BeFIT

Patrick Cruz, Matthew de Guia, Ryan Gordon, Antonio Milin, Darien Ware

Project Summary

BeFit is a web application directed towards people who want to take the first step in their fitness journey. BeFit aims to help beginners achieve their fitness goals by creating a platform that will store and track weight progression, provide and curate workout routines, and curate healthy meal preparation recipes.
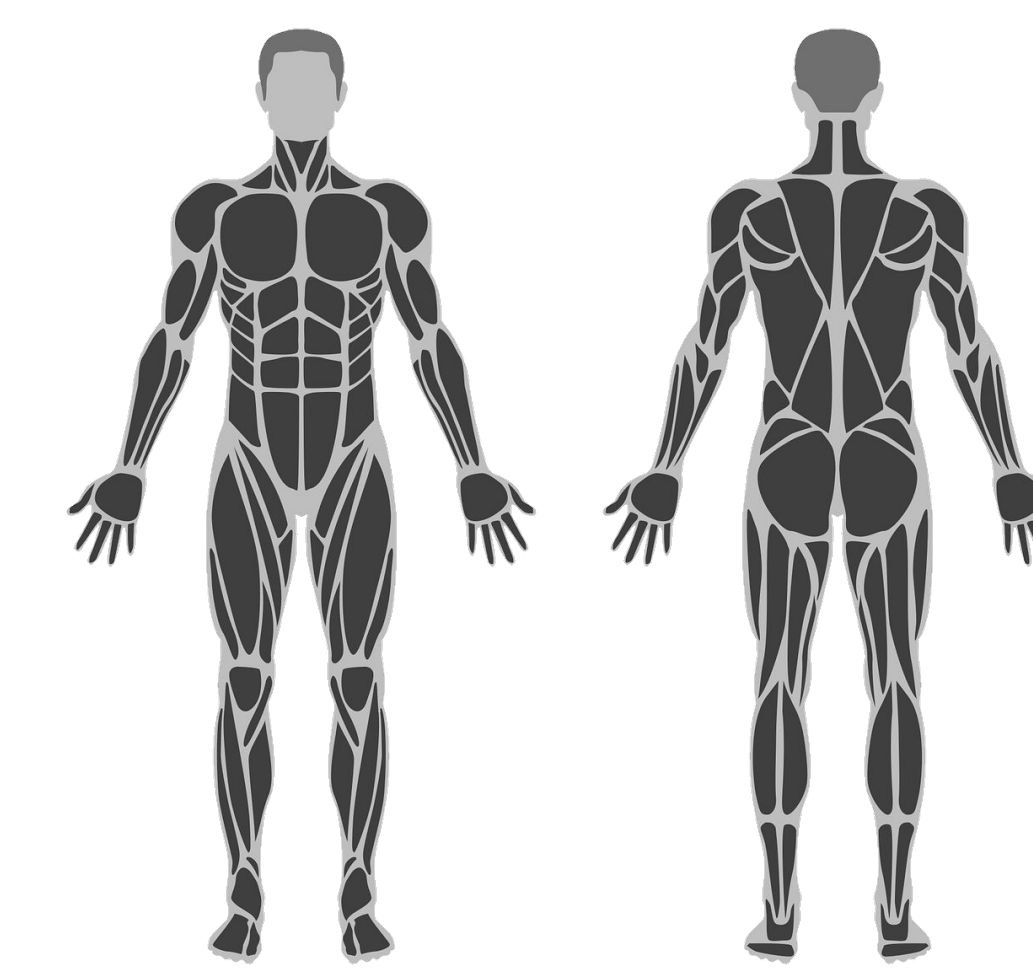
Target Market

- Beginners in the gym, fitness, and people with lack of knowledge in diet
- Individuals seeking to adopt a healthier lifestyle and improve their overall fitness

Technologies Used

Features

- Workouts
  - How to do workout properly
  - Have a choice on what muscle to train

