



DIET WIZARD

Diet Wizard

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What's Our App

Our app is a diet tracking and fitness coaching platform, simplifying healthy lifestyle maintenance. It connects users with coaches and offers multiple features to make it more user-friendly.



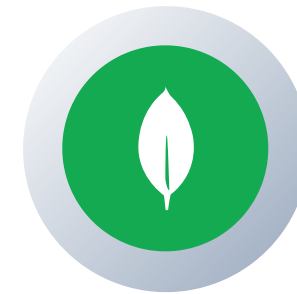
Technologies



**Flutter
framework**



NodeJS



MongoDB



Firebase



Postman

App Workflow

Type Of Users :



Normal User

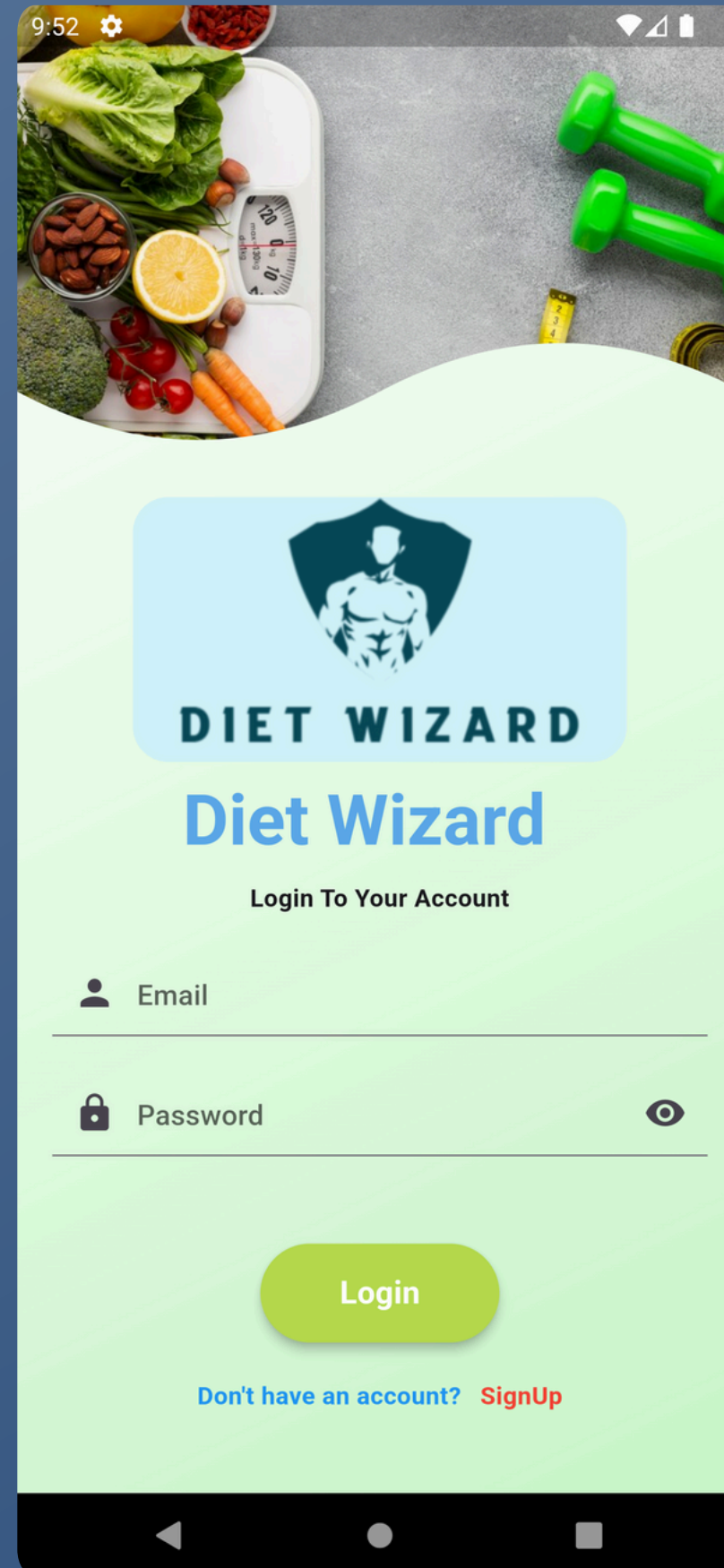


Coaches



Adminstrator

Sign-in



9:52

DIET WIZARD

Diet Wizard

Login To Your Account

Login


[Don't have an account? SignUp](#)

The image shows a mobile application sign-in screen. At the top, there is a header image featuring a scale, various fruits and vegetables, and green dumbbells. Below this, the app's logo 'DIET WIZARD' is displayed in a light blue box, followed by the text 'Diet Wizard' in a larger blue font. Underneath, it says 'Login To Your Account'. There are two input fields: 'Email' with a person icon and 'Password' with a lock icon and a visibility toggle. A green 'Login' button is centered below the fields. At the bottom, there is a link that says 'Don't have an account? SignUp'.

Sign-up/Customize Plan

9:52

Signup



DIET WIZARD

Die_

Sign Up

[Already Registered? Login](#)

9:55

DietWizard

Choose your target

Lose Weight

Gain Weight

Maintain Weight

Next

9:55

DietWizard

Choose your Activity Level

Not Very Active
Spend most of the day sitting (e.g., bankteller, desk job)

Lightly Active
Spend a good part of the day on your feet (e.g., teacher, salesperson)

Active
Spend a good part of the day doing some physical activity (e.g., food server, postal carrier)

Very Active
Spend a good part of the day doing heavy physical activity (e.g., bike messenger, carpenter)

Back **Next**

9:55

DietWizard

Choose your sex

Male Female

How old are you?

Age

How tall are you in Centimeters?

Height

How much do you weight in Kilograms?

Weight




What's your goal weight in Kilograms?



Goal Weight

Don't know what is your goal weight? Press here

Back **Next**

Sign-up

9:56   

 **DietWizard** 

TDEE Calculator

Your TDEE:

2751.0

Maintain TDEE
Based on Mifflin-St Jeor Formula

Choose Weekly Target:

0.5kg Gain per week ▾




NEW TDEE:

3301.0


[Back](#) [Finish User](#)

Continue Information For Coach

[Coaches](#)


12:44   

Sign Up Coach



Coach Informa_


Email

 mohammad@gmail.com

Years of Experience

#C Qualifications

Number of Trainees

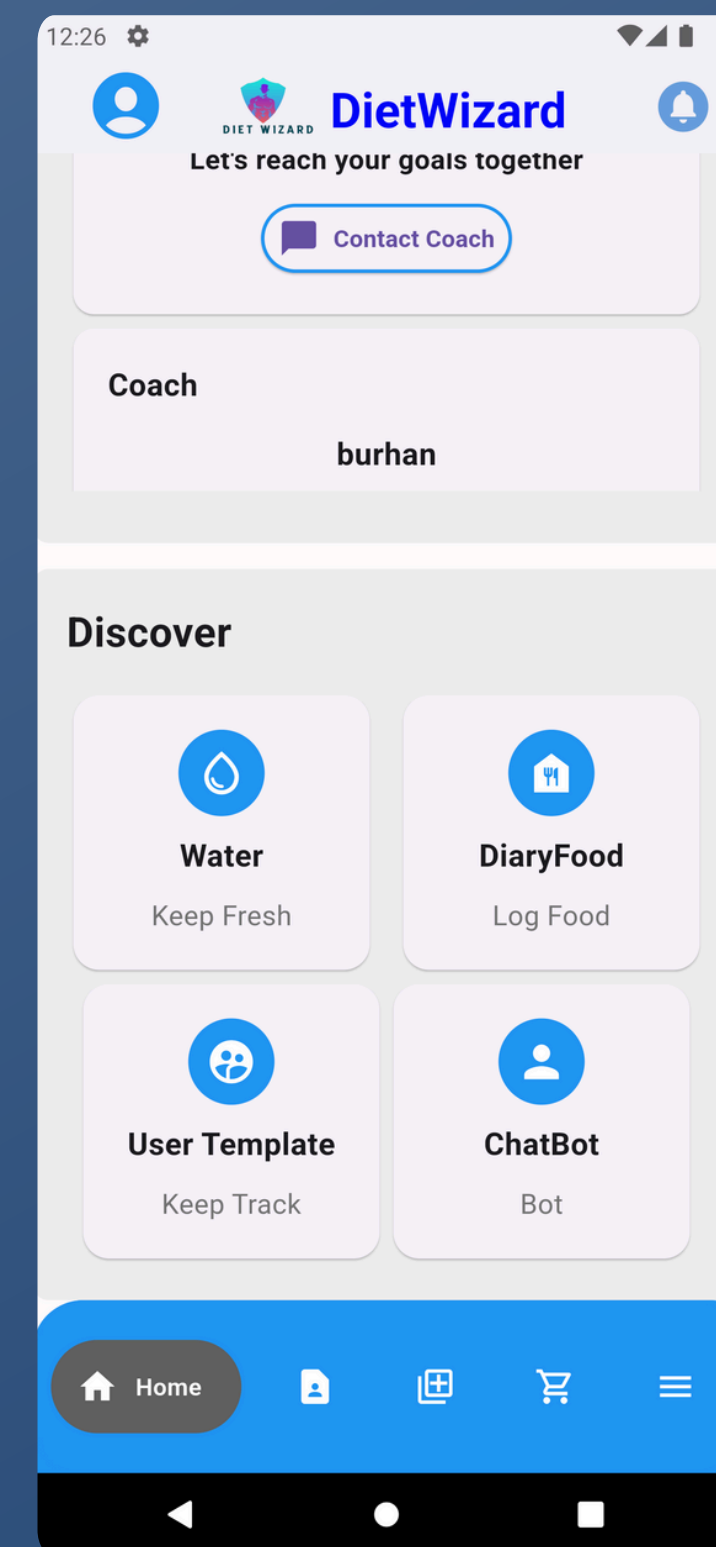
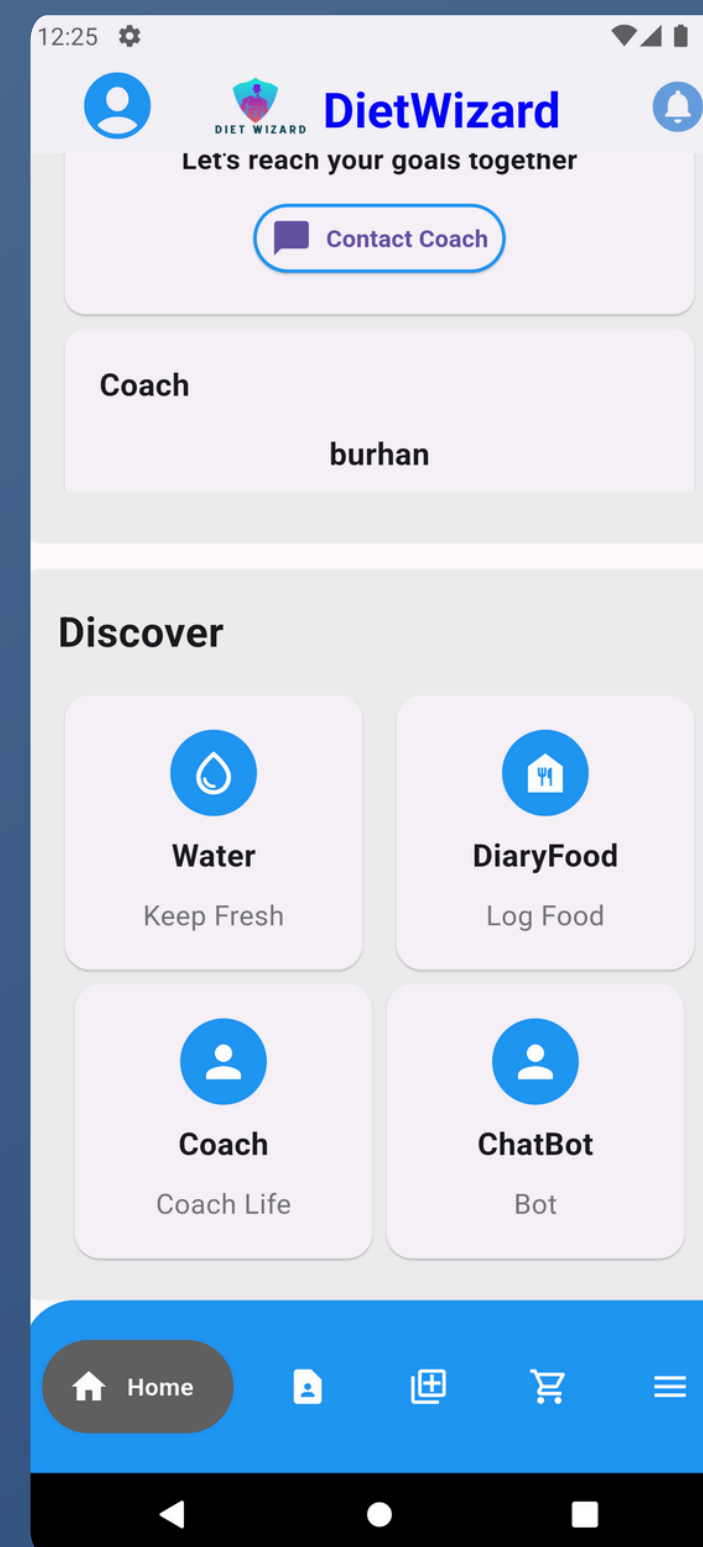
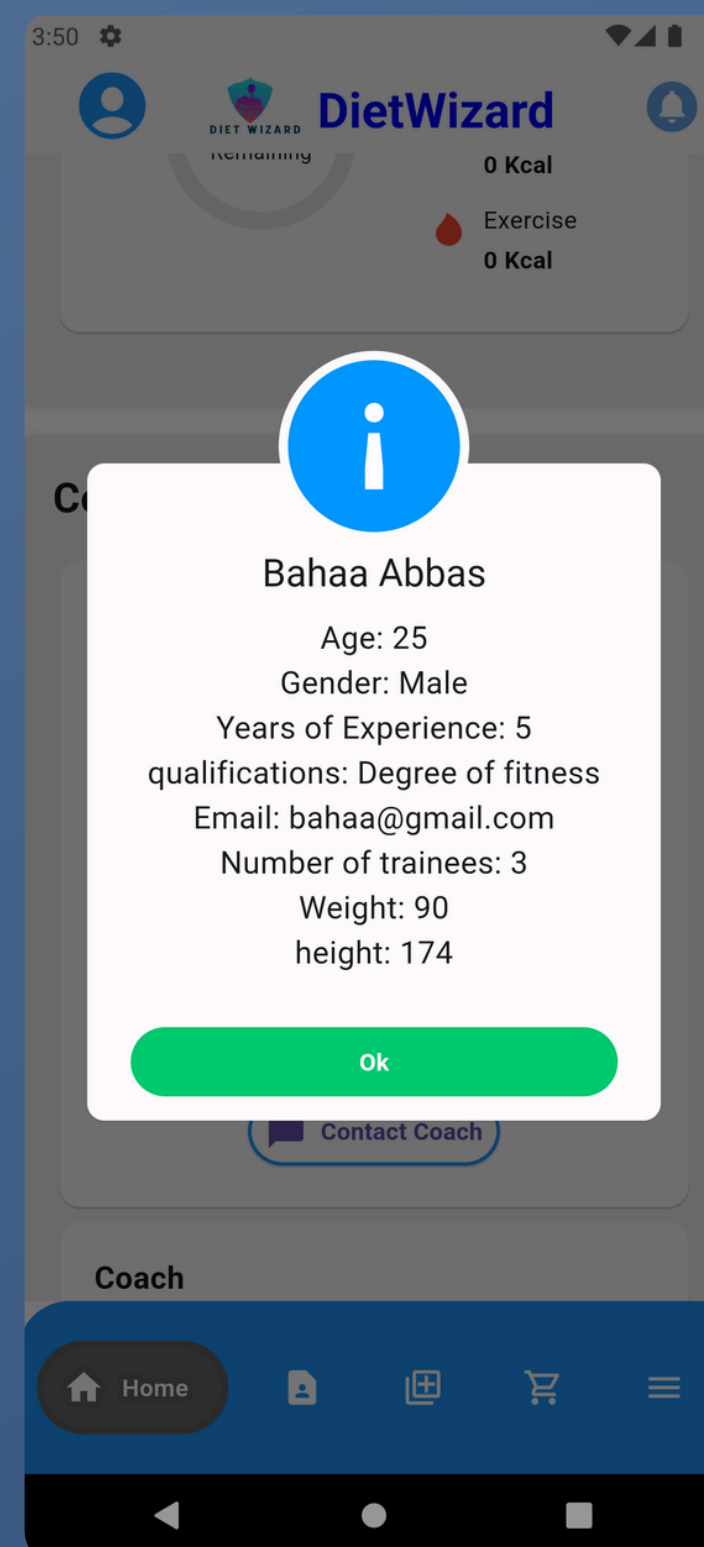
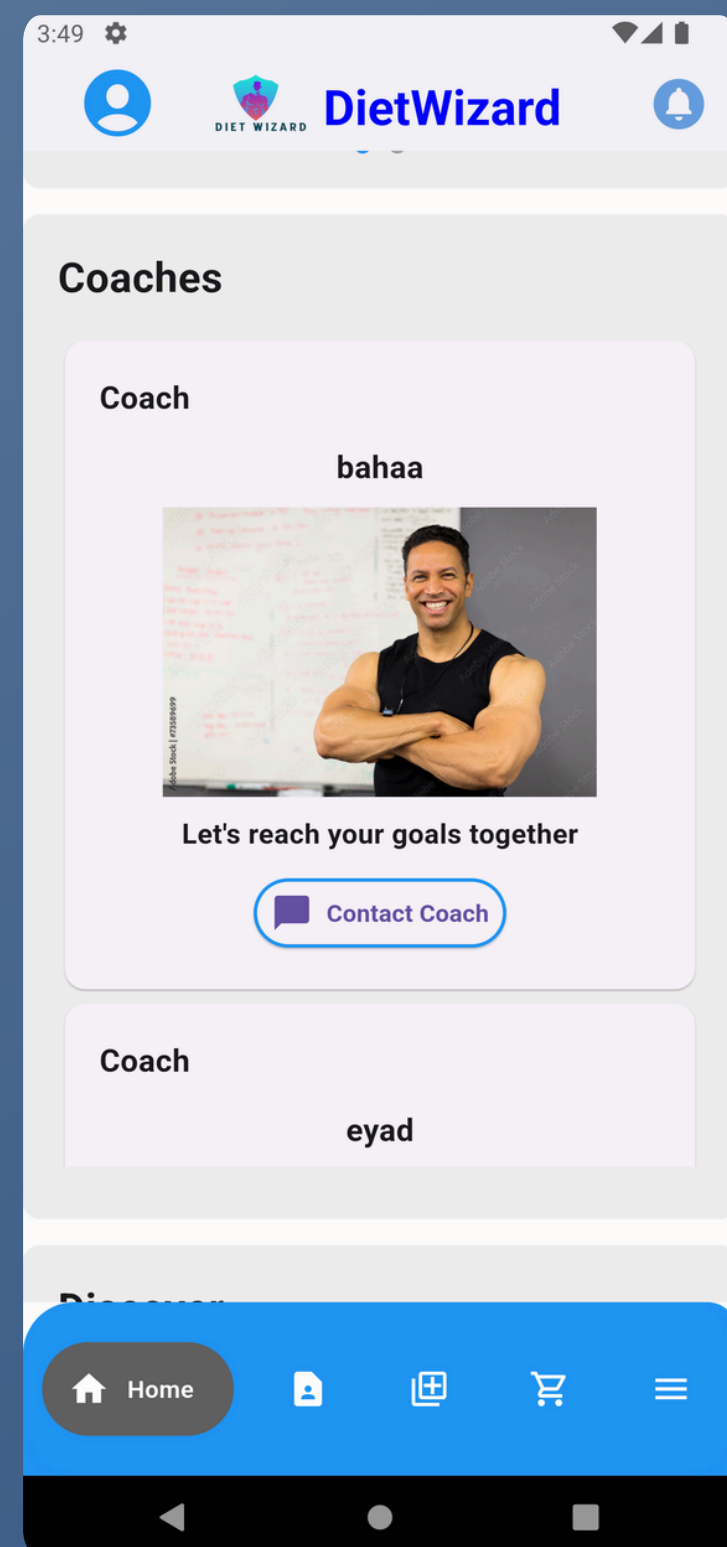
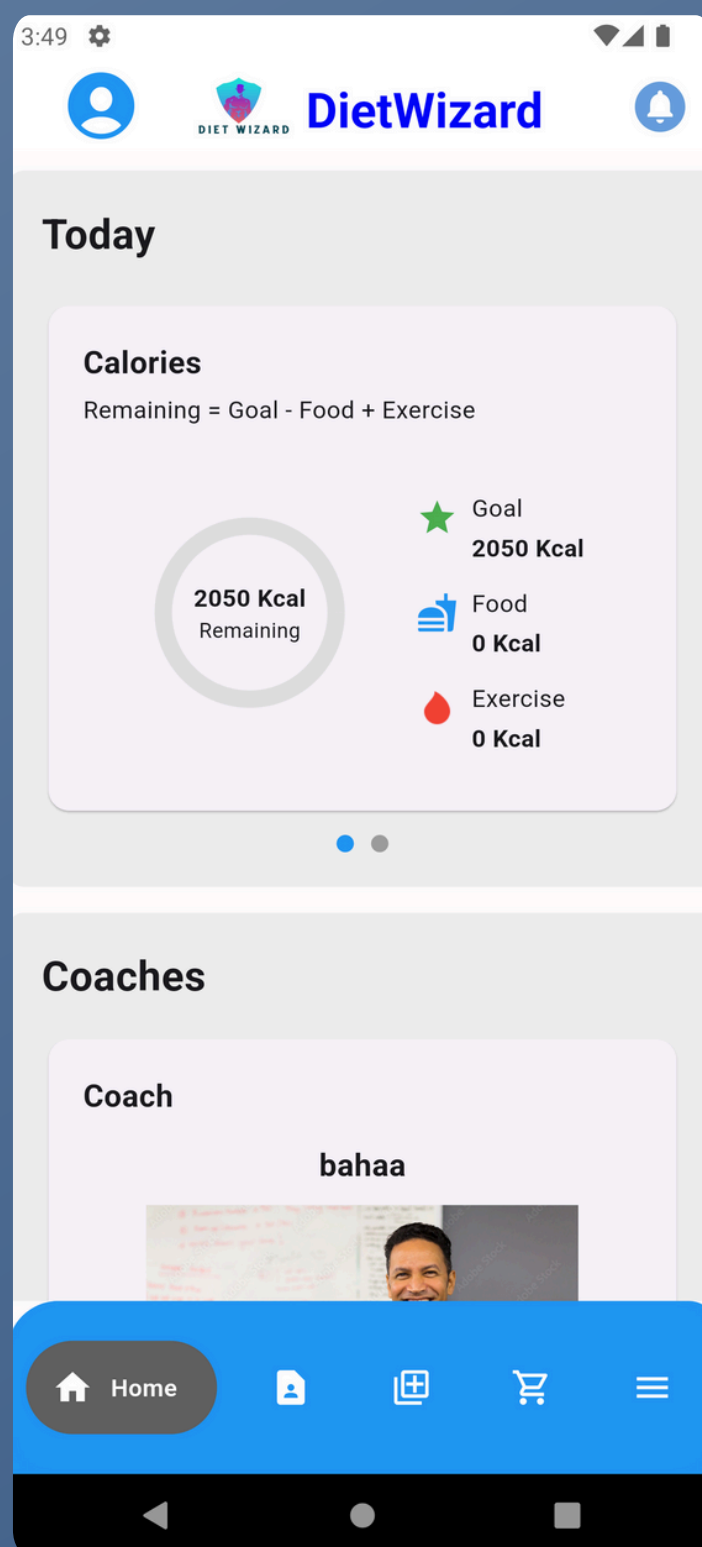
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[Select Image](#)

