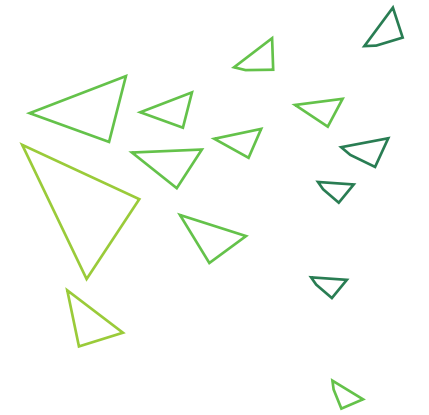# Health and Fitness 360

Empowering everyone to be a better version of themselves

YOU ARE ENOUGH, BUT YOU CAN DO BETTER

About the App

A general health and fitness app which helps the female population on any age and region to attain healthy lifestyle

Our app introduces many unexplored features in the field of fitness and healthcare which motivates the user to try out new things and take better care of themselves

The Basic Features

Tracking Menstruation

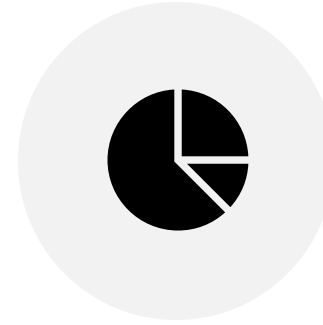Graphical representation of user menstruation History and storing new dated every month

Tracking pregnancy

One tap result of pregnancy expectation date

Viewing stats

Viewing your current stats with added visuals

Updating stats

Updating your stats anytime, anywhere with added visuals

Reminders/ Notification

Setting reminders for important health and fitness related events

Tracking Menstruation

- User provides an input for start date of menstruation and end date of menstruation for the latest month.

- On clicking submit, the user is provided result for the current span of menstruation, whether the span is more than usual or less than usual than average. The user is also informed about cycle days which is calculated from previously stores menstruation cycle's date.

- Based on above analysis, the user is provided information of whether she should consult a doctor or not!

Tracking Pregnancy

- User provides an input for start date of last menstruation Cycle

- User provides an input from how many days are there in their cycle

- Based on above analysis, the user is provided information of when to expect the baby.

Viewing statistics

- User is provided their personal stats by fetching data from secure database

- User is provided an option to see how their stats compare to the world average stats.

- By choosing so, user is provided a detailed comparison bar chart where they can clearly see the difference in the two values.

Updating Statistics

- User can update their statistics and the changes will be reflected in the user table securely.

- A special thing to note is, User is provided an option to input their updated stats manually or sync them from apple watch or Fitbit

- Based on the selection, the values are updated, and user is provided a bar graph as a comparison between last update and this update. User can track their health changed through this!

Adding Reminder/Getting Notified

- In the rightmost bar, user is provided two options :

  1) Add Reminders :

    Users can add reminder by choosing a calendar date, reminder title and reminder text. User is notified - "REMINDER ADDED"

  1) See Notification:

