

Finesse

By: Mayyasa Shakaa & Lama Loay

SUPERVISOR:

Dr. Raed Qadi

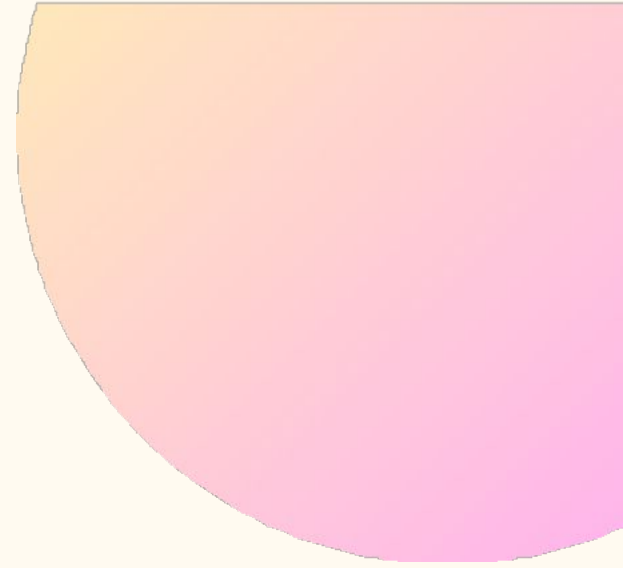
Dr. Anas Toma



FITNESS & HEALTH APP

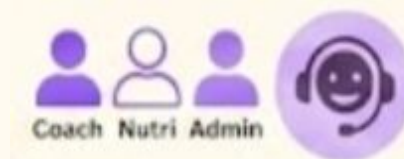
Introduction

With the growing interest in healthy lifestyles and achieving ideal fitness goals, we developed Finesse as an all-in-one fitness and wellness platform. Finesse combines workout planning, nutrition management, health tracking, and social motivation in a single application. Powered by AI-driven recommendations and gamification features, the platform helps users stay motivated and achieve their health goals more effectively.



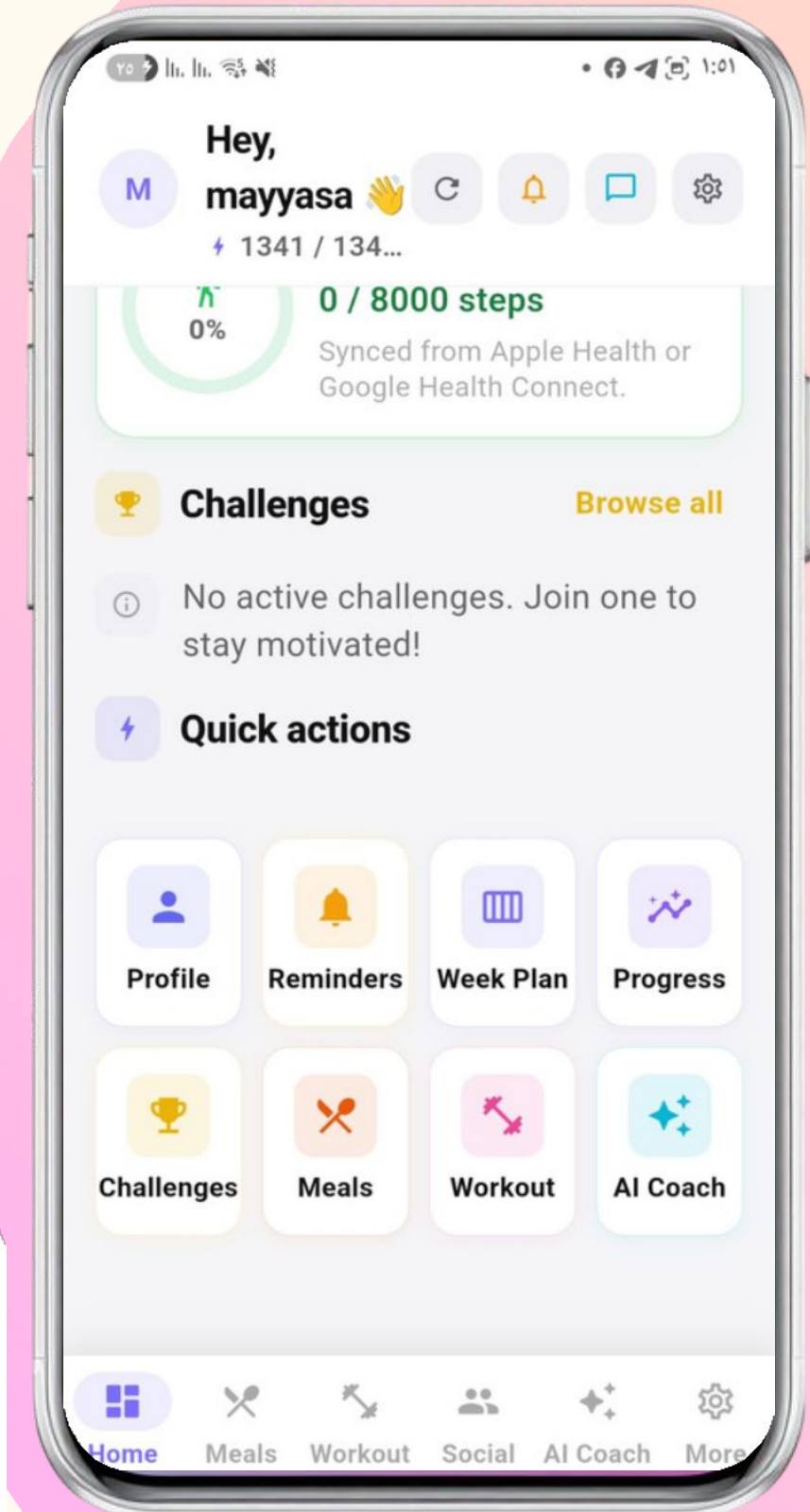
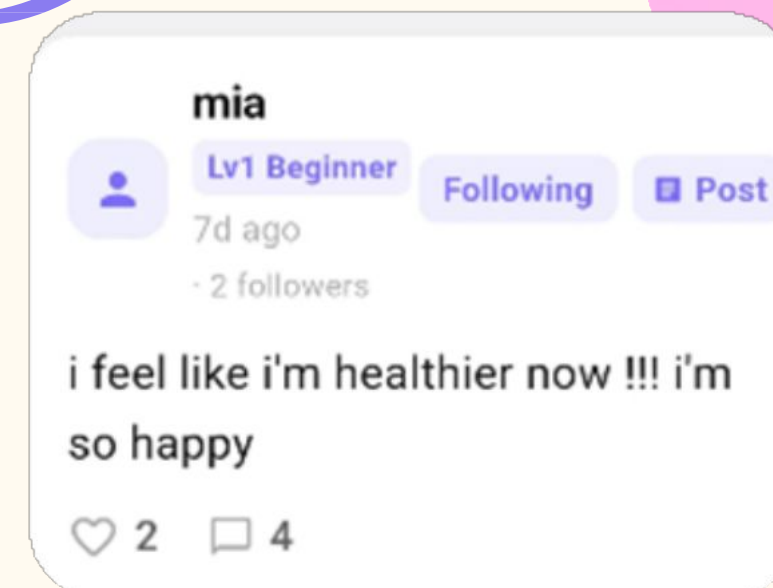
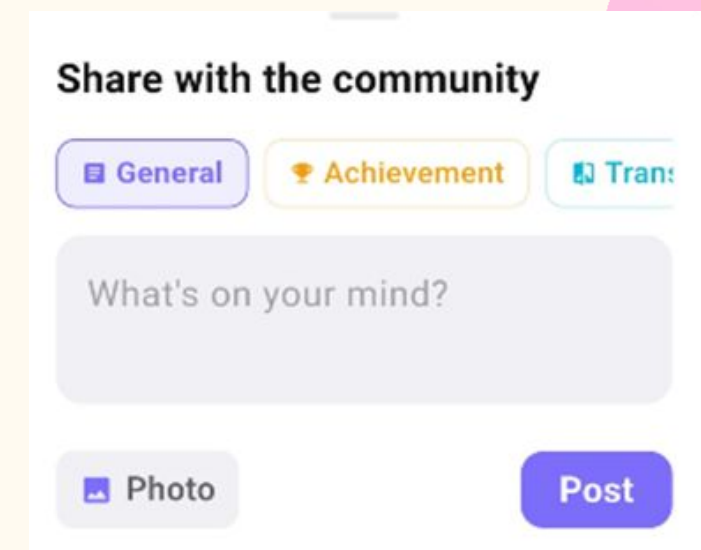
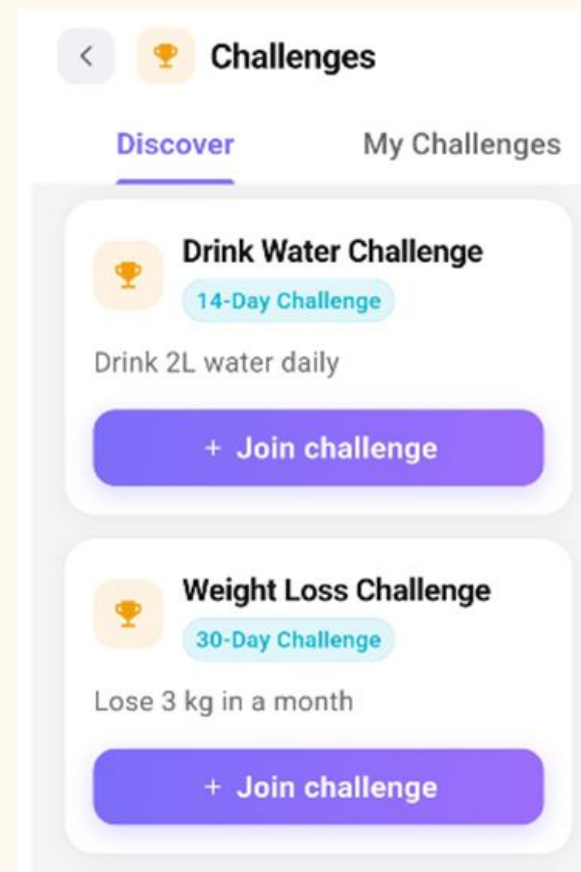
Why Finesse?

- AI Fitness Coach
- Personalized Meal & Workout.
- Plans Progress & Weight Tracking.
- Water & Calorie .
- Monitoring Community & Social Features.
- Coach, Nutritionist & Admin Support.
- Finesse Pro Subscription Services.



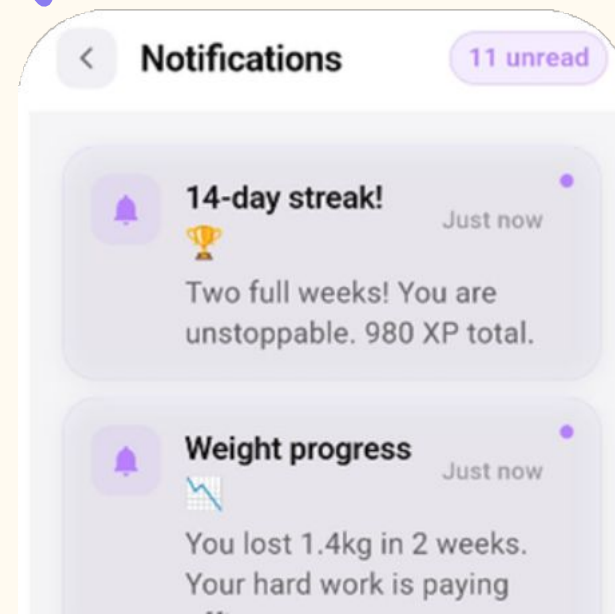
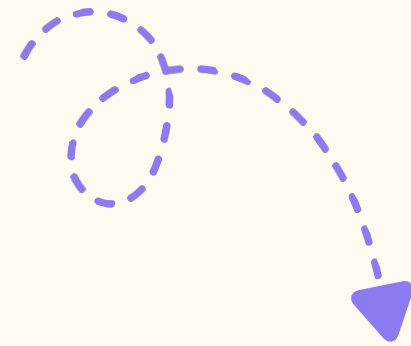
Key Features

- AI Coach
- Workout
- Generator Meal
- Planner
- Smart Watch
- Integration Challenges
- Social Feed (Posts, Follow, Followers)

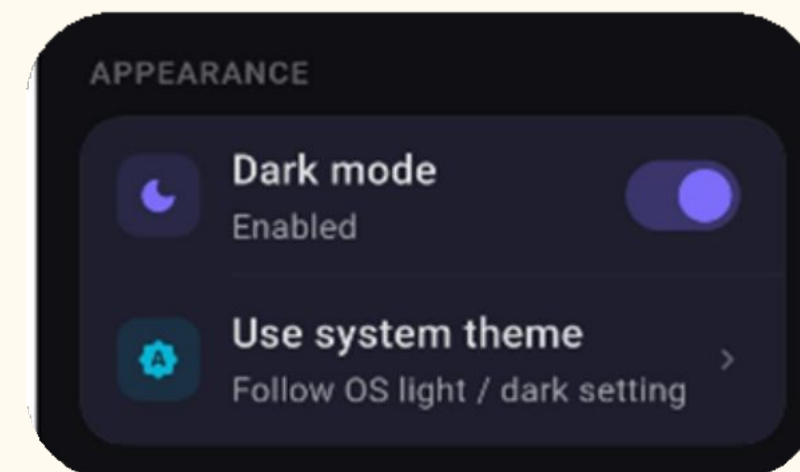
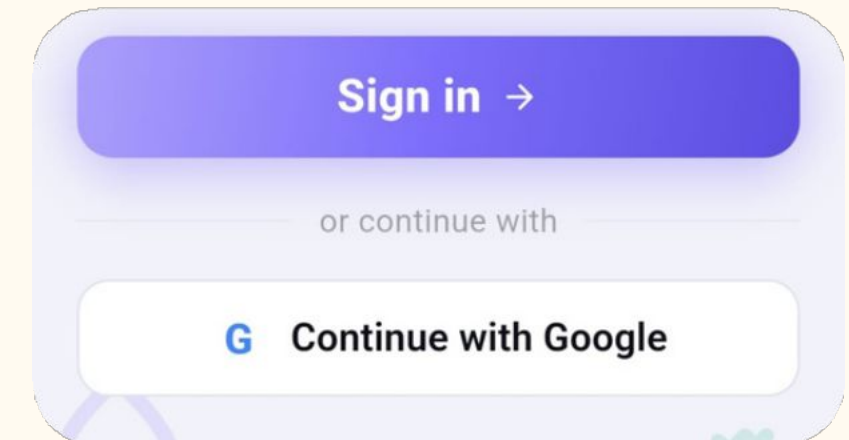
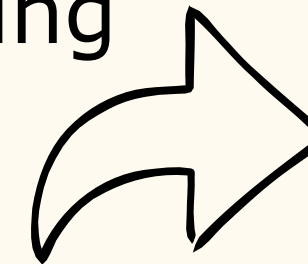


