UIUX WEB APPLICATION GROUP PROJECT

PROBLEM STATEMENT: Create a web application that allows users to track their fitness goals, diet and overall health progress with features for personalised recommendations (HEALTH AND FITNESS TRACKER)

Start tracking your journey today.

Your tracker
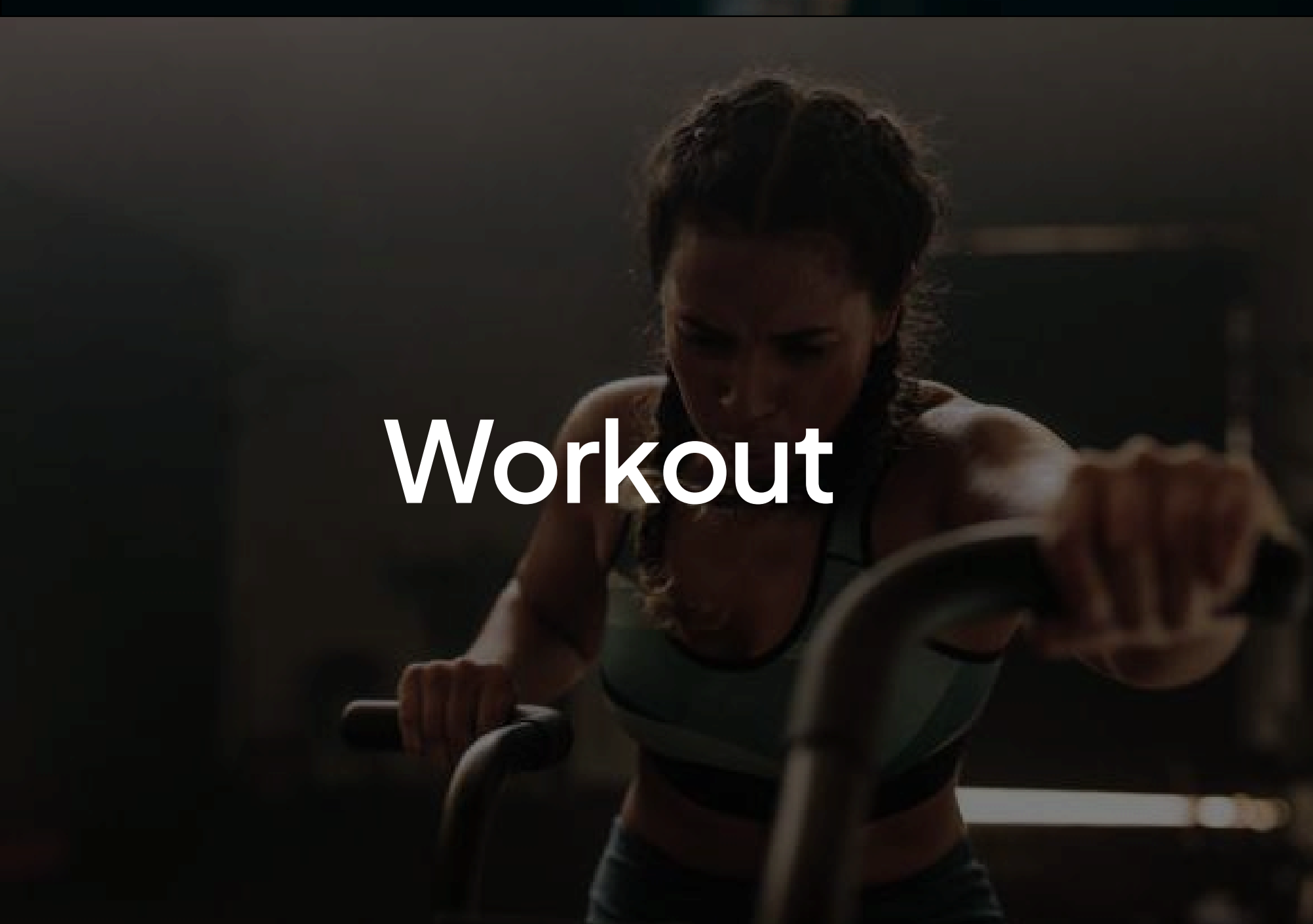
7,201
steps

300 away from daily goal!