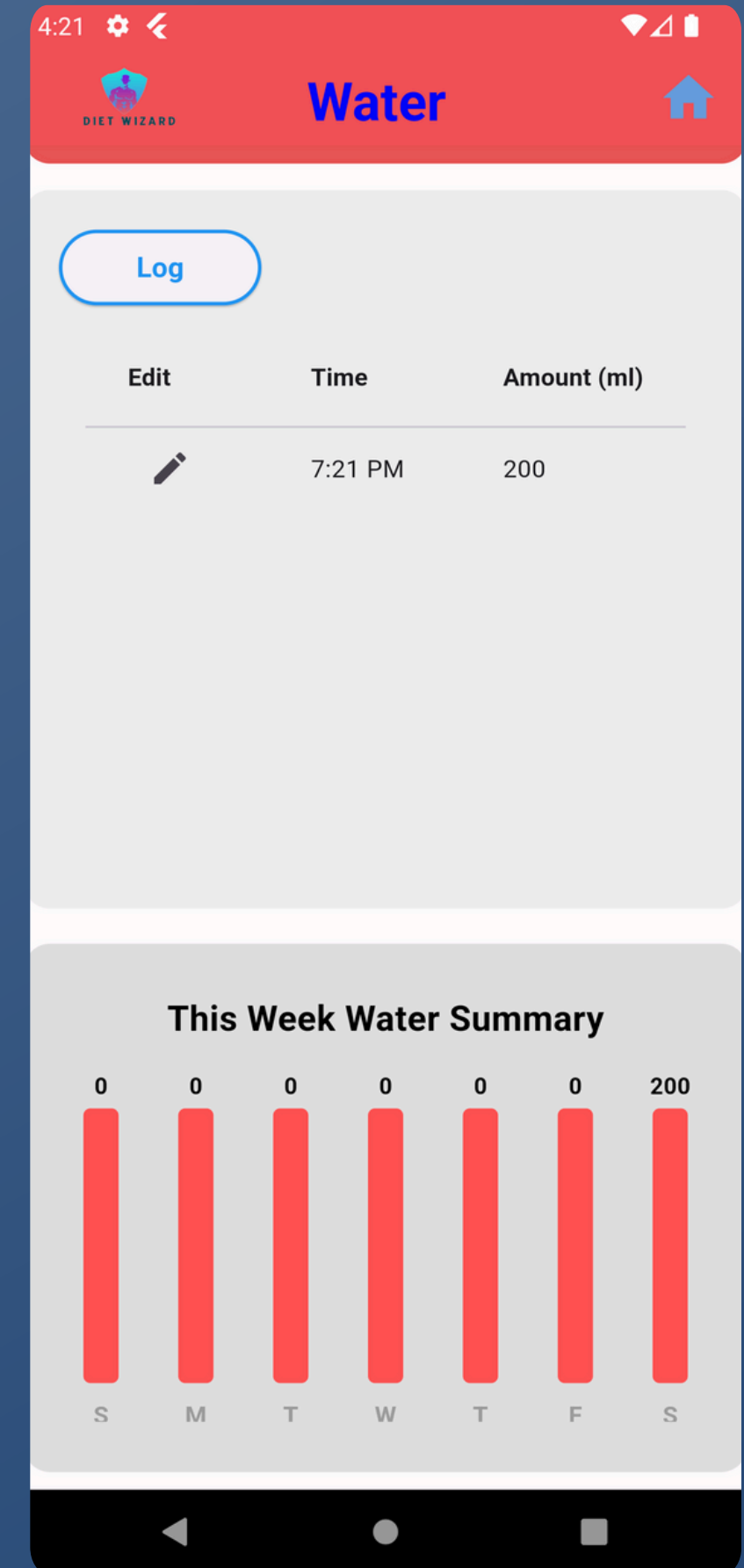
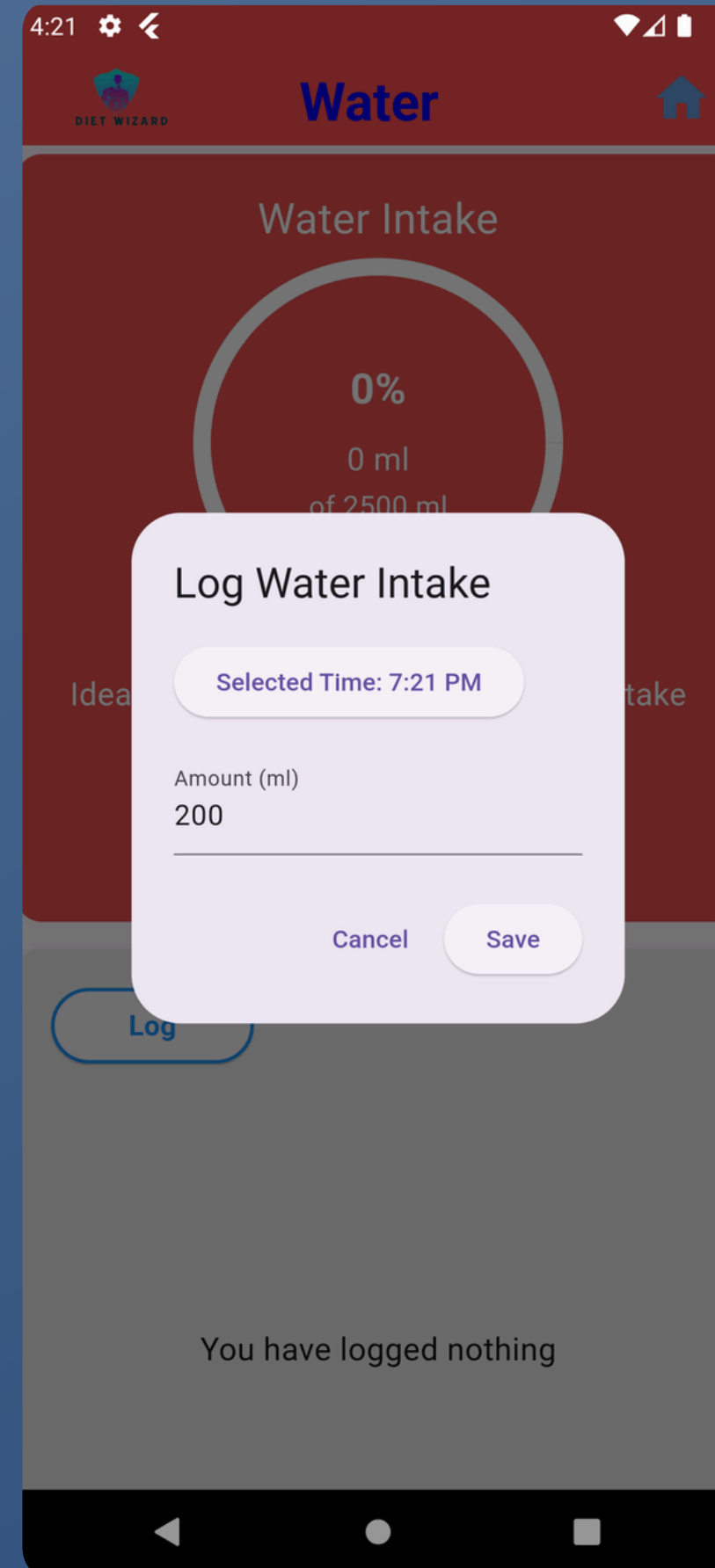
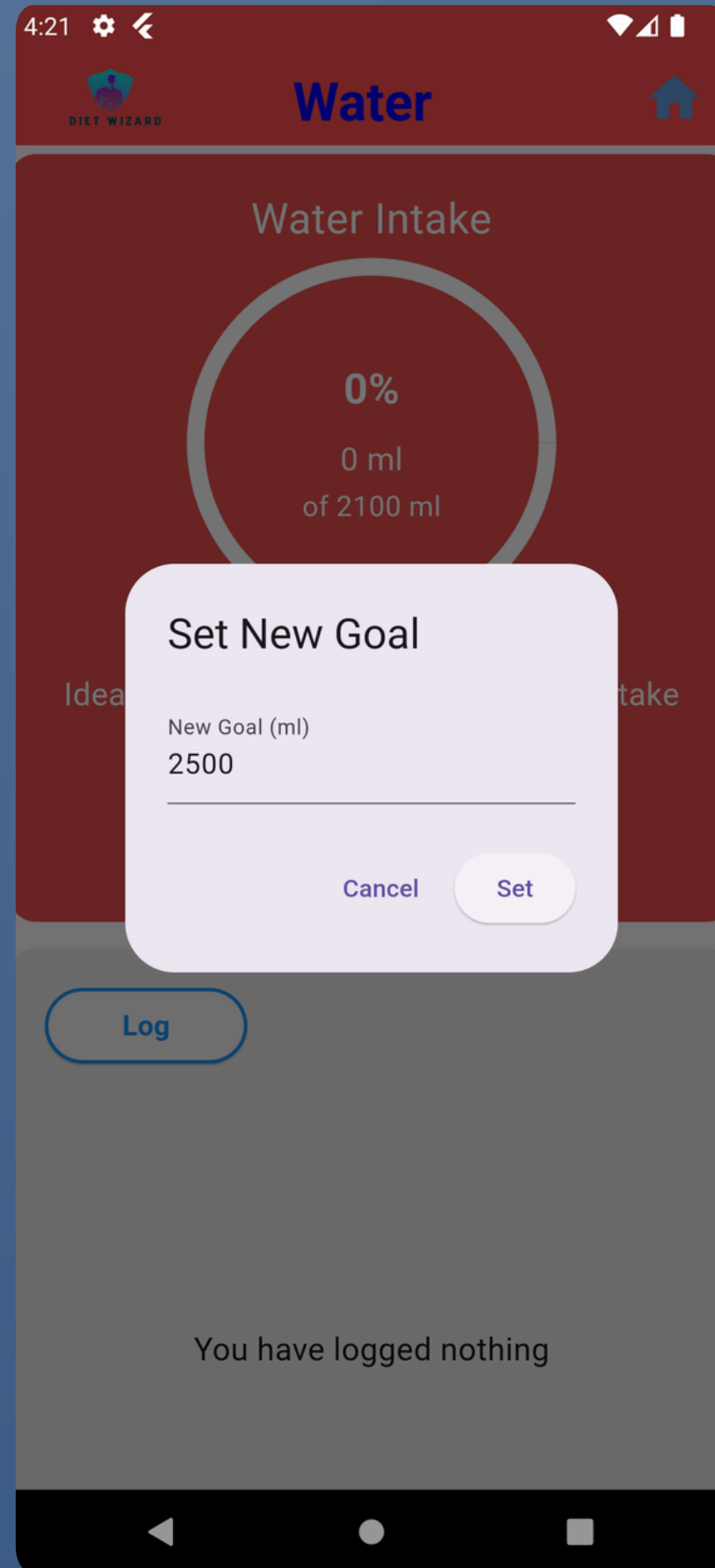
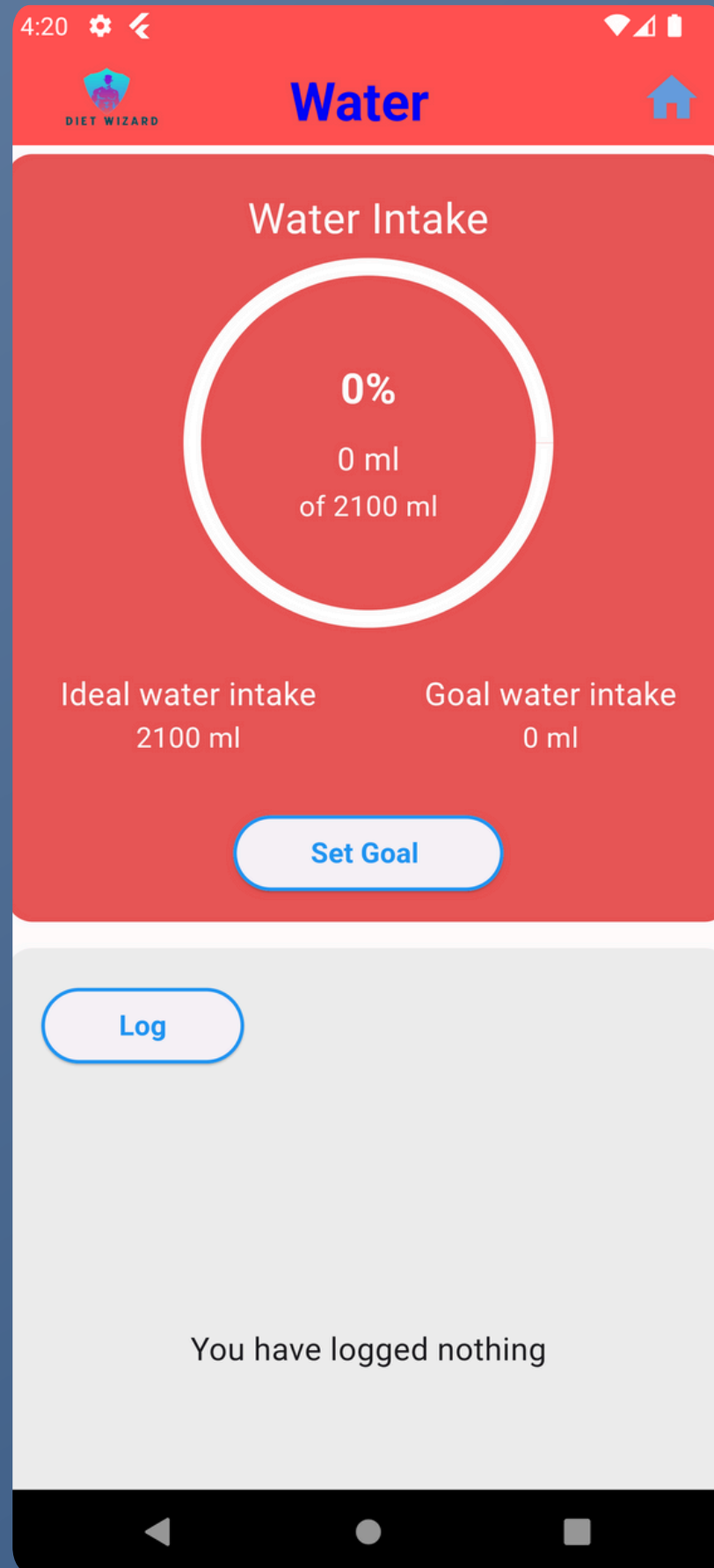
[Sign Up](#)

[Coach Registered ? Login](#)