Key Features

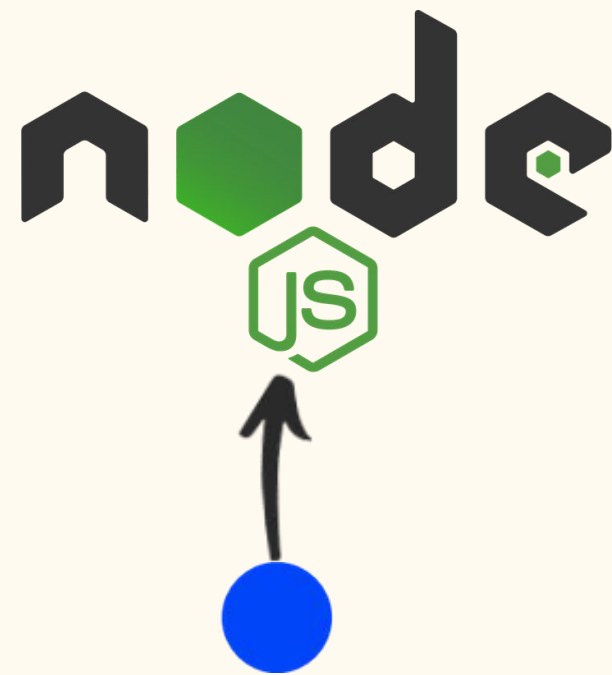
- Support Chat Video Calls
- Stripe
- Payment
- Notifications



- Progress Tracking
- Google Sign-In Finesse Pro
- Subscription Dark
- Mode

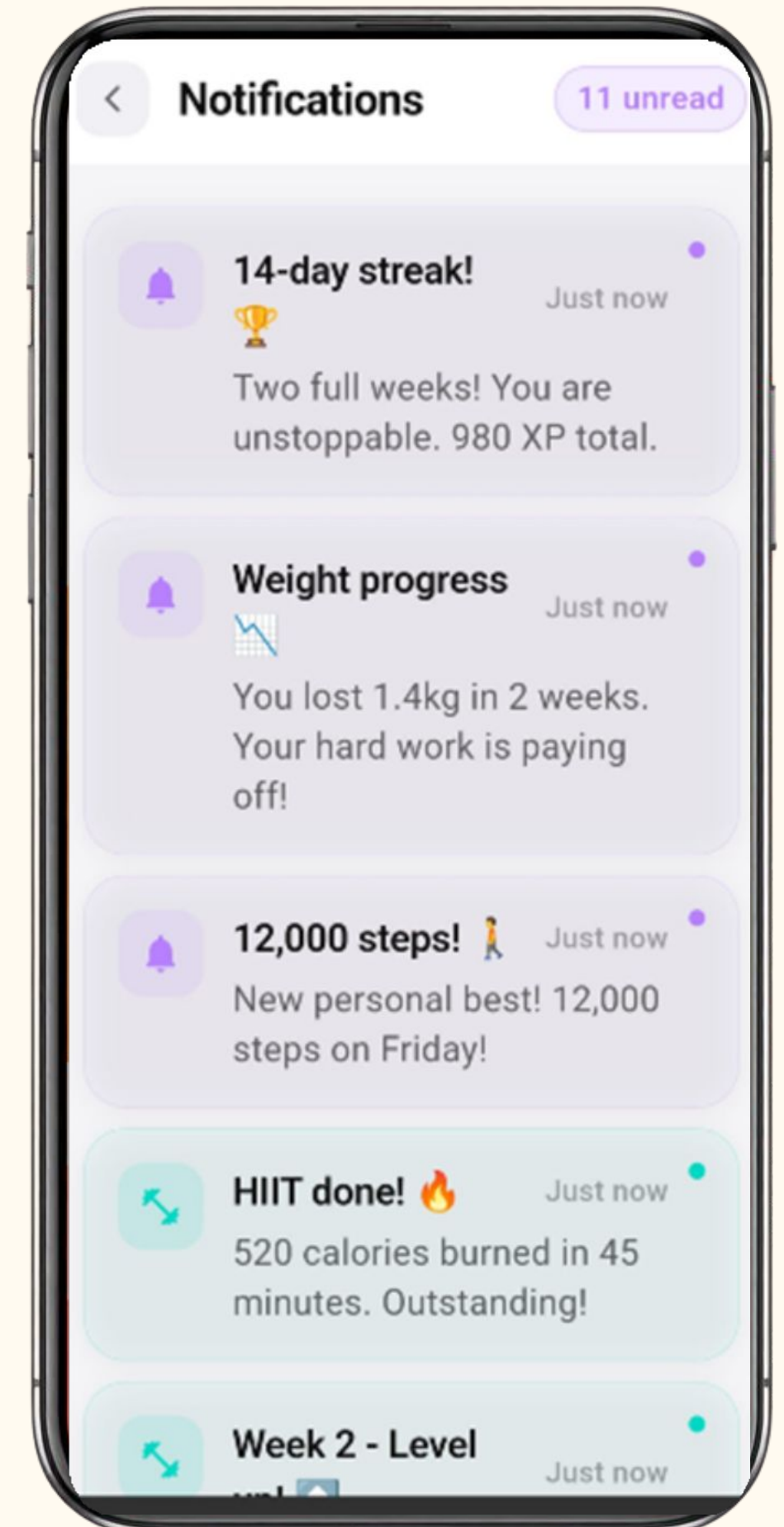
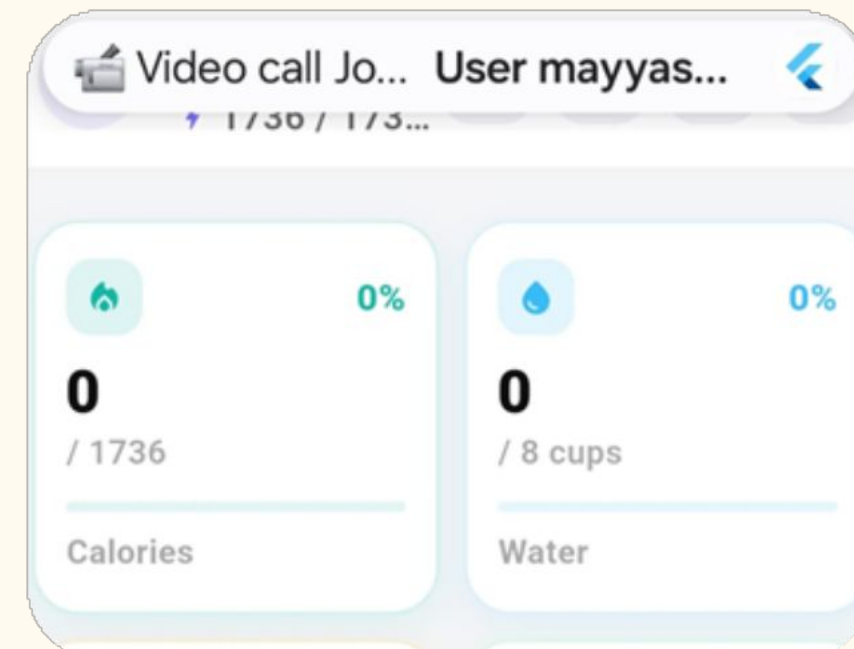


Tools



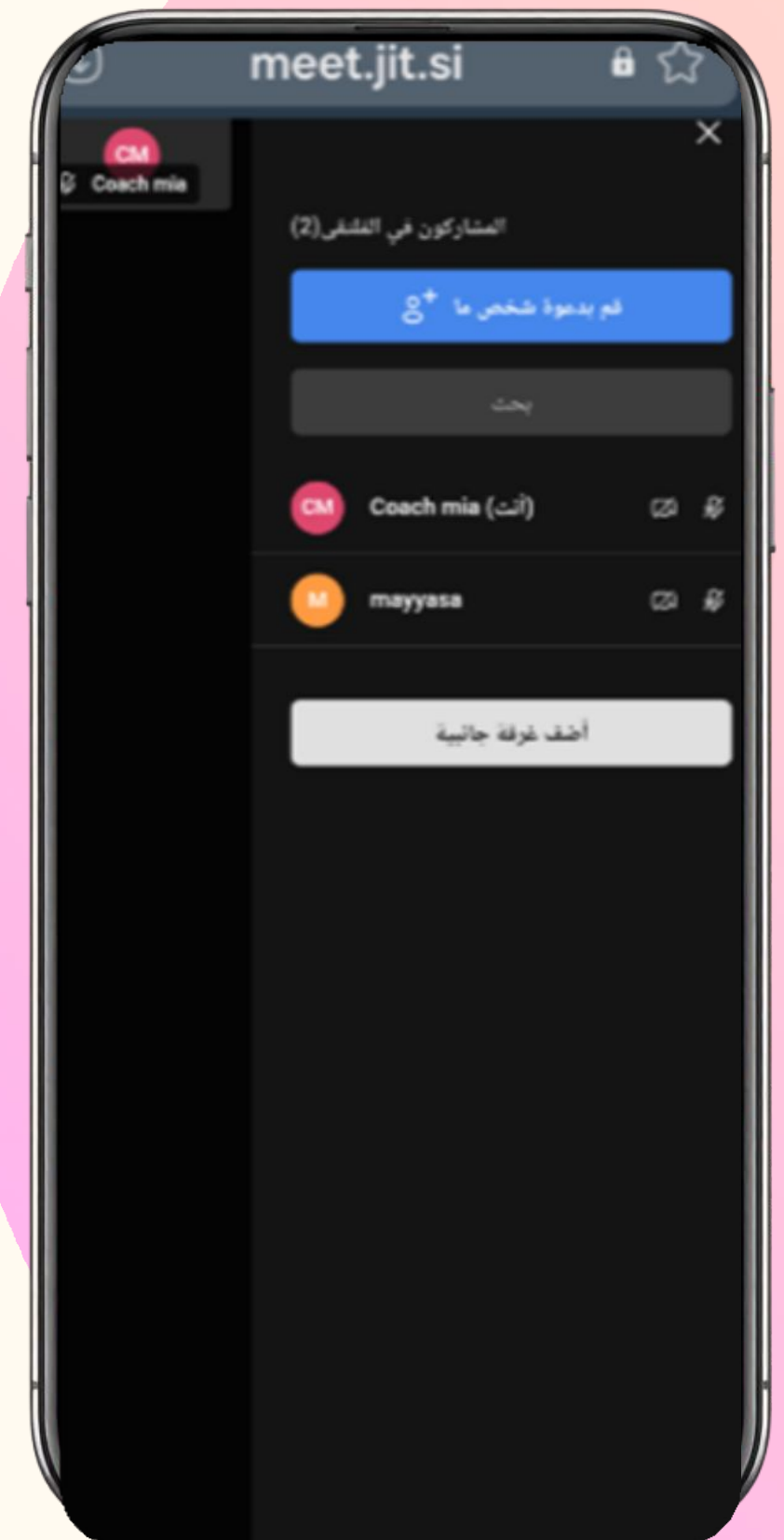
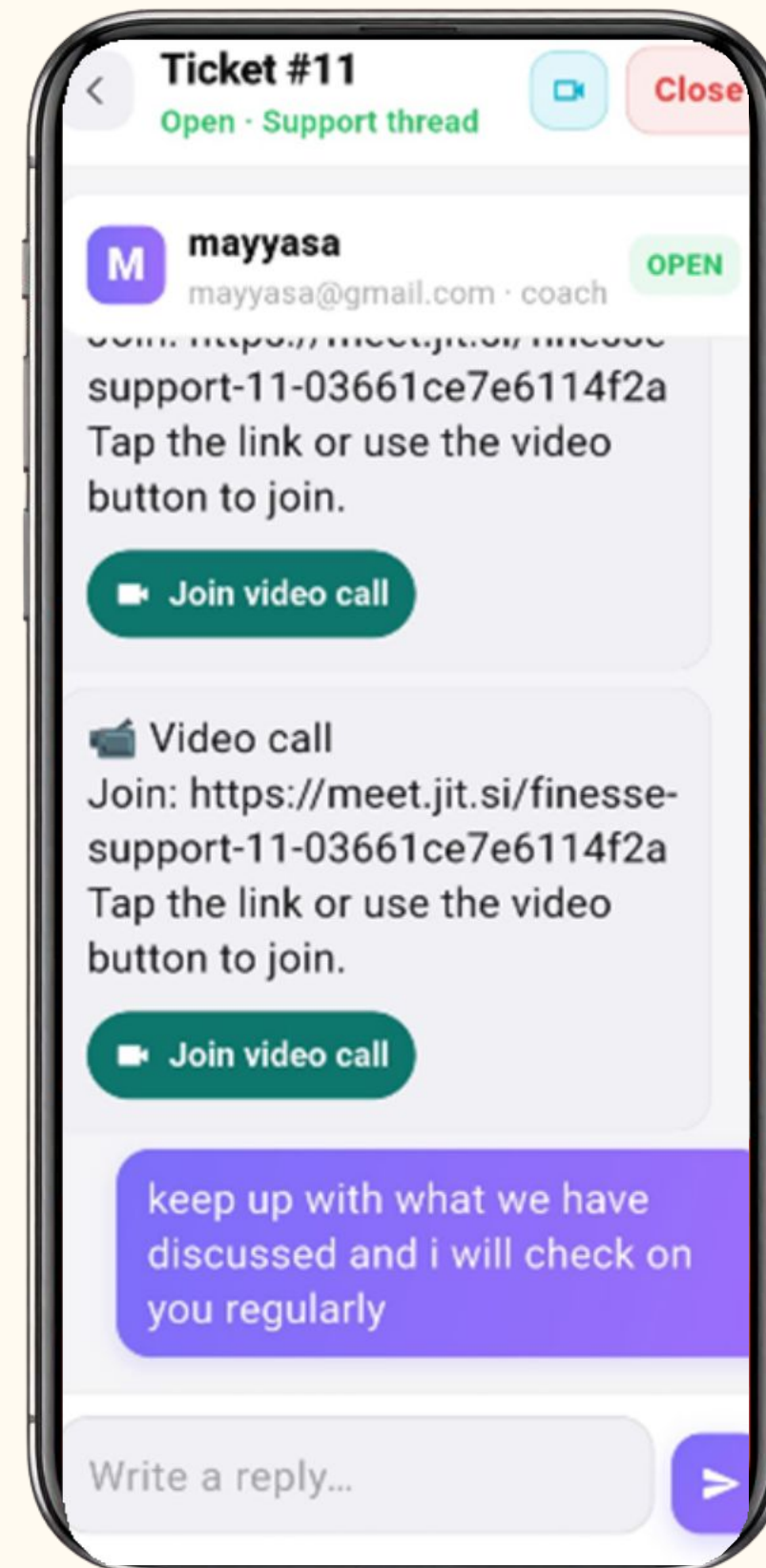
Notifications

- Real-time notifications for workouts, meals, challenges, and support.
- Highlights unread alerts with time indicators.
- Quick access to related screens.
- Keeps users informed and engaged.



