

[Home](#) [Dashboard](#) [Workouts](#) [Diet](#) [Macros](#) [Journal](#) [Ask AI](#)

Get Started

Personalized workouts and diets powered by AI

Track your progress and goals

Stay consistent and motivated

How It Works

Create a custom fitness plan, generate macros, and get smart recommendations.

Your Journey

Complete workouts and log your diet daily to achieve your goals.



[Start Now](#)

Built with Vue 3 and FastAPI