Home Dashboard Workouts Diet Macros Journal Ask AI

Fitness Assistant

## **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.

Name	
Age	
Weight (kg)	
Height (cm)	
Select Gender	~
Select Activity Level	~
Goals (comma-separated, e.g., Fat Loss,Muscle Gain)	

7/6/25, 9:49 PM Fitness Assistant

Start Now

Built with Vue 3 and FastAPI

localhost:5173