Support Chat

- Direct communication with coaches, nutritionists, and administrators.
- Real-time messaging for fitness, nutrition, and support inquiries.
- Integrated video call support through Jitsi Meet.
- Automatic ticket management with open/closed conversation status.



Finesse Pro

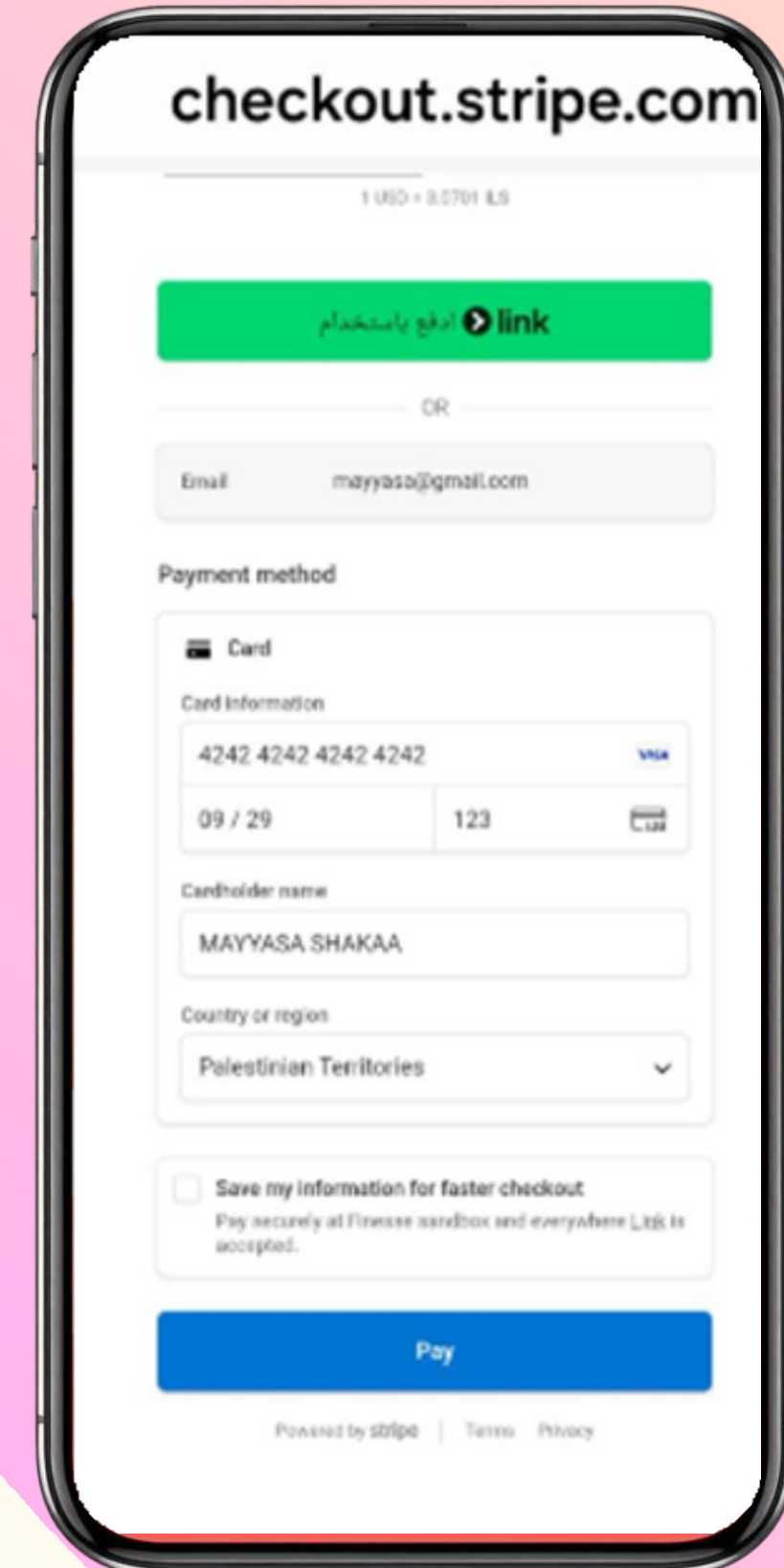
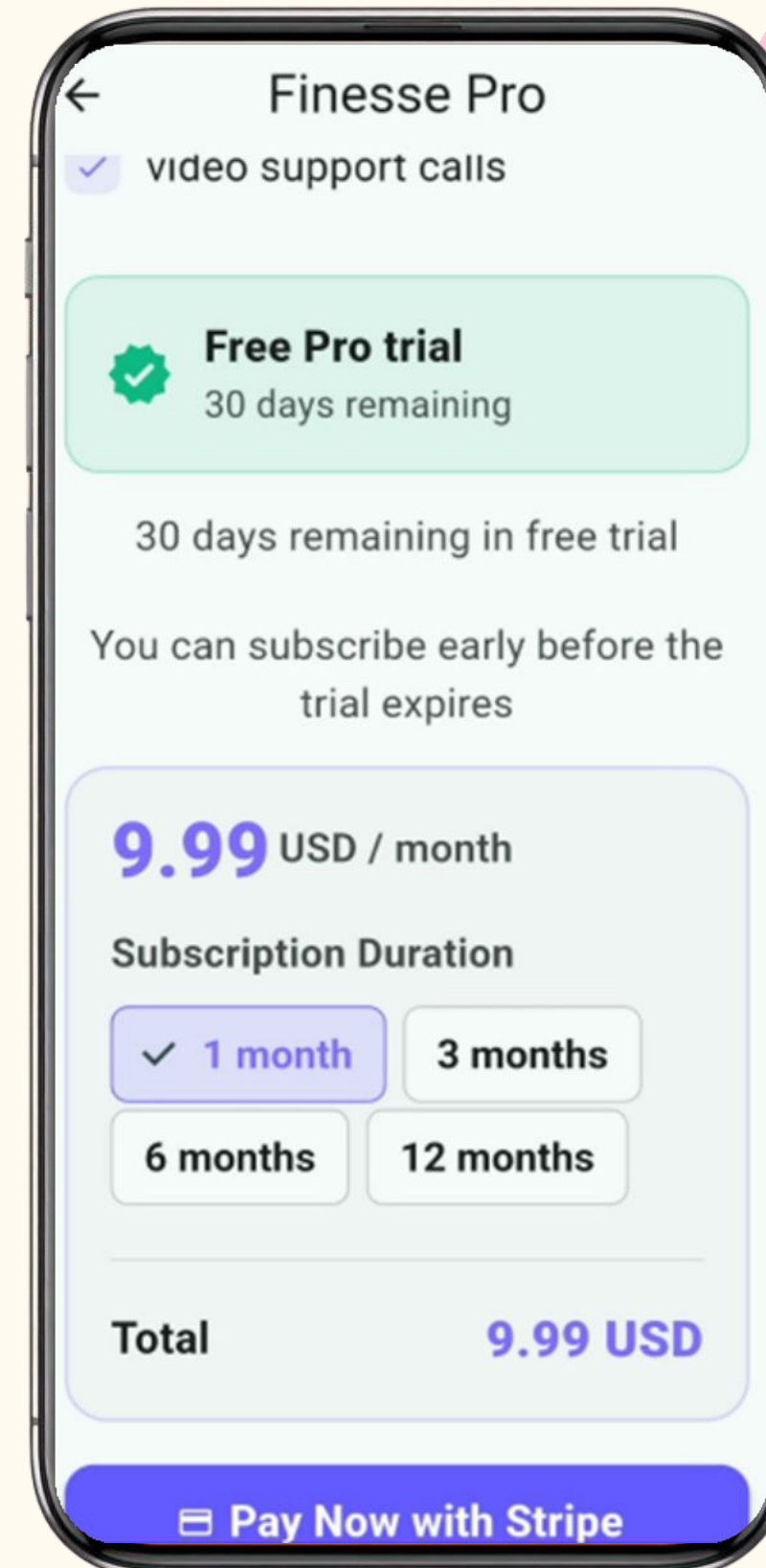
- 30-day free trial for all new users.
- Multiple subscription plans (1, 3, 6, or 12 months).

Secure payments through

- Stripe integration.

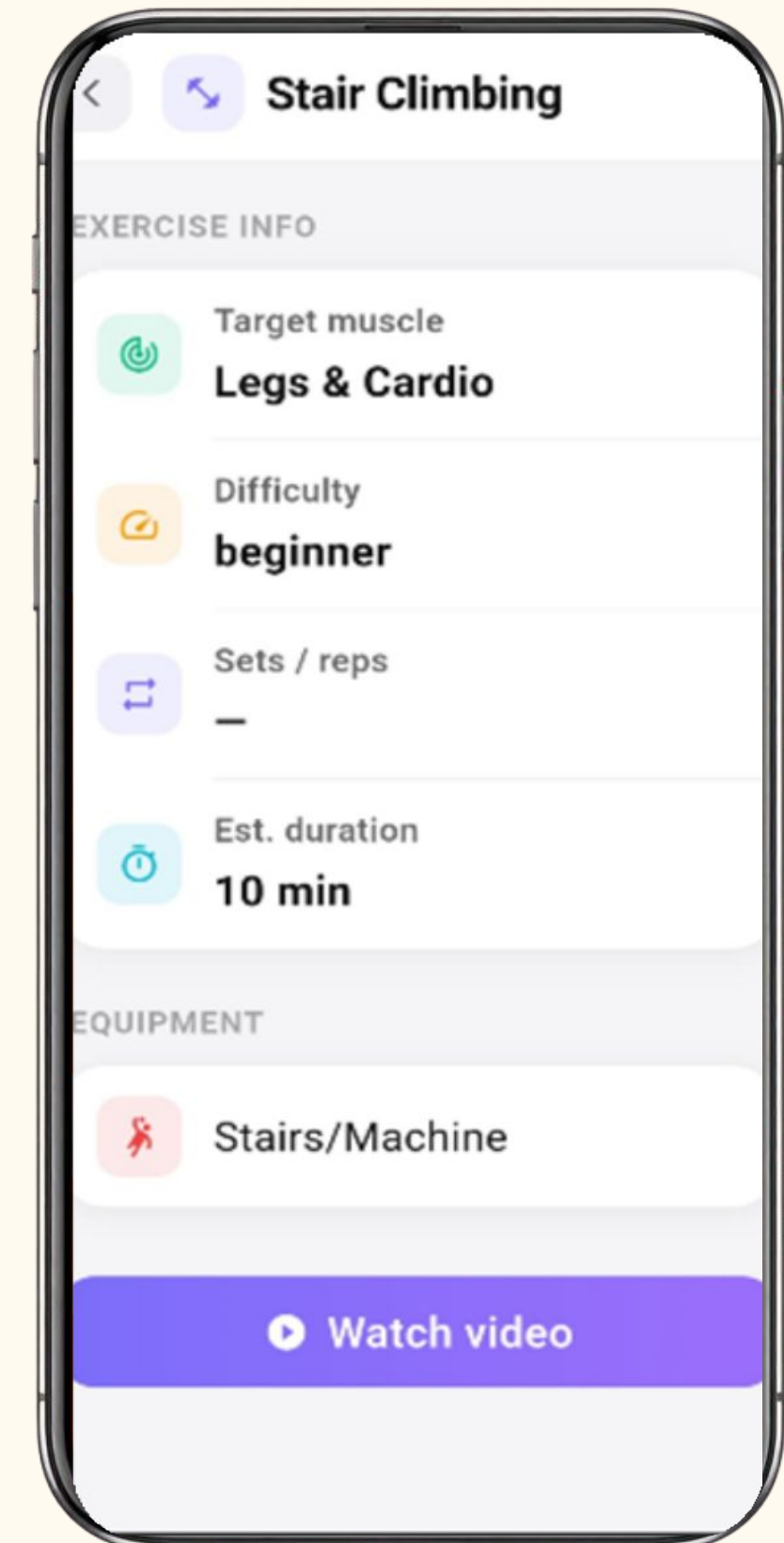
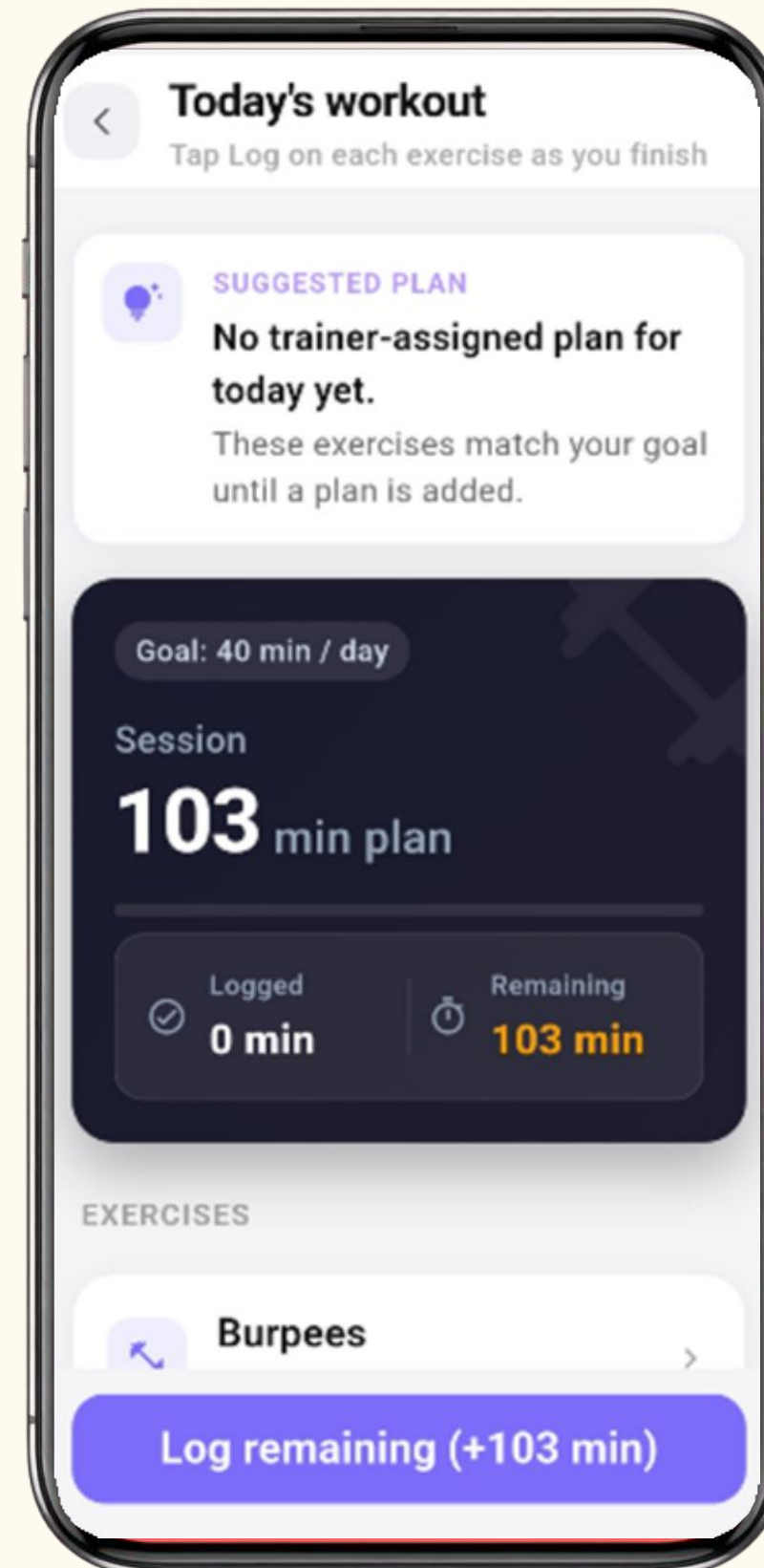
- Unlocks premium features such as AI Coach and advanced workout plans.

