

## Introduction to Fitness

# Health & Fitness Tracker



Presented by [your name here]

# The Problem

## Fragmentation

Busy people lack a **single platform** for logging data.

## Inconsistency

Calorie estimates can be **unreliable** without verified sources.

## Disorganization

Progress tracking is **scattered** across various apps and spreadsheets.

# The Solution

## Unified Dashboard

Centralizes workouts and meals for easy tracking and management.

## Calorie Estimates

Provides accurate auto-calorie estimates to enhance logging efficiency.

## Visual Trends

Displays trends and streaks for improved user engagement and motivation.

# Key Features

## Secure Auth

Our application uses **JWT authentication** for secure user access, enabling seamless **registration and login** experiences with instant feedback to enhance user confidence and engagement.

## Visual Dashboards

Our dashboards utilize **Chart.js** to provide rich visual trends for calories, workouts, and adherence, helping you stay motivated and informed about your fitness journey.

## Workout Logging

Log your workouts effortlessly with detailed **reps, sets, weight**, and duration notes, ensuring you can track your progress accurately and make informed improvements over time.

## Theme Options

Choose between light and dark themes based on your personal preference, enhancing usability and allowing for an adaptable experience tailored to your environment and mood.

## Meal Logging

Simplify meal logging with comprehensive tracking of **calories and macros**, featuring fallback nutrition data to ensure accuracy even when sources are limited or unavailable.

## Responsive Layout

Enjoy a fully responsive layout that adjusts seamlessly across devices, ensuring that you can log your fitness activities conveniently from anywhere, at any time.

# Technology Stack

**Built with modern, powerful tools**

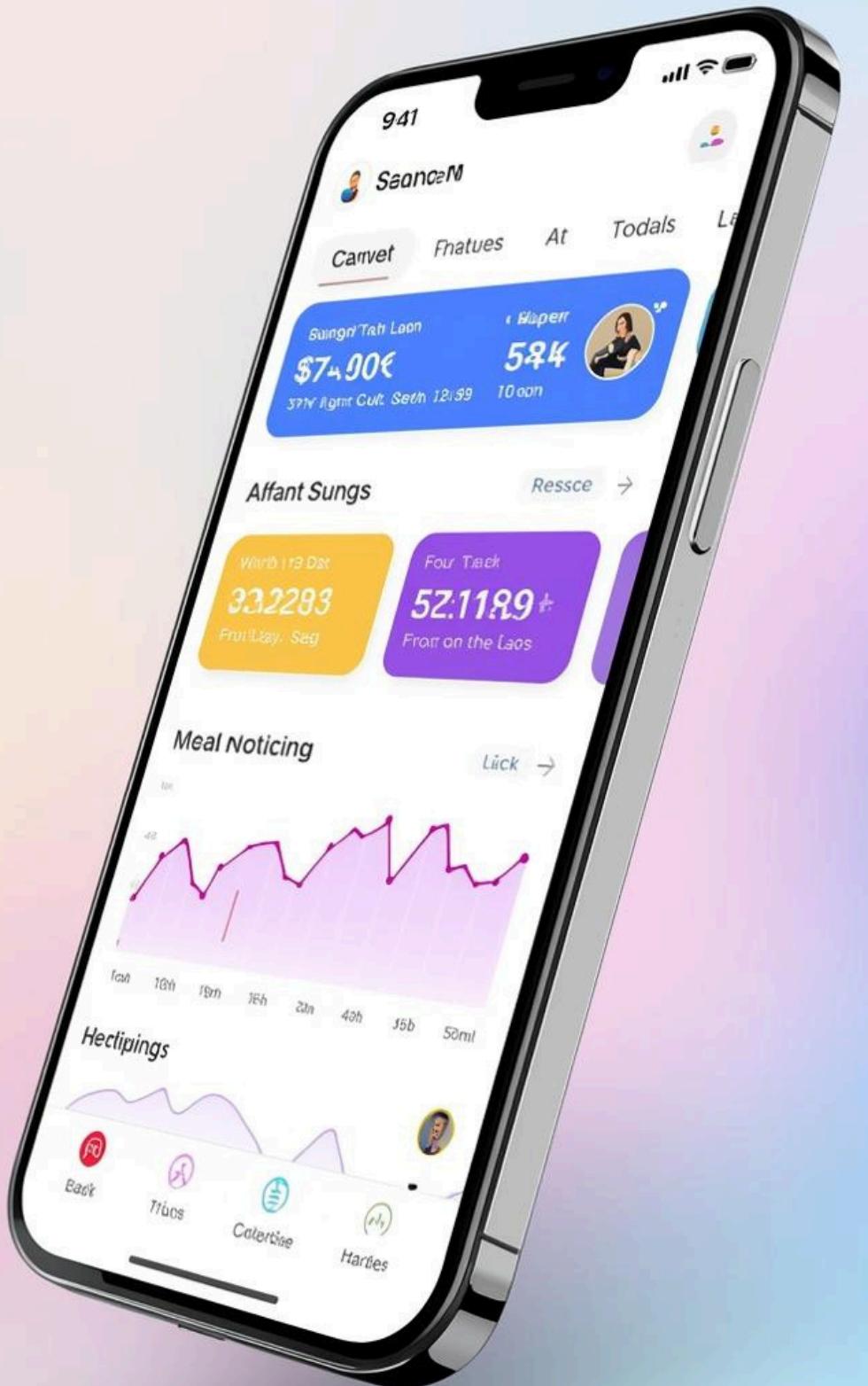
## Frontend Framework

The architecture employs **React 19** and **Vite 7** for high-performance, responsive user interfaces, ensuring seamless interaction and efficient loading, while Axios handles API requests and Chart.js visualizes data trends effectively.



## Health & eli:try Apps

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# Contact Information

Get in touch with us

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