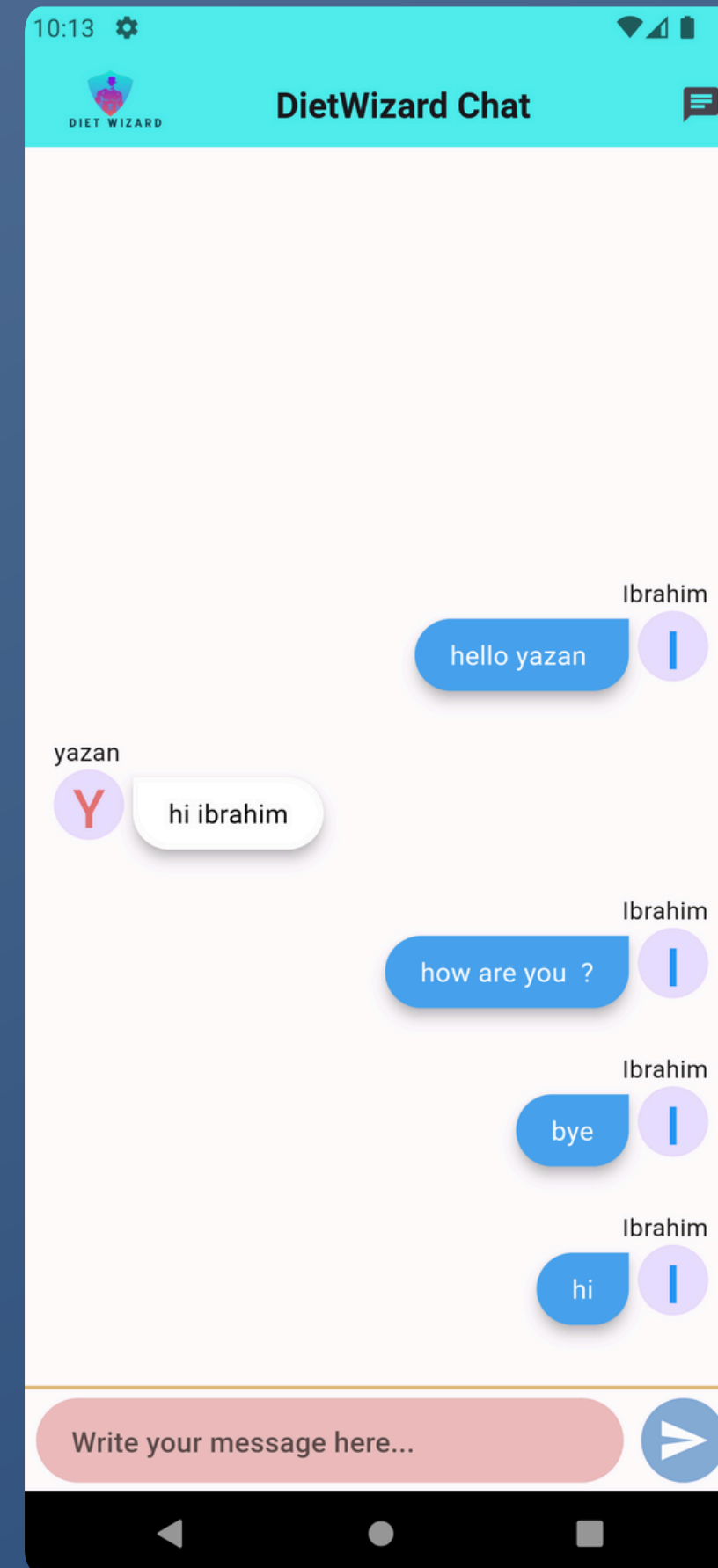
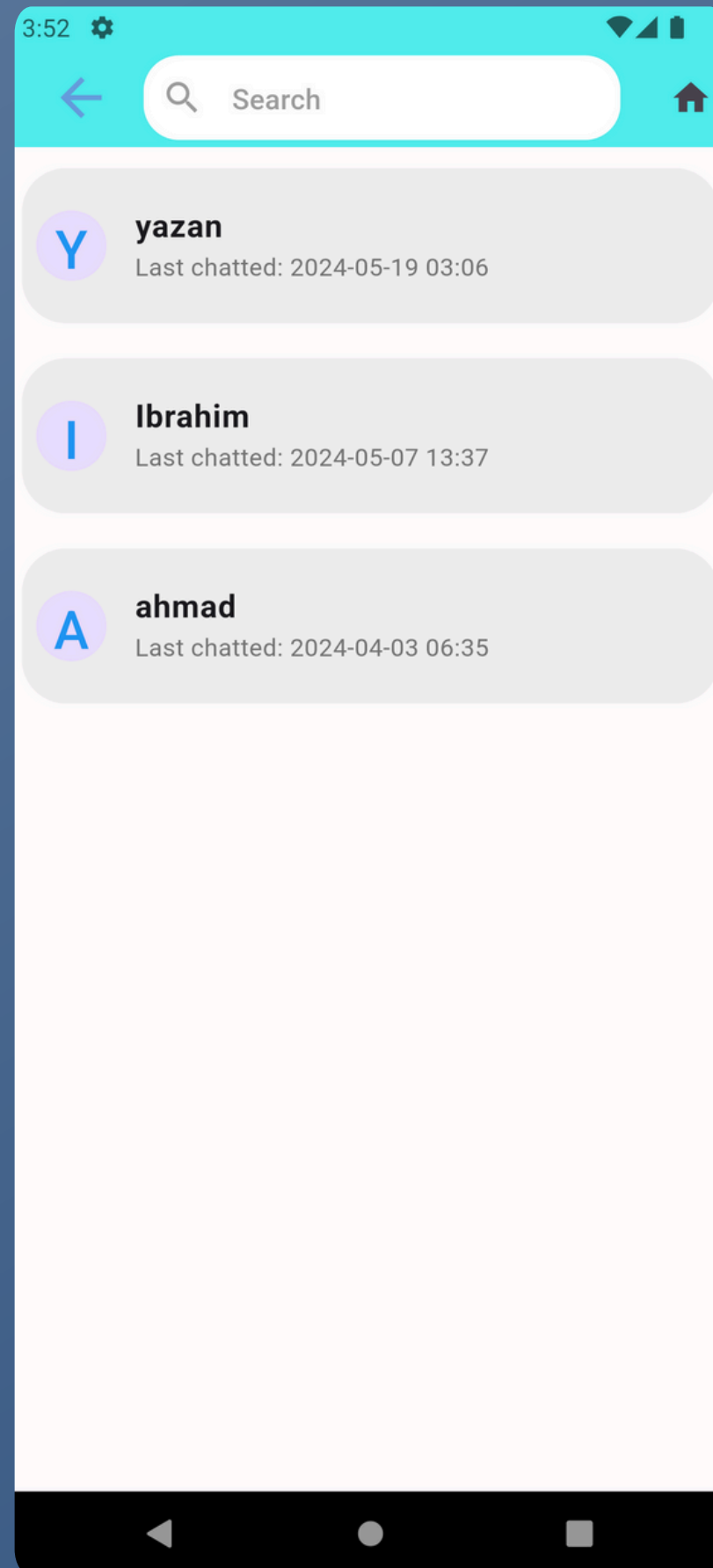
Main Page



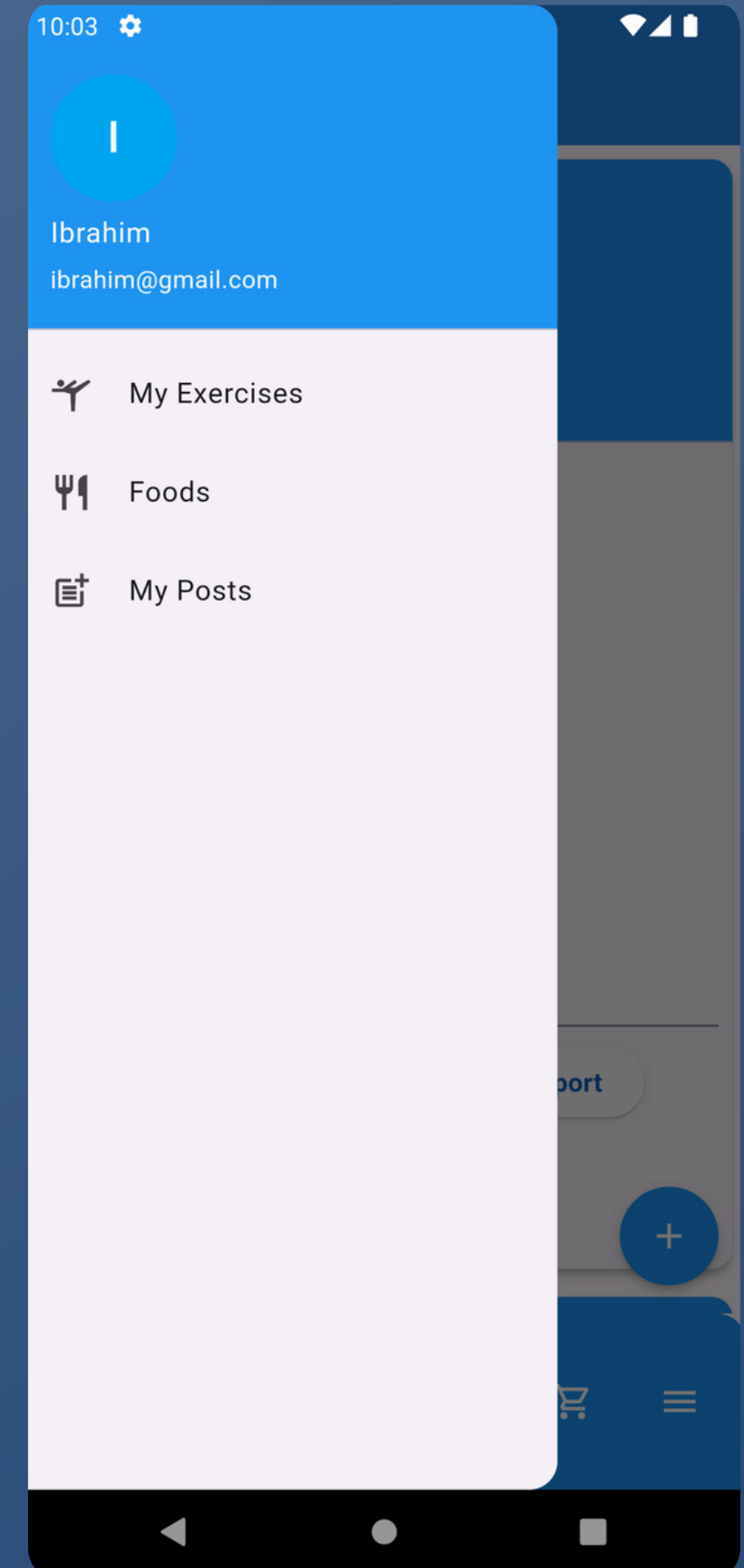
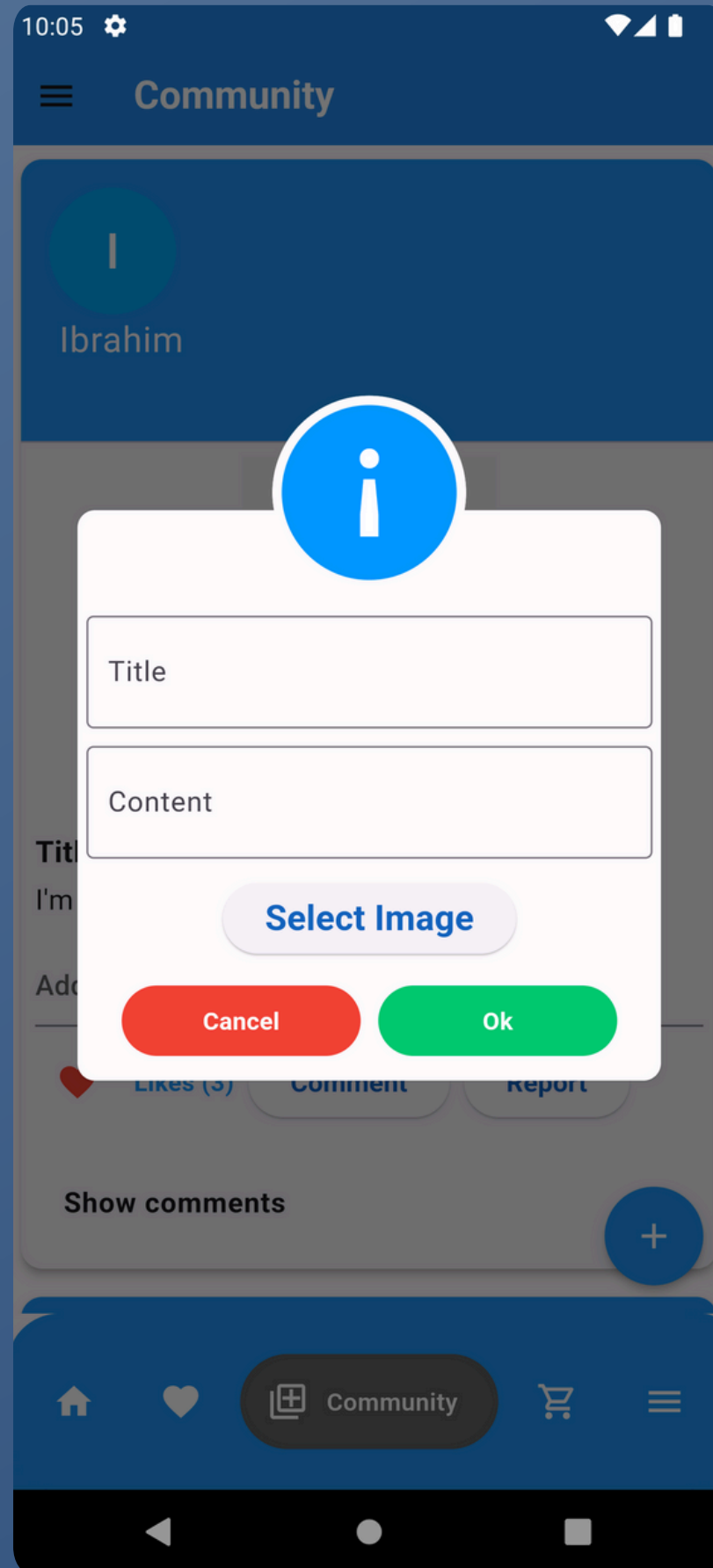
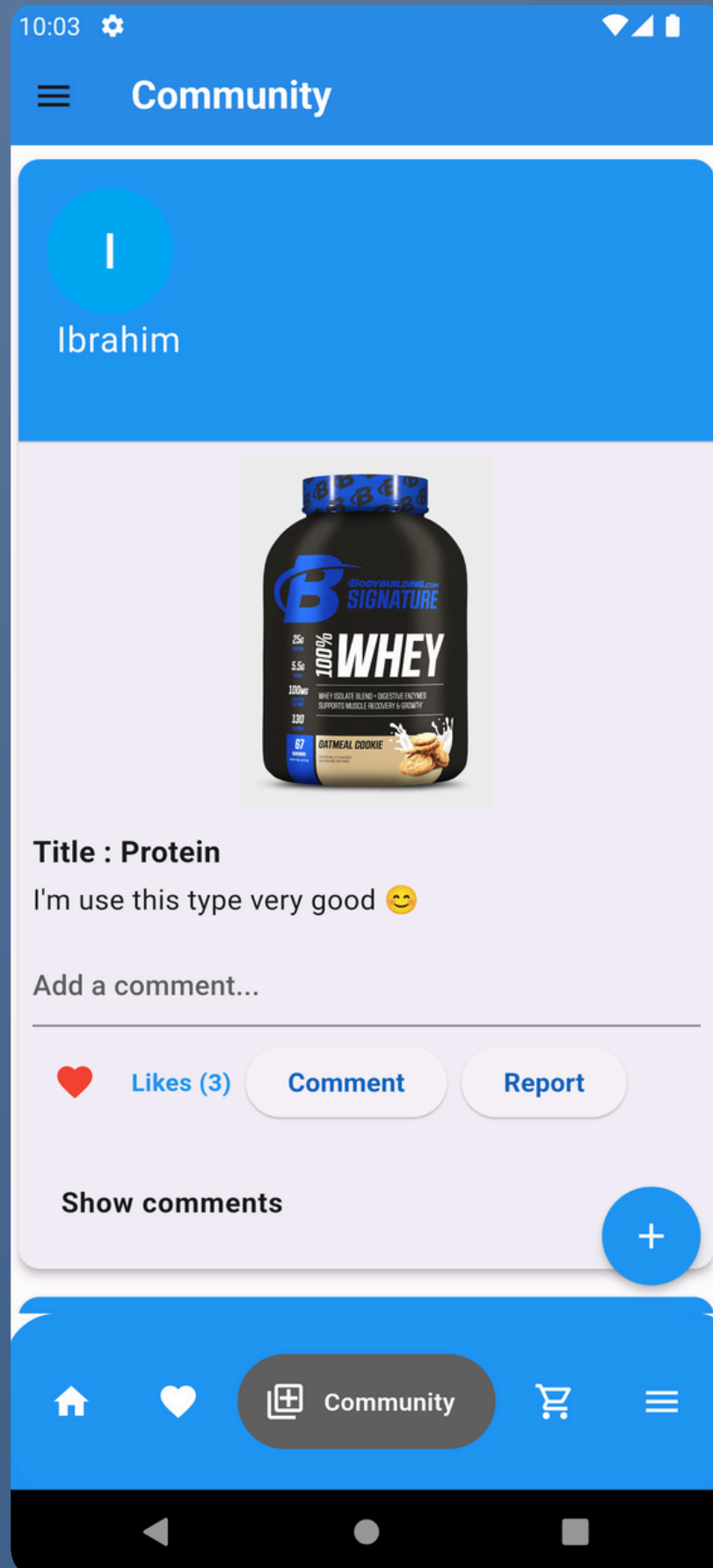
Water Intake Page



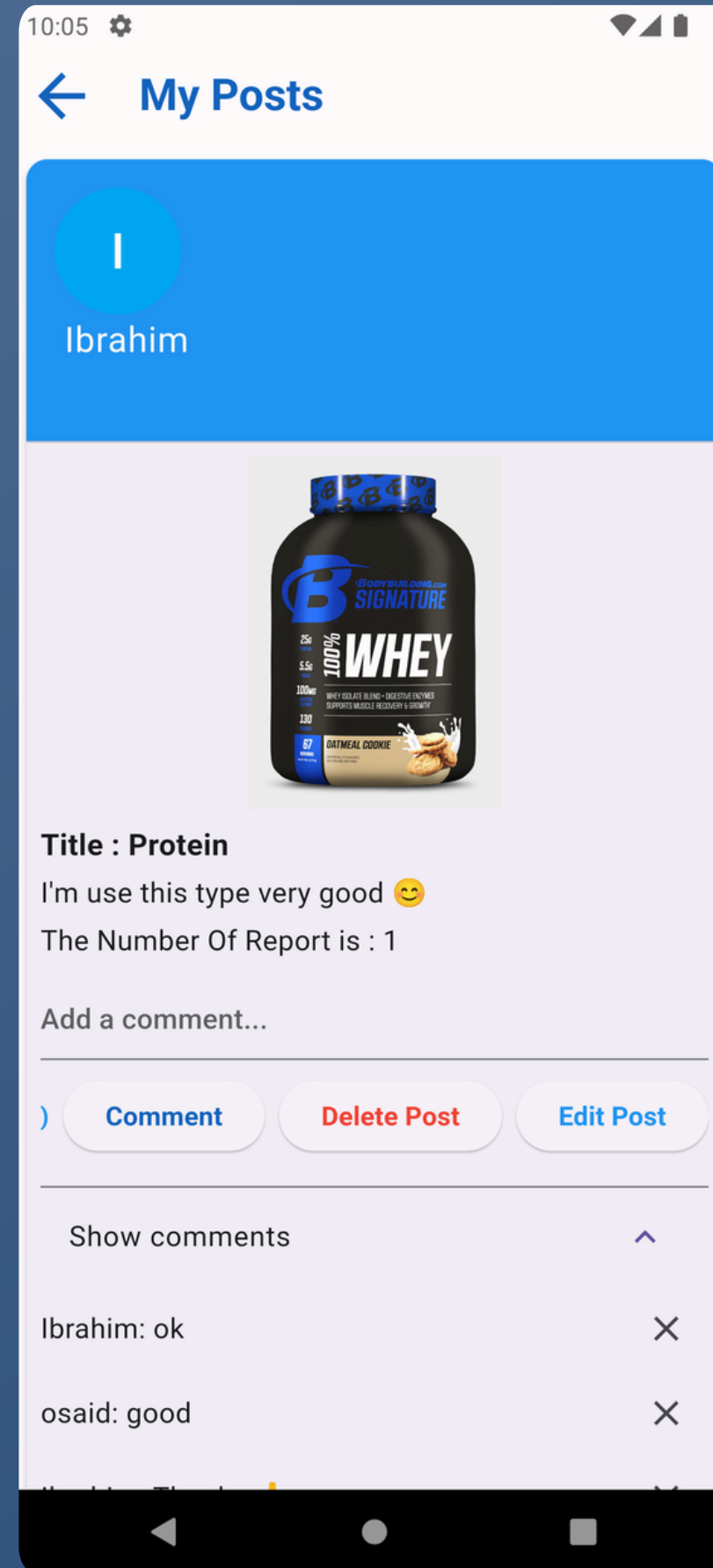
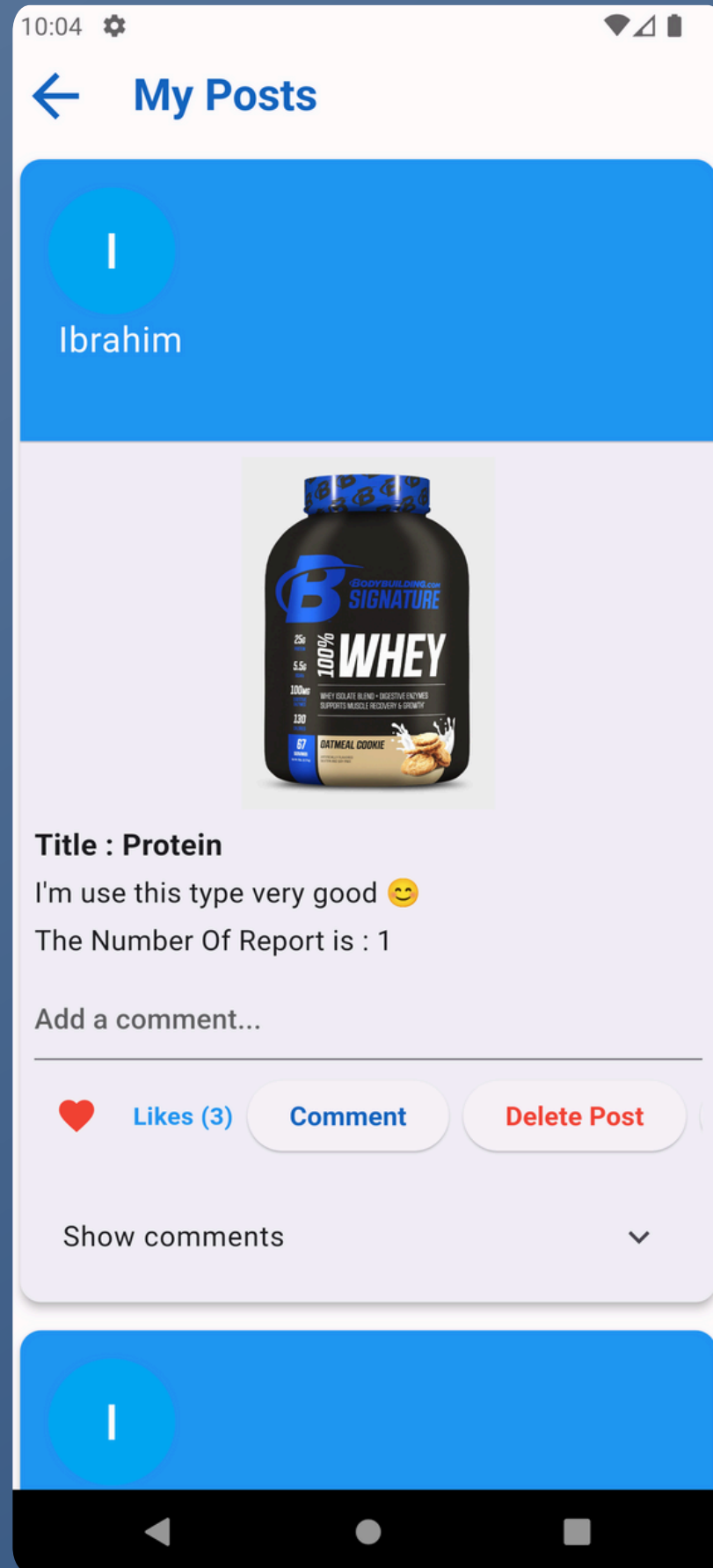
Chat Page



