

# Stay Fit



Presented by,

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# Conceptual foundation of the project:



## 1. Does the project have a clear target market or audience?

Ans: Yes, our project has a clear target audience. This app is for those people who want to stay fit and healthy. We are building this app so that people can have a guideline of having a healthy lifestyle. This app will contain diet and workout schedules according to the user's needs.





**2.Does the team demonstrate a thorough understanding of the need, problem or opportunity, including evidence of research into the need, problem or opportunity?**

Ans: Yes, our team does understand the need, problem as well as the opportunities of this project.

Now a days we all always remain busy in our daily life for that we all forget to maintain a proper diet and do our workout regularly. But our app can solve this problem. Those who will use our app always get a reminder when he has to take food and what type of food he has to take. And he can also make a schedule for his workout sessions in our app. Poor health habits can add stress to our life and also play a role in how well we are able to cope with stress. Our app can help people to make a good health habit and help them to lead a healthy life.



**3. Is the project's purpose and basic functionality easily understood?**

Ans: The project's purpose is to set an active and healthy lifestyle for those people who want to stay healthy and fit. The basic functionality of this project is to provide the proper diet for user. According to the user's goal the app will generate the requirement diet and workout sessions. There will be two sections. They are Diet, Workout. The user can choose the sections according to their goal and one can choose both. This app will also send auto generated notifications. The user will receive notifications every day to remind them about their diet and workout sessions.