    Users can see unread notifications about upcoming events added in reminders and users are also provided an read notifications section.
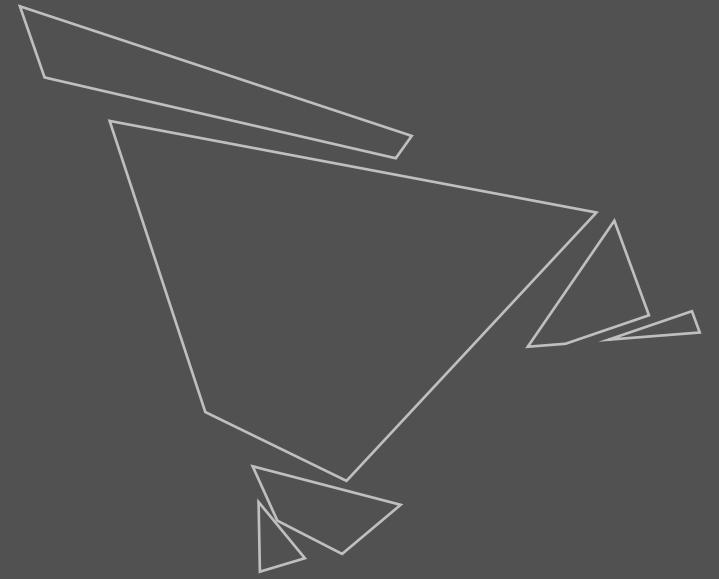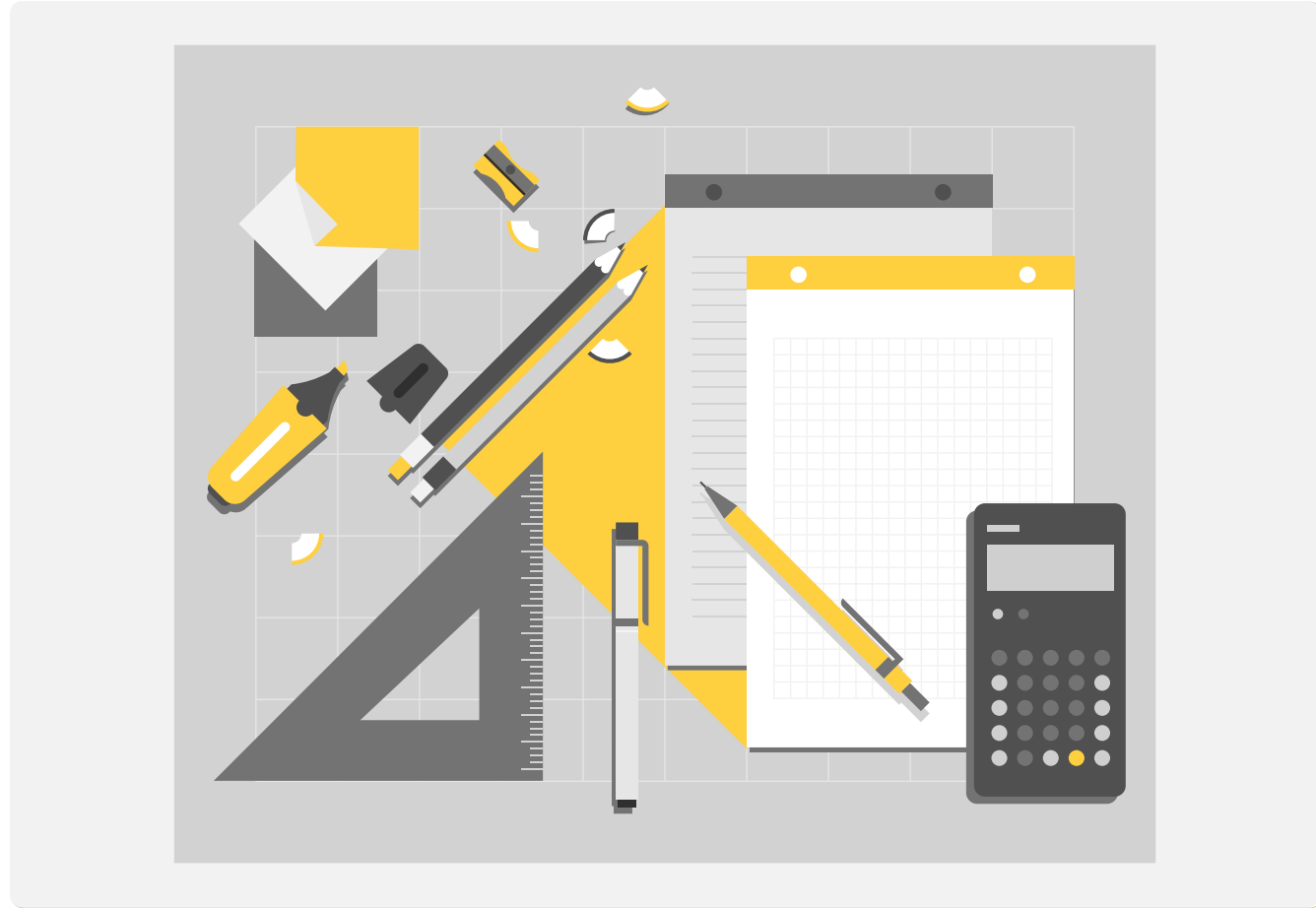
Got the basics right?

Let's add....

WFH Edition

The WFH edition is a new age concept and we want women to take extra care through this phase.

We introduce many challenges and ways to tackle them through this section

1) Exercise

2) Mindfulness

3) Mental Health

WFH Edition

WFH FOR THE WIN

Exercise

We update exercise videos from time to time.

Monthly teams meeting links provided to join exercise session

Mindfulness

We introduce many yoga and meditation videos.

