

## INSTRUCTIONS ON HOW TO USE THE WEB -APPLICATION

**Open the Application:** Access the application in a web browser at <http://localhost:3000> after starting both the frontend and backend servers.

**User Registration/Login:** Upon accessing the application, users can register for a new account or log in if they already have an account. Enter valid credentials and follow the on-screen instructions for registration or login.

**User Dashboard:** After successful login, users will land on their dashboard displaying options to navigate through the app's features.

**Profile Setup:** Users can set up their profile by providing personal details such as height, weight, etc., necessary for BMI calculation. The app might prompt users to input these details or guide them to the profile settings.

**BMI Calculation:** Based on the provided height and weight, the app will calculate the user's Body Mass Index (BMI) automatically.

**Diet Plan:** Users can access diet recommendations tailored to their BMI category. Follow the suggested meal plans or dietary guidelines provided by the app.

**Water Intake recommendation:** Based on the Bmi index user is recommended to have certain amount of water throughout the day.

**Workout Plans:** Explore the workout plans section, which offers exercise routines based on the user's BMI category. Users can view exercise suggestions, schedules, or guided workout sessions to follow.