

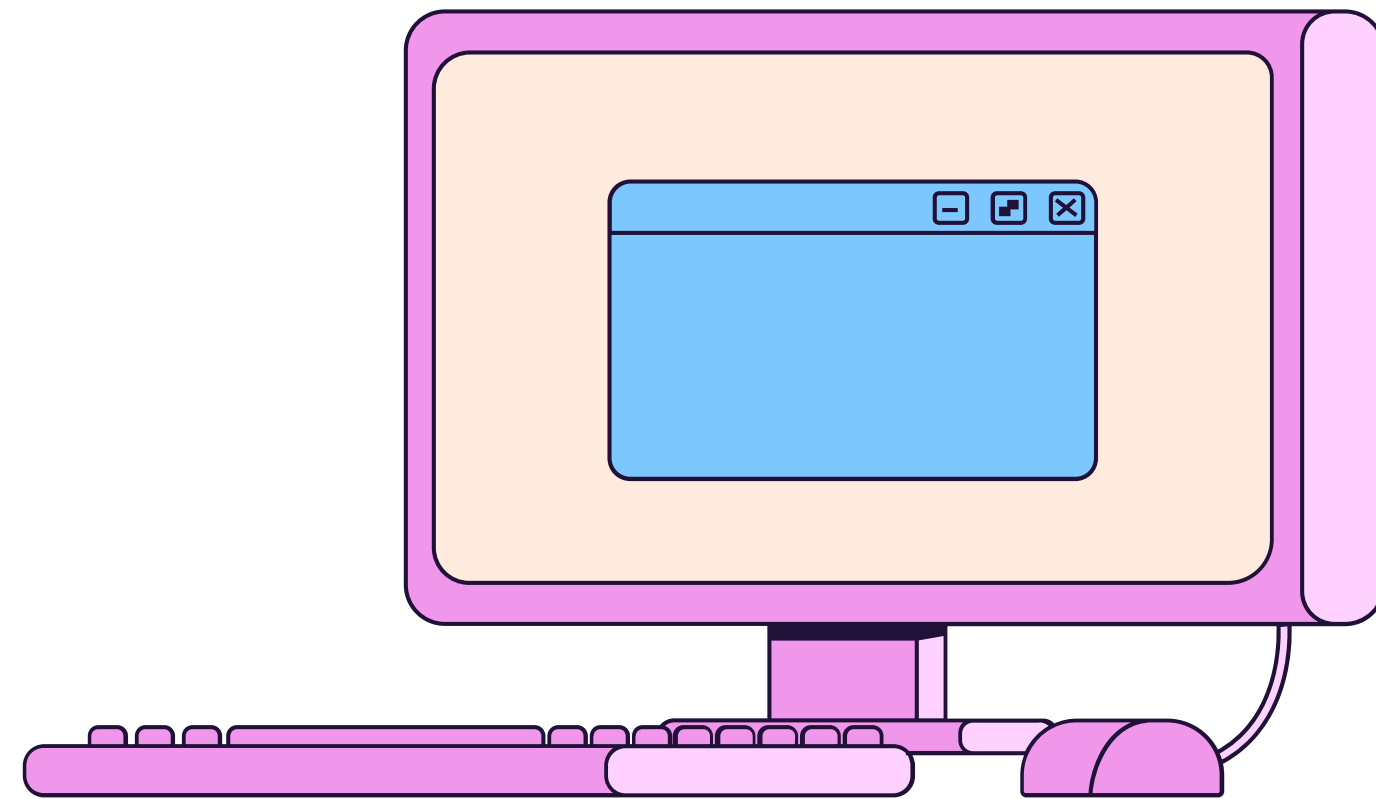
"EatFit" Flutter Project



android

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Main Purpose

This app can be used by anyone who wants to improve their body. In application, you can write down your physical data, from which the necessary information will be calculated.



Our Goals

Understanding the basics of Flutter technology in practice

Understanding mobile development patterns

Implementation of the acquired knowledge in practice


Creation of an app that will help you improve your physique

Application content

- In app you can find the calorie content of products, calorie expenditure, and training for every large muscle group with your own weight.
- You can add your favorite recipes
- The exercises are designed for people with average physical fitness and do not require any equipment.
- Exercises are designed with own weight, minimizing the possibility of injury



