U.FIT

FITNESS APP FOR THE DISABLED

GROUP 10

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INTRODUCTION

The app is mainly for the differently abled who wish to need help to lose or gain weight in a healthy way taking into account their mental health and time constraints. The app provides a planned medium and also can be used by a wide spectrum of users.

In the long term the app hopes to promote a body positive society for the differently abled.

PROBLEM STATEMENT

It is difficult to find apps that focus on the fitness of the Differently Abled.

Our app, U-FIT is a user-friendly app that focuses primarily on the differently abled.

ABSTRACT & OBJECTIVE

The android app project proposed here aims at automating workout and diet plans.

The app will conduct an initial questionnaire about the user to get the information needed to plan their diet and workout. They will be categorized based on the questionnaire.

Each category will have a unique set of diet and workout plans.

EXISTING SYSTEM

We have also referred to similar apps to get a better understanding of the facilities that are currently available in the market.

Healthify-me is a robust and well-designed app with universal and scientifically approved workout and diet plans. But it doesn't have features for differently-abled. It is closed to a smaller range of people and all features are not available in this single platform.

Another such app we have referred to is Sworkit, This app has specific and scientifically approved workout plants. But does not have diet suggestions and specific plans for differently abled. It focuses on general users, it has differently abled friendly workout plans, but is not specific.

PROPOSED SYSTEM

FUNCTIONAL REQUIREMENTS

The app mainly focuses on the following features:
- Differently abled people will have their curated workout-diet plans.
- List of diet-friendly foods.
- Users can maintain streaks, which will motivate them to workout.
- List out trustable contacts of trainers and dietitians
- Provide the users with motivational notifications.
- Provide reminder alarms about their workout time.
- Can access different levels of workout : Beginner, Intermediate, advanced
- Read informational articles on home page

PROPOSED SYSTEM

NON FUNCTIONAL REQUIREMENTS

- PERFORMANCE REQUIREMENTS: The system provides an inclusive platform specially curated for differently abled and solely focuses on their health and mental well being.
- SAFETY REQUIREMENTS: Incase the user forgets or loses password the repair functionality helps by choosing the "forgot password" option in the main login window.
- SECURITY REQUIREMENTS: Only legitimate users are allowed to use the application using authentication. Will ensure privacy and user safety

MODULE DESCRIPTION

- ADMIN: This user is an admin type who has full rights to the system. It ensures that systems and all related services are working well and provides a user-friendly environment. It also focuses on the progress and well being of the user.

- USER: They can track their progress, use the app for diet- workout suggestions. They will receive motivational notifications, mental health support and timely reminders.