Automatic activation and premium status updates after

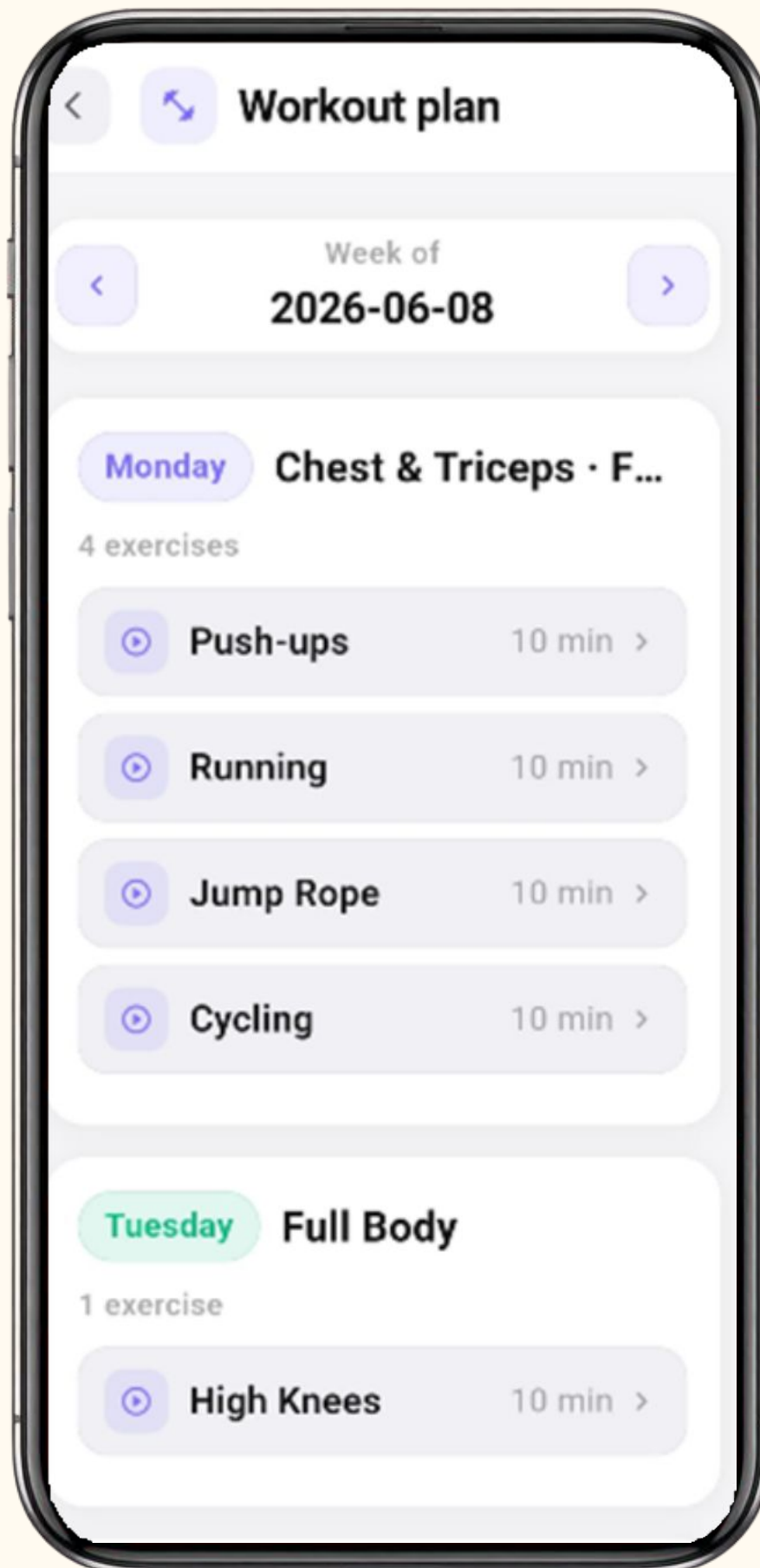


Dynamic Workout Generation Flow

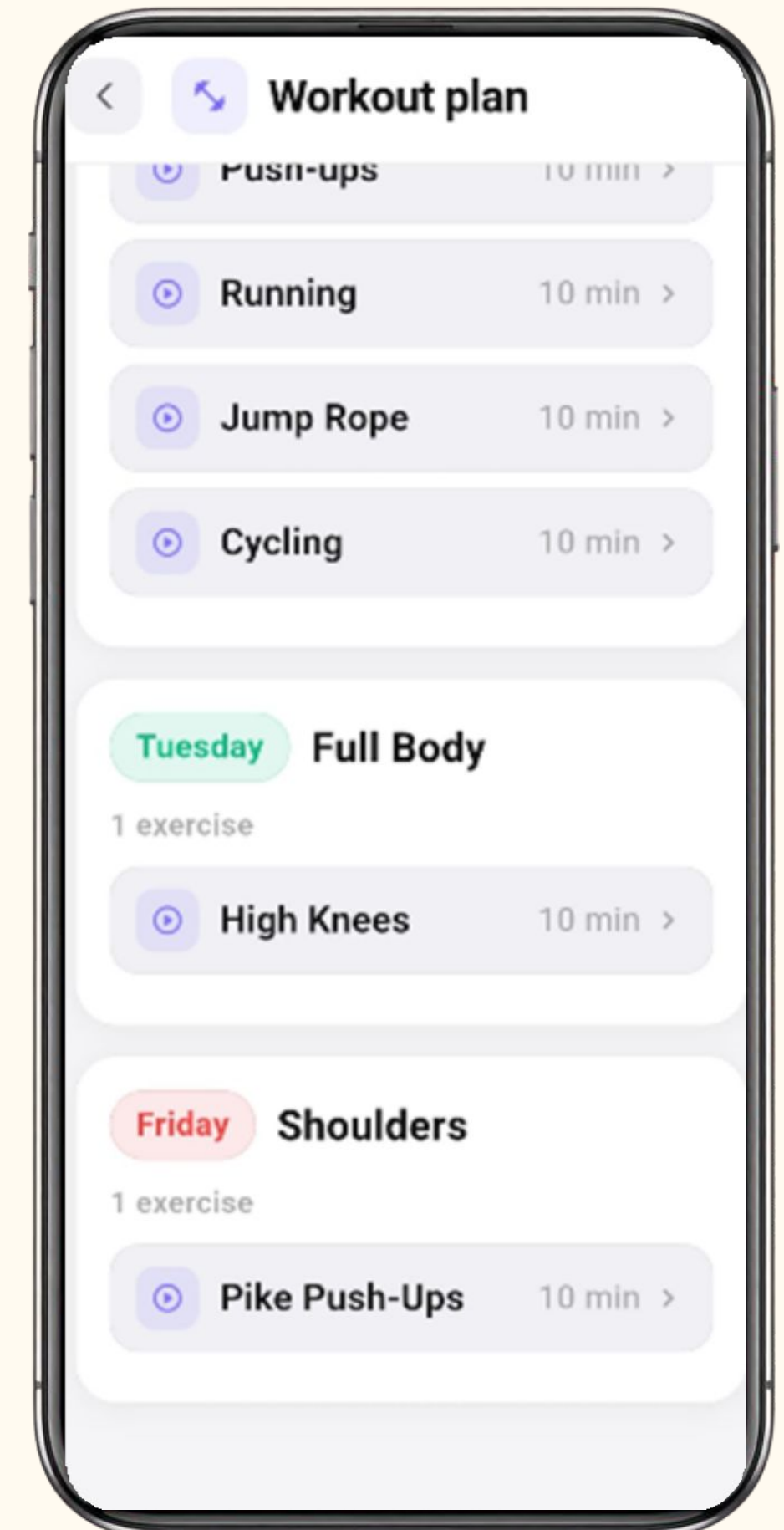
- Generates personalized workout plans based on the user's goal and fitness level.
- Supports Beginner, Intermediate, and Advanced difficulty levels.
- Automatically selects suitable exercises and workout duration.
- Provides exercise instructions and progress logging.



