



HACKATHON



TEAM PREDATORS

INTRODUCTION

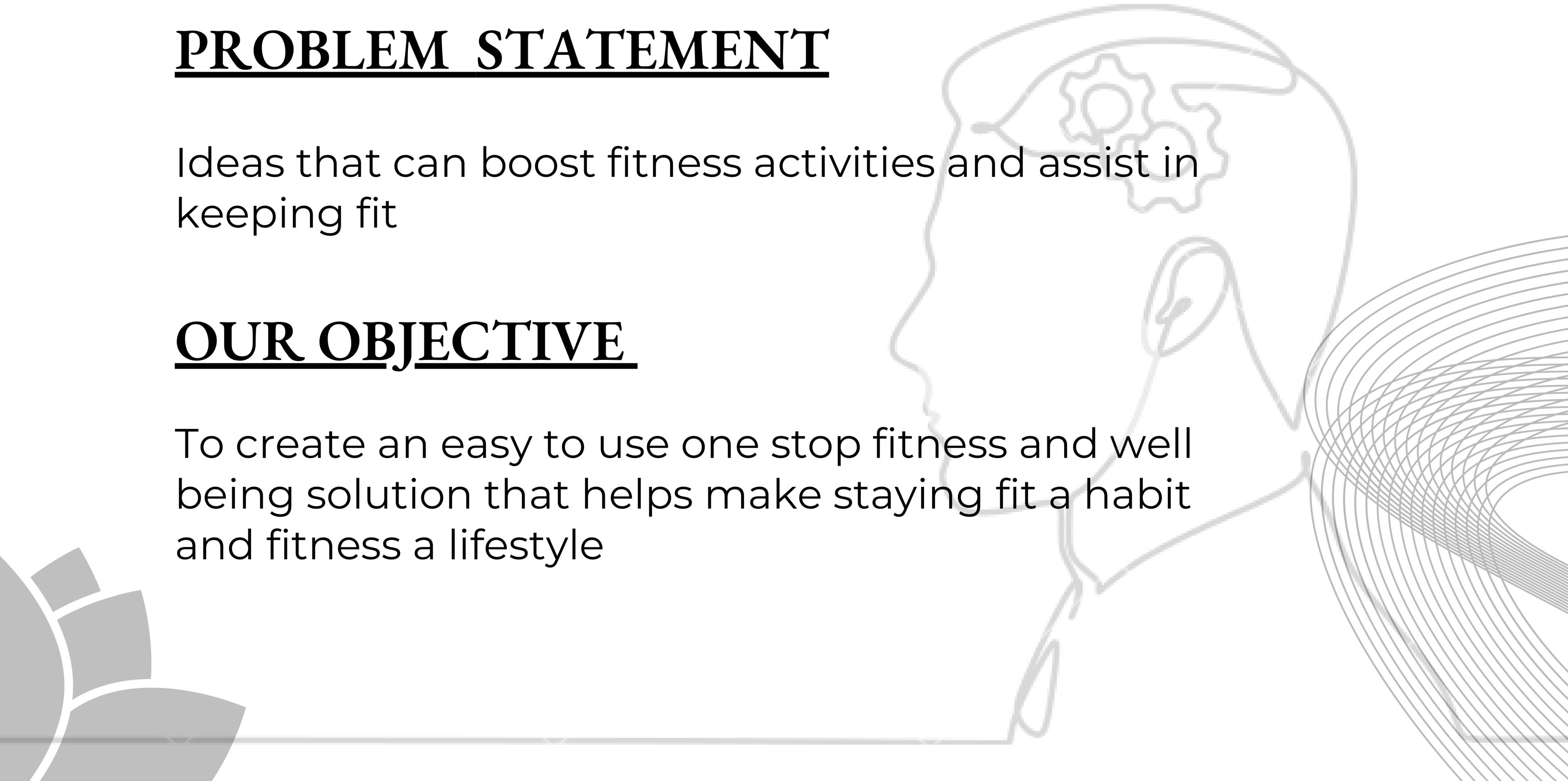
Health is our most valuable asset. In the post covid world, this realization has never been this prominent for each one of us. Our physical and mental wellness is rightfully our primary concern , which leads to the surge in need for fitness solutions that easily blend into our regular lifestyles.

PROBLEM STATEMENT

Ideas that can boost fitness activities and assist in keeping fit

OUR OBJECTIVE

To create an easy to use one stop fitness and well being solution that helps make staying fit a habit and fitness a lifestyle



OUR SOLUTION

- Our android application, Bloom, targets the three prime fitness avenues namely meditation, breathing and yoga.
- The app provides us with separate sections for
- Voice guided meditation with Relaxation Music to reduce stress
- Monitored Breathing Exercises for calming anxiety
- Yoga - Tutorials and guided yoga practices
- Calisthenics - No equipment exercises

TECHNOLOGY USED

- Figma (For UI Designing)
- Adobe XD (UI /UX)
- Kotlin (For programming)
- XML (For layout designing)



FUTURE DEVELOPMENTS

- Adding a section for Mindful Reading including Wellness and Self Development books and blogs
- Live Tracking of user's health status and progress by integrating it to wearable fitness gadgets
- Incorporate expert supervised custom diet chart designing on the basis of user's nutritional requirements
- Collective wellness tracking - Healthy competition with friends on the app

Your app is ready

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