USE CASE DIAGRAM
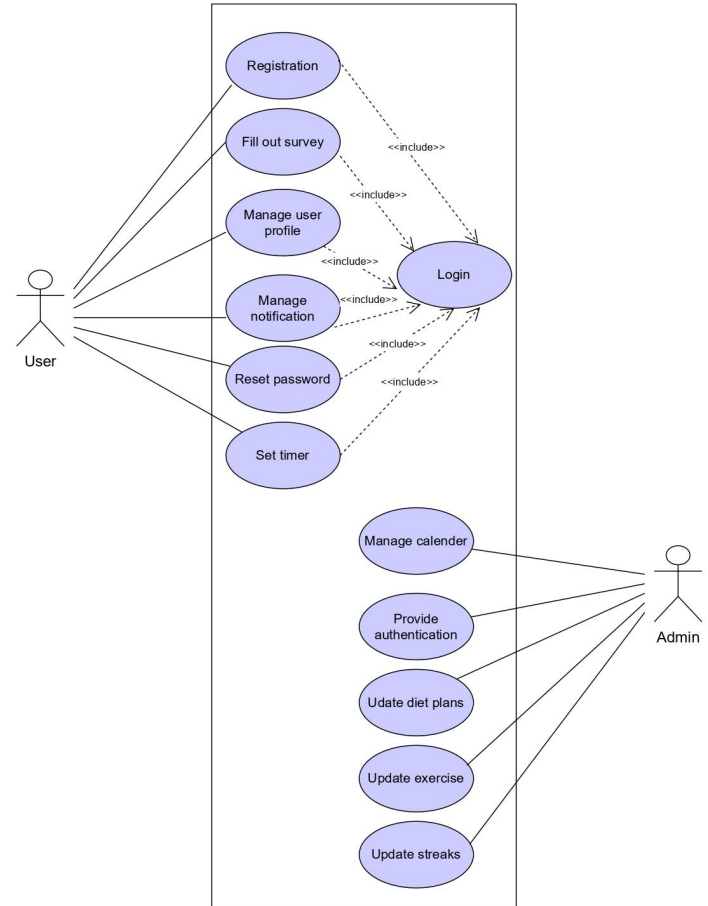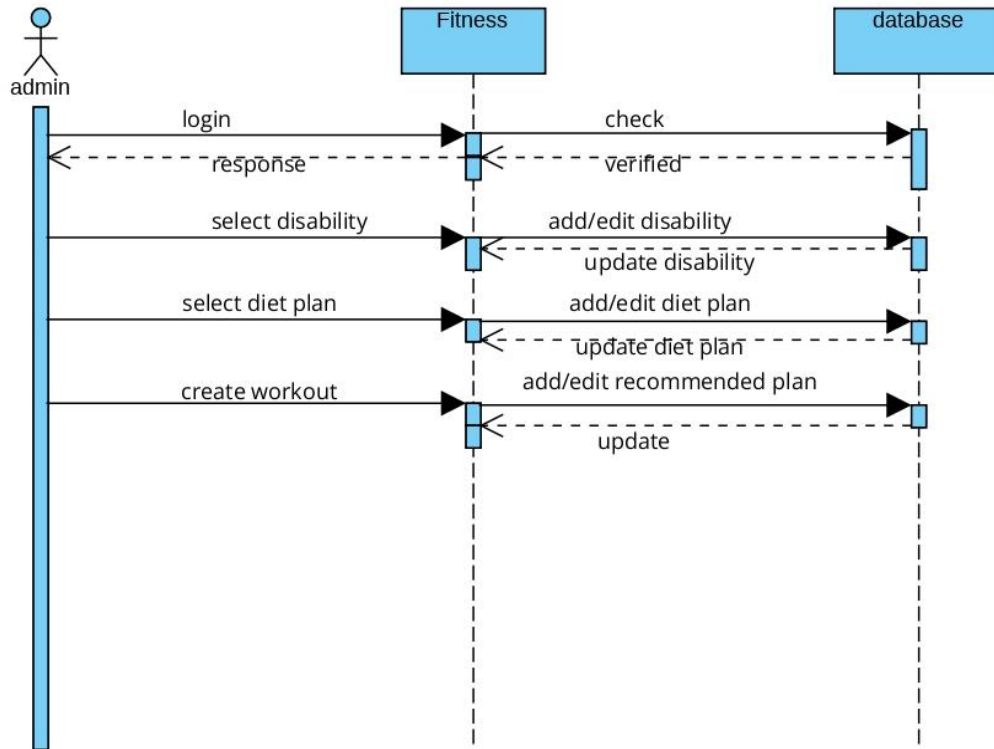
SEQUENCE DIAGRAM
ADMIN