Authorization and Login Page



First Name


Last Name

Email

Password

Confirm Password

SignUp



Email

Password

Login

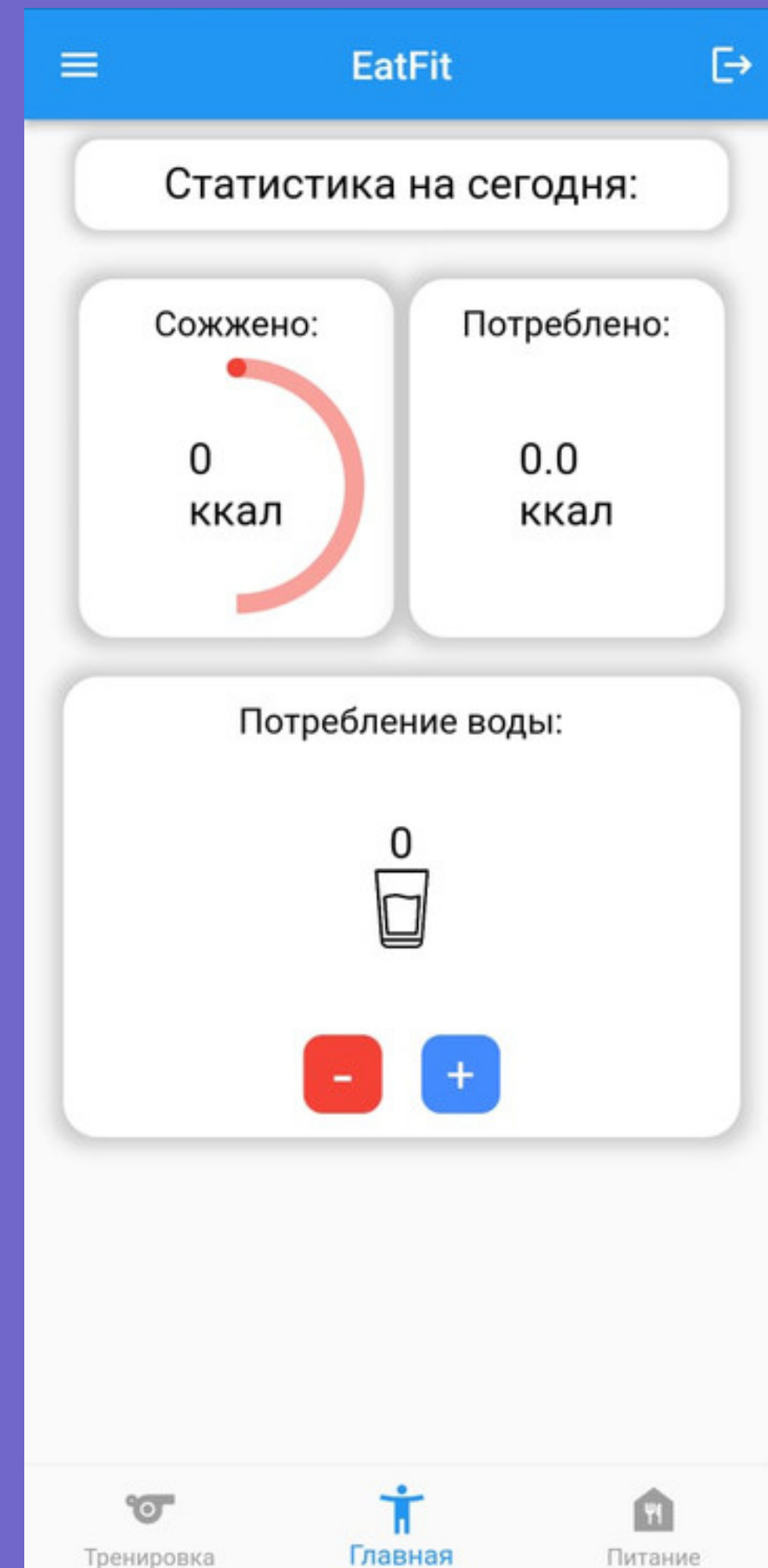
Don't have an account? [SignUp](#)

Authorization and Login page where user can create own account or enter existing.

