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| **Health Goals**  **Demo Brochure**  **Group Number:** 1  **Visit Us At:**  <https://health-goals.herokuapp.com>  **Demo Date:** April 23, 2019  **Group Members:**  Anushka Desai  Varun Bhandari  Niharika Mishra  Sai Singanamala  Arti Patel  Kishan Patel  Jose Cuentas  Varun Raghuraman    **Features (cont.):**   * **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. * **Randomized Meal Plans**   + Users can find randomized meal plans (breakfast, lunch, dinner, etc) based on their profiles for daily inspiration   **System requirements:**   * Internet Access * Web Connection * Simultaneous Access (Users)   **Website Design:**    **Figure 1: Welcome Page** | Your health should be your #1 priority!  *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:**   * **Exercise Videos**   + Users can access a variety of exercise videos and search for them through different search filters. * **Weight Watchers**   + Users can create or join groups based on their specific weight loss goals and interact with members of their own group in a variety of ways such as competitions. * **Food Blogs**   + Users can search for articles written only by the current top food blogs. * **Therapist Search**   + Users can search for therapists in the area and filter for different therapists based on treatment type. * **Mental Health Forums**   + Users can access forum pages for advice on different mental health issues and filter through results. They can also start new forums. * **Mental Health Articles**   + Users can search for relevant mental health articles and filter results for different issues, types of articles and more. * **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.     **Figure 2: Sign up Page**    **Figure 3: Exercise Videos**    **Figure 4: Food Recipes**  **Figure 1: Fitness Instructors** |