SEQUENCE DIAGRAM USER
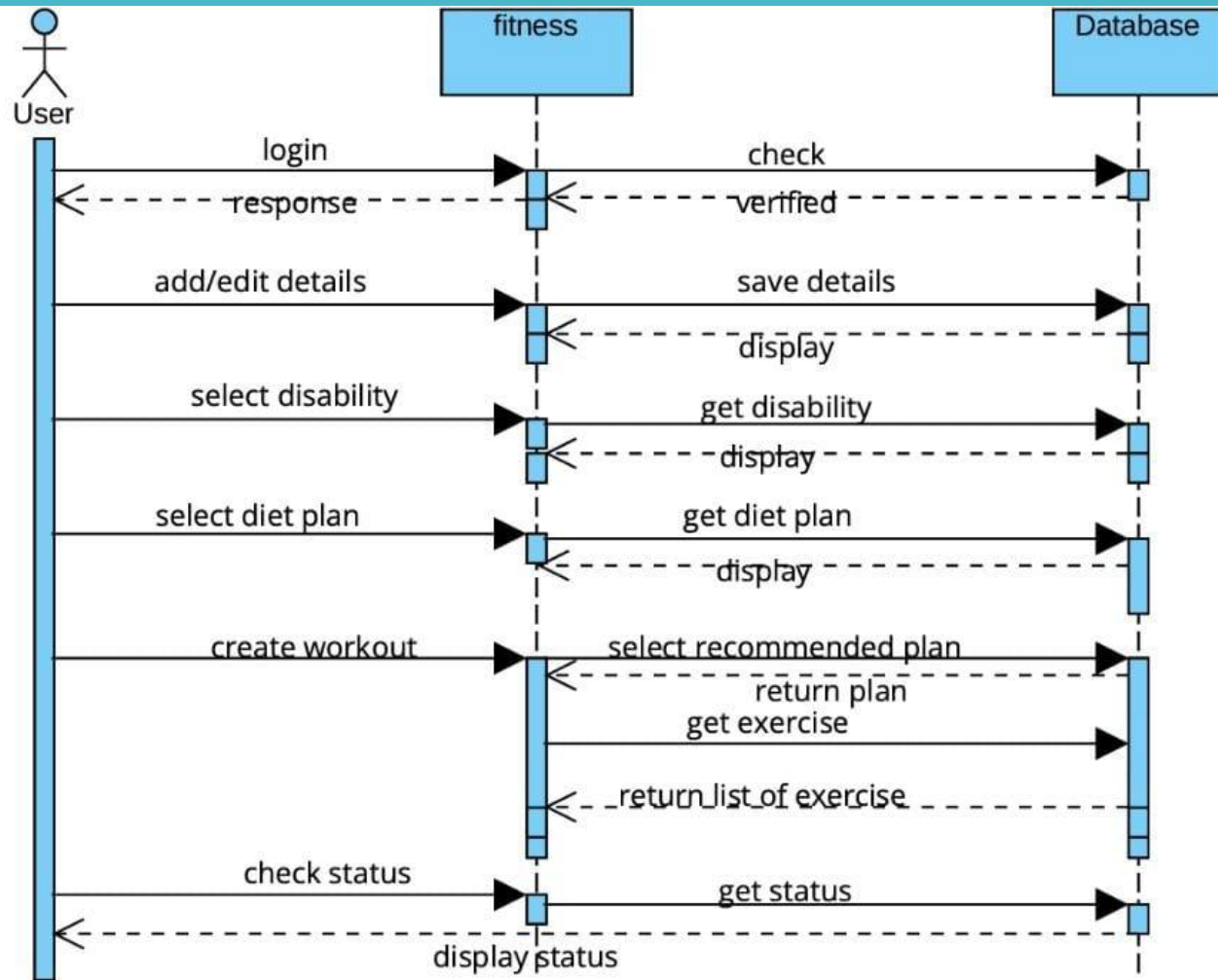
ACTIVITY DIAGRAM
ADMIN

