

Project Title:

"FitAI – Your Smart Fitness Companion"

Objective:

Create a **modern web app** where users can:

- Upload meals and instantly get **calorie + health rating**
 - Generate **AI-powered diet & workout plans**
 - Access all features via an **interactive dashboard**
 - Communicate with an AI-based **Virtual Trainer**
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1. Landing Page (Login + Intro)

Design Goals:

- Bold, dark/light toggle theme with **high contrast** & gradients
- Futuristic vibes using **glassmorphism** or **neumorphism**
- Animated Lottie gym illustrations
- Hero section line:

"Train Smarter. Eat Better. Built with AI."

Components:

- Logo top-left (minimal, energetic)
 - "Login with Google" button (centered or floating)
 - Small tagline below:
"Start your personalized journey in under 30 seconds"
 - Background: Blurred gym or food-themed gradient animation
 - Optional: Add quick demo video (10-sec preview of app magic)
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2. Onboarding / User Info Input Page

Purpose:

After login, collect **essential details** for customization.

Fields:

- Full Name (auto from Google)
- Gender

- Age
- Height (cm), Weight (kg)
- Goal: Lose Fat / Maintain / Gain Muscle
- Allergies (multiselect)
- Activity level: Sedentary, Lightly active, Active, Very active

UI Design:

- Multi-step form (sliding cards or progress bar)
 - Use large sliders or inputs with live feedback
 - Gamified: “Step 2 of 4” with progress circles
 - Illustrations like food, tape measure, gym icons
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3. Main Dashboard (Post-login)

Layout:

3-column grid (responsive) with top nav & side menu


Features to Include:

A. Track Food & Health Score

User uploads food image or types the name.

UI:

- Drag-and-drop/upload area with preview
- Text input fallback (for “Dal Makhani” etc.)
- Calorie + macro breakdown card
- **Health Score (1–100)** with colored ring
- Badges: “High Protein”, “Too Oily”, “Very Healthy”
- Tooltip: “This food is 70% aligned with your goal”



 Bonus: Graph of today’s total calorie & macros


B. AI-Powered Diet Plan

Generated by OpenAI API using user data

UI:

- Tab view: “Breakfast | Lunch | Snacks | Dinner”

- Card for each meal:
 - Meal name
 - Ingredients
 - Prep method
 - Why it's good for you → Hover Tooltip
- Options:
 - Regenerate plan 
 - Save meal to favorites 

 Vibe: Clean and nutrition-focused – emojis + Lottie for fun

C. Workout Plan Generator

User selects fitness level → AI generates routine

Flow:

- Select: Beginner | Intermediate | Pro
- Ask: “Workout at Home or Gym?”
- Ask: Days/week
- Generate weekly plan:
 - Each day: Body part focus + list of exercises
 - Sets, reps, rest time
- View as **weekly calendar** with toggle view

 Save Plan, Share Plan, or Download PDF

D. Chat with Trainer (OpenAI-powered)

- Clean, ChatGPT-style UI
 - Ask questions like:
 - “What should I eat post-workout?”
 - “Suggest a quick 10-min stretch”
 - GPT responds with health-based answers
 - Typing animation + optional trainer avatar
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E. Your Progress Tracker

- Show changes in weight, BMI, health score
- Charts:
 - Calories in vs burned (line graph)
 - Weekly workout adherence (bars)
 - Water intake, sleep logs (optional feature)



Extra Features (to make it mind-blowing):



Meal Reminders:

Send subtle nudges: *“Hey Suryansh, time for your 5pm snack?”*



Water Tracker:

Glass-fill animation, daily hydration % bar



AI Goal Check-in:

- “You’re 70% to your goal. Add more protein today!”



Leaderboard / Streaks:

Motivate with ranks or “You’ve worked out 5 days in a row!”



Social Sharing (Optional):

“Share your health score on IG story 📊”



Tech Stack (Free Tools)

Feature	Tool
Frontend UI	React + Tailwind CSS
UI Kit	ShadCN UI / Flowbite
Animations	LottieFiles + Framer Motion
Auth	Google Firebase Auth
Image Upload	Cloudinary (free tier) or Firebase Storage
AI API Integration	OpenAI API (chat + diet/workout gen)
Backend	Firebase / Supabase (free tier)
DB (if needed)	Firebase Firestore or Supabase DB

Feature	Tool
Hosting	Vercel / Netlify

MVP User Flow:

SCSS

CopyEdit

[Landing Page]

↓ (Login)

[Enter Measurements]

↓

[Main Dashboard]

└─ Upload Food → Nutrition + Health Score

└─ Create Diet Plan → AI-Generated

└─ Workout Plan → Level Based → AI Suggestion

└─ Trainer Chat → Ask Anything

└─ Track Progress → Stats + Goals