FitJourney AI is an intelligent fitness tracking app designed to help users achieve their health goals efficiently. By allowing users to log workouts, monitor progress, and receive AI-driven recommendations, the app provides a personalized fitness experience. Users can input key details like weight goals and workout data, while AI suggests optimized routines to improve performance. With a clean interface and smart analytics, FitJourney AI makes fitness tracking seamless and motivating.

- **User Stories:**

- 1) **User Profile & Goal Setting:**

As a **user**, I want to **input my personal details and set fitness goals**, so that **I can track my progress and work towards my target weight**.

- a) The user can enter their **full name, age, height, current weight, target weight, start date, and end date** in a form.
- b) The entered information is displayed as a **summary at the top** of the app.
- c) The user can click an **edit button** and let the user update any field if needed

- 2) **Workout Entry & Logging:**

As a **user**, I want to **log my workouts** by entering key details, so that **I can track my progress over time**.

- a) The user can select the date of the workout.
- b) The user can choose between **walking, running, or cycling** as a workout type.
- c) The user can input **distance (km/miles), duration (minutes), and calories burned** for each workout.
- d) The workout entries are stored and displayed in a **list format inside a container**.

- 3) **Filtering & Managing Workouts:**

As a **user**, I want to **filter and delete my workouts**, so that **I can easily manage my workout history**.

- a) The user can **filter workouts** by type using checkboxes (Walking, Running, Cycling).
- b) The user can **delete any logged workout**, and it will be removed from both the list and data storage.
- c) When a specific filter is selected, the summary will also be updated

d) When a workout is deleted, the summary will also be updated

4) **AI-Powered Workout Suggestions:**

As a **user**, I want to **receive AI-powered workout suggestions**, so that **I can optimize my workouts and reach my goal efficiently**.

- a) The AI can analyze the user's **goal, remaining time, and past workouts** to suggest an **optimal next workout** (type, distance, duration, and calories needed).
- b) The AI-generated workout suggestions update **dynamically based on progress**.

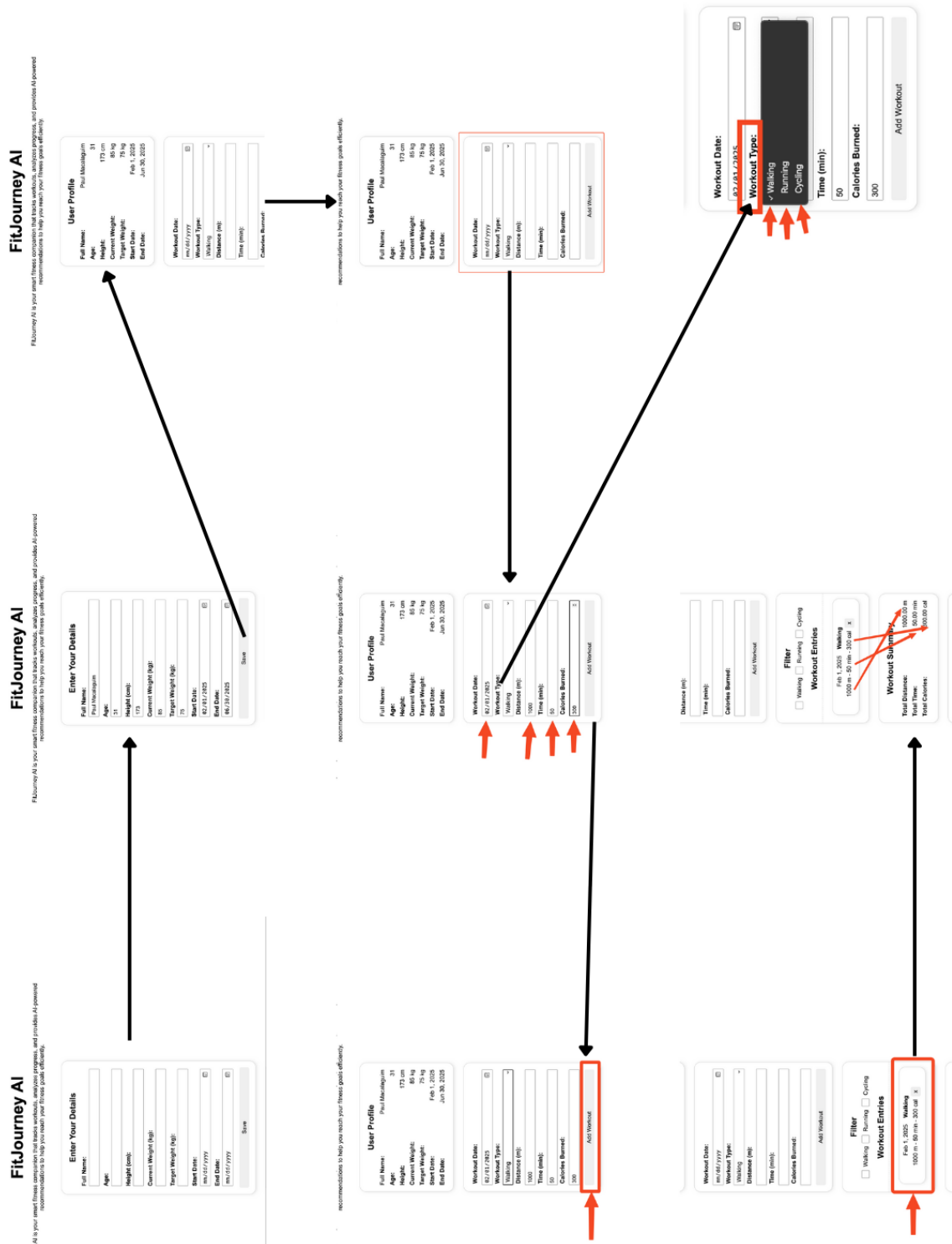
5) **UI/UX & Responsiveness:**

As a **user**, I want a **clean, user-friendly, and mobile-responsive app**, so that **I can navigate easily and track my workouts on any device**.

- a) The app is **mobile-friendly** and works on different screen sizes.
- b) The design is **clean and easy to navigate**, with clear buttons for adding and deleting workouts.

- Trello Link: <https://trello.com/b/Wbv4M8gO/paul-project-2-ai-integration>

- Wireframes
  - Main wireframe



- Filter Feature



- Delete Feature



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- The diagram illustrates the data flow between two sections of the application. On the left, the 'Weekly Workout Plan' section contains a 'Recommendation' card. This card lists a 'Drops Remaining' of 149, a 'Weight Weight' of 149 kg, and 'Weeks 1-4:'. Below this, it lists '3. Fitness Building Endurance / Burning Fat' and '4. Workout Types: 1. 2000 meters 40 min, 2. 2000 meters 40 min, 3. 2000 meters 40 min, 4. 2000 meters 40 min'. On the right, the 'Workout Entries' section contains a 'Recommendation' card. This card lists '3. Fitness Building Endurance / Burning Fat' and '4. Workout Types: 1. 2000 meters 40 min, 2. 2000 meters 40 min, 3. 2000 meters 40 min, 4. 2000 meters 40 min'. A red arrow points from the 'Recommendation' card in the 'Weekly Workout Plan' section to the 'Recommendation' card in the 'Workout Entries' section, indicating the flow of data.