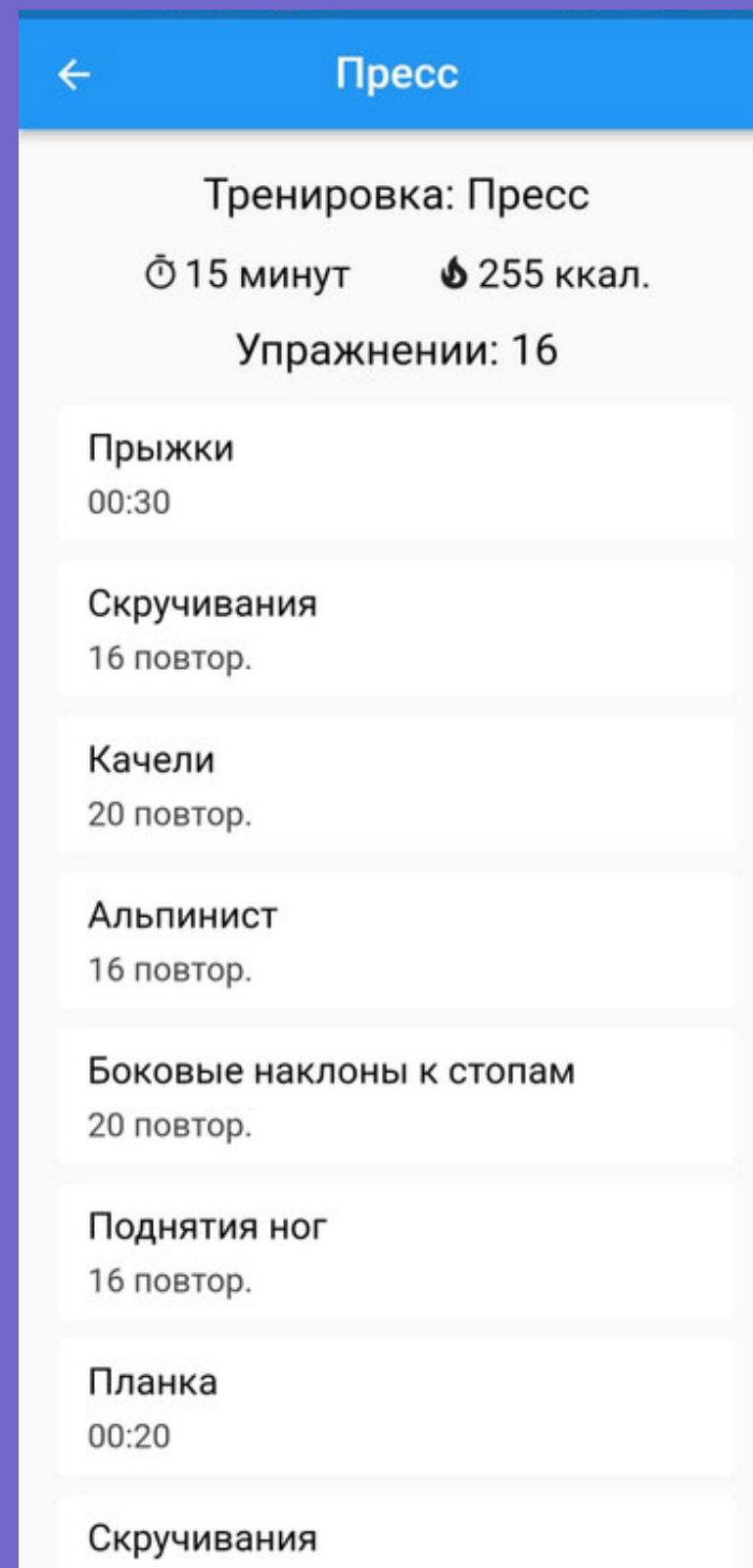
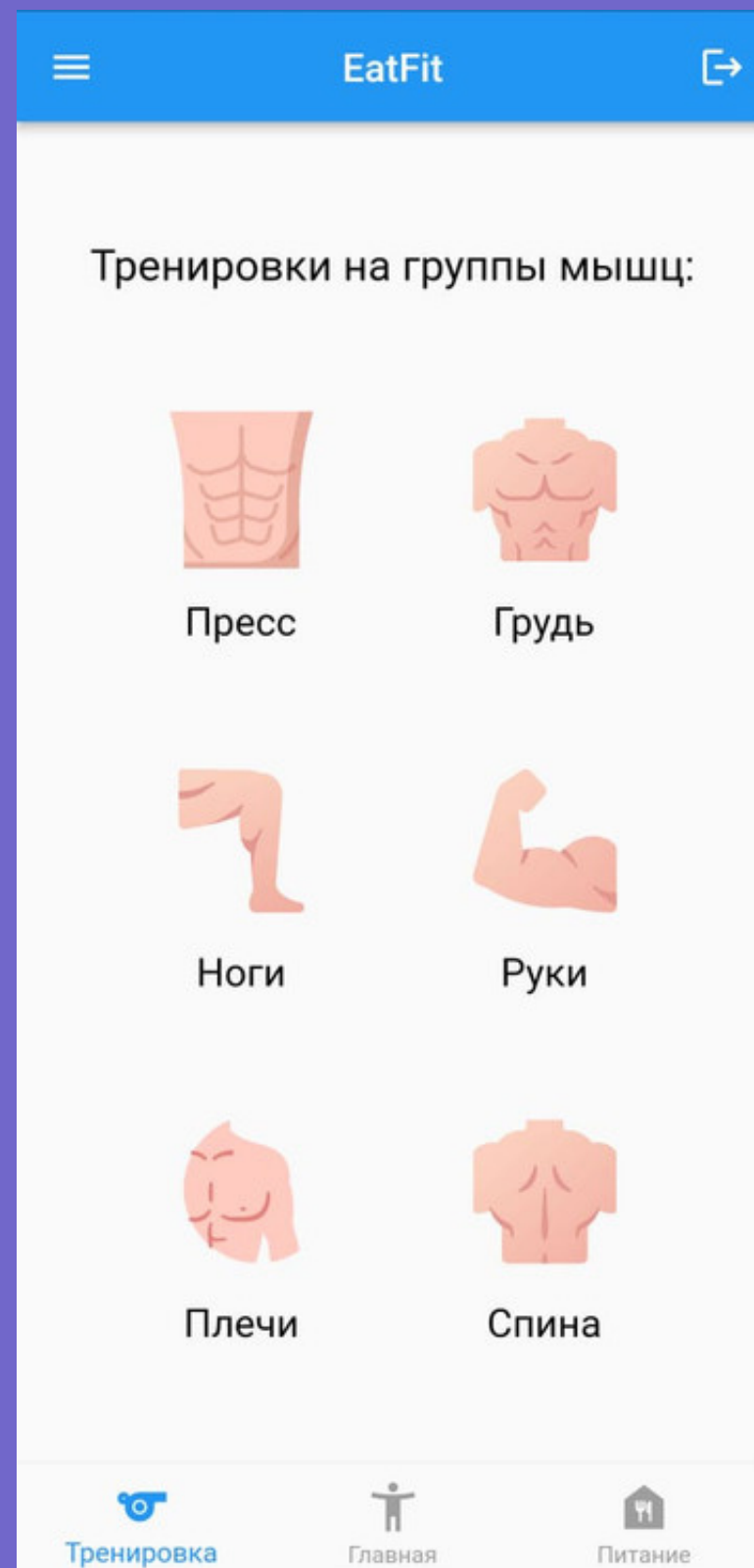
The data in authorization page is saved in database

