

## **Fitness & Diet Planner Application**

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The "fitness\_diet\_tracker" package contains 2 subpackages. In the "workout\_plan" subpackage, users input their preferred workout type (body weight, strength, or athlete). Within the "warmup.py" module, the "WarmUp" class provides functions to generate appropriate warm-up routines tailored to each workout type. The "workout.py" module contains a "WorkOut" class with 3 functions, each delivering customized workout plans along with an instructional youtube video for the different workout types.

The "diet\_package" subpackage facilitates user input for height, weight, age, gender, activity level, and weight goals. Within the "planoptions.py" module, the superclass "PlanOptions" provides functions for calculating BMI, determining total energy expenditure, and calculating target calorie based on weight goals. In the second module "dietoptions.py," class "DietOptions," offers three functions, each generating personalized meal plan aligned with the selected diet (vegan, vegetarian, meat).