Workout Plan

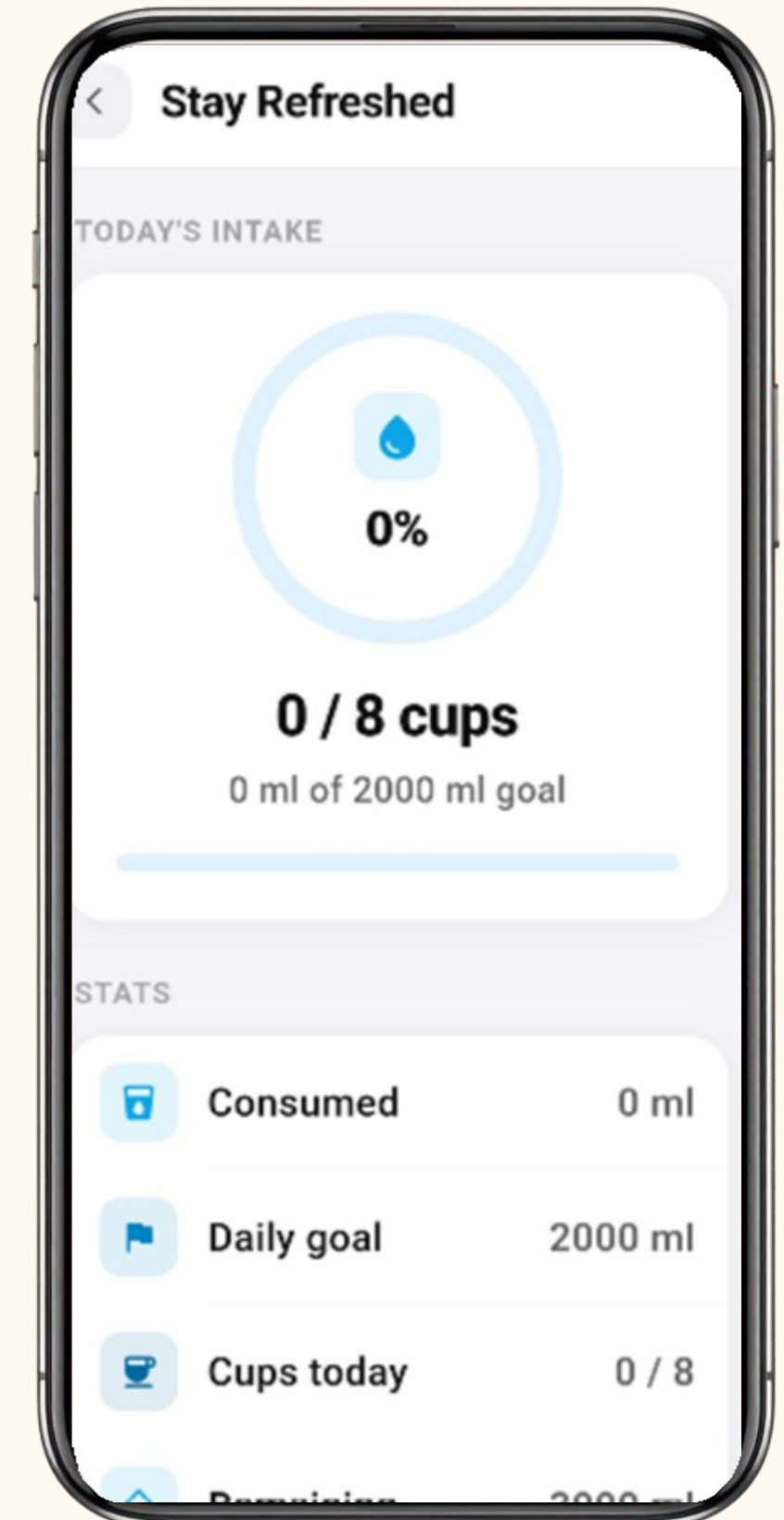
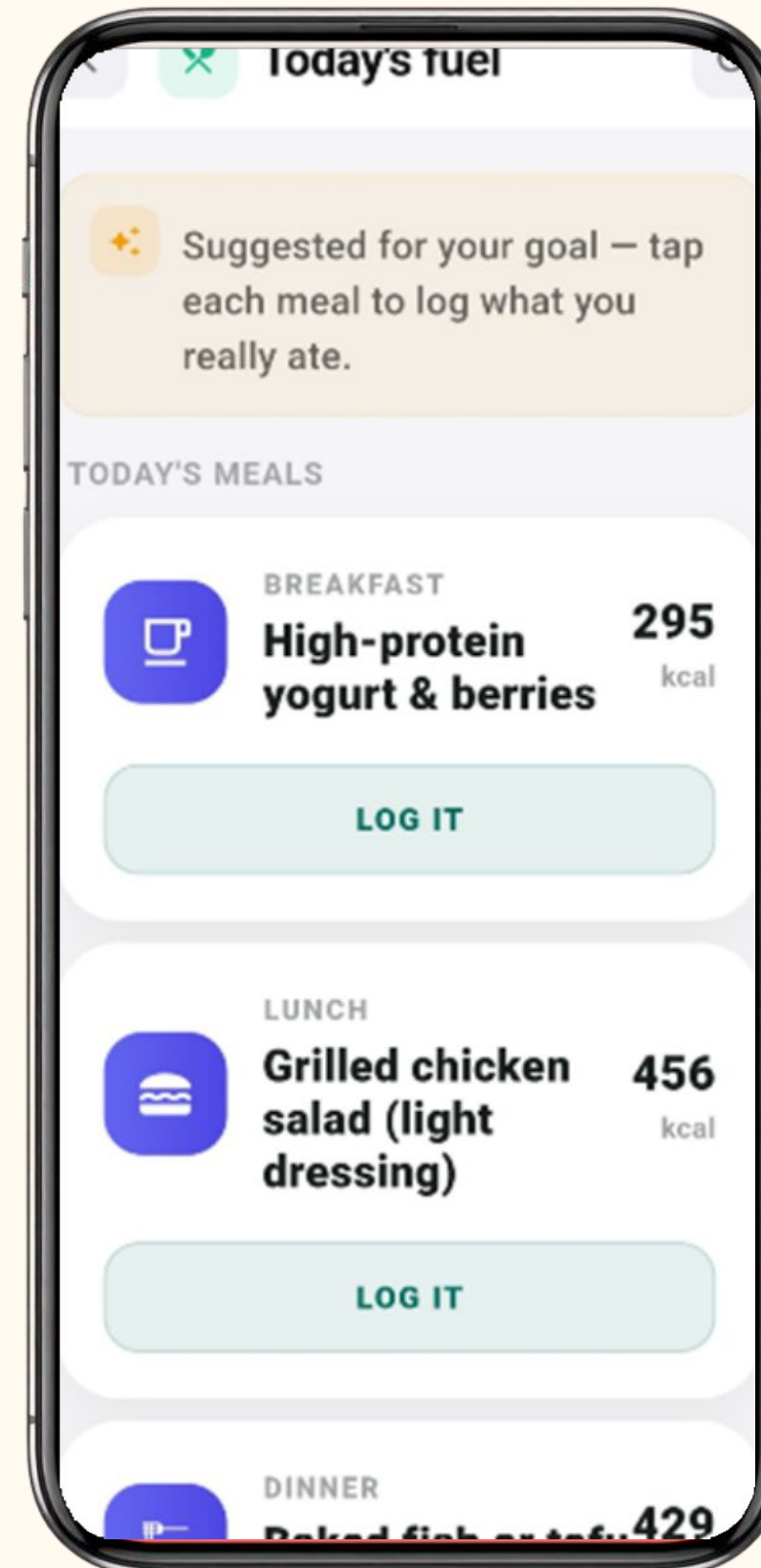


- Weekly calendar displays the full training schedule organized by days
- Each day shows the targeted muscle groups and workout focus
- Provides a clear overview of the complete weekly training plan



Calorie & Hydration Tracking

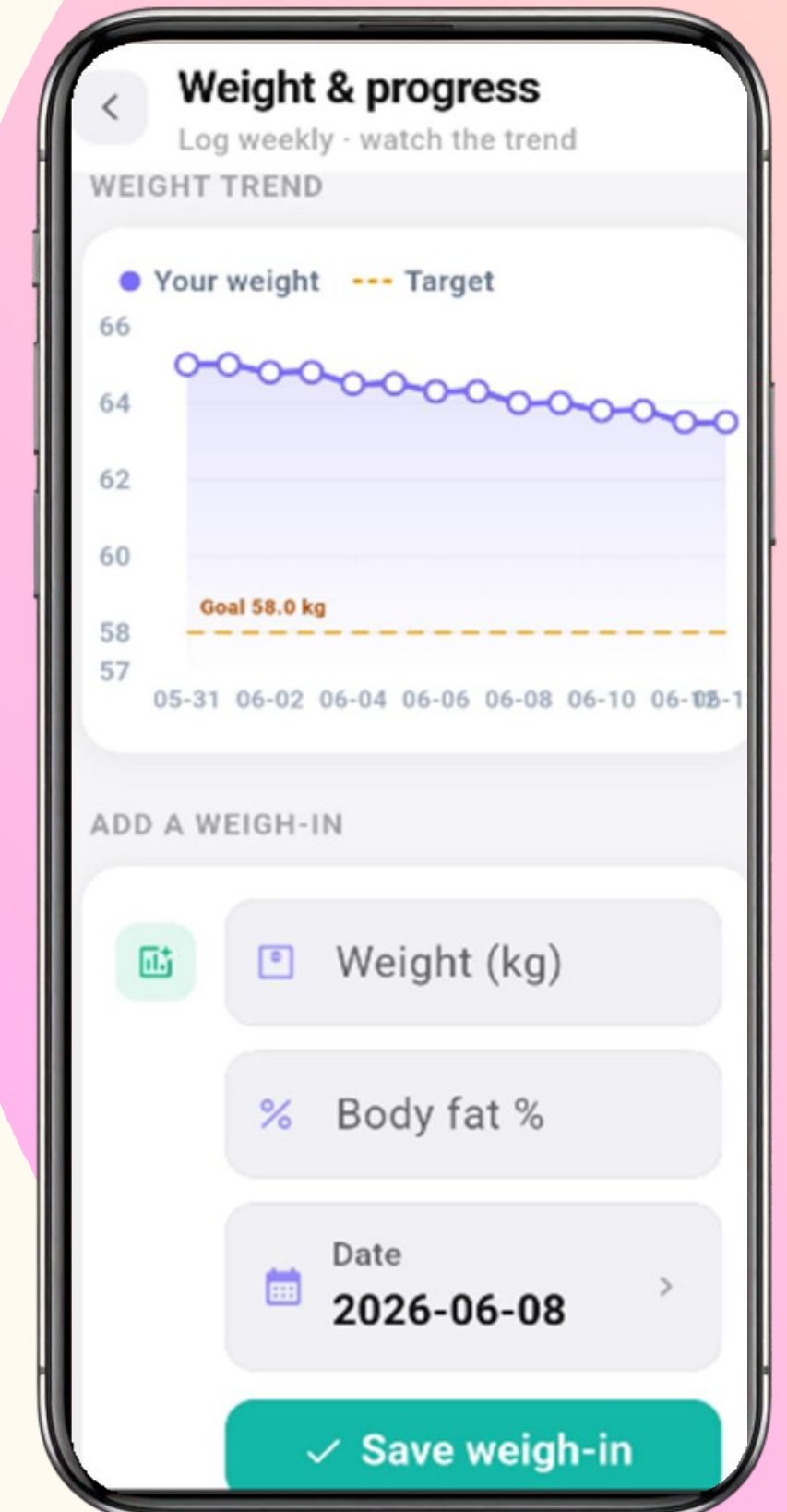
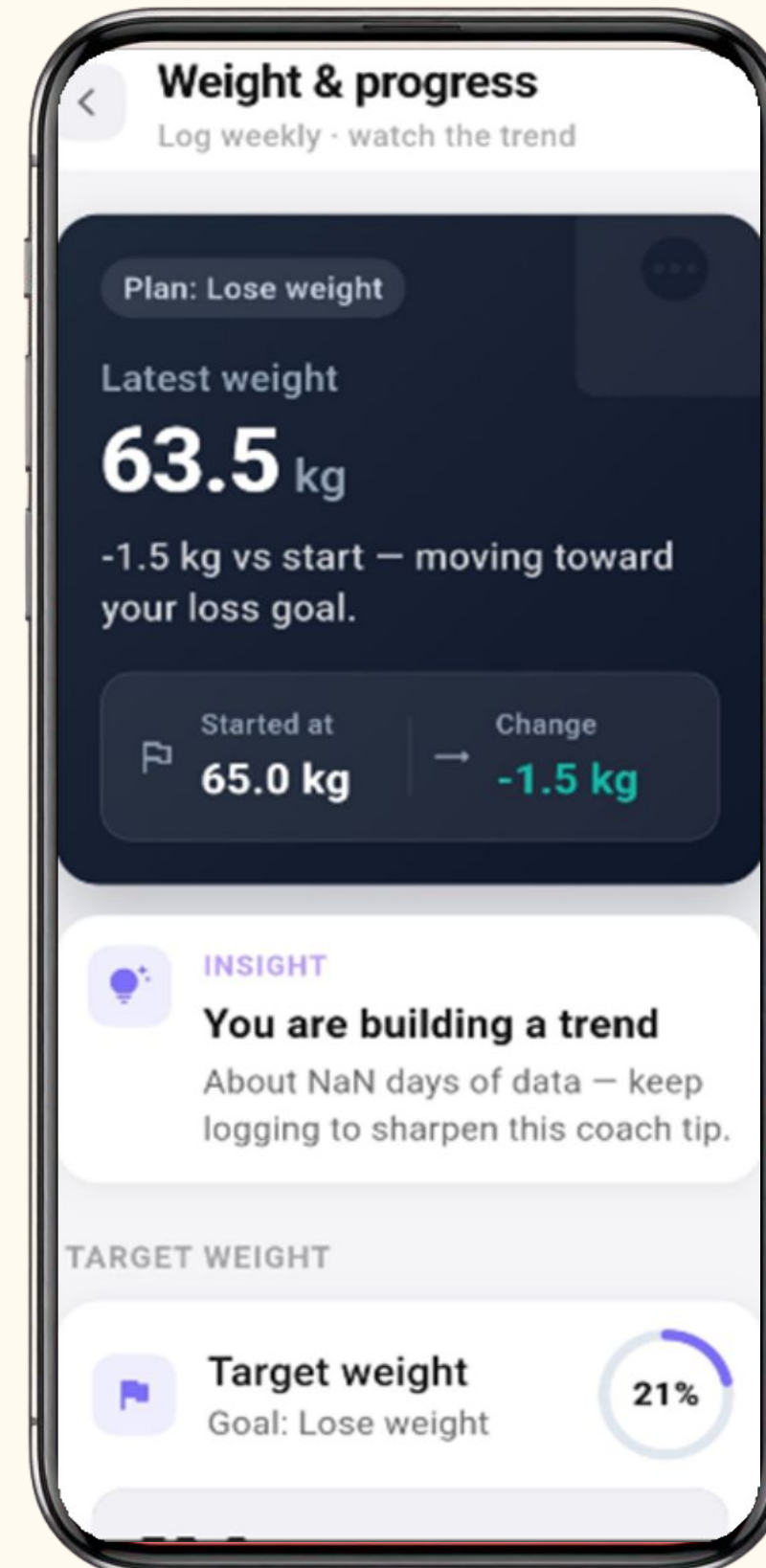
- Automatically splits daily calorie goal into meals (Breakfast, Lunch, Dinner, Snacks)
- One-tap logging to instantly track meals (“LOG IT” button)
- Manual options to add extra food or snacks anytime
- Real-time alerts when approaching daily calorie limit
- Water tracking with visual progress indicator (percentage / cups)



Weight & Progress Tracking System

- Tracks weight, goals, and progress over time
- Dashboard shows quick weight trend and “Track” shortcut
- Displays latest weight, change from start, and goal progress
- Includes weight trend graph vs target line