Main Page

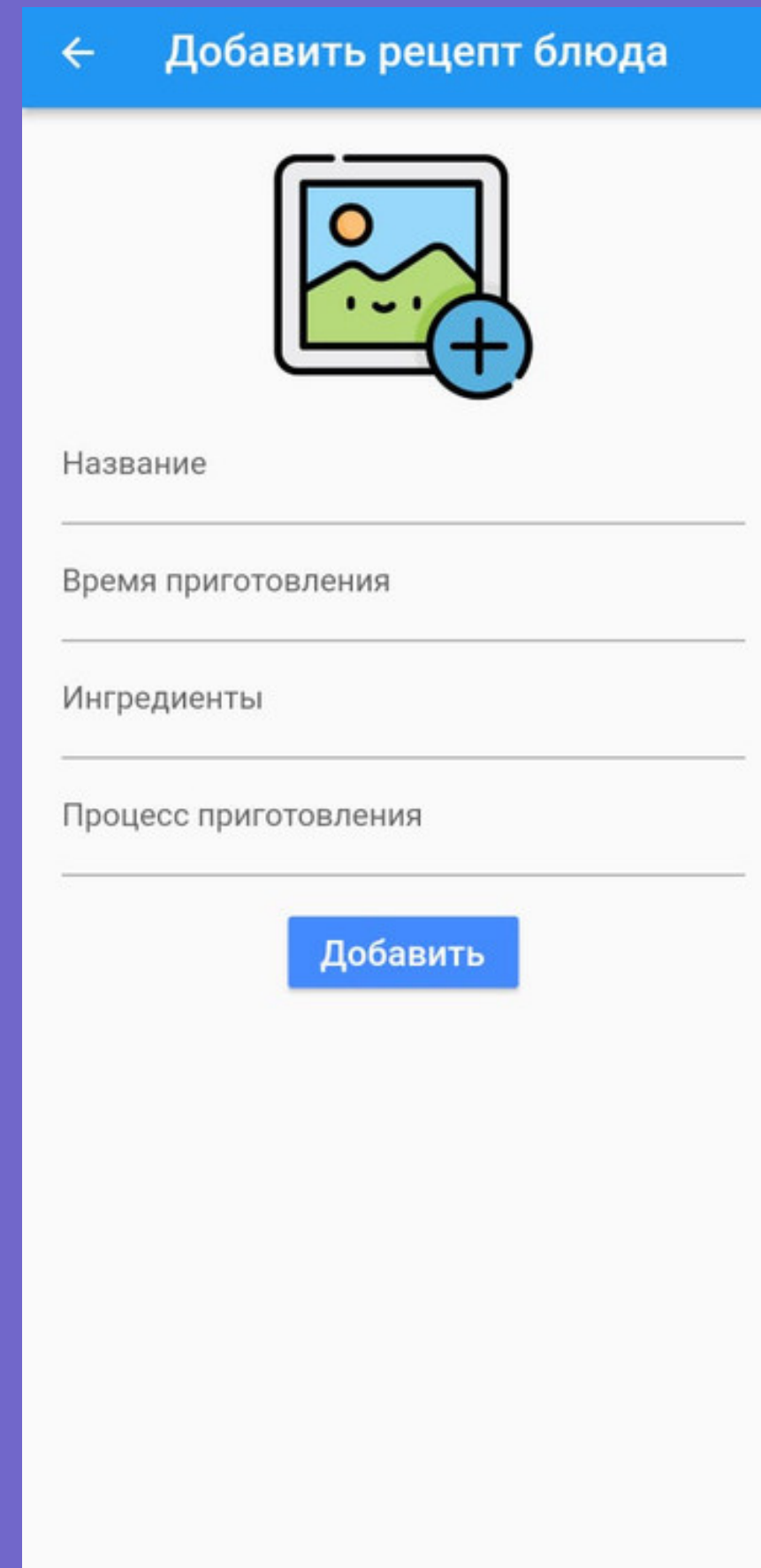
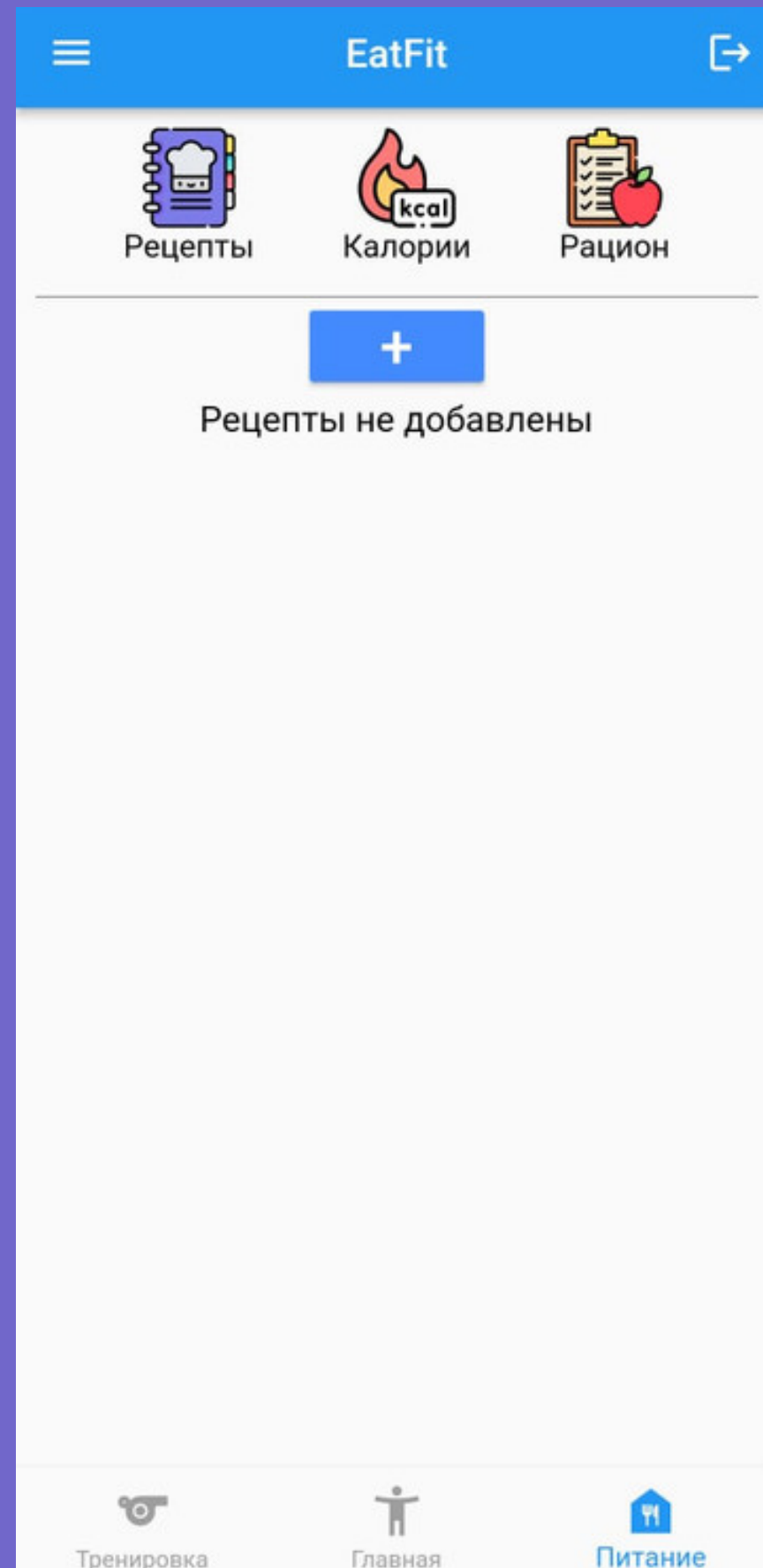
This page shows statistics of burned calories and water that is drunk. Furthermore, calories consumed is used