ACTIVITY DIAGRAM
USER

GUI

Screen 1

Log in

U.FIT
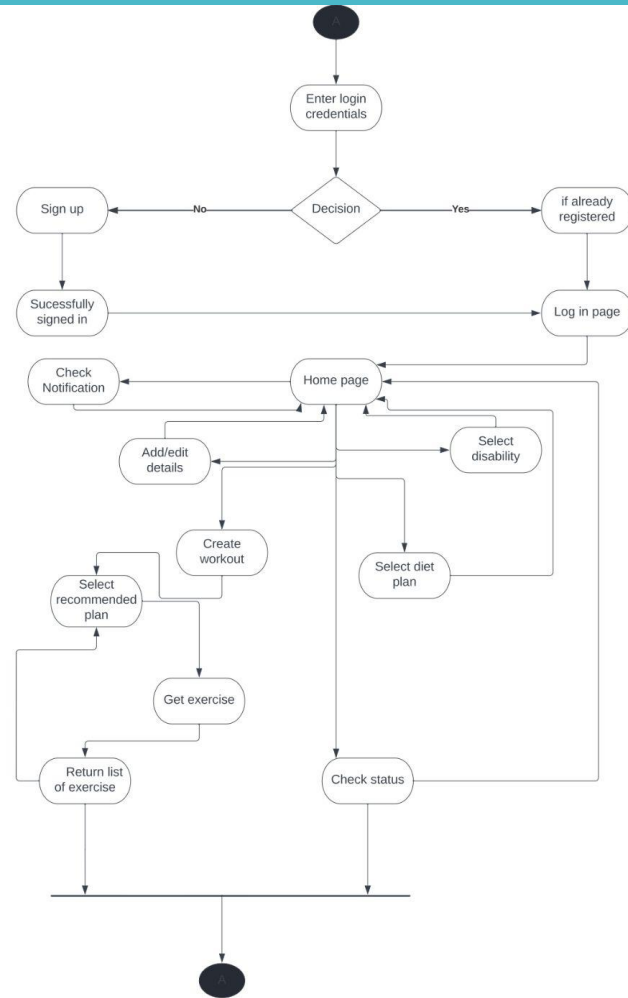
Enjoying Health & Vigor

CREATE ACCOUNT

Email

Password

Go

Screen 2

U.FIT

Name :

Date Of Birth :

Two words that best decribe you :

Bio :

Workout Preference :

Dropdown Box

Get Started

Screen 3

U.FIT

LOGIN

Email

Password

Forgot password

Go

Screen 4

dd/mm/yyyy

Hi, Jane

How much exercise should disabled young people get?
Charlie Foster, Brett Smith

Demo Text Lorem Ipsum dolor sit amet,consectetur.
Lorem Ipsum

Demo Text Lorem Ipsum dolor sit amet,consectetur.
Lorem Ipsum

Demo Text Lorem Ipsum dolor sit amet,consectetur.

Screen 1: Profile

⚙

Jane Doe

Amputee | Bibliophile

🔥 3

About
"Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore Lorem ipsum dolor sit amet"

🕐 🍴 🚶

🏠 📅 👤

Screen 2: Timer

Set Timer

00 : 00

Start

Set Reminder

00 : 00

Set

🏠 📅 👤

Screen 3: Calendar

CALENDER

← **JUNE** →

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

🔥 **3**

Keep Your Streak Going!

🏠 📅 👤

Screen 4: Workout

←

WORKOUT

Where would you like to start today?