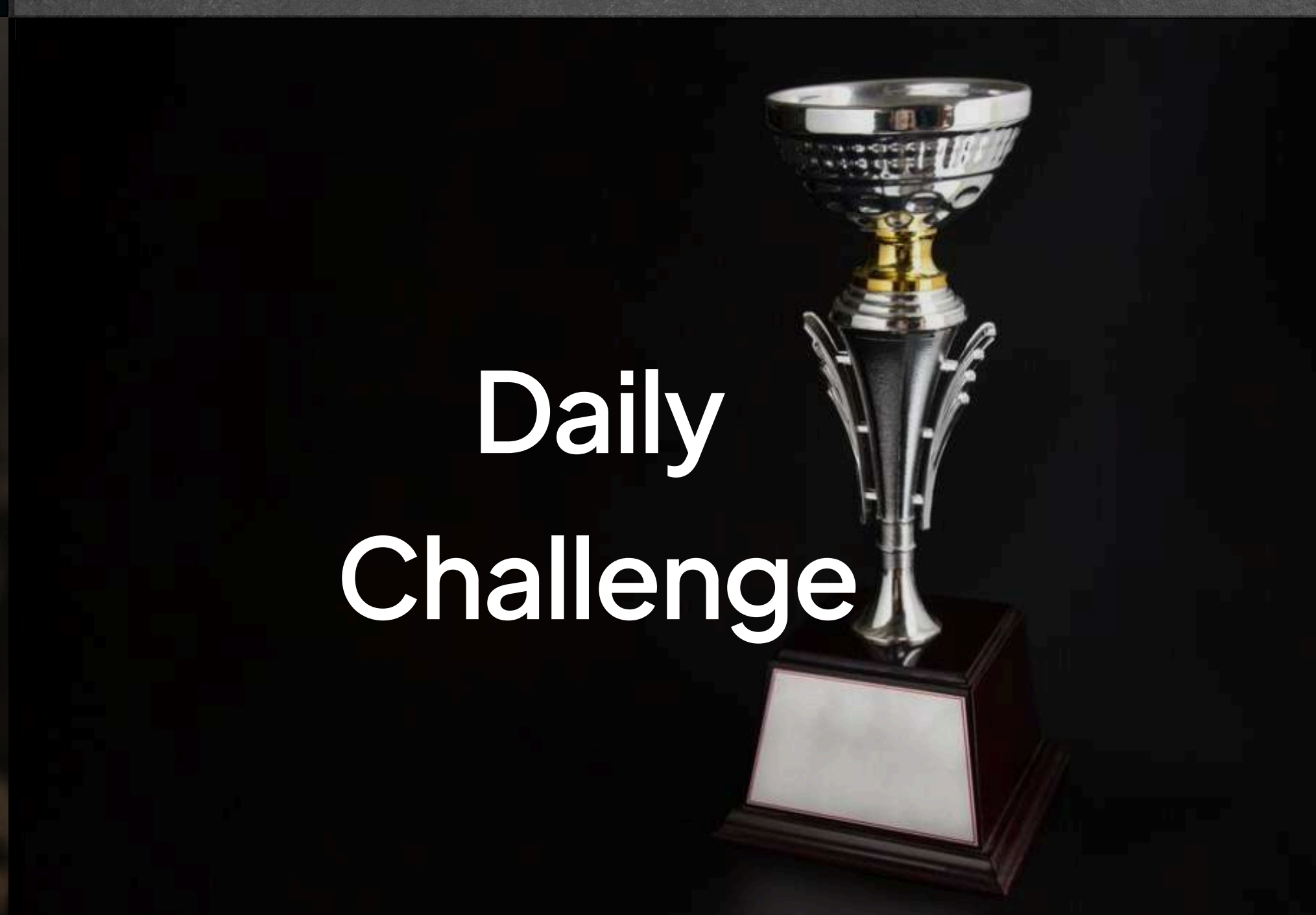|		
150 bpm	176 mmHg	176 SpO2

Yoga

Nutrition

Workout

Daily Challenge

Our philosophy.

PERSONAL TRAINER

Our story.

Our coaches.

Our Community.

BEST FULL-BODY HOME GYM MACHINES.

READY, SET, GO! HOW TO START RUNNING TO STAY FIT

Walking is recognised as a safe and effective mode of exercise when the goal is to improve your fitness and health, or ..... More

HOW TO IMPROVE YOUR STAMINA.