Allows manual logging of

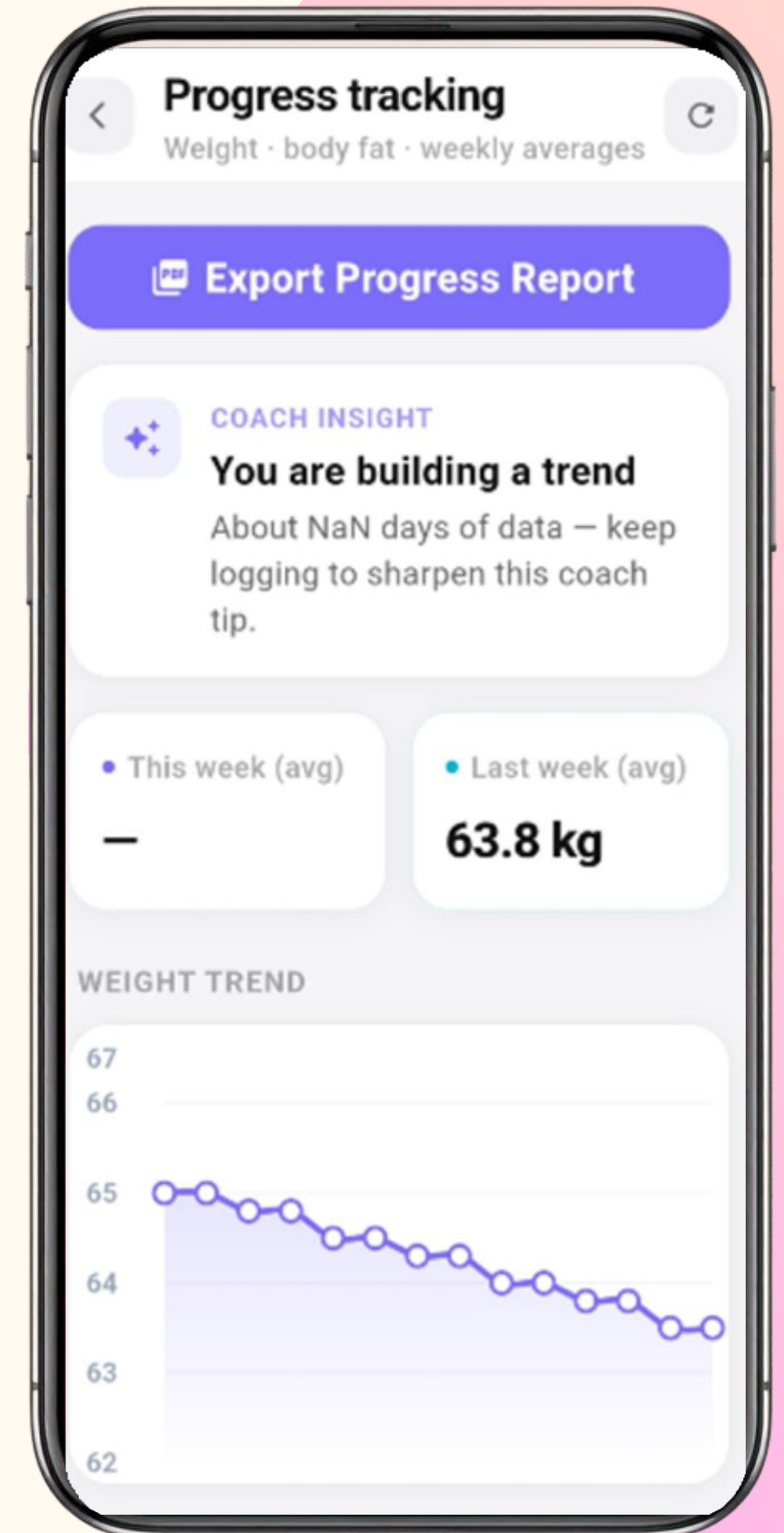


Progress Analytics & PDF Report Export

- Central analytics tracks weight, activity, and nutrition trends
- Shows weekly averages, progress graphs, and AI coach insights
- Includes an option to export a full progress report

The PDF report summarizes:

1. User targets (calories, steps, water)



Progress Report

Finesse – Progress Report

Period: 2026-06-02 to 2026-06-08 (last 7 days)

Calorie target: 1341 kcal

Steps goal: 8000

Water goal: 2500 ml

Date	Weight (kg)	Steps	Water (ml)	Calories
2026-06-02	64.8	8700	2500	870
2026-06-03	64.8	10200	2250	950
2026-06-04	64.5	7800	2500	1090
2026-06-05	64.5	9100	2250	1120
2026-06-06	64.3	11500	4750	3082
2026-06-07	64.3	100	2250	1621
2026-06-08	64.0	9800	2750	2240

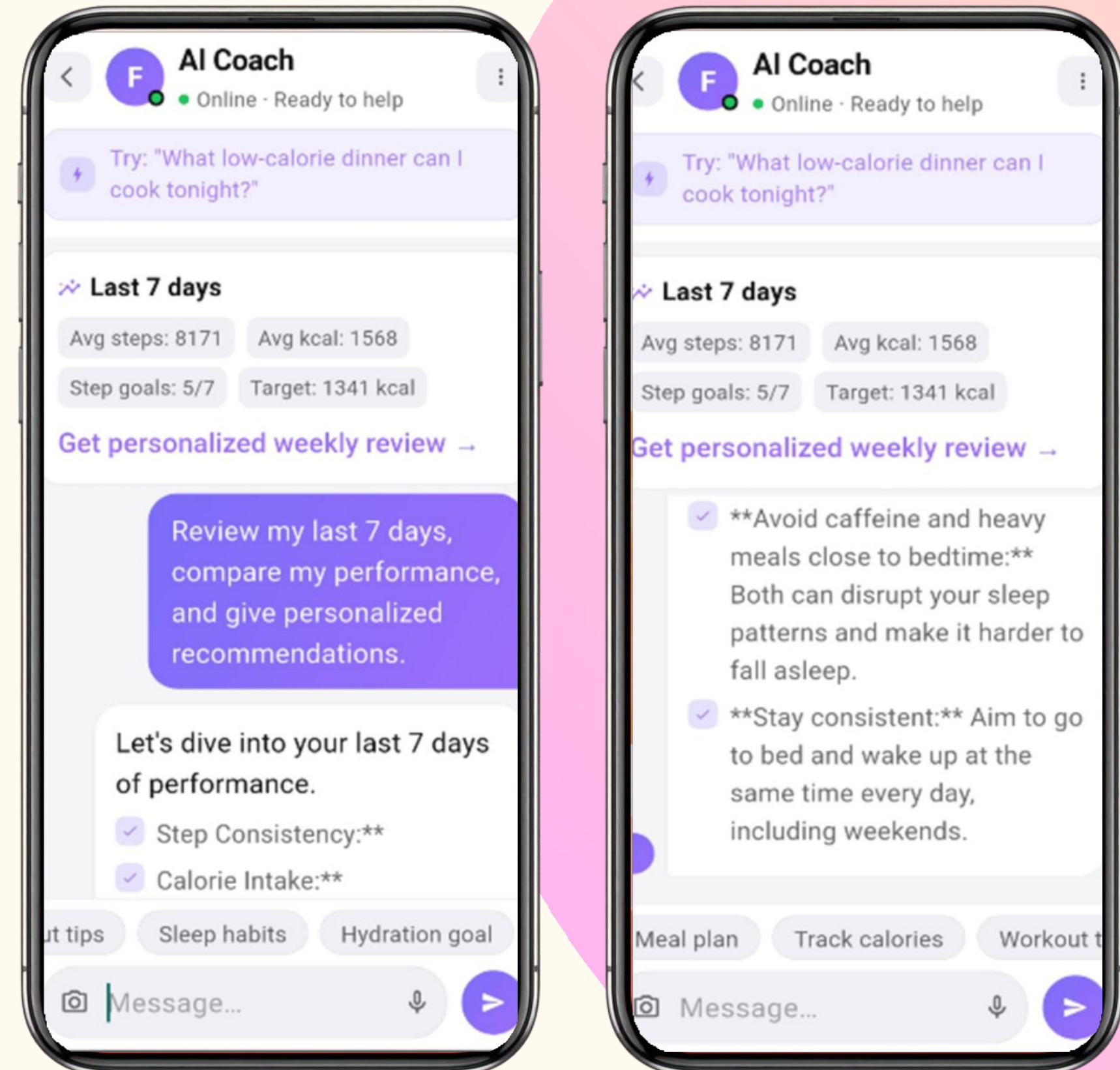
Notes

Calories are based on your logged intake. Steps/water depend on what you synced or logged in the app.

AI Coach

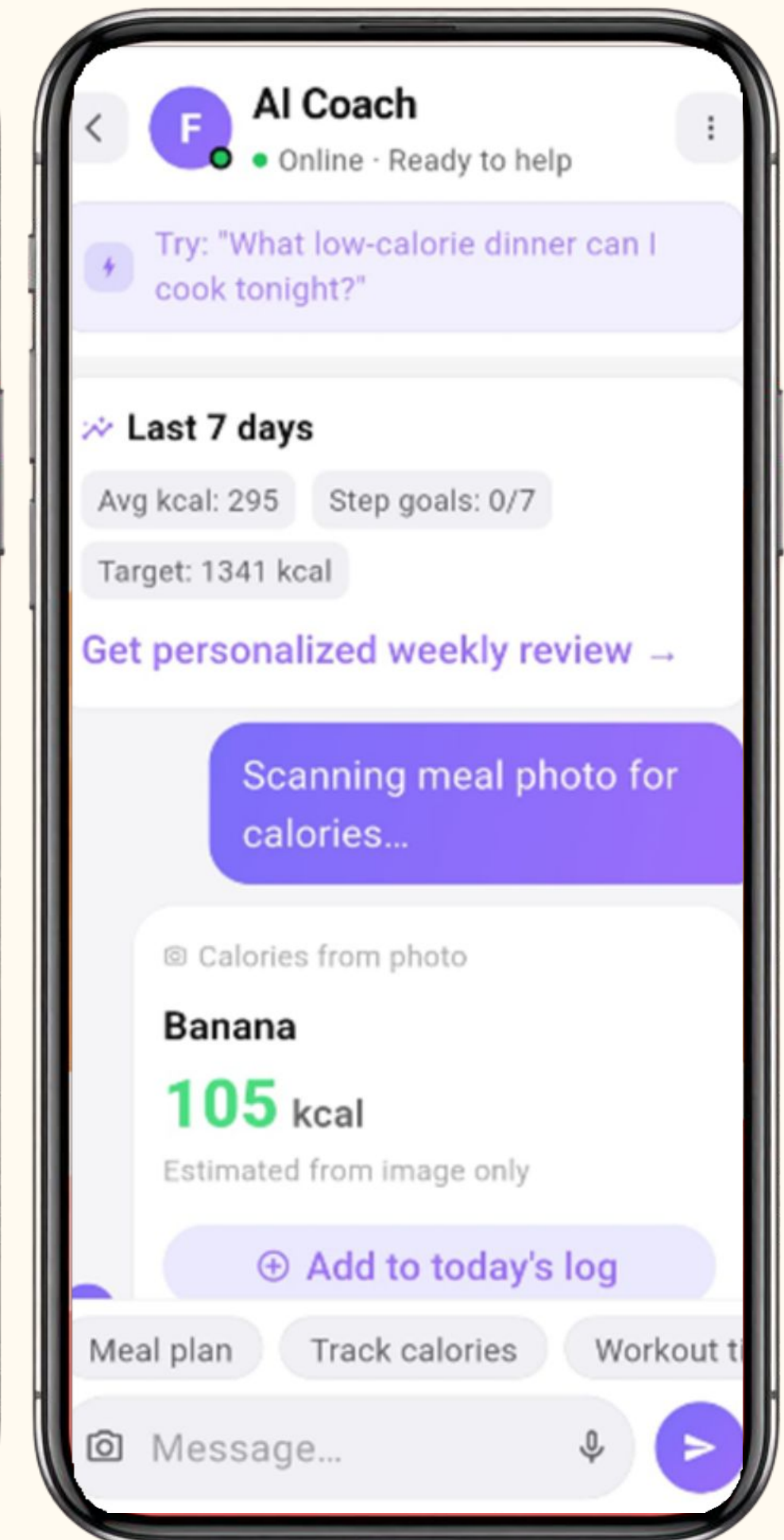
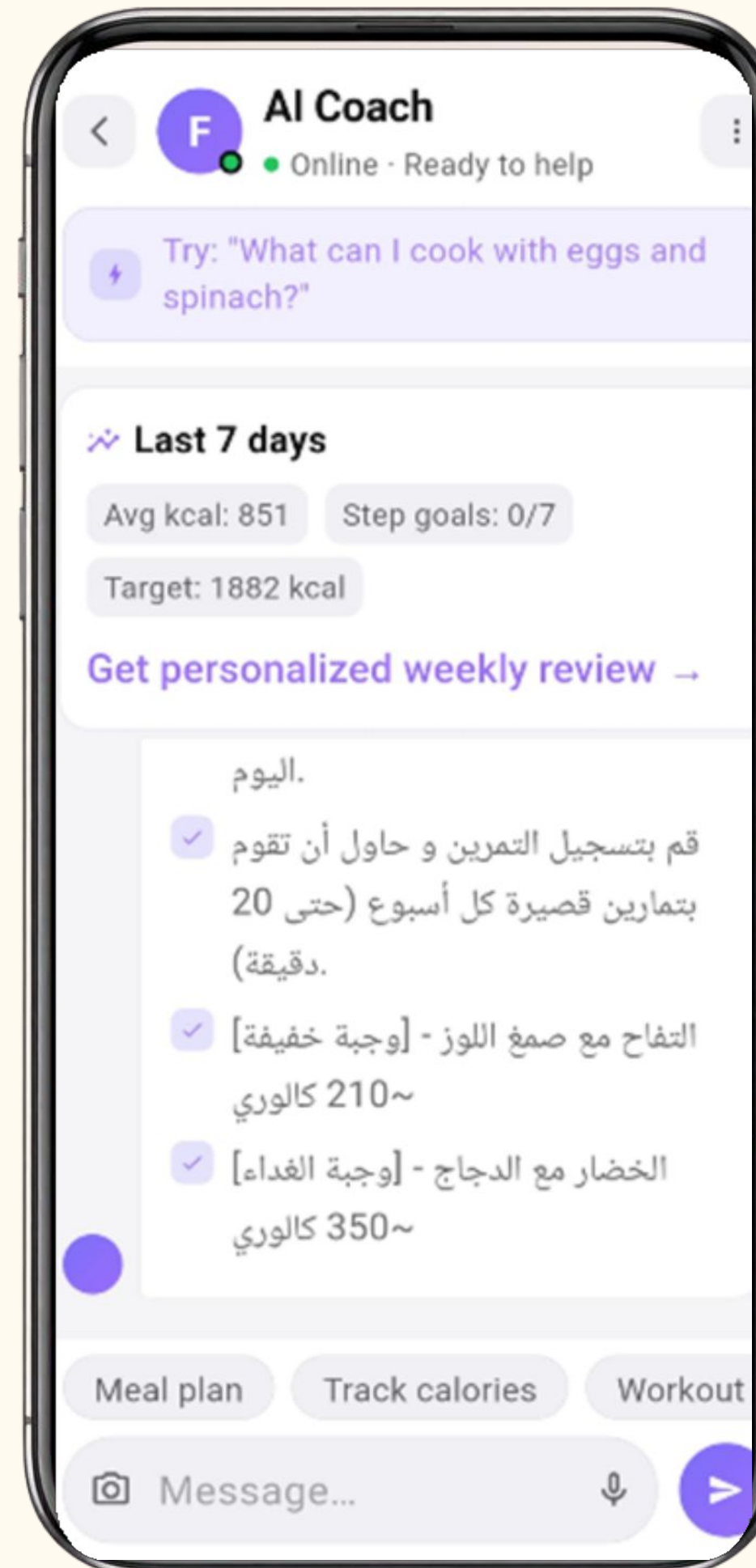
- AI coach built on Groq models specialized in fitness, nutrition, and behavior tracking
- Provides personalized recommendations based on user goals (lose, gain, maintain)
- Analyzes real user data to generate 2–4 targeted insights
- Gives simple recipe suggestions when ingredients are provided