- Simple Healthy Recipes
  - Browse the database to search for simple recipes
  - Save your favorite recipes on on your own account

- BMI Calculator
  - Helps keep track of your BMI and estimates what your BMI should be

- Calories Calculator
  - Estimates the number of calories to consume each day to maintain/lose weight

BMI Calculator
Height (ft):
5
Height (in):
5
Weight (lb):
130
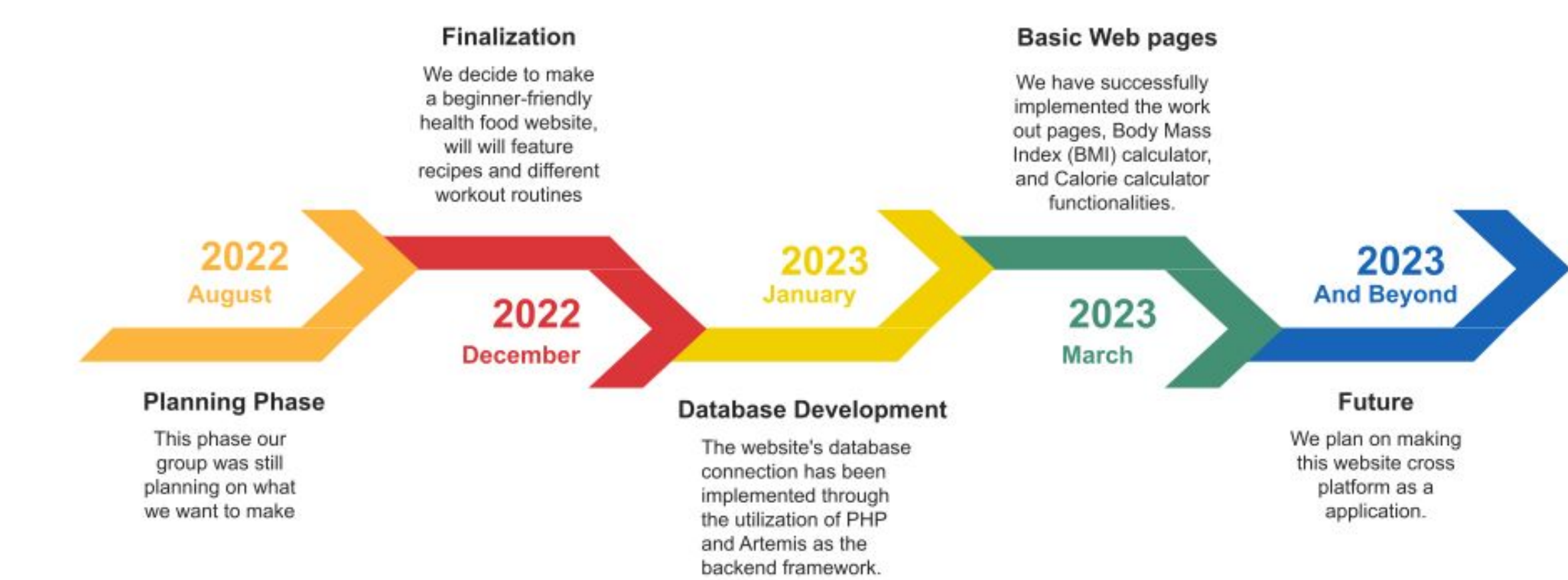Calculate
Your BMI is: **21.63**

Calorie Calculator
Age:
24
Gender: Female
Height (ft):
5
Height (in):
5
Weight (lbs):
130
Activity Level: Moderately Active
Calculate
Your daily calorie needs: **2171**

Development History

Challenges

- Database connectivity
- Learning php

Future Plans

- At BeFit, we're always working to improve our app and give our users the best experience possible. We're also developing a mobile app and plan to integrate our platform with smartwatches soon, so users can track their fitness goals on-the-go. Our goal is to make it easy and convenient for users to achieve their fitness objectives.