10 TIPS FOR BETTER MENTAL HEALTH.

progress over perfection

livezy

Our vision is to help you kickstart your
fitness journey and maintain your goals.

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Challenges

Support
Contact

INSURED
insure my sport
PERSONAL TRAINER

LOGIN

@ Email address

🔒 Password

☐ Remember Me

SIGN IN

G Sign Up with Google

Forgot Password ?
Don't have an account? Sign Up

Start tracking your journey today.

LOGIN

Where your fitness dreams come true.

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insure sport
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Username
Age

Settings

Dashboard

Friends

Meal Plans

Workouts

Push notifications

Support

Logout

Friend 1
Friend since 2022

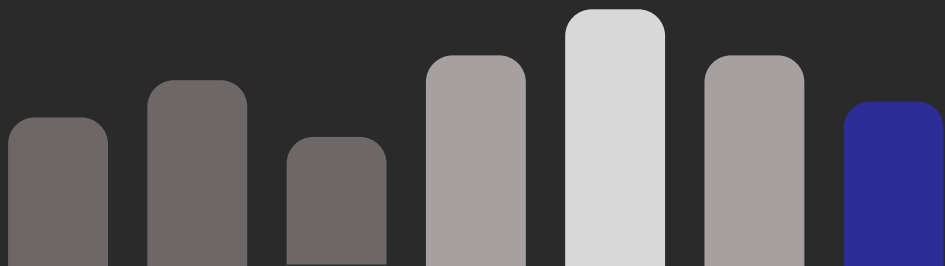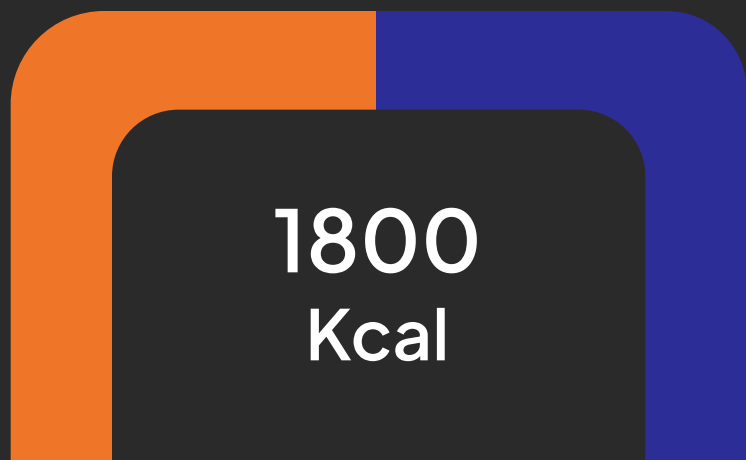**Friend 2**
Friend since 2024
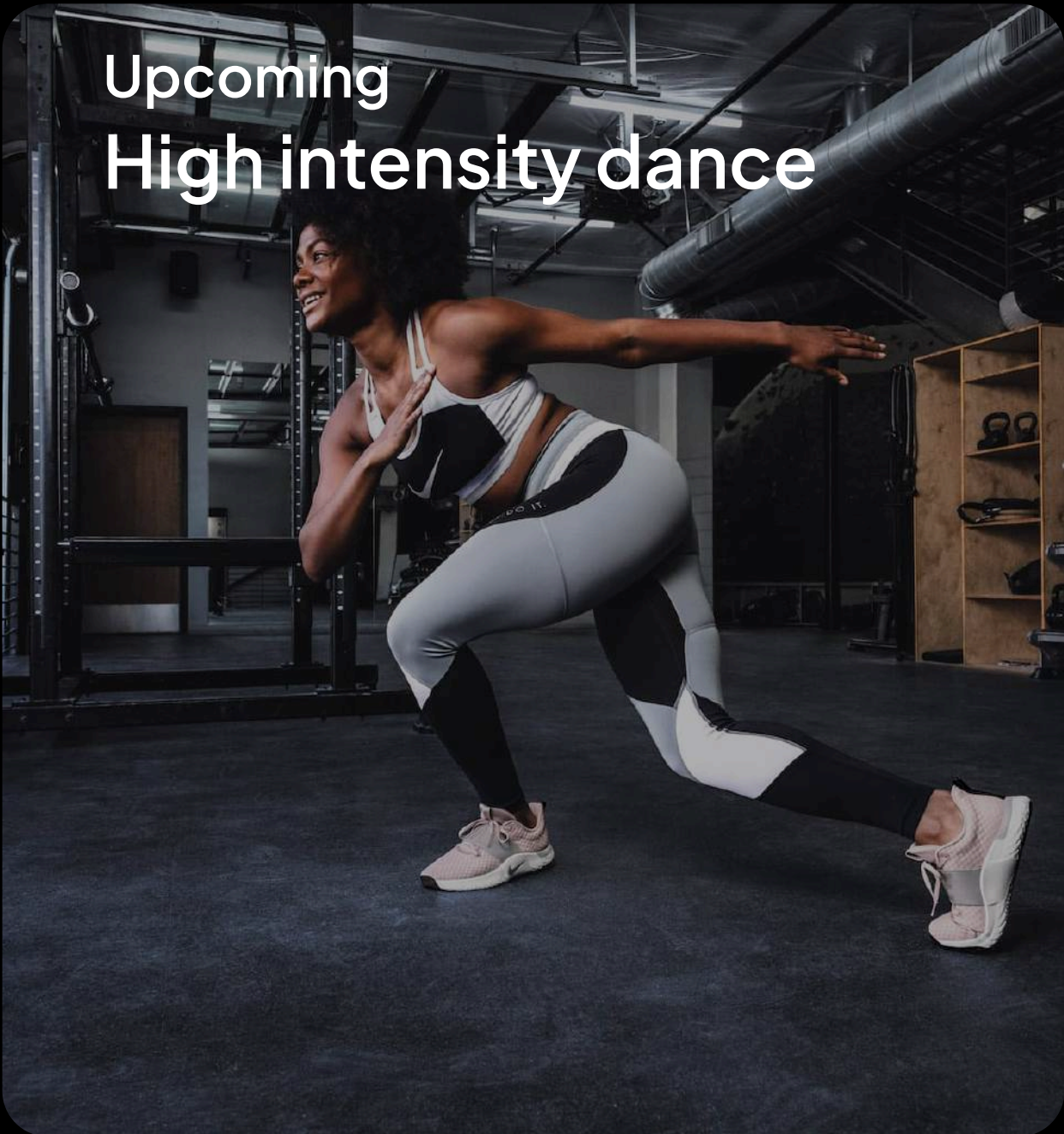
Hello, Username
Let's get you on track