Exercises

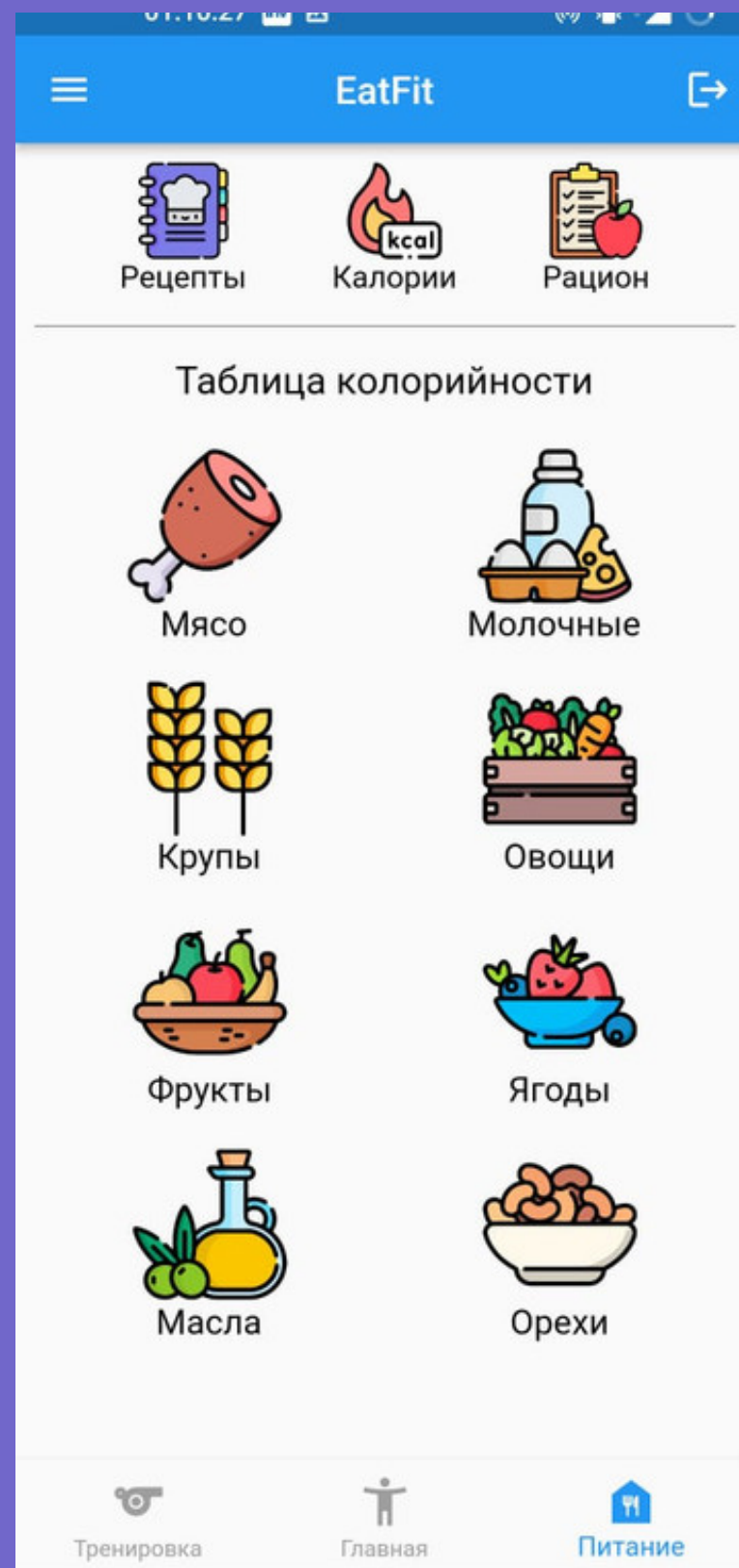


The special training system
for different group of muscles
and repetition of exercises



