

## **Fit Buddy : A Diet Reminder App**

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### **Abstract**

Fit Buddy is a mobile application that reminds you about your diet and helps you to stay healthy and live a fit life. Everybody in this fast-paced society is living in a race, and they frequently forget that "Health is the real Wealth." As the world is getting back on track after the covid era, we have all come to believe in the importance of leading a healthy lifestyle. However, to prevent people from losing sight of this, we have created this app

### **Introduction**

Most of the time, people used to treat their diets so casually and pay more attention to other aspects of their lives, which is wrong. As everyone is aware, "Health is the real Wealth." We recently experienced the COVID era, which helped us to realize that our health should not be taken lightly.

The application will assist each user in monitoring their diet while juggling their hectic daily schedules. There are a large number of cases that show us that individuals who treated their diets so casually wound up needing hospitalization. The entire process will help the user understand the true value of their health. Additionally, it aids the user in accomplishing its task. The user will be able

to live a good, nutritious, and longer life with the aid of this application.

### **Literature Survey**

Android is an open source operating system which can be used to build mobile or other small devices applications and Android applications with the help of flutter. Android Studio is used for developing Android applications. It supports all the Android SDK tools needed to build, design, maintain, test, debug and publish any Android applications. The Android application compiles into a set of files known as .apk files which hold the information used to run the application on any device or even on the android emulator the .apk file is used to run the application.

### **Proposed Solutions**

The application will provide a Diet Tracker and water Tracker where users can track their daily consumption of water and their complete diet intake. The Diet planner application will help the user to add meal plans for breakfast, lunch, snacks, and dinner and each diet is divided into 4 quarters to complete their daily diet plan.

The water tracker part in the application helps to track their daily water consumption which helps people to stay hydrated throughout the day.

The project is basically a mobile application which gives the reminder to the user about the diet the user had chosen and helps the user to achieve the goal selected by them . The system can be broken down into following components:-

- The Information Corner :

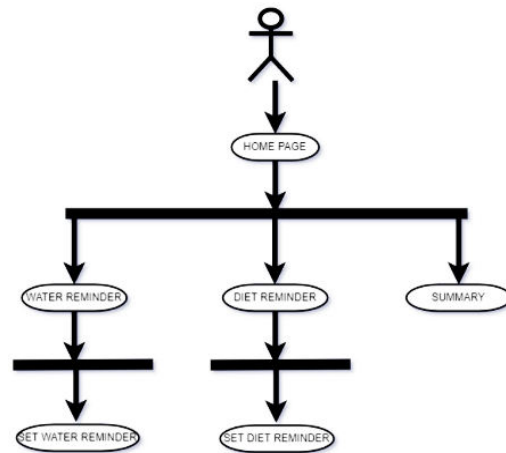
In this corner the user will be able to read about the diet articles of some known personalities about the diet they had followed .

- Setting up the goal :

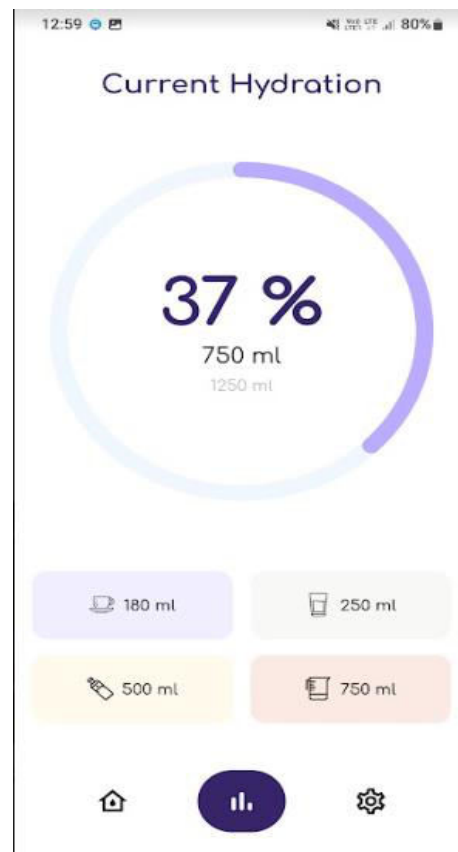
The user had to select the goal according to the needs of the individual and set the diet and the timer for the reminder .

### Implementation

Flutter is an open source framework by Google for building beautiful, natively compiled, multi-platform applications from a single codebase. Android Studio is used for developing Android applications. It supports all the Android SDK tools needed to build, design, maintain, test, debug and publish any Android applications.



### Results





## Conclusion

The entire project is built around a mobile application that assists the user in maintaining diet discipline while living in a cutthroat environment. By offering a plan that is tailored to the user's needs and goals, "Fit Buddy" assists the user in leading a healthy and long life. The app is designed for users who have made the decision to live a healthy lifestyle in the past but have since forgotten their commitments. There are many different types of objectives, including weight gain, weight loss, and many others. The user will eventually be able to use the application to share their diet plan with other users all over the world.

## Future Scope

This application can be considered as a starter or basic fitness app, therefore large upgrades can be done to it. This

application can be extended out as it can be also linked to smart gadgets for fitness tips, diet reminders and alerts. It can have a feature like, the users can set personal nutrition and fitness goals on the app and a basic function to guide its users towards a healthy diet and assist them to achieve their health goals. So, once your user specifies the goal like desired weight goal, body type, food habits, and preferred food items, your app must suggest them with a proper diet accordingly.

## References

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2. <https://docs.flutter.dev/>
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