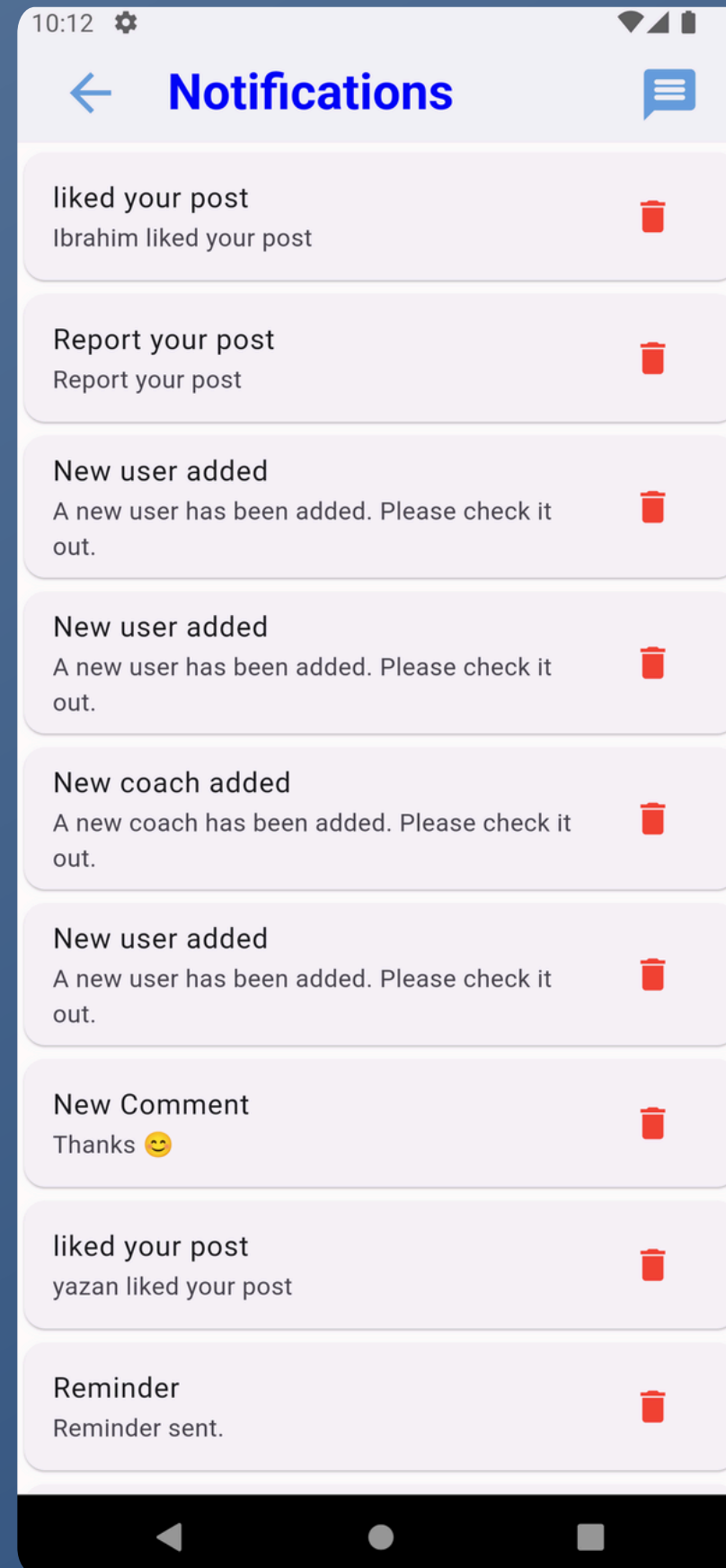
Community Page



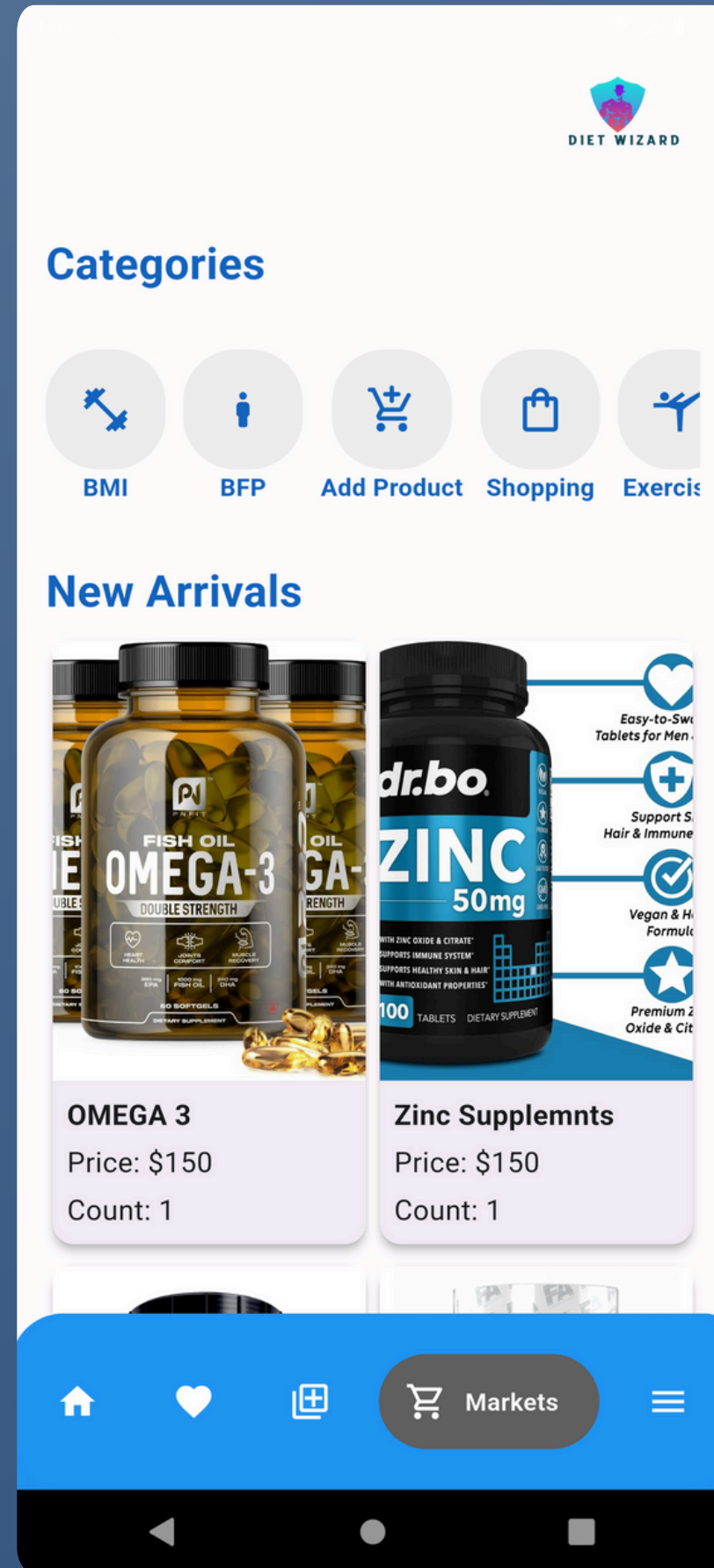
My Post Page



Notifications Page




Marketplace Page



BMI & BFP Page

10:05

← BMI Calculator



Weight (kg)
70


Height (cm)
175

Calculate BMI

BMI: 22.86
Normal weight

10:06

← BFP Calculator



Calculate your **BODY FAT**

Weight (kg)
70

Height (cm)
175

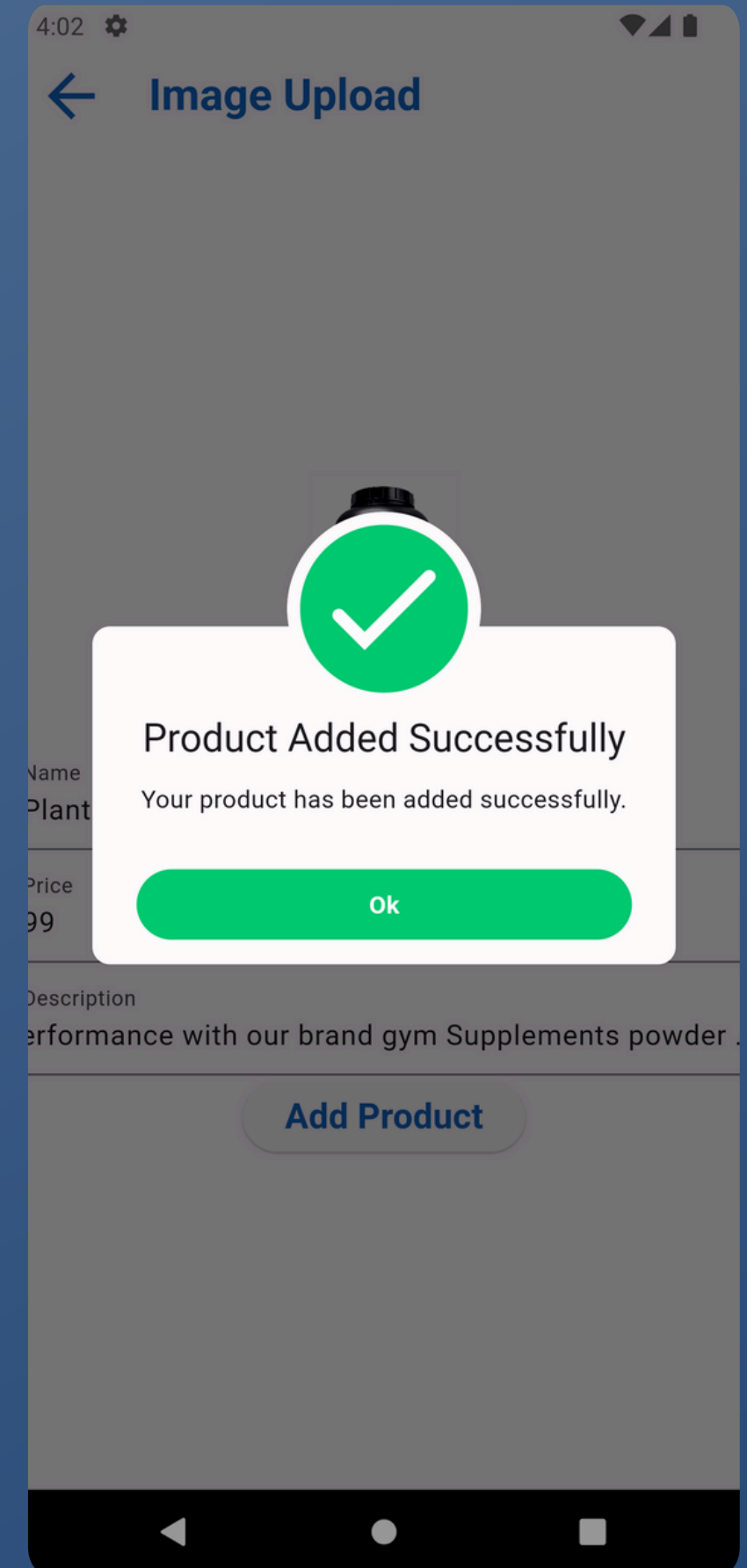
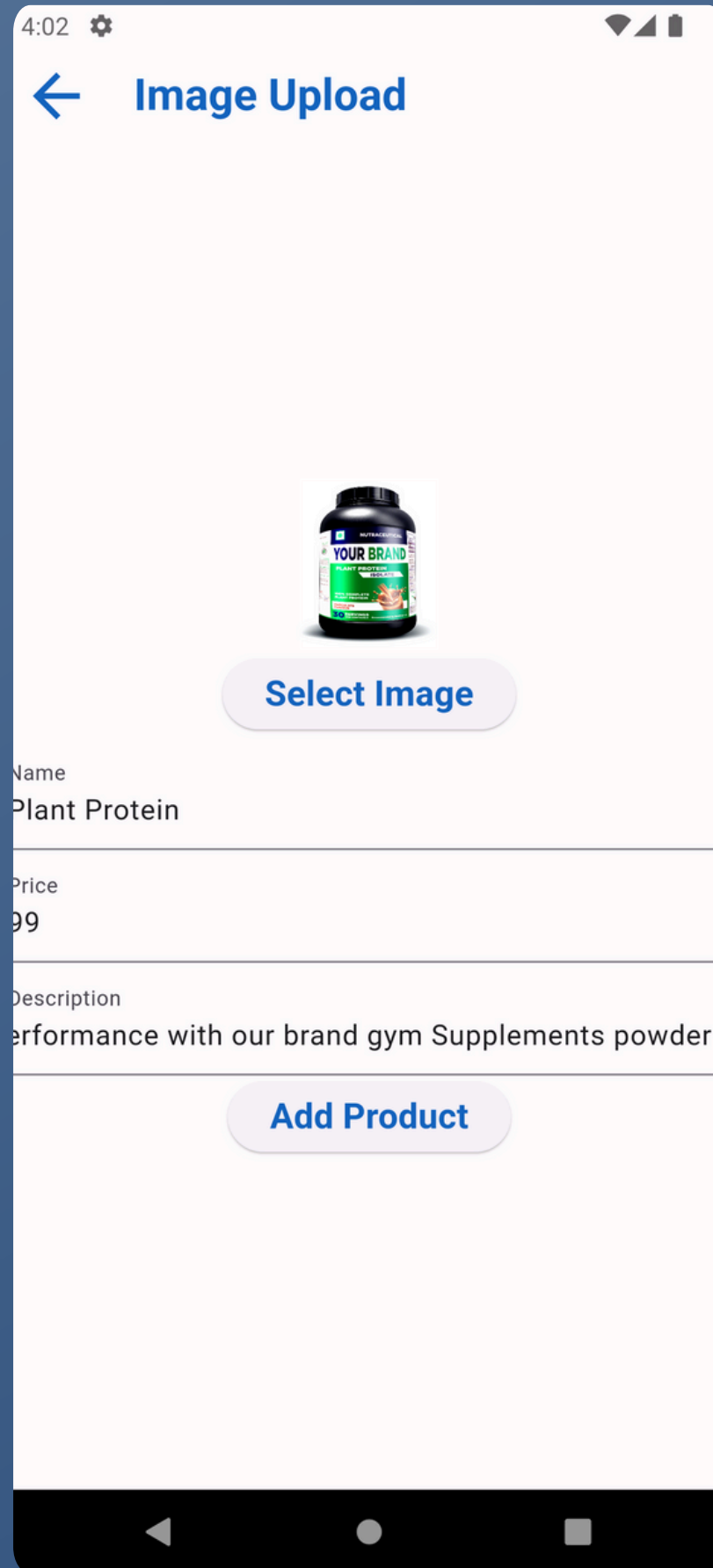
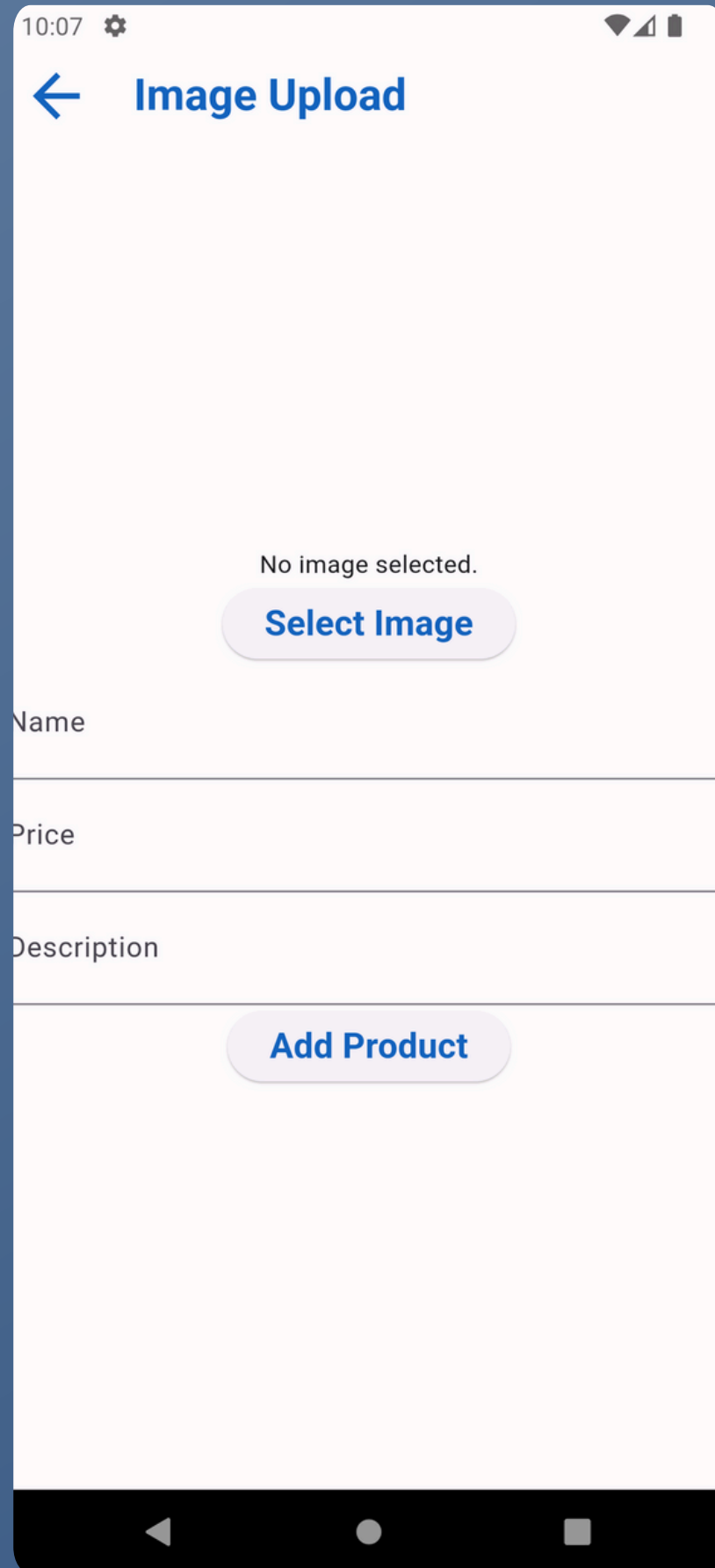
Age
23