Follows strict safety rules and



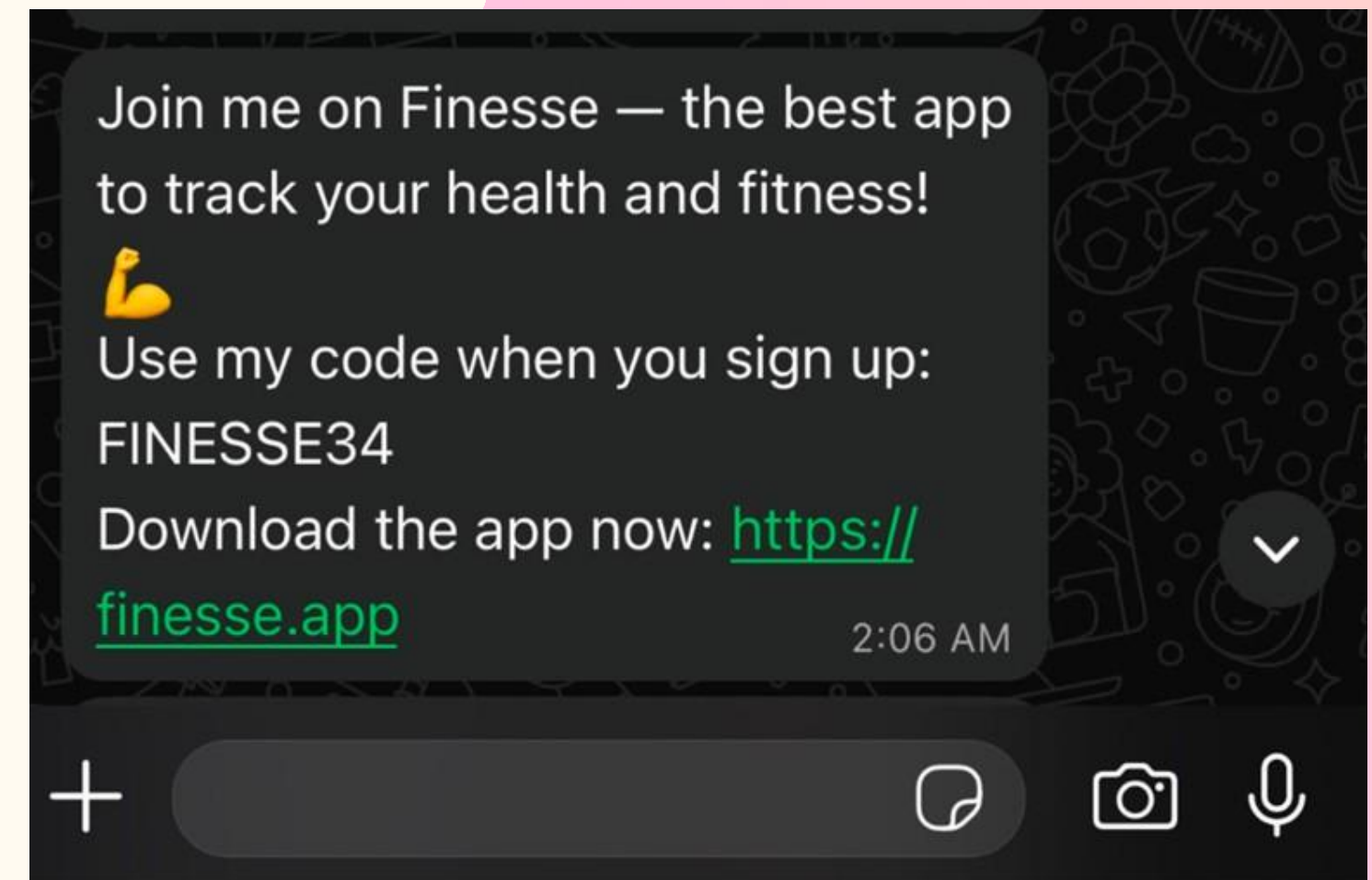
AI Coach

- Uses last 7 days of user data (calories, steps, weight, targets) to analyze performance trends
- Shows averages and compares progress against goals for better recommendations
- Ensures insights are based only on real tracked data (no assumptions) Supports AI food image scanning
- User can upload food photos to estimate calories and portion size
- Converts image into structured data (meal name, calories, weight)



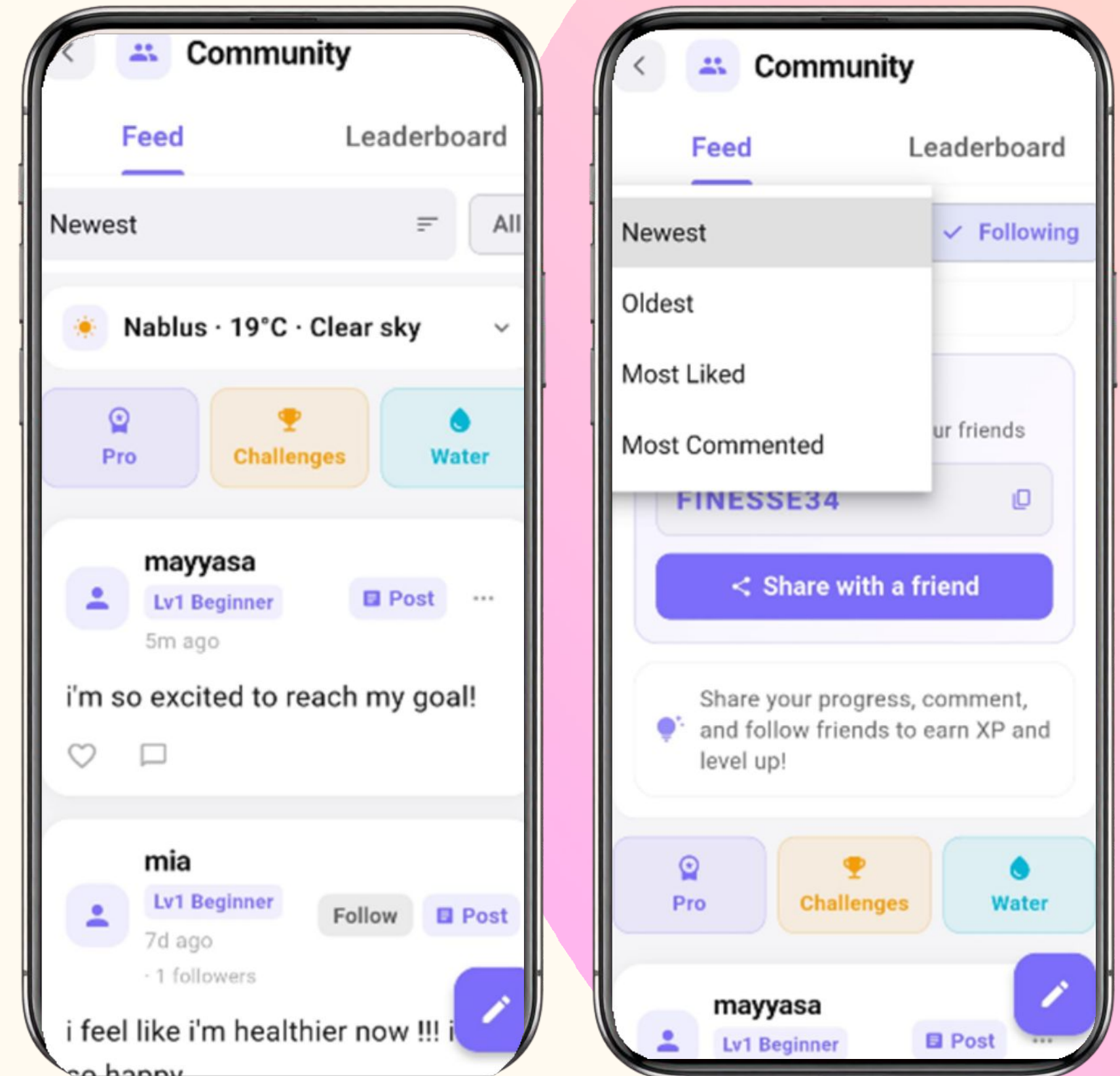
Social & Interactive Engagement Hub

- Users can invite friends using a unique referral code shown in the app
- Includes an “Invite a Friend” card for easy access
- One-tap “Share with a friend” button to send the app link via device sharing tools



Social & Interactive Engagement Hub

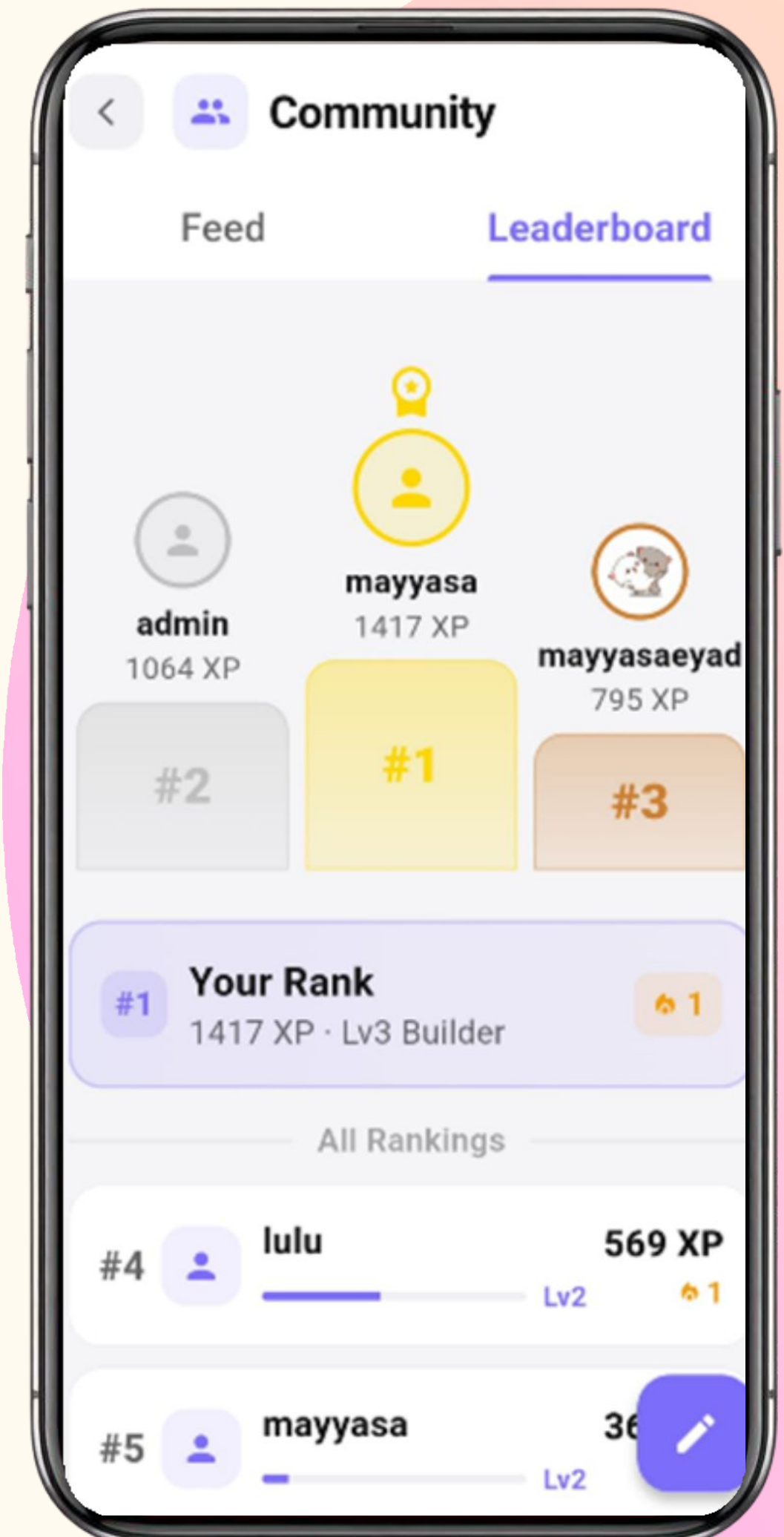
- Central community feed for sharing posts and updates
- Users can publish text posts and interact with others
- Posts show likes and comments in real time
- Each post opens a comment thread for discussions
- Feed can be sorted by newest, oldest, most liked, or most