UPPER BODY

LOWER BODY

🏠 📅 👤

UPPER BODY
Workout

LOWER BODY
Workout

DIET

GAIN WEIGHT

LOOSE WEIGHT

RECIPES

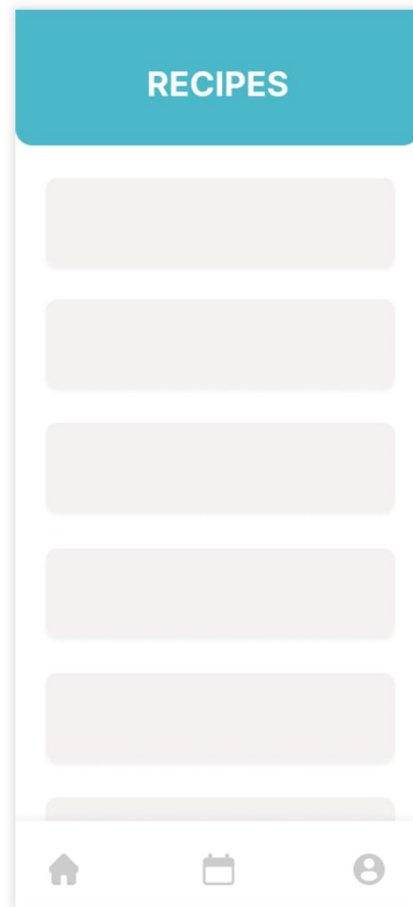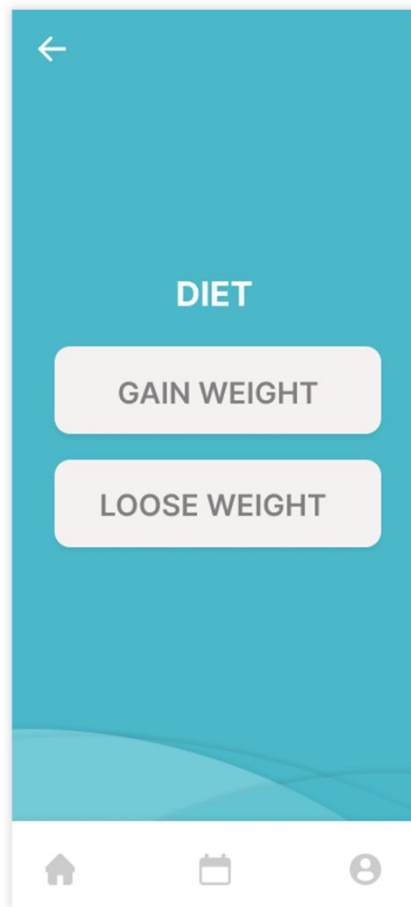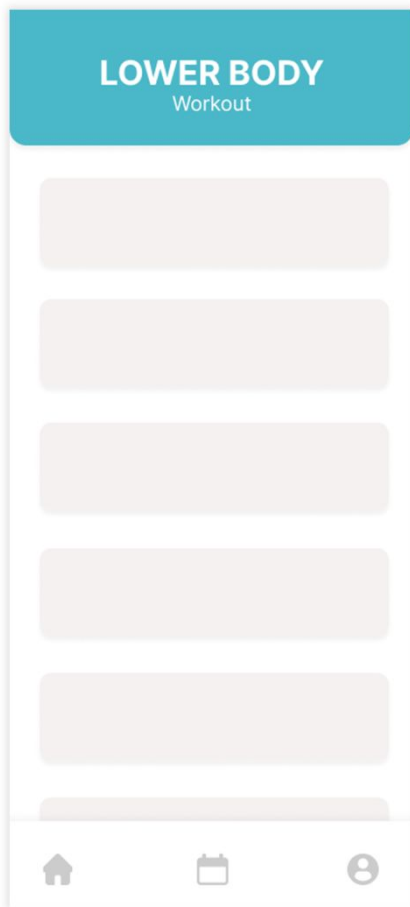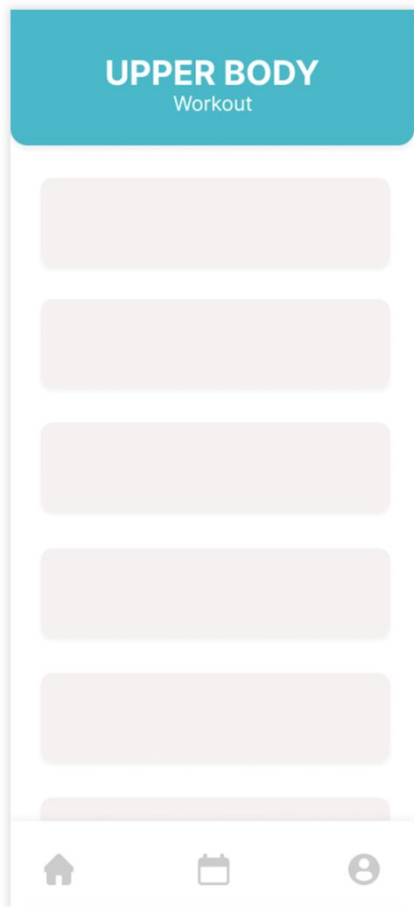# SETTINGS

Update Profile

Help

About

Security

LOG OUT

⬛.FIT

Name :

Date Of Birth :

Two words that best decribe you :

Bio :

Workout Preference :

Dropdown Box

Update

SECURITY
Change Password

Password

Confirm Password

ABOUT

"Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore Lorem ipsum dolor sit amet,"" Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod dolor sit amet,"" Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod dolor sit amet,"" Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore Lorem ipsum dolor sit amet"

CONCLUSION

U.Fit is an app which combats the issue of non inclusivity in mainstream fitness application that are available in the market. It focuses on automating workout and diet of the differently abled spectrum of the society.

The app manages Home Fitness facilities required by the users quickly and easily. It provides an inclusive platform specially curated for differently abled and solely focuses on their health and well being . It also sets alarms so that the users can schedule their workout routines. The users can maintain streaks and access different levels of workout based on difficulty.

Thank You!