Male Female

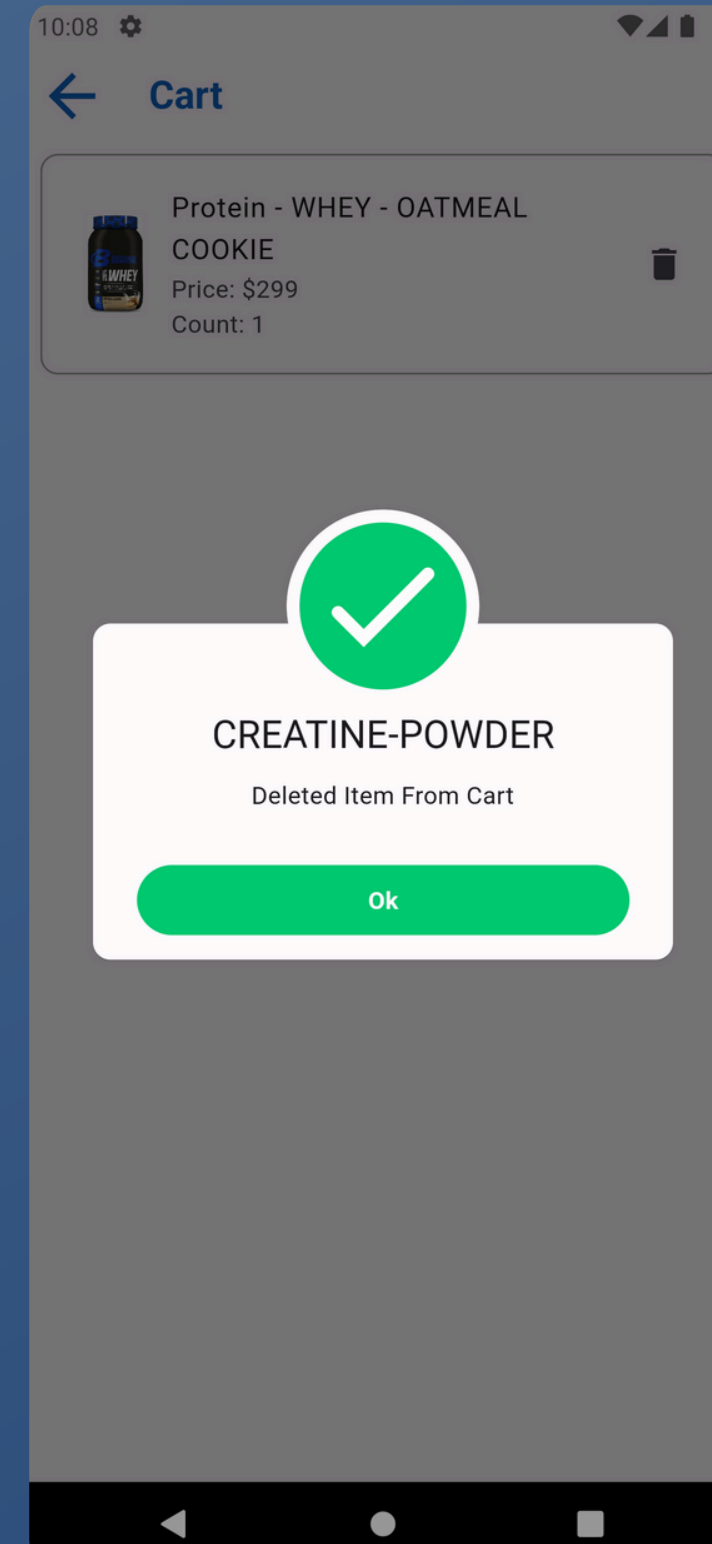
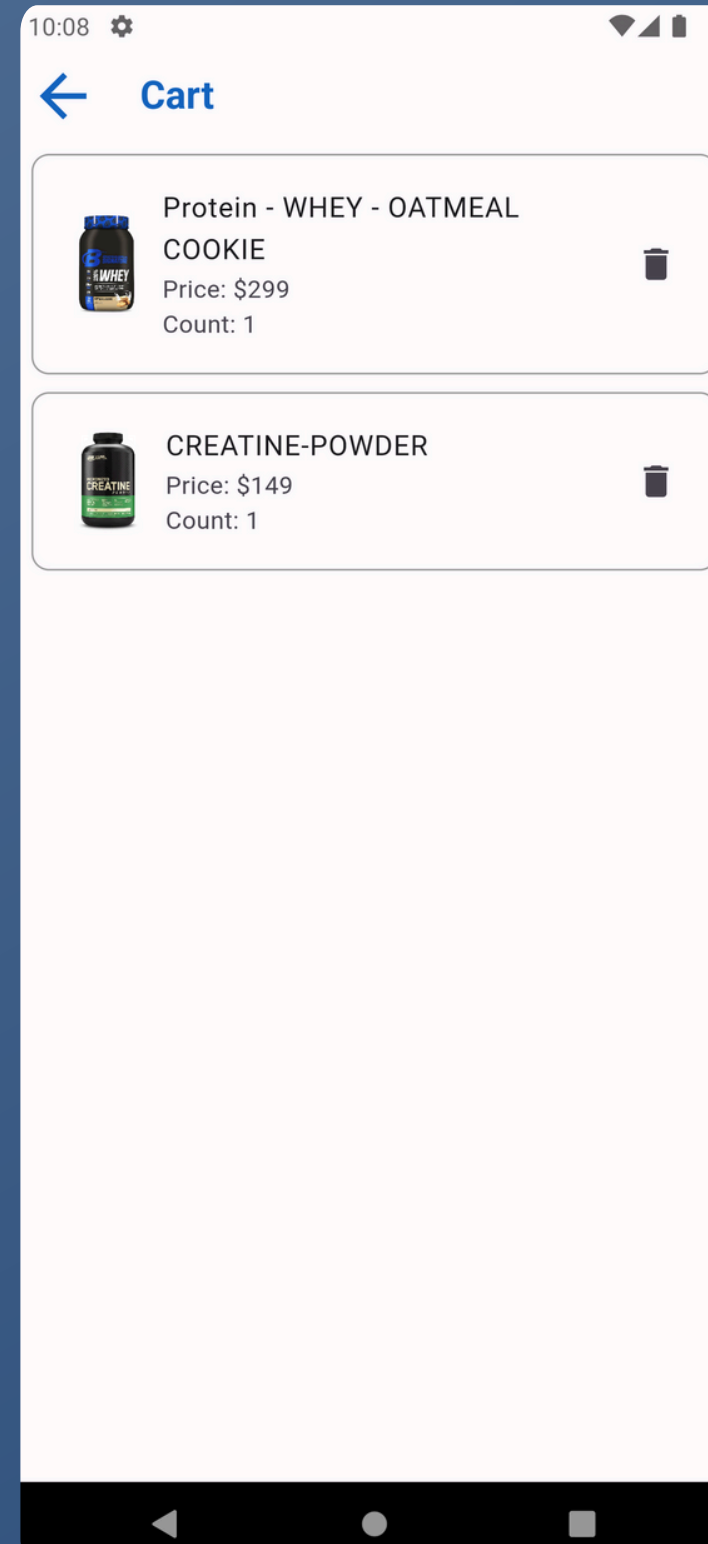
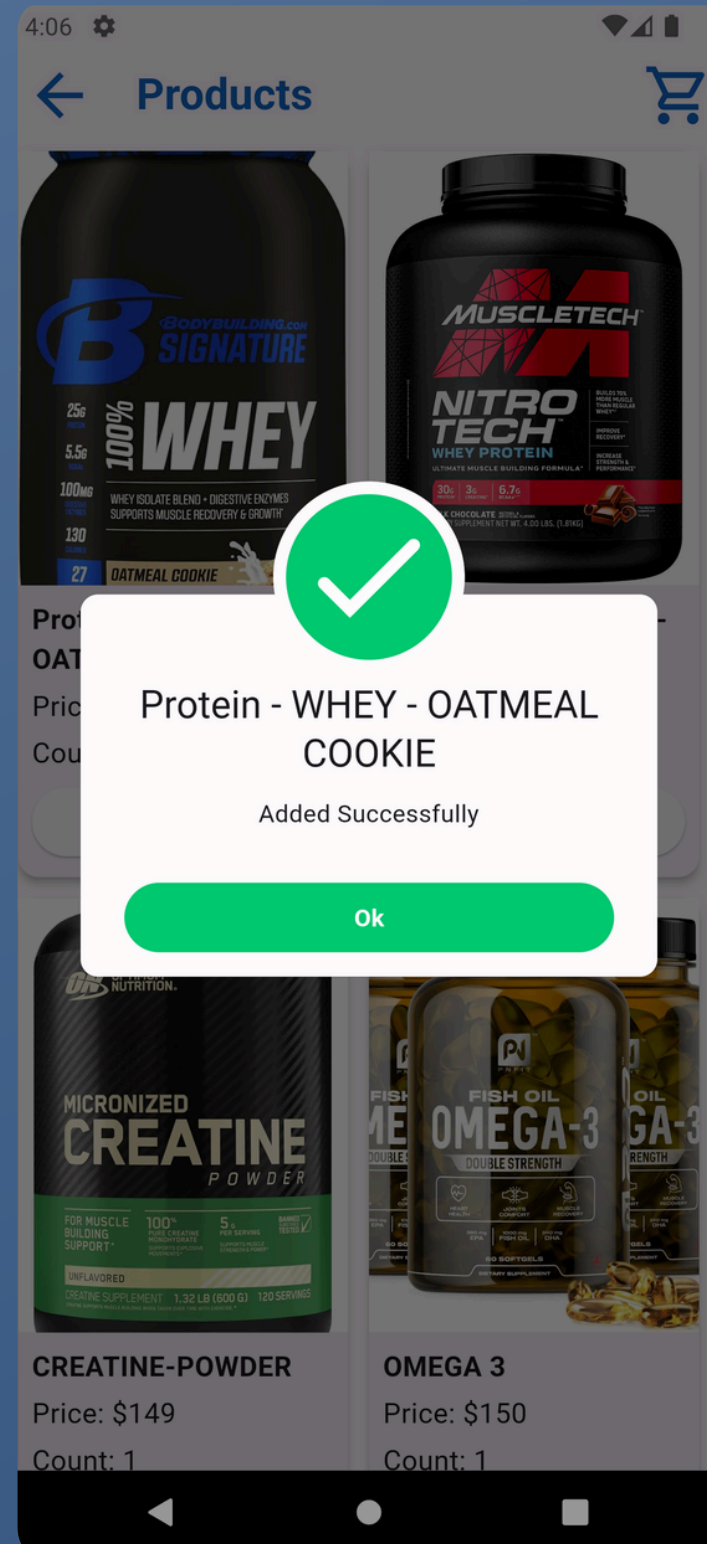
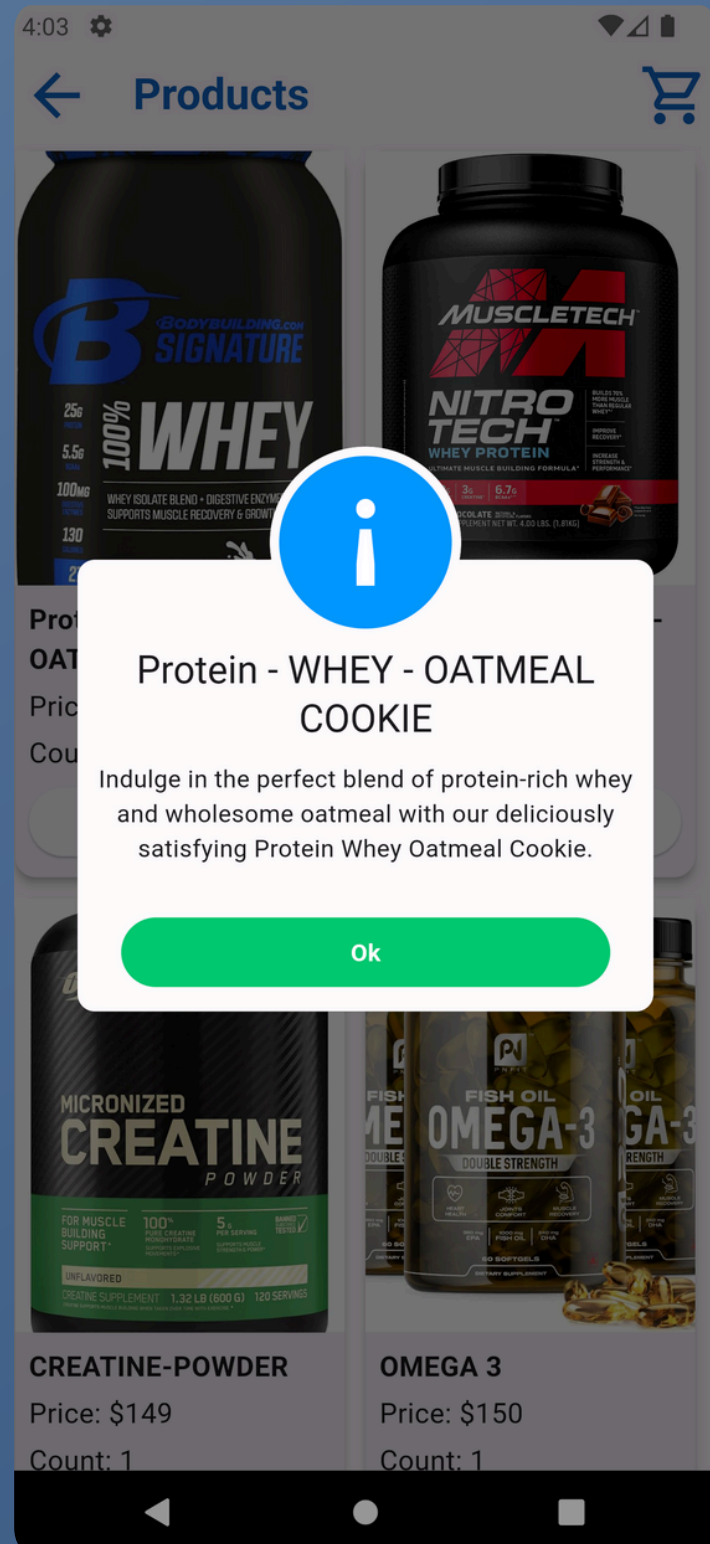
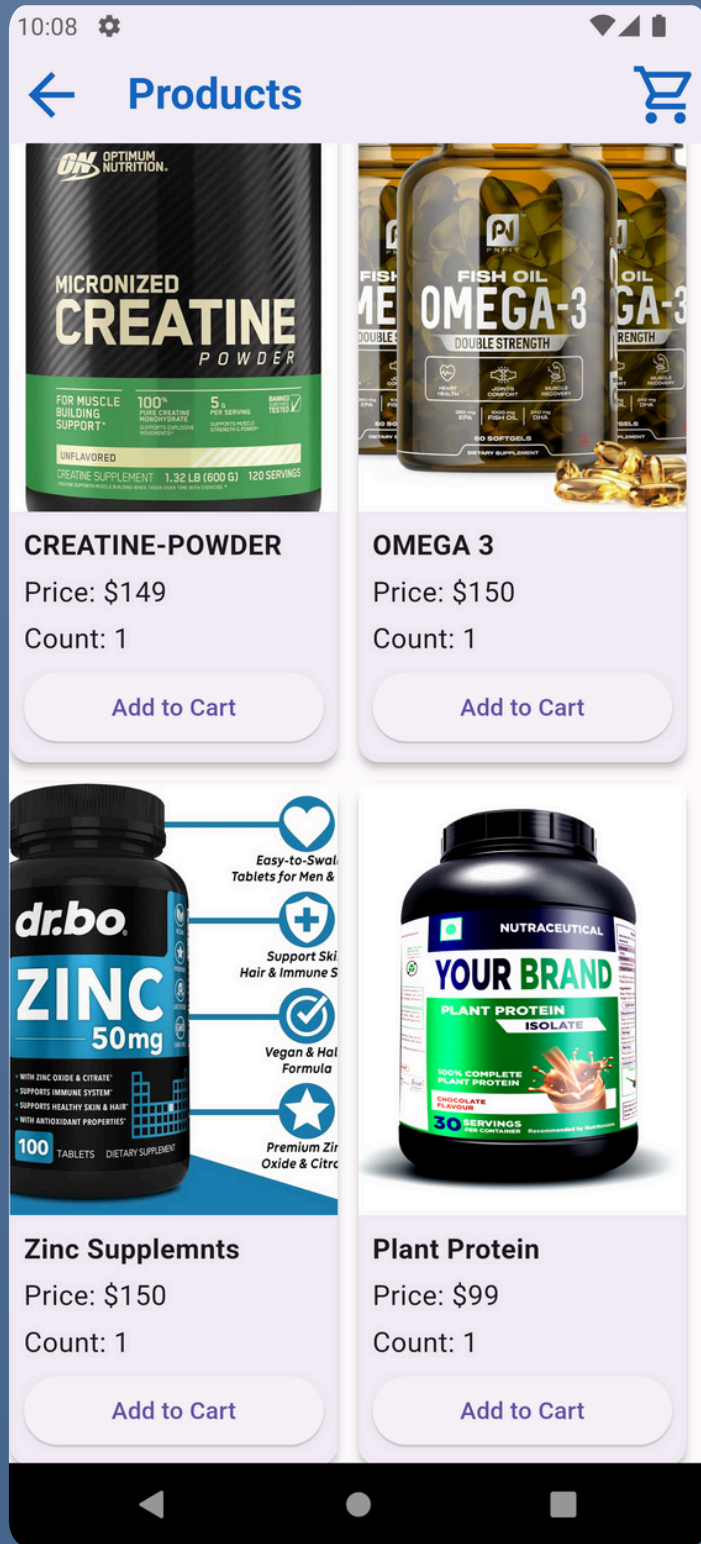
Calculate