Hydration

2,000 today

Upcoming
High intensity dance

Calorie intake

1800
Kcal

● Protein   ● Carbs   ● Macros

7,201
steps

300 away from daily goal!

Steps
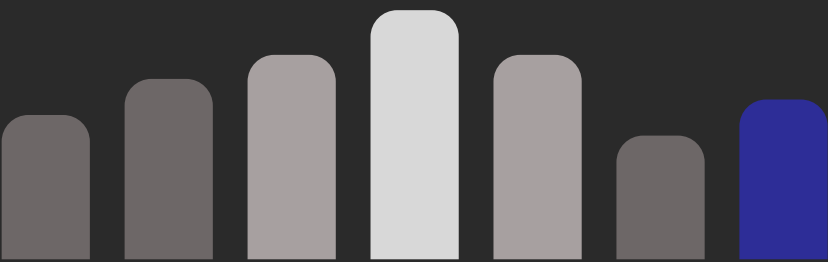
2,000 today

Username

150
bpm

176
mmHg

176
SpO2

livezy

Profile
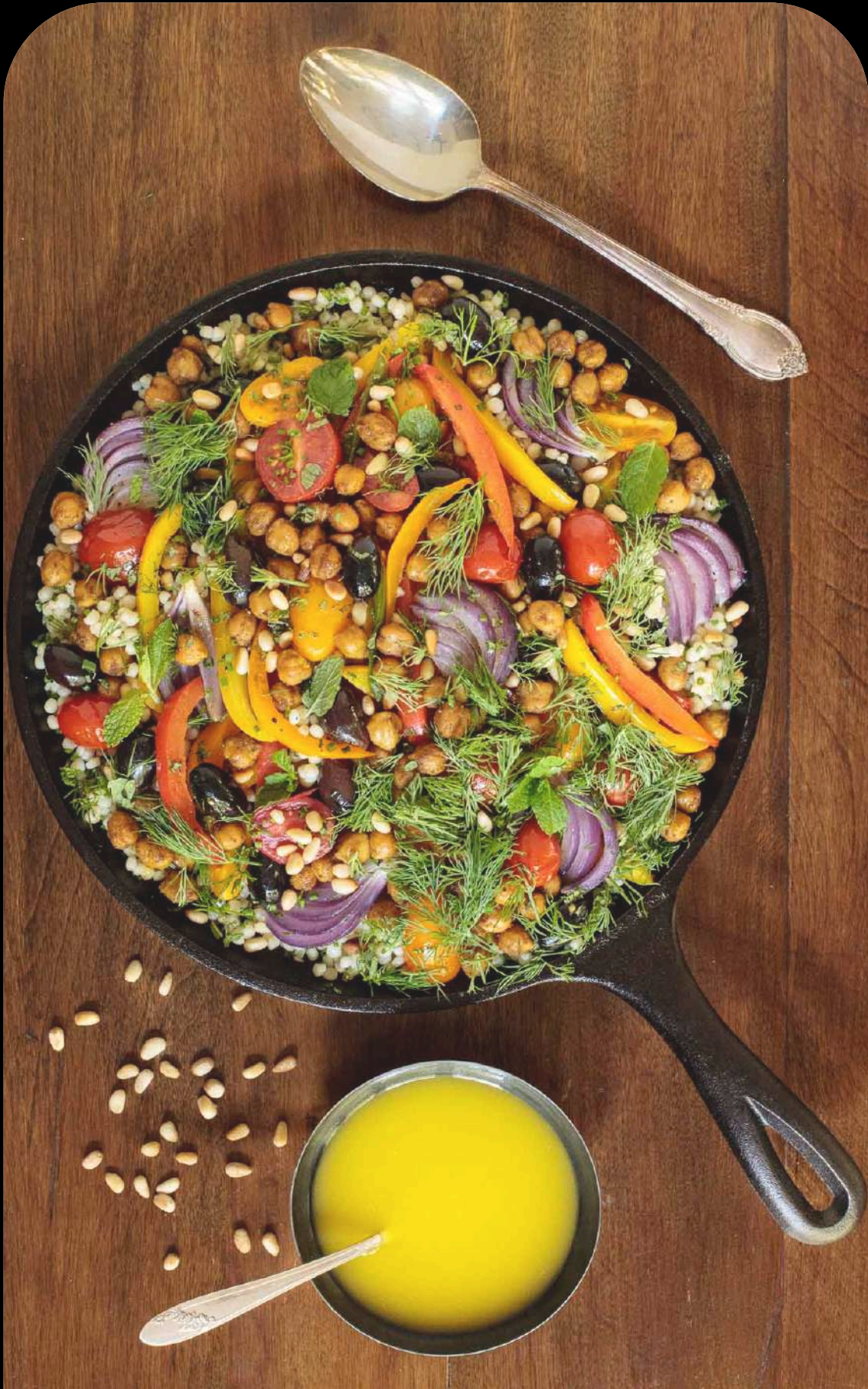
RECOMMENDED
RECIPES

CUSTOMIZE YOUR
MEAL PLAN

QUICK FIX
RECIPES

Contact a Nutritionist

Customize your meal plan

Tell us about yourself

Your Goals

[⌄]

Preferences

[⌄]

Dietary Restrictions

[   ]

Get Plan

Sample Meal Plans

Weight Loss Plan

Dairy-free plan

15,000 steps in a day

Push up challenge

75 hard challenge

20/10 challenge

Mindfullness challenge

Hydration challenge

10 TIPS FOR BETTER MENTAL HEALTH

July 08 2023

Mental health is health. To help with day-to-day stress and challenges, we're offering 10 tips to boost yours.

1. Make social connection — especially face-to-face — a priority

Phone calls and social networks have their place, but few things can beat the stress-busting, mood-boosting power of quality face-to-face time with other people, especially those you love and people who energize you. For several years, COVID-19 significantly limited this opportunity, however as restrictions continue to lift, this may be a good time to rebuild safe in-person interactions.

2. Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.

3. Talk to someone