

# SYNOPSIS

**ON**

# Eat-o-Fit

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INTRODUCTION

“Your diet is a bank account. Good food choices are good investments”

*-Bethenny Frankel*

Eat-o-Fit is a knowledge based website designed to provide user with a health chart and diet plan for different diseases and ailments. It will also provide exercise and Yoga for a healthy lifestyle .The website also has feature of a Chabot where user can communicate with professionals to ask his/her questions regarding their health.

During pandemic, people have become very conscious of their health and thus this kind of website is what they need to follow proper diet and exercise to keep their health in good shape and live a long life as healthy diet helps to protect against malnutrition in all its form as well as non-communicable diseases.

The website provides diet routine for all age groups and gender for all diseases so the website is very user-friendly.

EXISTING SYSTEM

In the existing system we need more man power and less security of data.

The process is time consuming and also requires large volume of paperwork .there will be no role of higher officials.

The system that we are proposing is computerized completely with secure data and network. The aim of project is to develop improved facilities for user. This system can overcome problems of the existing system.

It has greater efficiency and provide better service.

USE OF THE PROJECT

Eat-o-Fit provides a healthy diet routine for keep our body fit and hit . It also provides a healthy diet routine for a particular disease for all age groups. To make you physically and mentally fit , this website suggests you with appropriate and easy yoga asanas and pranayams.

Eating right is one of the most important aspects of a healthy life.The main use of this project is improving health and life span of people all around the world.

Feasibility of Project

Technical Feasibility

Eat-o-fit is a technically feasible website as it is simple and convenient to use. So, there is no technical risk. In this we are using front-end and back-end technologies. It is easily available online website .

Economic Feasibility

Our site is made with easy available and understandable tools . So , that user cannot face any issue during its accessibility. It shows its use in daily life as it provides healthy diet and exercise which became one of the most important part of human life after pandemic. And this website provides free service.

Operational Feasibility

No doubt the proposed system is fully GUI based that is user friendly and input to be taken all self-explanatory. As far as our study is concerned the clients should be happy and comfortable as system will cut down their work.

Schedule Feasibility

This website is easy to make and it can be be built in given time with best result and with less efforts.

FUNCTIONAL SPECIFICATION

**Software Specification**

* Technology Implemented : Web development
* Language Used : HTML, CSS, Bootstrap, JavaScript
* Database : FireBase
* User Interface Design : Canva
* Web Browser : Google Chrome/Firefox

# Hardware Requirements

* Processor : intel i3
* Operating System : Windows 10
* RAM : 4+ GB
* Hardware Devices : Computer System
* Hard disk : 64GB

**FUTURE SCOPE**

“Health requires healthy food ”

-*Roger Williams*

Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. This website here helps acquire a healthy plan to keep one’s health in good condition. As pandemic put the population at great health risk and eating a healthy diet is essential to live a long life.