Social & Interactive Engagement Hub

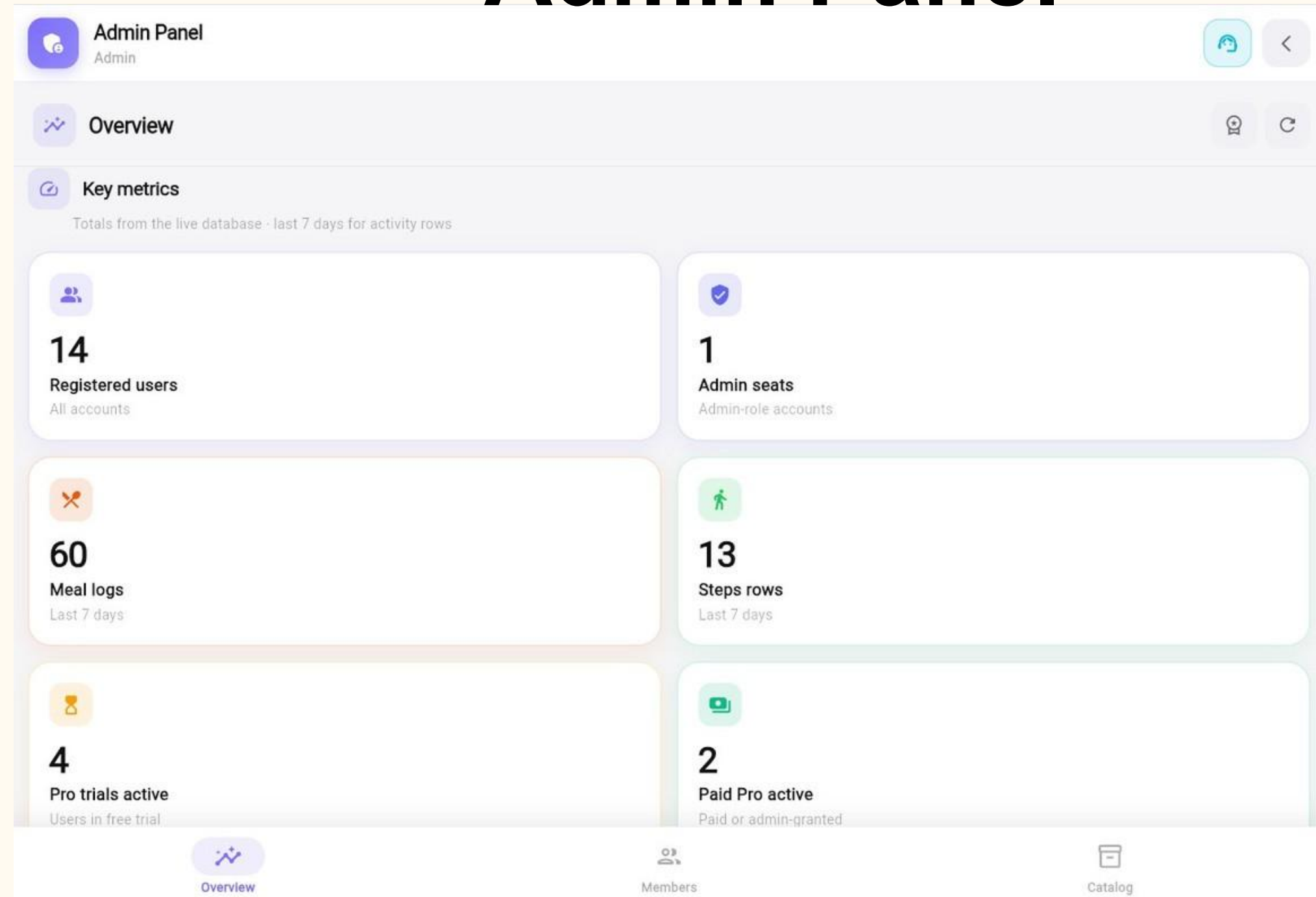
- Global leaderboard ranks users based on XP and activity
- Top 3 users shown in a podium layout (Gold, Silver, Bronze)
- Each user has a score (XP) and ranking position
- Personal rank section shows:
 1. User's current rank
 2. Total XP and level badge
 3. Daily streak

Full leaderboard lists all users with



Admin Screens & Management

Admin Panel



Admin Screens & Management

Pro Version Settings

<

 **Pro Settings**

Subscription & payment config

↻

4

Trial active

2

Paid Pro

0

Expired

 **Trial & Pricing**

Configure free trial and monthly pro price

Trial duration (days)

30

Monthly price

9.99

Currency

USD

 **Pro Features & Payment**

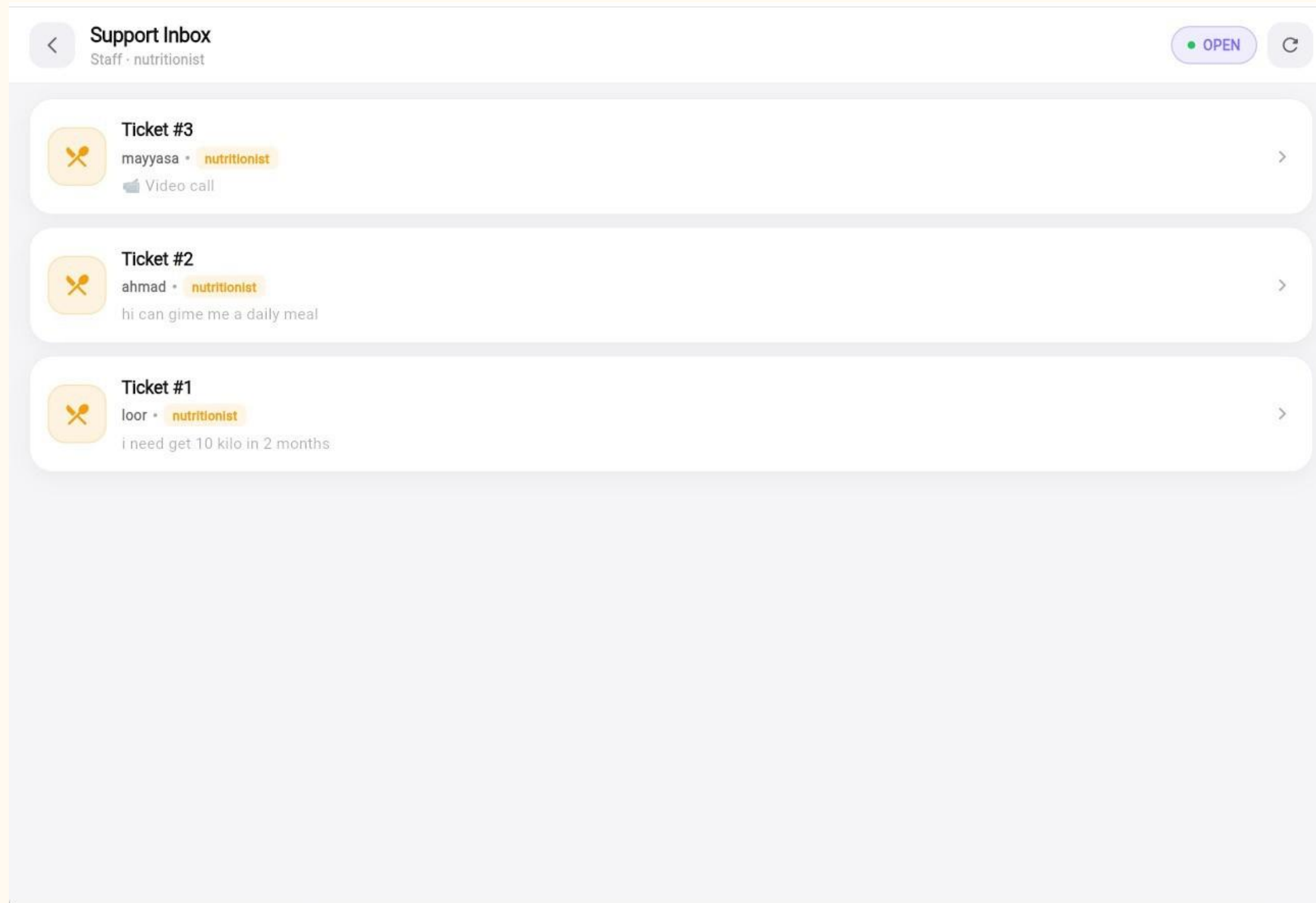
Label shown to users and payment instructions

Pro features label

AI Coach, smart workout generator, video support calls

Admin Screens & Management

Support Inbox



Admin Screens & Management

Members Directory

←

User #13

↺

R

reem

reem@gmail.com

📄

👤

User

role_id 2

female

⊕

Data footprint

Row counts for this user_id across app tables

Logged meal intake · 4

Workout minutes log · 2

Water entries · 5

Daily steps rows · 0

Body progress · 0

Calorie snapshots · 1

User ↔ challenge · 0

Meal plans · 0

Workout plans · 0

AI chat messages · 4

👤

Pro subscription

Free Pro Trial

Active · trial

20 days remaining

+30 trial days

Grant Pro 30d

Restart trial

Revoke Pro

🔒

Access

Maps to the role table · you cannot demote your own admin from here

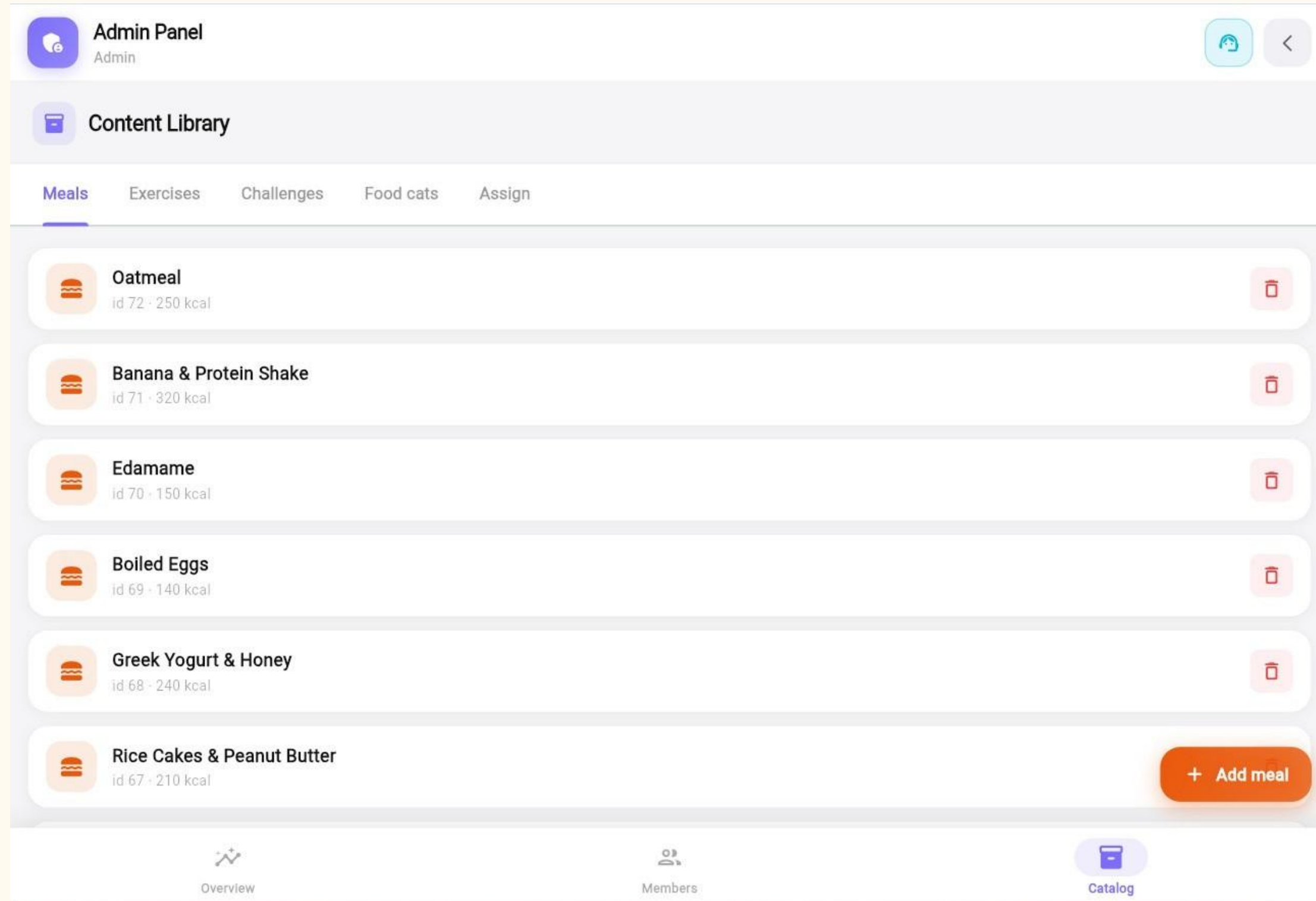
App role

user

▼

Admin Screens & Management

Content Library & Catalog Management



Smartwatch Integration



Constraints

- Dependency on External Data: The system depends on the availability and accuracy of health data provided by users or external wearable devices.
- Potential Measurement Errors: Potential measurement errors are mainly associated with user-provided information and manually entered fitness data.
- Absence of Advanced Health Metrics: Some advanced health metrics, such as sleep quality, heart rate variability, and stress analysis, are not included in the current version of the system.
- Lack of Advanced Predictive Analytics: The current system lacks advanced predictive analytics, which are

Future Work

- Voice-Based AI Coach
- Advanced Health Monitoring
- Multilingual Support
- Telehealth Integration
- Mental Health & Mood Tracking
- Enhanced Community Features



Conclusion

- Developed Finesse, an all-in-one fitness and wellness platform.
- Combines AI coaching, personalized workouts, meal planning, hydration tracking, and progress monitoring in a single application.
- Provides personalized recommendations based on user goals and fitness data.

Supports smart health tracking and community engagement features.

- Enhances user motivation and promotes healthier lifestyle habits through technology and AI.

Thank You