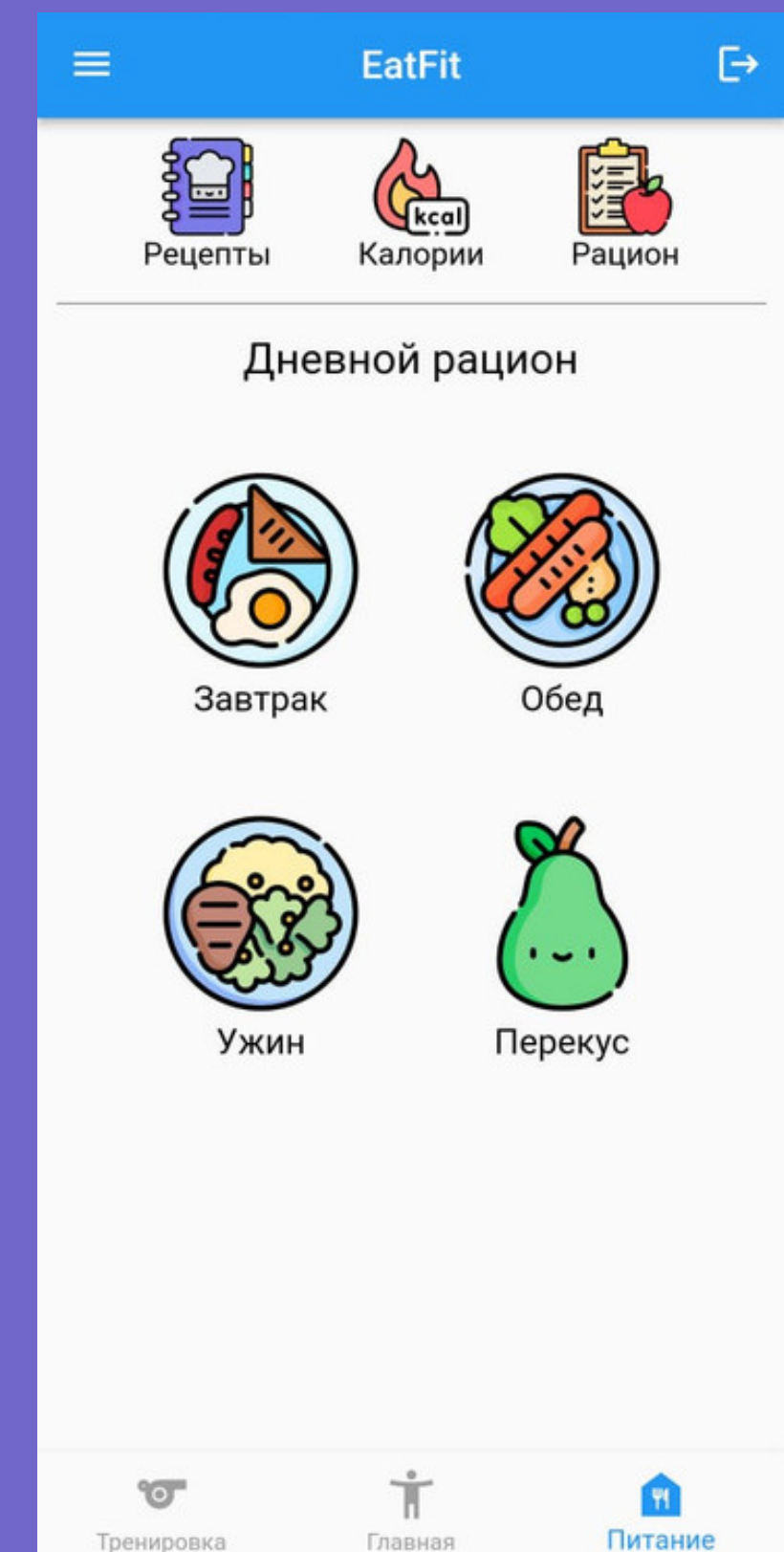
Recipe Addition

Other feature of our application is adding recipe. It is then added to the list of recipes



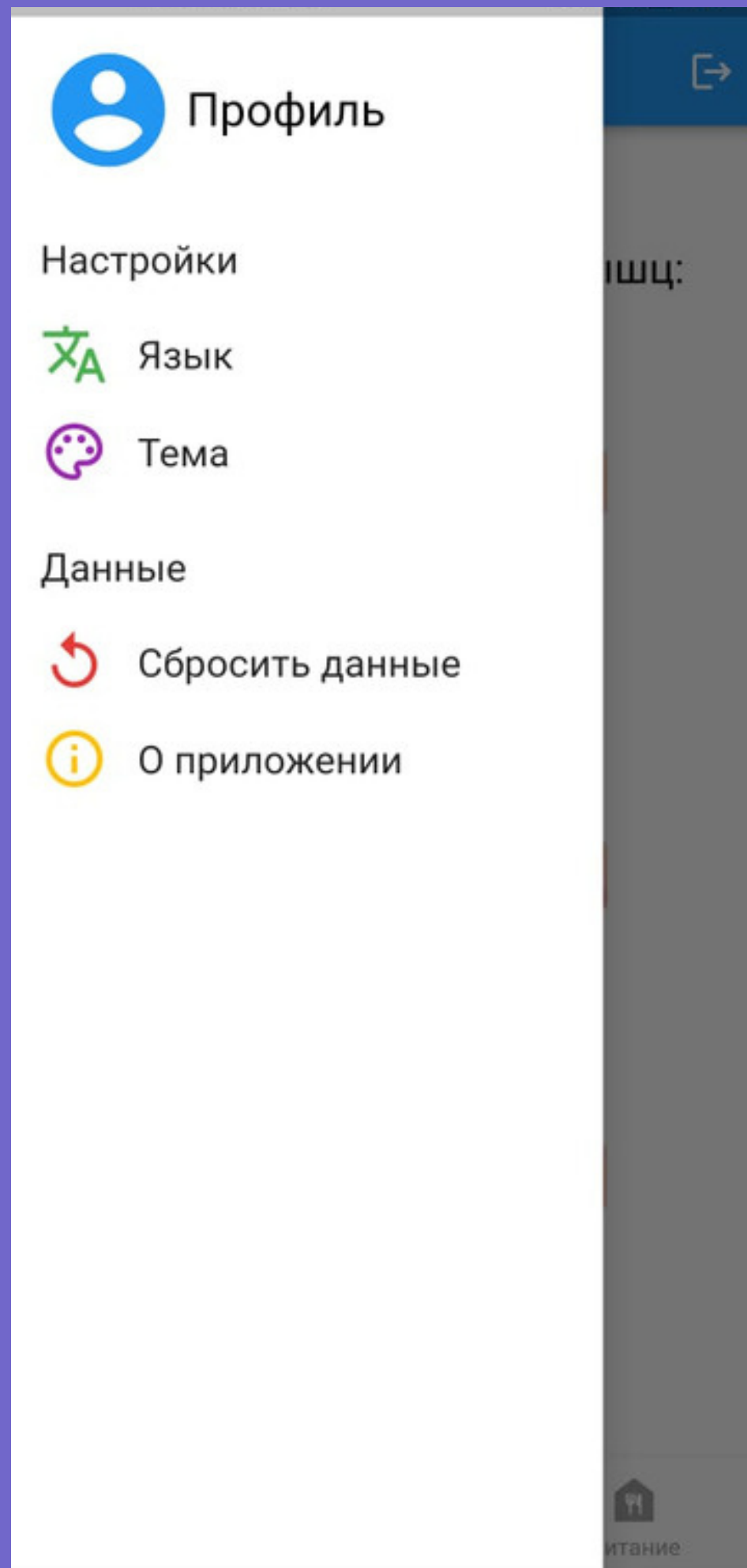
← Калорийность продуктов	
Название	К/Б/Ж/У
Говядина	187/19/12/0
Говядина грудинка	217/19/16/0
Говядина филе	113/20/3,5/0
Курятина	157/13/11/1
Куриная грудка	113/23/2/0
Куриное филе	113/23/2/0
Индейка	84/19/1/0
Конина	143/20/7/0
Баранина	203/16,3/15,3/0
Баранина окорок	232/18/18/0

