

Fitness & Diet Tracking Web App

Web App Link

<https://silver-cuchufli-0fc83c.netlify.app>

Key Features

- Personalized exercise suggestions based on user goals:
 - Bulking / Muscle Gaining
 - Cutting / Fat Loss
 - Yoga / Flexibility
 - Home Workout Options
- Goal setting for individuals to track fitness progress effectively.
- Smart diet tracker using food image uploads to estimate calorie intake.
- Weekly progress report generation to evaluate performance and improvements.