BFP: 16.52
Fat Mass: 11.56
Lean Mass: 58.44
Description: Fitness

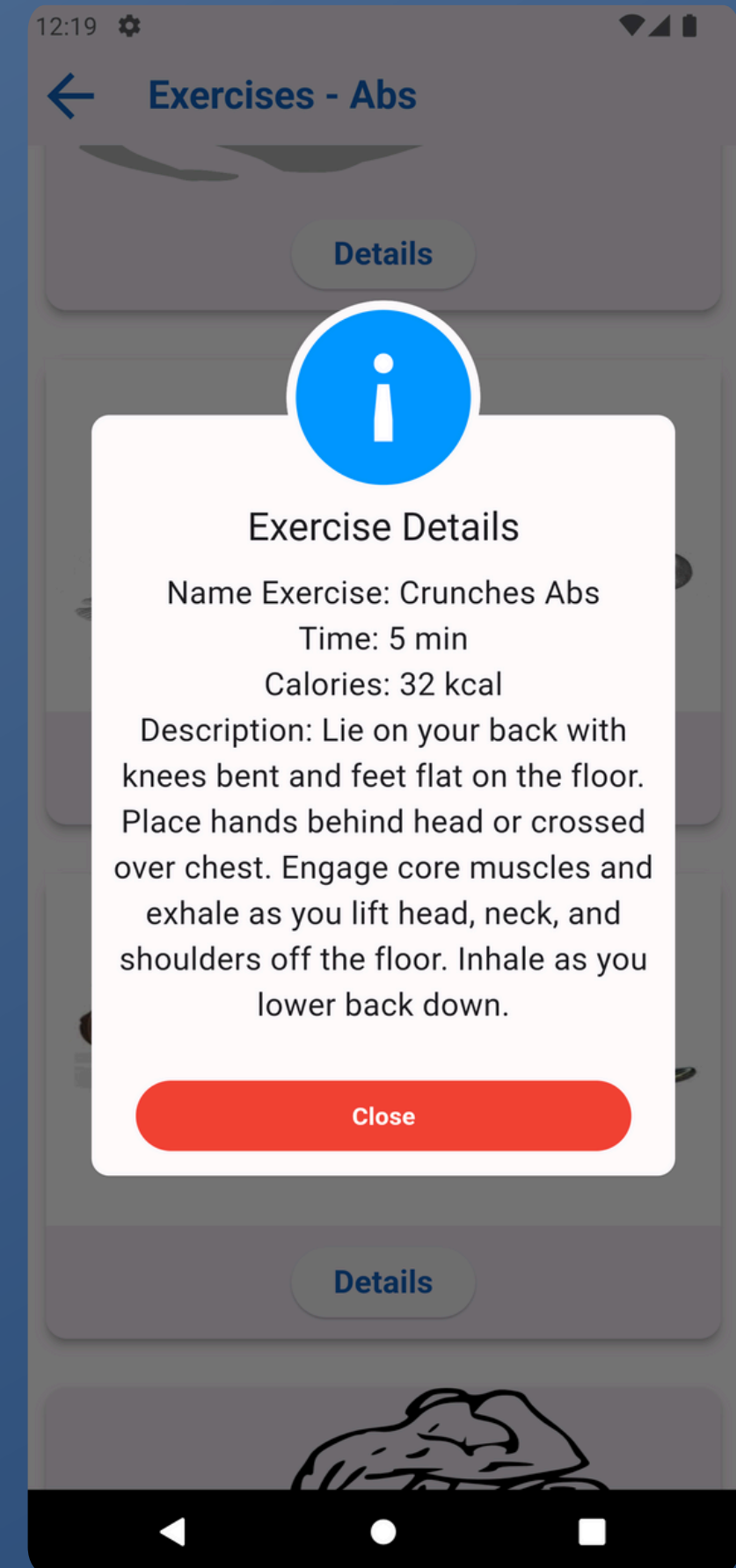
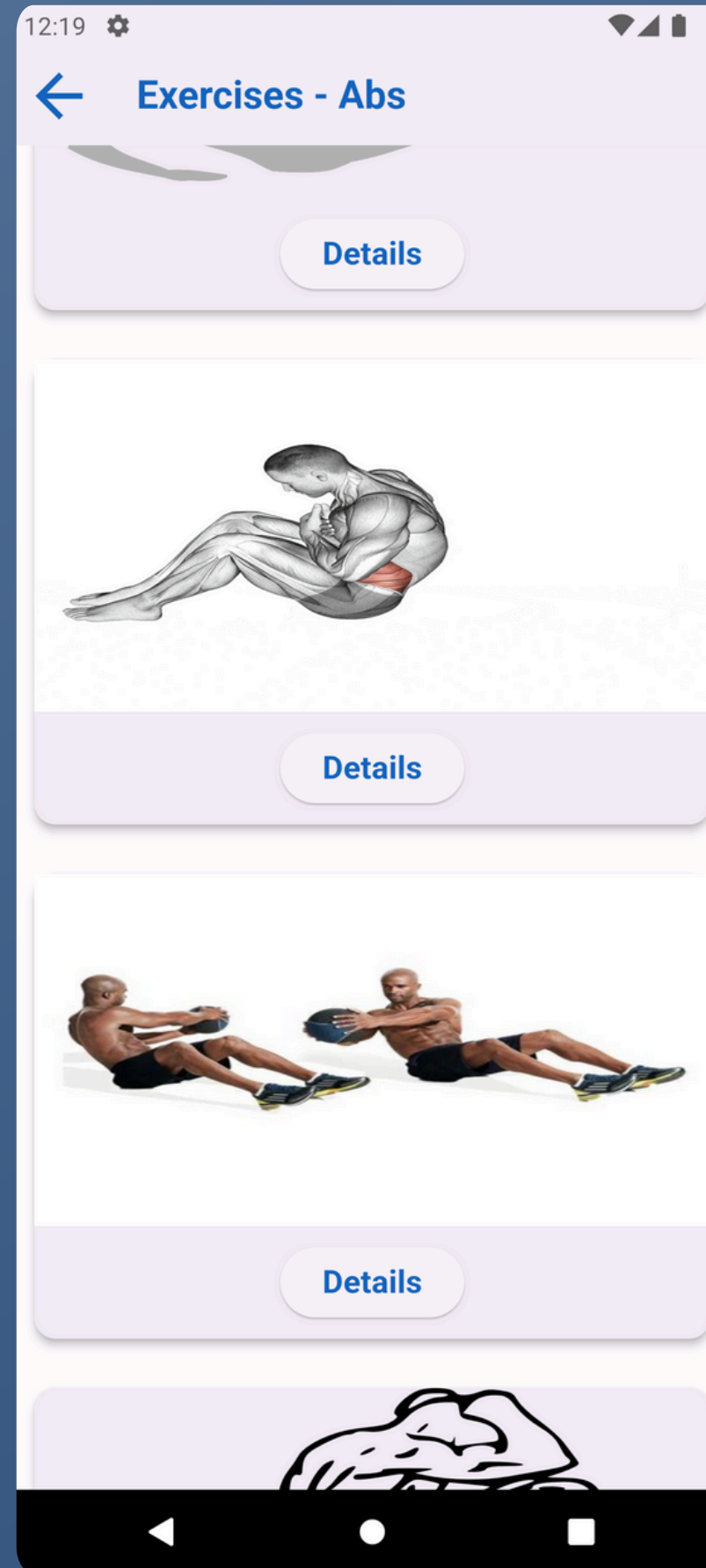
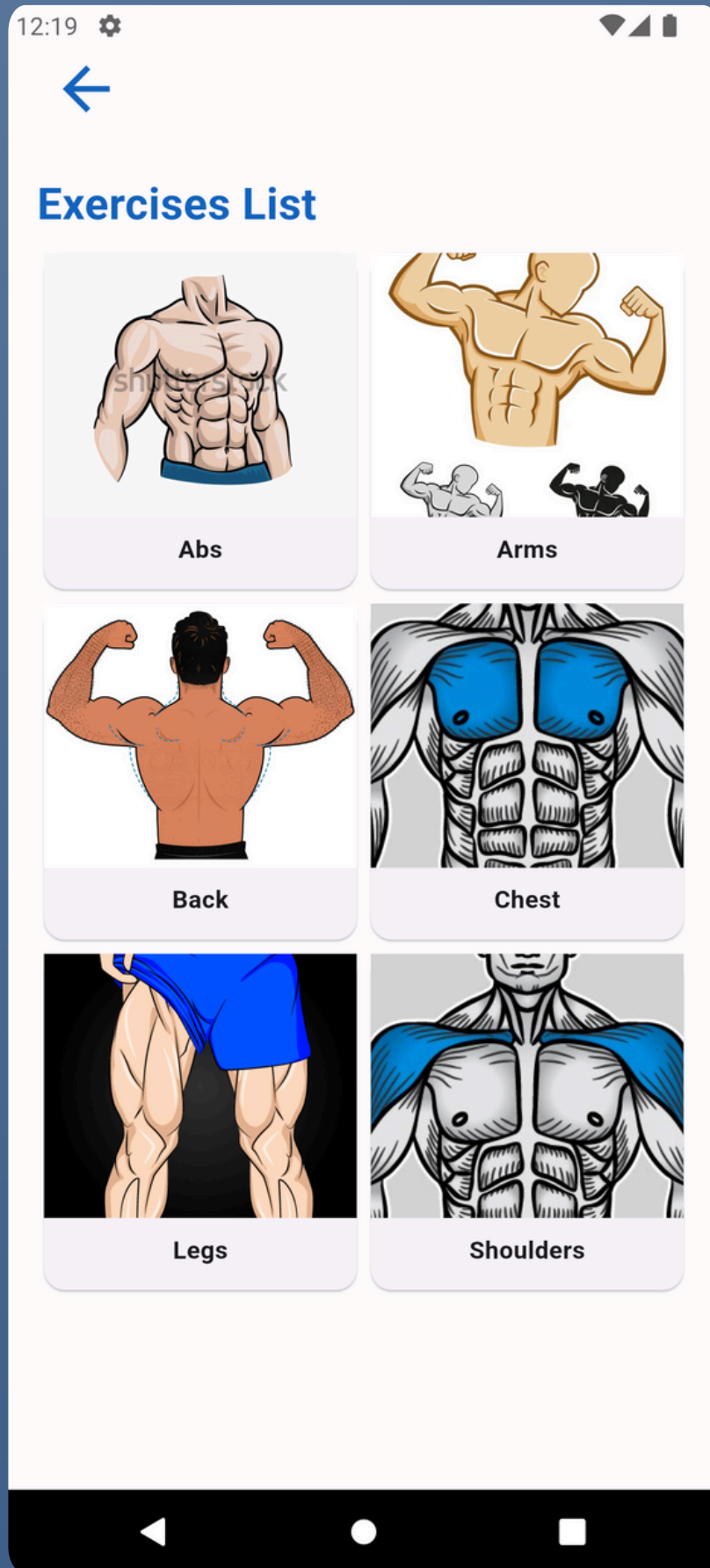
Add Product Page



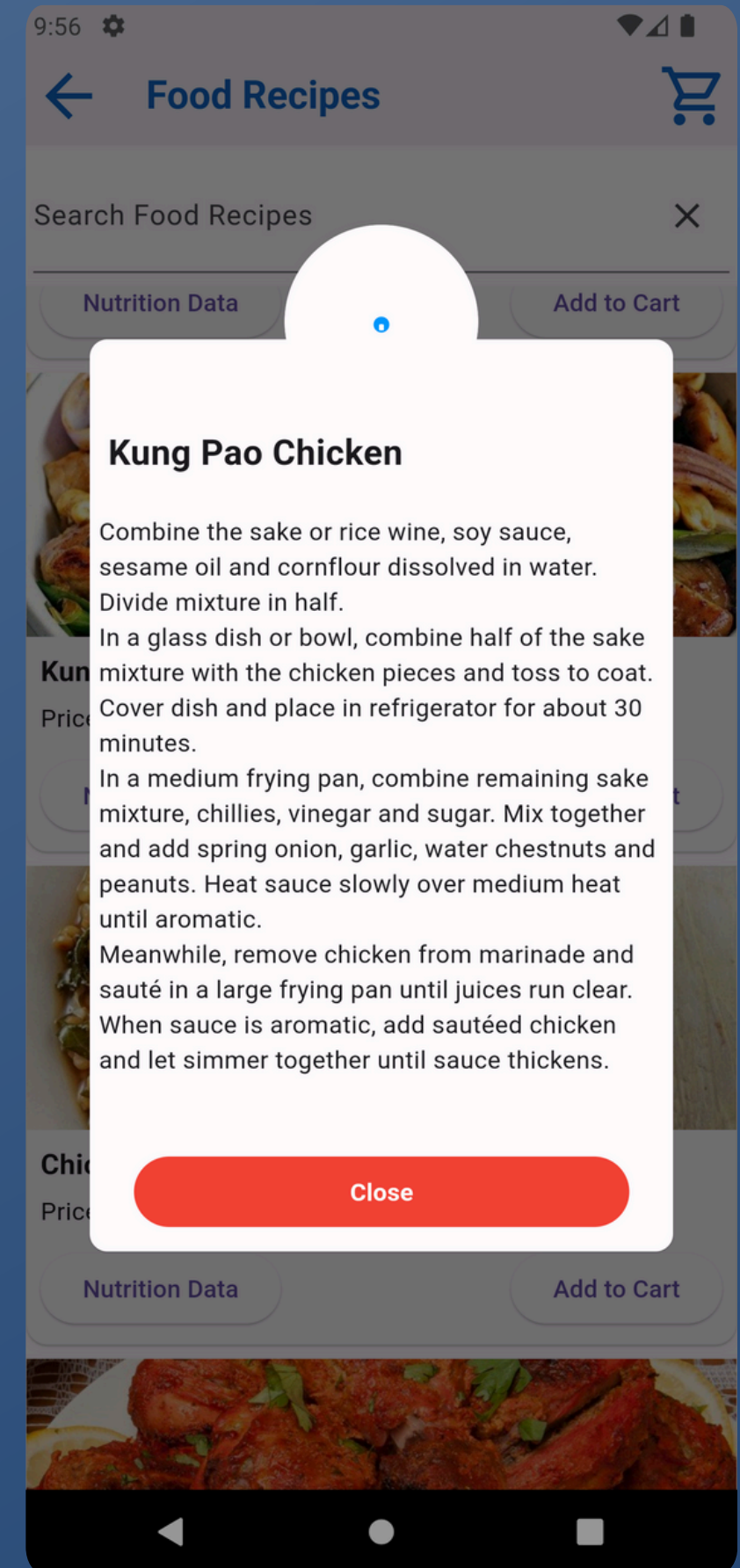
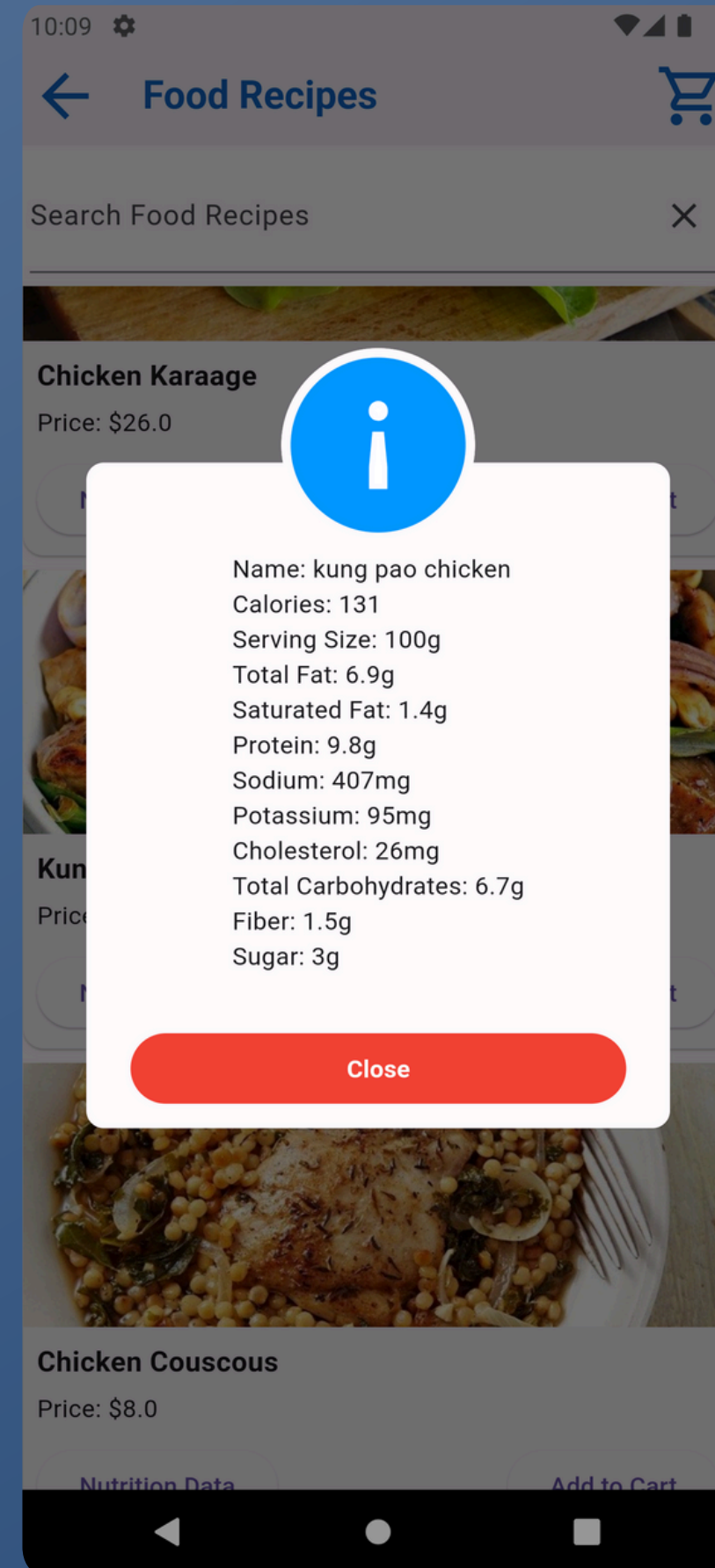
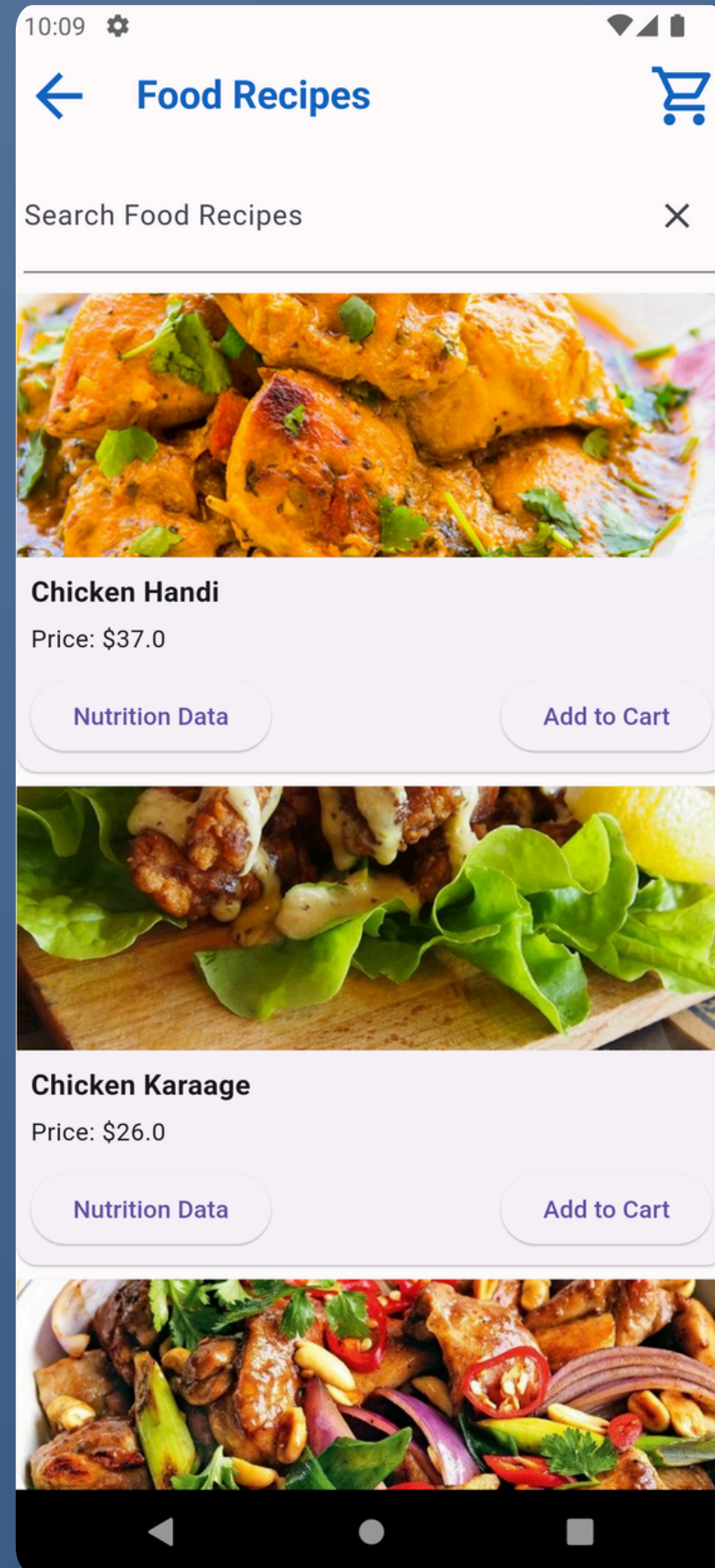
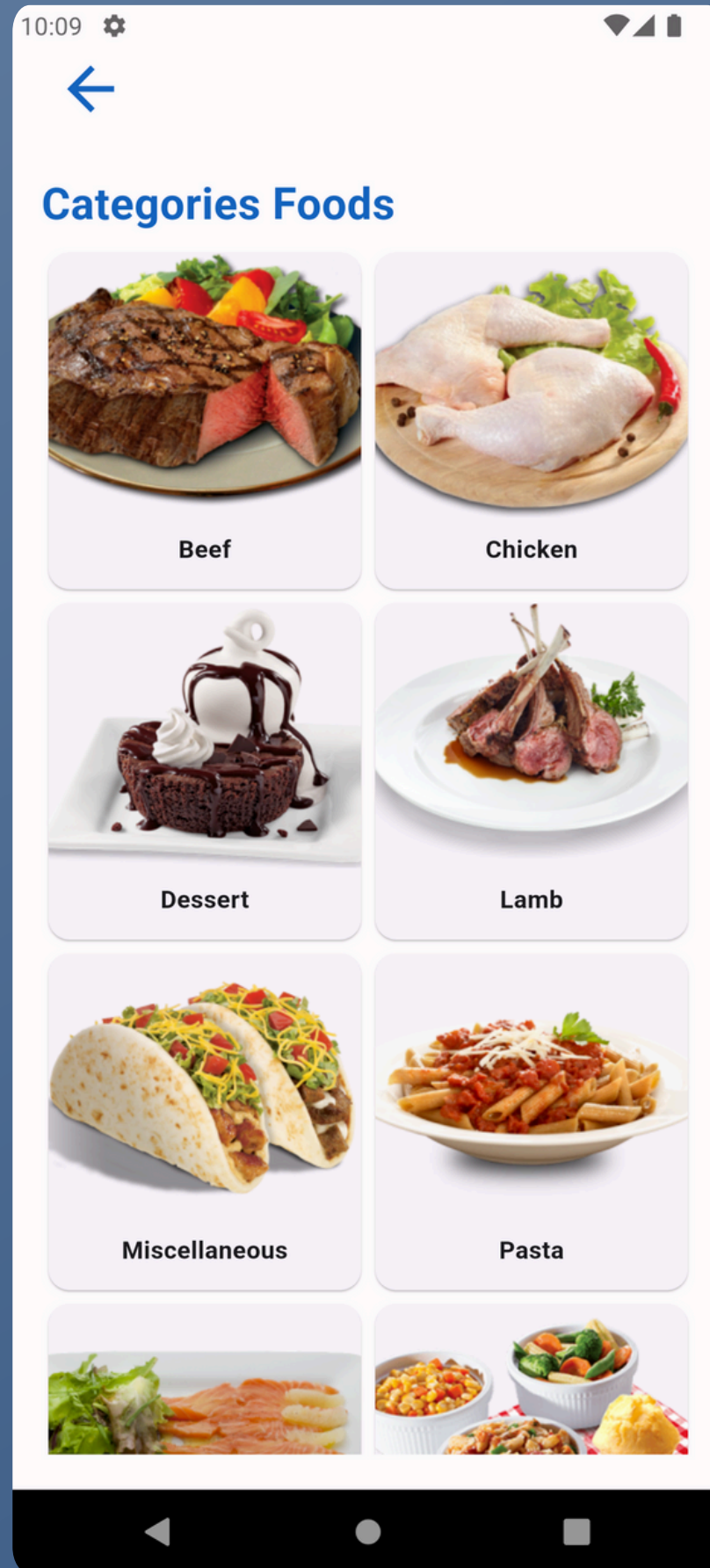
Shopping Page



