

Project Proposal

Project Team 22

Fitness Web Application

Problem and Goals:

With the growing number of activities, a person is becoming more and more busy everyday. This seriously affects the lifestyle of the individual and directly impacts his/her health. In today's fast paced world it is difficult to find time to drive to and fro to a gym or a park for exercise.

One way to keep up with health and save some if not all the time is to have a quick exercise session at home. Exercise alone is not enough, a proper diet is equally important for an individual's well being. However, not everyone is aware of the nutrient values of the food they eat. This project aims at solving these two problems by creating and deploying a web application that generates workout routines based on a person's current physical body and future goals and also provides a proper diet plan.

Methodology:

We aim to adopt the following methodology in order:

- 1) Create a layout of the web views so that a user can successfully signup/login, enter his/her information and generate workout routines and diet plans.
- 2) Design the database schema to store user information, exercises data and food's nutritional values.
- 3) Create a backend server.
- 4) Merge backend server with web views on the frontend to display dynamic data.
- 5) Set up secure login for users.
- 6) Deploy the application.

Technologies:

We intend to use, but not limited to the following technologies for this project:

- 1) MongoDB database
- 2) Express.js
- 3) React
- 4) Node.js
- 5) Amazon Web Services