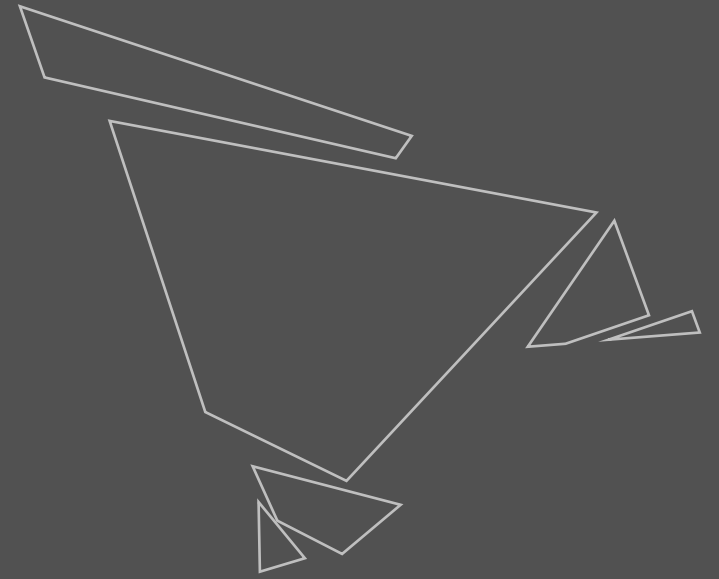We provide monthly meeting links for yoga session

Mental Health

We provide resources and videos to feel better.

Monthly meeting links for "talking it out"

We also redirect the user to counselling website if they want to

Can't stop, won't stop

Another feature...

# LGBTQ Inclusivity : more important than ever before

5.1%:3.9%

Women are more likely to identify themselves in LGBTQ community

30%

Of them have reported lack of healthcare services and awareness

I+LGBTQ

- This sections recognized health issues concerning the healthcare of LGBTQ community and includes relevant articles.

- I plan on adding more details to the section where people from the community can share their story concerning health and fitness

- It is ethically very important for everyone to know more about this initiative.
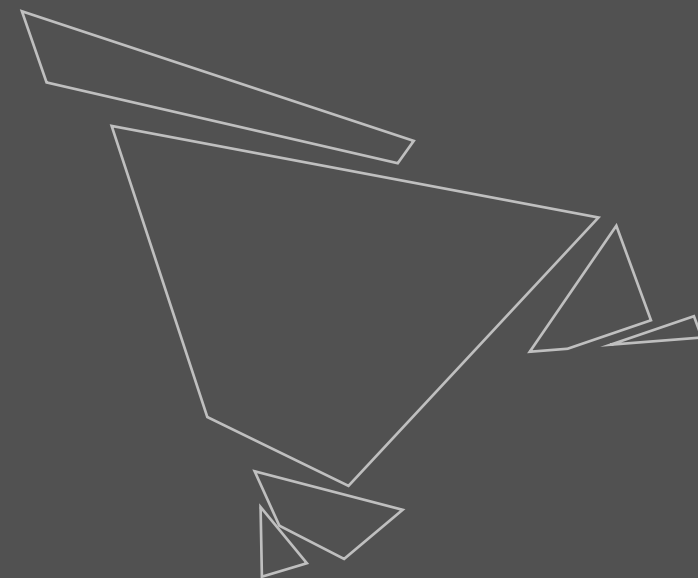
Okay, last one!

Ask the Expert

- The user can ask any questions without worrying about reliability of the answers.

- A team of experts take up the questions and answer them as soon as possible.

- User can see answer questions in this section and previously answered questions here in the same section.

LETS TALK SECURITY

We understand that the data related to heath and fitness and confedential and the idea behind the app is to provide the best security practices for storing and retrieving data.

Proposed Security Algorithms :

PASSWORD STRENGTH : The word "complexity" refers to the password strength, it is a trial of the effectiveness against attackers. Eg - TripleDES, Twofish, IDEA, MD5, HMAC, RSA security

KEEP TRACK OF TRAFFIC : We can keep a table of user_id and IP Address. Anytime new IP is recognized, we notify user.

Secure Sockets Layer in HTTPS

BLOCKCHAIN : This ledger is encrypted such that only authorized parties can access the data. Instead of uploading your data on a centralized cloud, you distribute across a network over the world.

Summary

Developer's idea

- The idea of the app if to provide one stop destination for healthcare and fitness

- We ensure best security practices for our users.

- The focus of the app is to make the use feel welcomed and good about themselves.

- We elevate the confidence of every individual and motivate them to achieve more!

Thank You

https://health-and-fitness-360.herokuapp.com/