← Калорийность продуктов	
Название	К/Б/Ж/У
Молоко 0,5%	35/3/0,5/5
Молоко 1,5%	44/3/1,5/5
Молоко 2,5%	52/3/2,5/5
Молоко 3,2%	58/3/3,2/5
Молоко 3,5%	61/3/3,5/5
Молоко сгущенное	320/7,2/8,5/56
Яйца Куриные	157/13/11/1
Яйца Перепелиные	168/12/13/1
Сыр	363/24/30/0
Творог 0%	79/18/0/1,8
Творог 5%	105/12,7/5/2,4
Творог 9%	159/16,7/9/2
Творог 18%	232/14/18/2,5
Кефир 0%	30/3/0/3,8
Кефир 1%	40/3/1/4



Nutrition

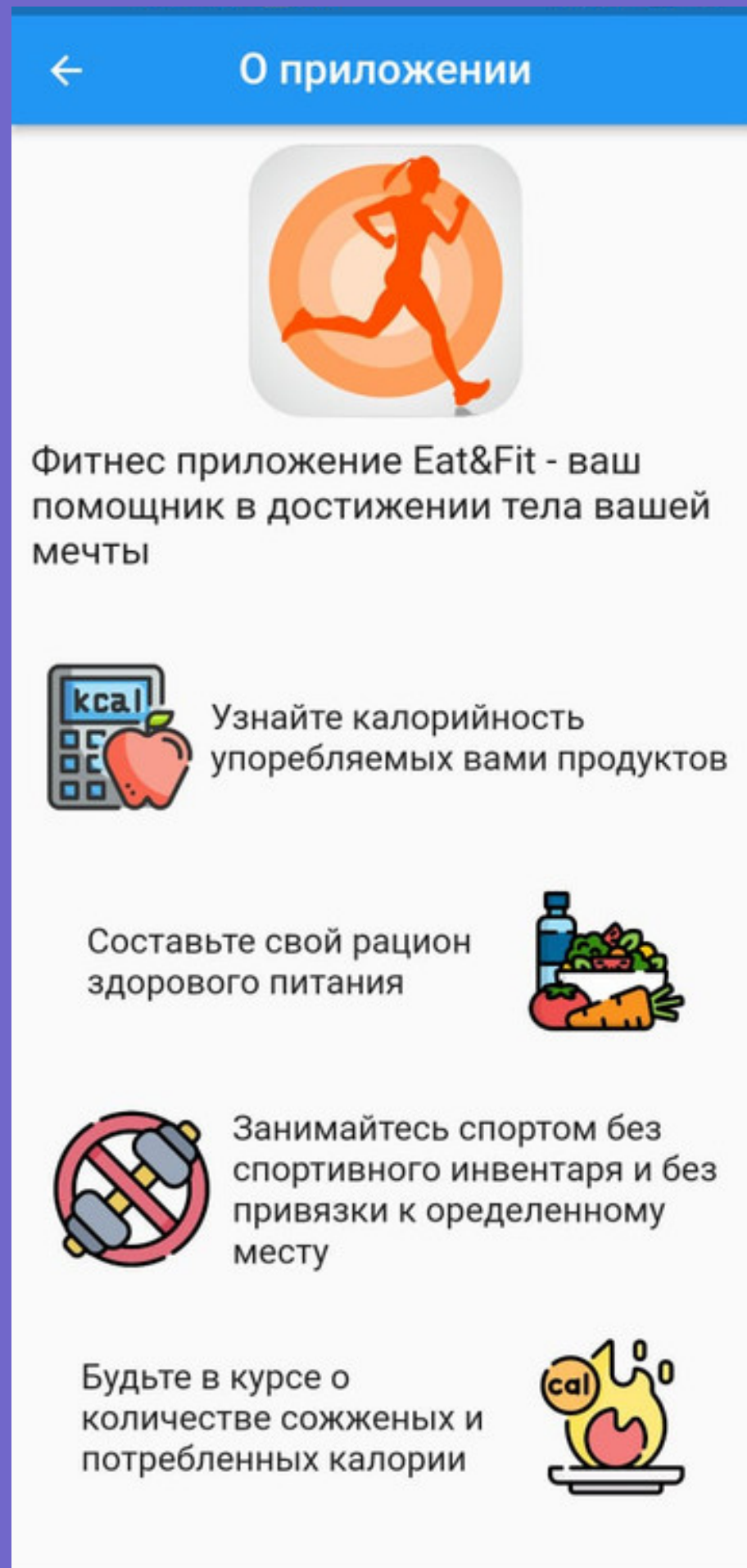
This page shows caloric content of products



Profile Page

Personal Data about person
will be shown





About Application Page

Here you can find information about application and find answers for your questions

Thank you for attention!