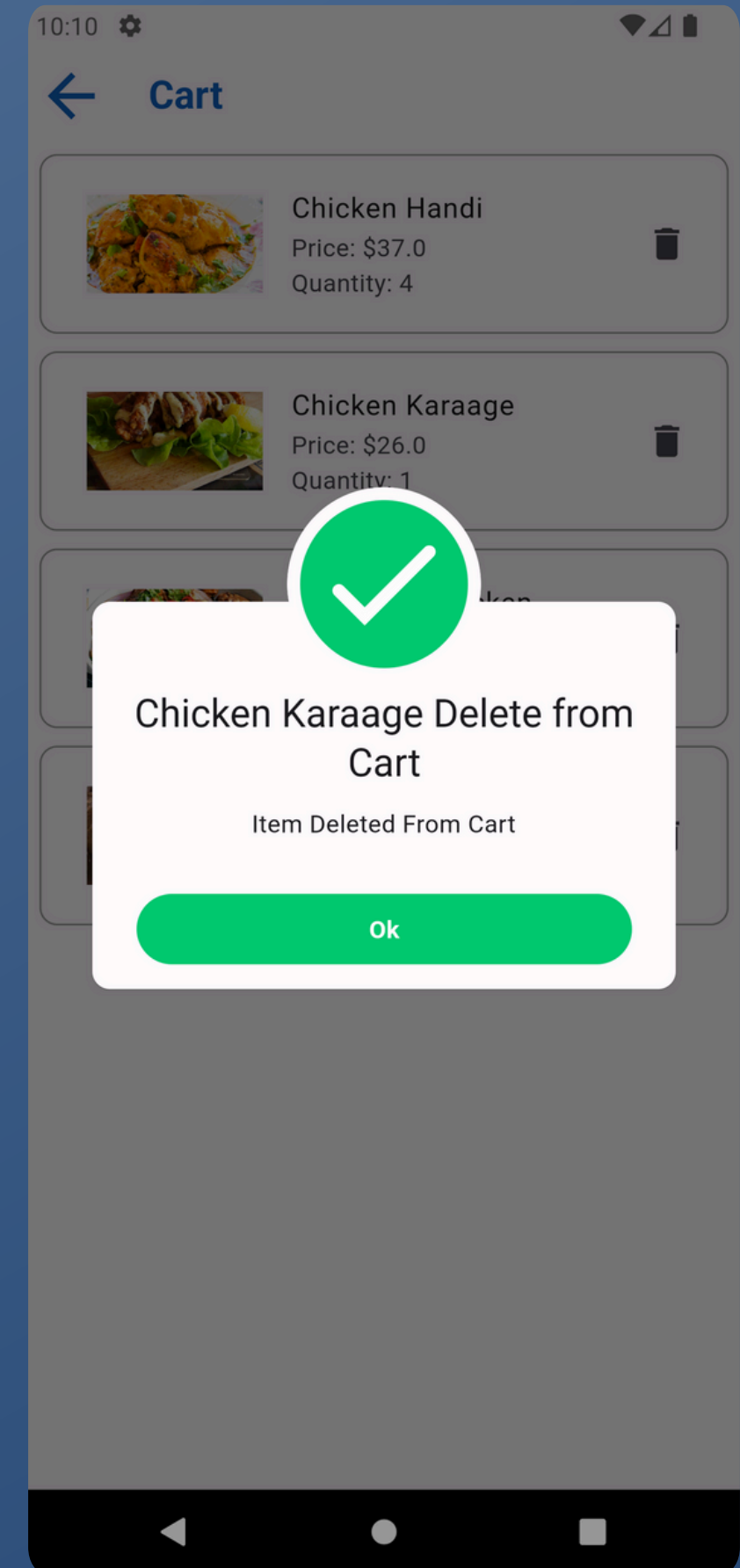
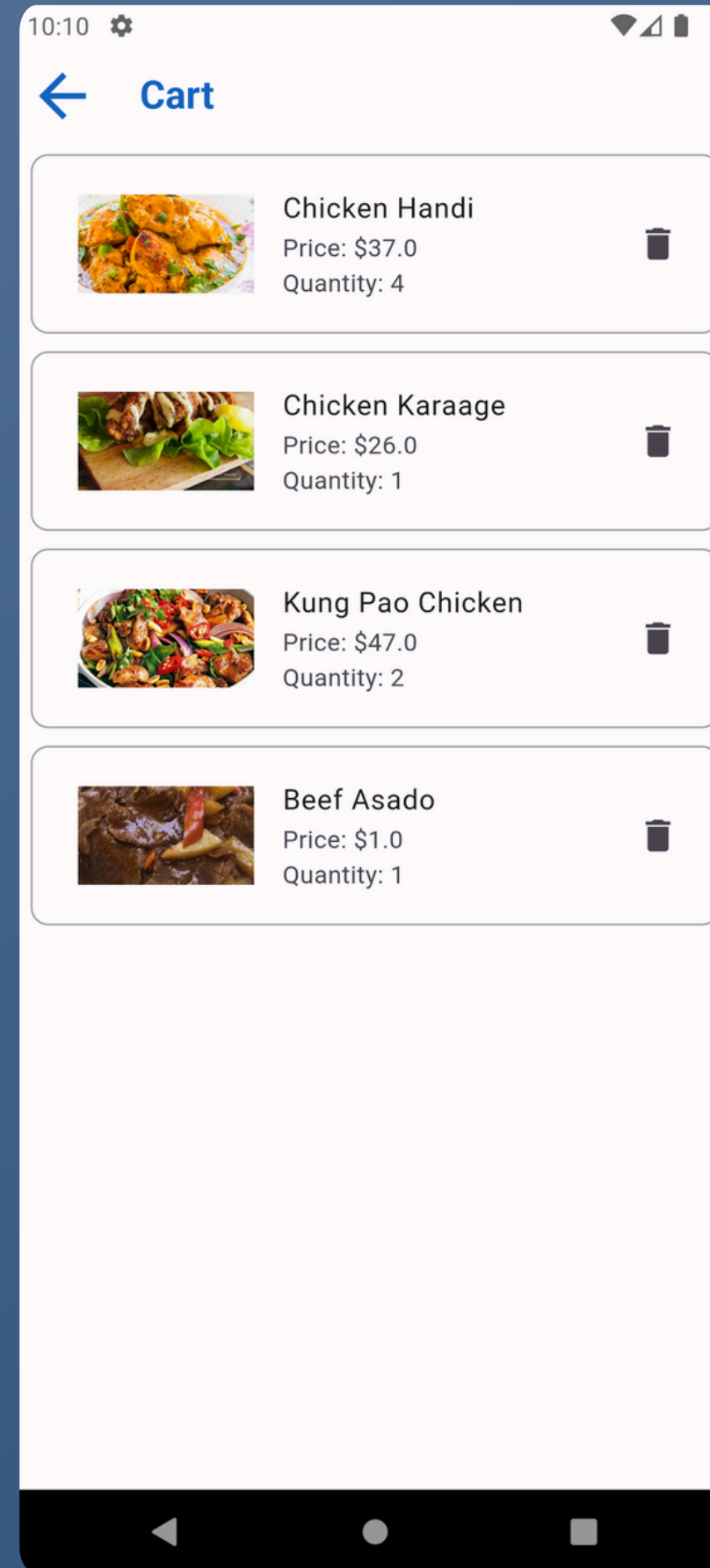
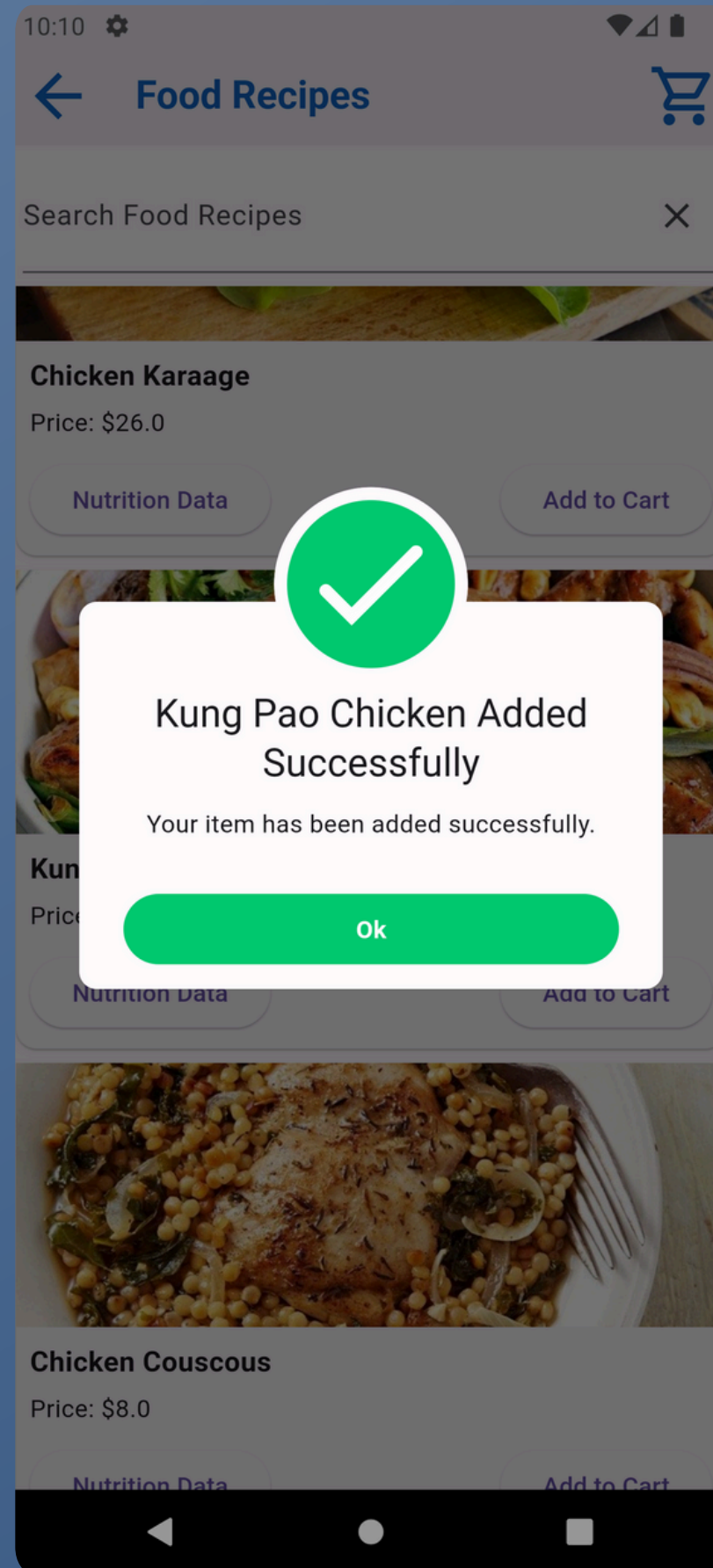
Exercises Page



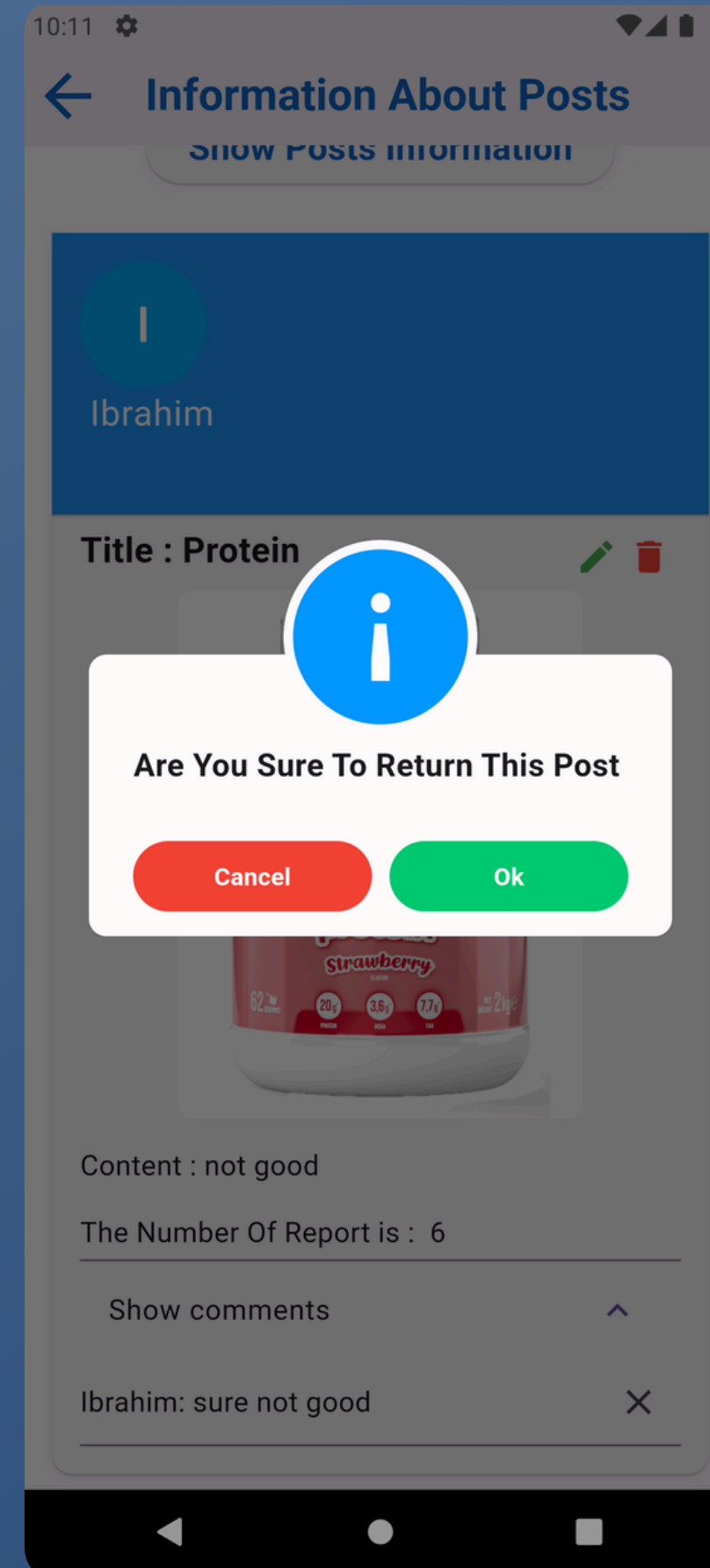
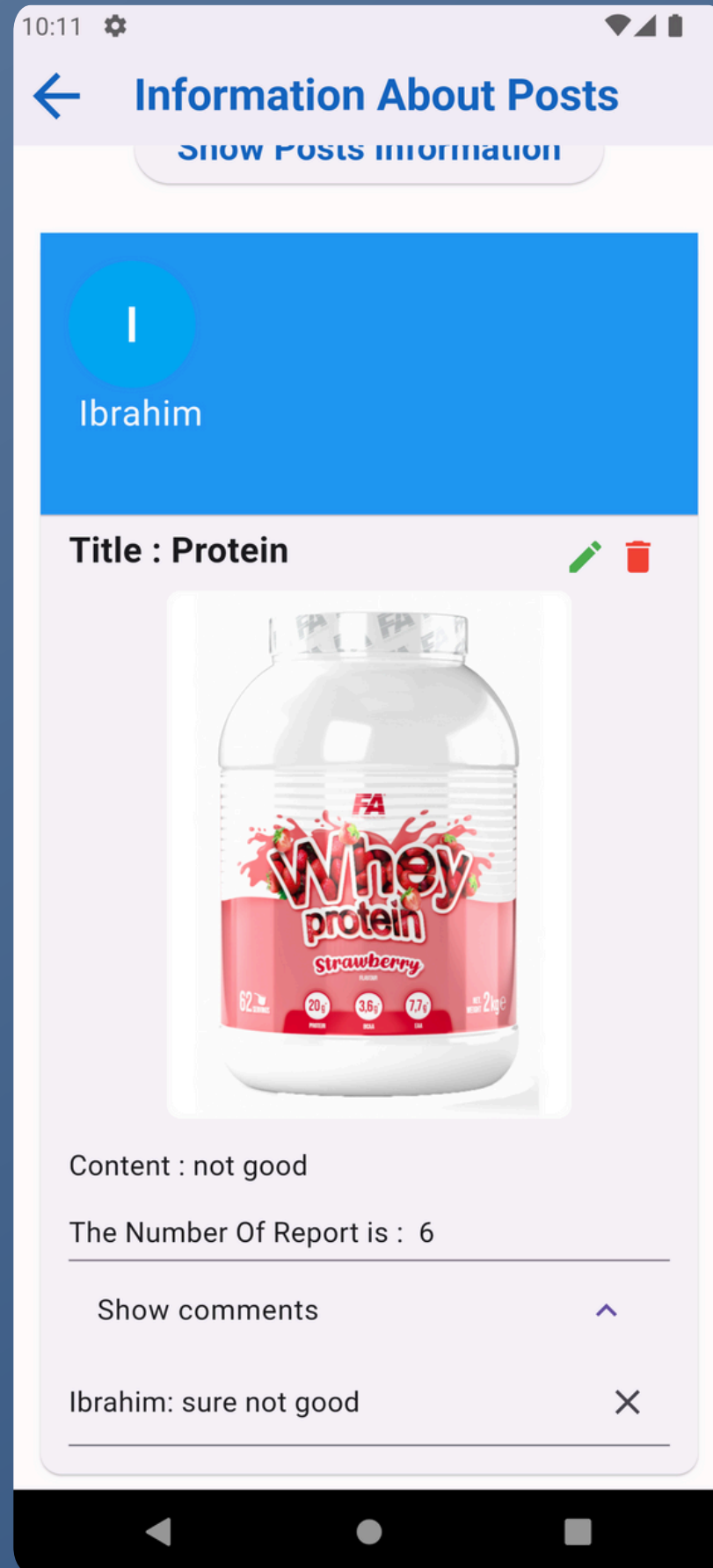
Food Page



