| \*\*Function\*\* | \*\*Details\*\* |

| ---------------------- | ------------------------------------------------------------------------------------------------------------ |

| \*\*Register / Sign Up\*\* | New users can create an account with username, email, password, and profile picture. |

| \*\*Login\*\* | Login securely using email and password. |

| \*\*Profile\*\* | View and update their name, email, and profile picture. |

| \*\*Workout Management\*\* | Create, edit, or delete workout routines (e.g., Push Day, Cardio,muscle building ,weight loss etc.) with sets, reps, weights, and notes. |

| \*\*Nutrition Tracking\*\* | Log food intake per meal (breakfast, lunch, dinner, snacks) along with calories and macronutrients. |

| \*\*Progress Tracking\*\* | Enter weight, body measurements, and other fitness data over time. |

| \*\*View Progress\*\* | See charts/graphs that show their fitness improvements (e.g., weight loss, strength gains). |

| \*\*Dashboard\*\* | Personalized dashboard showing recent workouts, meals, and progress. |

Workout Routes:

Push Day (Chest, Shoulders, Triceps)

Bench Press

Shoulder Press

Tricep Dips

Push-ups

Pull Day (Back, Biceps)

Pull-Ups

Bent-over Rows

Barbell Curls

Deadlifts

Leg Day (Quads, Hamstrings, Calves)

Squats

Lunges

Leg Press

Calf Raises

🧘‍♀️ Cardio Routines

Focused on fat burning and heart health

HIIT (High Intensity Interval Training)

Jumping Jacks

Burpees

High Knees

Mountain Climbers

Steady-State Cardio

Treadmill Running (30 mins)

Cycling (45 mins)

Brisk Walking

🤸‍♂️ Full Body / Functional Training

General fitness, beginners, or home workouts

Beginner Full Body

Bodyweight Squats

Push-ups

Planks

Jumping Jacks

Core Focused Routine

Sit-ups

Russian Twists

Leg Raises

Plank Hold

🔁 Weekly Split Example (For Reference)

Day Routine Type

Monday Push (Chest/Triceps)

Tuesday Pull (Back/Biceps)

Wednesday Cardio / Rest

Thursday Legs

Friday Core + HIIT

Saturday Full Body Workout

Sunday Rest

🍽️ Nutrition Tracking – Main Features

Feature Details

Meal Logging User har din ke liye meals log karega: Breakfast, Lunch, Dinner, Snacks.

Food Items Har meal ke andar user food items add karega (jaise: "2 eggs", "1 cup rice").

Quantity Har item ki quantity (e.g., grams, cups, pieces) likhni hogi.

Nutrition Info Har item ke sath calories, protein, carbs, fat show hoga (auto calculate ya manual entry).

Daily Totals App user ke din bhar ke calories aur macronutrients ka total show karega.

Meal Templates (Optional) Frequently used meals ko save kar sakta hai for quick logging.

🥗 Example Entry Format

👇 Meal: Lunch

Food Item Quantity Calories Protein Carbs Fat

Grilled Chicken 150g 250 30g 0g 10g

Rice (white) 1 cup (200g) 220 4g 45g 2g

Mixed Veggies 100g 70 3g 10g 1g

📌 Total for Lunch:

Calories: 540 kcal | Protein: 37g | Carbs: 55g | Fat: 13g

**🧍‍♂️ Progress Tracking – Main Features**

| **Feature** | **Details** |
| --- | --- |
| **Weight Tracking** | User apna weight (kg/lbs) har week/din enter kar sakta hai. |
| **Body Measurements** | User apne body parts ke measurements enter karega: chest, waist, arms, legs, hips, etc. |
| **Performance Metrics** | User apne workout performance track kare: running time, lifting weight, number of reps etc. |
| **Progress Graphs** | Charts show karein progress over time (e.g., weight loss chart, strength gain chart). |
| **Date-wise Entries** | Har entry specific date ke sath hogi taake timeline track ho sake. |

**📊 Example Data Table – Progress Entry**

| **Date** | **Weight** | **Chest** | **Waist** | **Squat (kg)** | **Run (1km)** |
| --- | --- | --- | --- | --- | --- |
| 01-Jun-2025 | 75 kg | 100 cm | 85 cm | 60 kg | 6:00 min |
| 07-Jun-2025 | 73.5 kg | 98 cm | 83 cm | 65 kg | 5:45 min |
| 14-Jun-2025 | 72 kg | 97 cm | 82 cm | 70 kg | 5:30 min |

**📈 Graph Types Suggested**

* Weight vs Time
* Chest/Waist/Arm measurements vs Time
* Running time vs Date
* Squat/Bench Press progress
* **Main Components of View Progress**

| **Section** | **Description** |
| --- | --- |
| 📅 **Date Filter** | User choose kare: Last 7 days, 30 days, Custom Date Range |
| 📈 **Weight Progress Graph** | Line chart showing weight change over time |
| 📏 **Body Measurements Charts** | Chest, waist, arms, hips changes over time |
| 🏋️ **Workout Performance Charts** | Squat weight, run time, bench press progress |
| 📸 **Progress Photo Viewer (Optional)** | Weekly photos side-by-side to visualize body transformation |
| ✅ **Goal Achievement Meter** | A progress bar showing how close the user is to their goal weight or target lift |

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🛠️ Optional Advanced Features (Agar Banana Chahein)

Food Search API Integration (like Edamam or Nutritionix)

User sirf “Apple” likhe, data auto-fill ho jaye.

Barcode Scanner (Mobile App)

Packaged food scan karke nutrition auto mile.

Goal Setting

Daily calorie/protein/fat/carb goals set kar sake.

User:

Apna account bana sakta hai, login kar sakta hai.

Workout routines save kar sakta hai (jaise ke Chest Day, Cardio).

Apna khana daily log kar sakta hai (calories, protein, etc.).

Apni progress (weight, measurements) time ke sath record kar sakta hai.

Dashboard pe sab kuch ek jagah dikhai deta hai.

Admin:

Sab users ka data dekh sakta hai.

Galat ya inactive users ko delete/edit kar sakta hai.

Users ka progress aur logs monitor kar sakta hai.

Puri system ki reporting ya analytics check kar sakta hai.

| \*\*Function\*\* | \*\*Details\*\* |

| --------------------------------- | ----------------------------------------------------------------------------------- |

| \*\*View Users\*\* | See a list of all registered users. |

| \*\*Manage Users\*\* | Edit or delete any user’s account if needed. |

| \*\*Monitor Activity\*\* | View users' workout logs, food logs, and progress. |

| \*\*Analytics\*\* | Track how many users are active, number of workouts logged, nutrition entries, etc. |

| \*\*Support\*\* | Respond to user queries (maybe via email or a support panel). |

| \*\*Content Management (Optional)\*\* | Add or suggest common exercises, nutrition items, or workout templates. |