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| **Health Goals**  **Demo Brochure**  **Group Number:** 1  **Visit Us At:**  <https://health-goals.herokuapp.com>  **Demo Date:** March 25, 2019  **Group Members:**  Anushka Desai  Varun Bhandari  Niharika Mishra  Sai Singanamala  Arti Patel  Kishan Patel  Jose Cuentas  Eric Rivera  Varun Raghuraman    **System requirements:**   * Internet Access * Web Connection * Simultaneous Access (Users)   **Website:** | Your health is important!  In creating this website, our goal is to allow users to focus on their physical and mental health and strive for change with the help of nurturing online communities. We provide convenient, personalized and effective solutions for users interested in a healthy balance and lifestyle.  **Features:**   * **Specialized Meal Plans**   + Users can find personalized meal plans (breakfast, lunch, dinner, etc) based on their profiles and customizable search filters. * **Mental Health Professional Match**   + Users can match with local health professionals (such as therapists) using customizable search filters. * **Local Fitness Instructor Match**   + Users can find local fitness instructors in their area based on search filters. * **Personalised Recipe Suggestions**   + Users can access a database of recipe links and see suggestions based on specific food and dietary filters. * **Fitness/Diet Leaderboard Competitions**   + Users can find communities interested in similar goals and achievements and compete in a leaderboard style manner. * **Personalized Wellness Article Search**   + Users can access a database of wellness articles to view holistic solutions for their personalized concerns through search filters. |

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