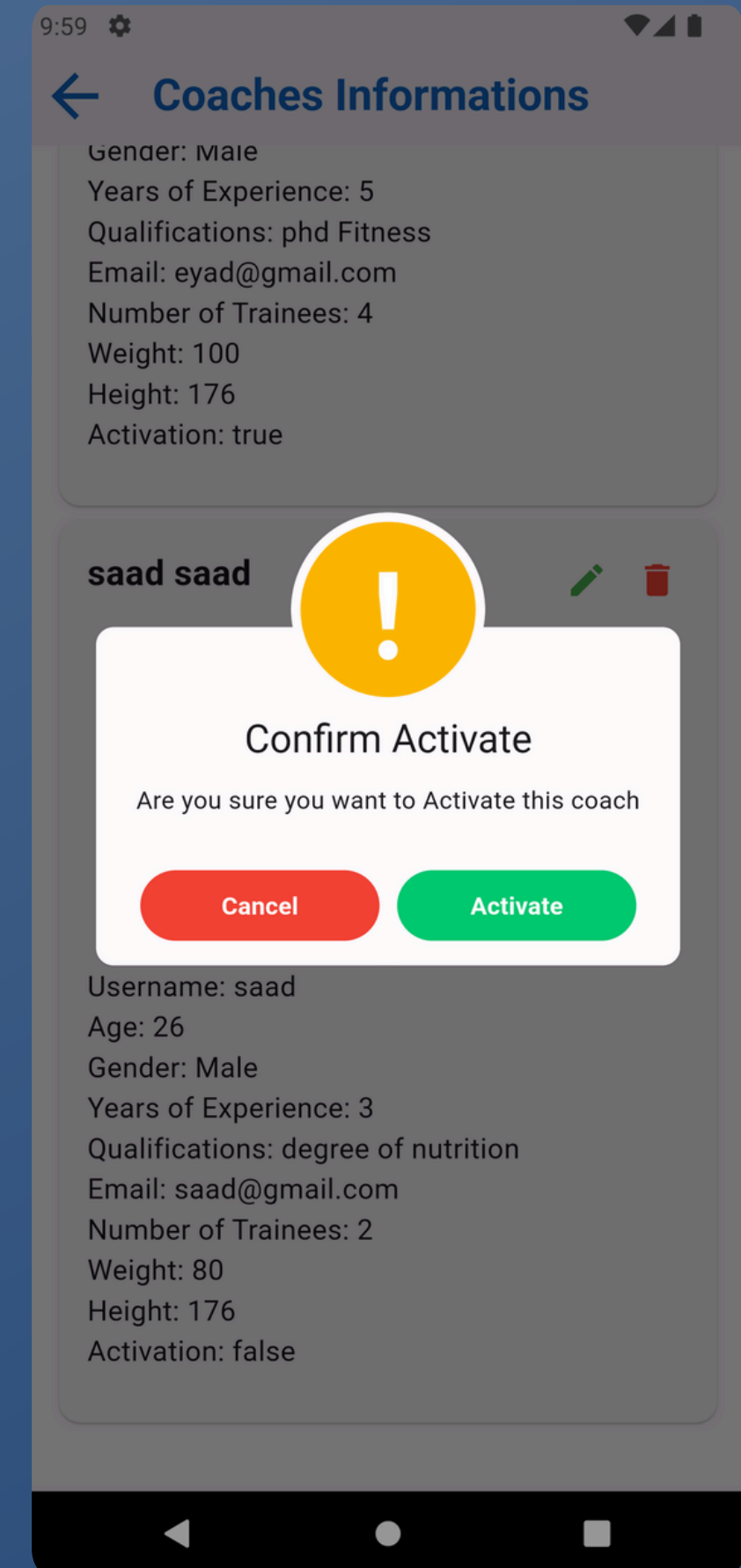
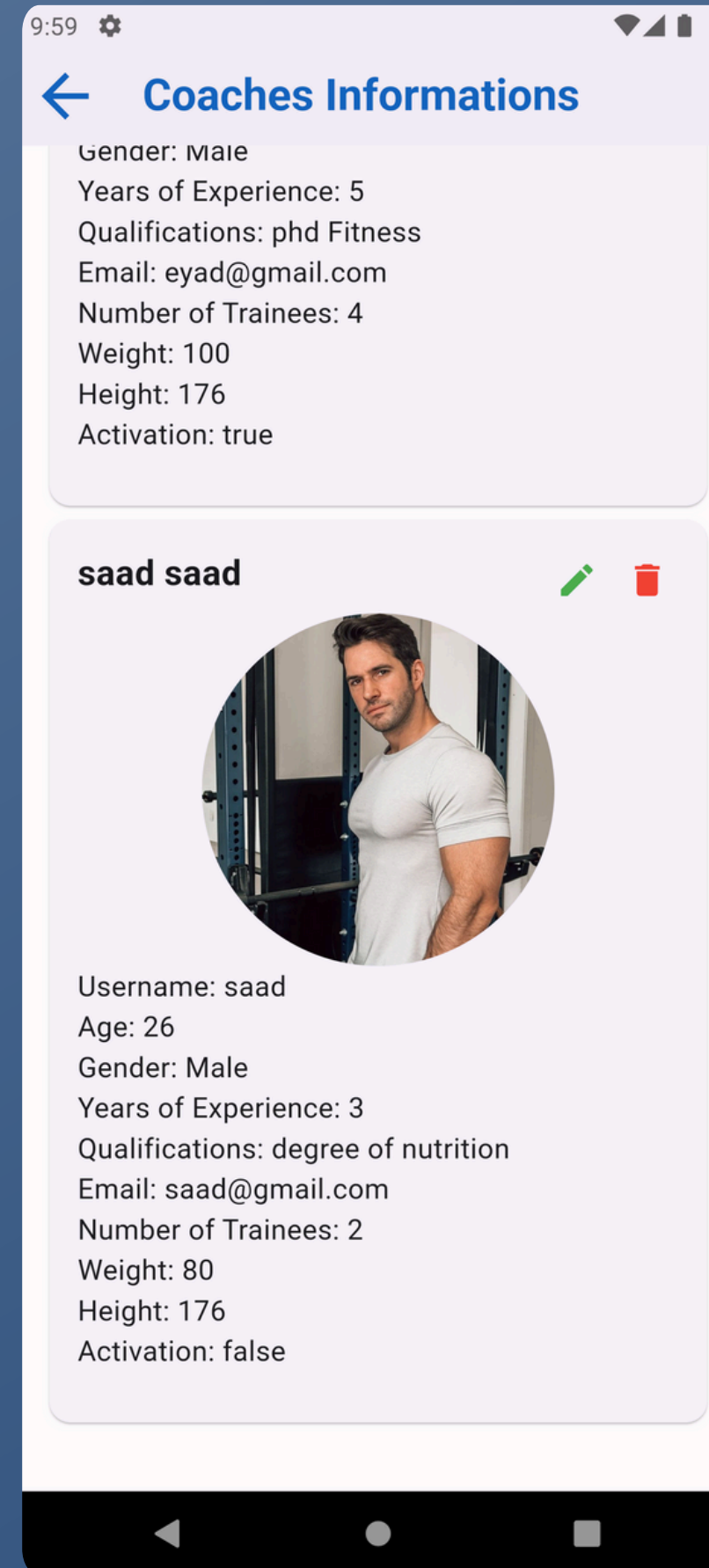
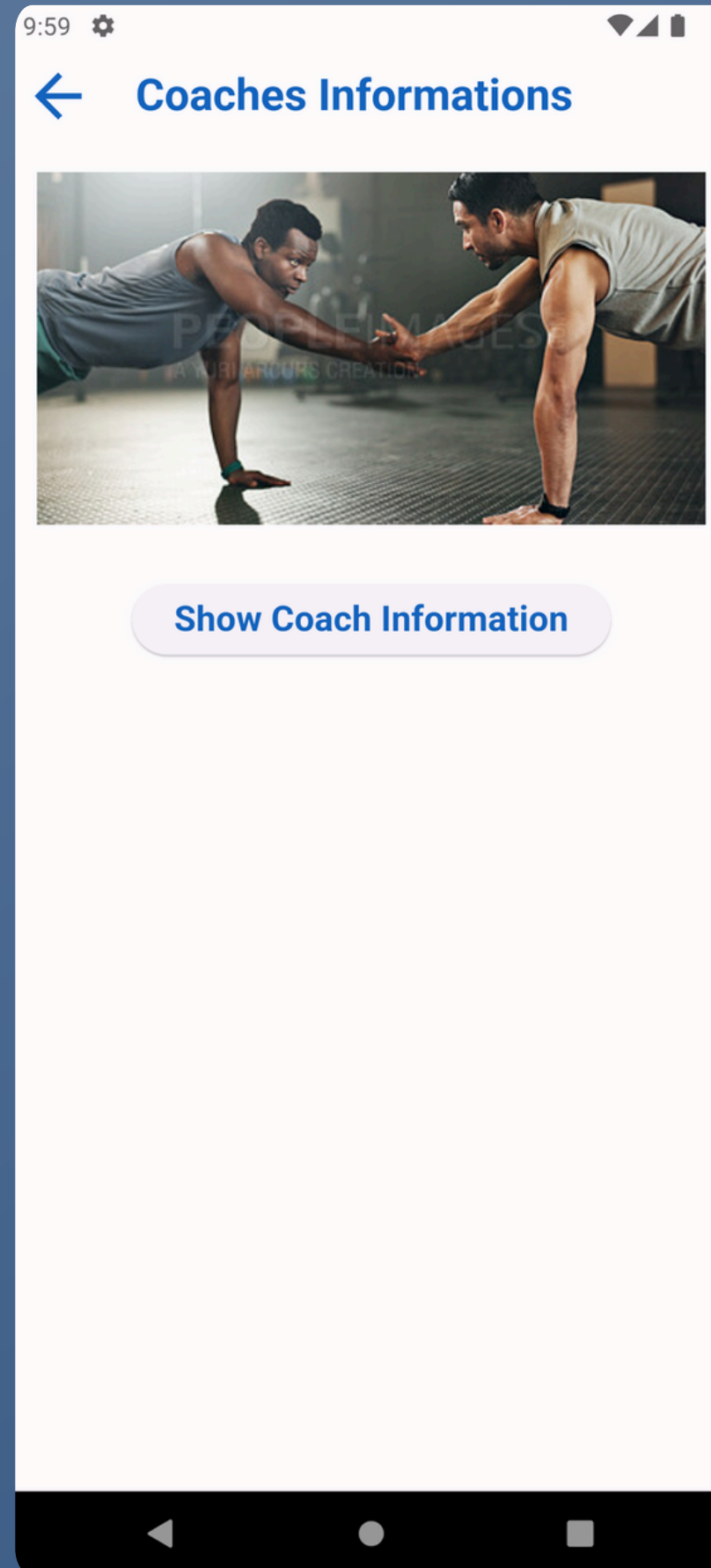
Cart Food Page



Report Page



Show Coaches Page



Diary Food Page

4:23 4:23 4:23

DIET WIZARD **Diary Food**

← 2024-06-08 →

Calories Consumption

2050.0	-	0.0	+	0.0	=	2050.0
Goal		Food		Exercise		Remaining

Breakfast 0

Lunch 0

Dinner 0

Snack 0

Each meal category has an **AddFood** button.

10:02

DIET WIZARD **Diary Food**

Lunch 0

AddFood

Dinner 0

AddFood

Snack 0

AddFood

Exercise 0

AddExercise

Note

Note

Nutrition

10:04

DIET WIZARD **Breakfast**

Search

Categories Custom

- Beef**
- Chicken**
- Dessert**
- Lamb**
- Miscellaneous**
- Pasta**

Each item has a corresponding image and a plus sign to add it.

4:23

DIET WIZARD **Breakfast Recipes**

Search Food Recipes

English

Nutrition Data

Log Food

Enter Serving Size

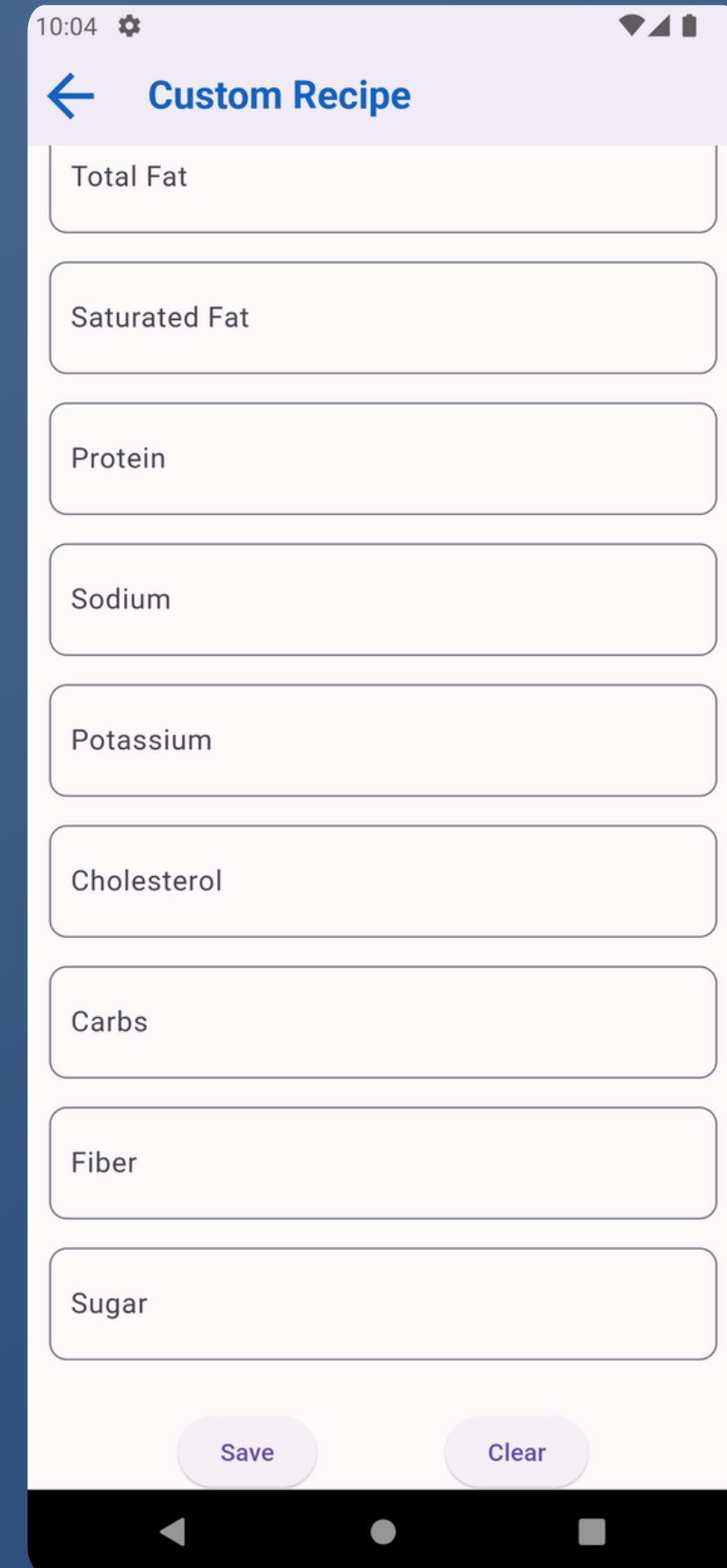
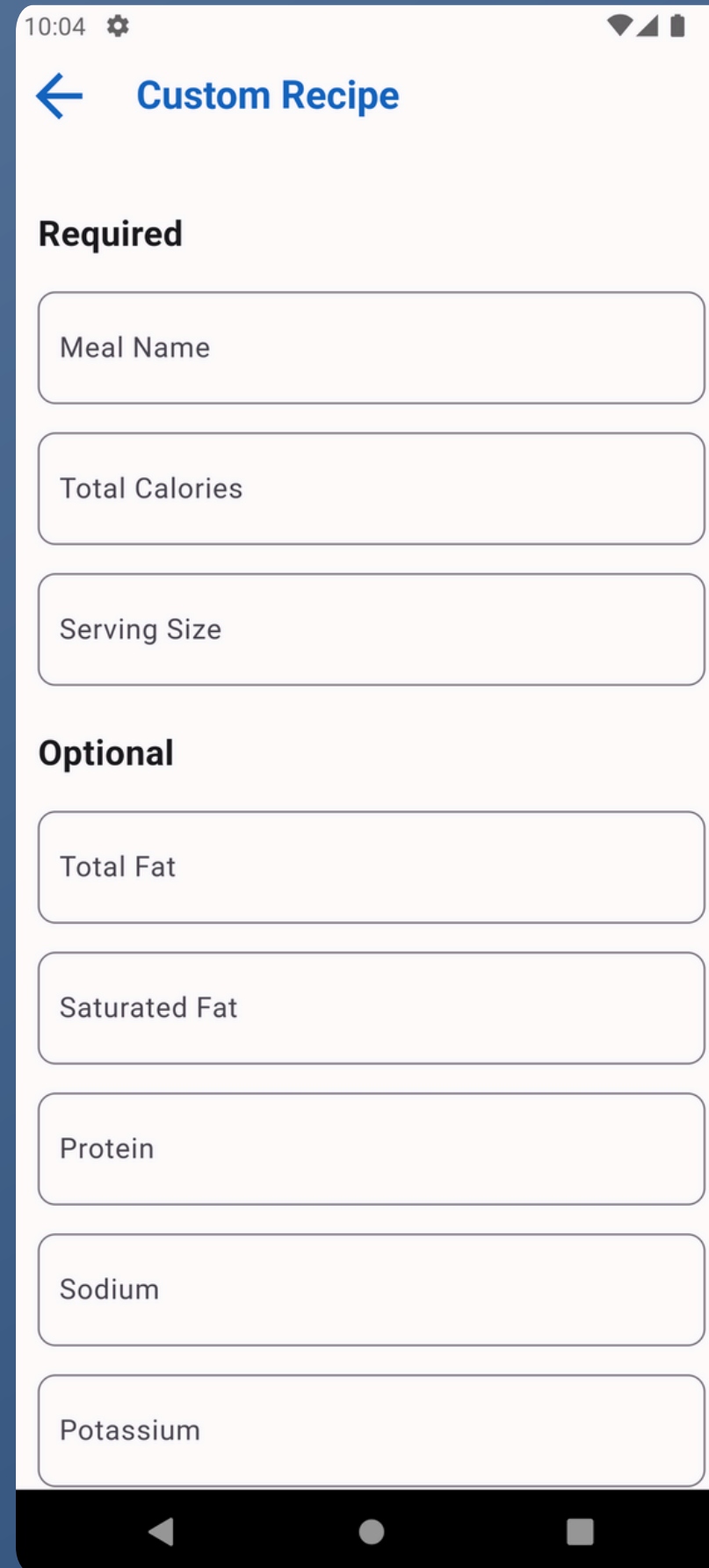
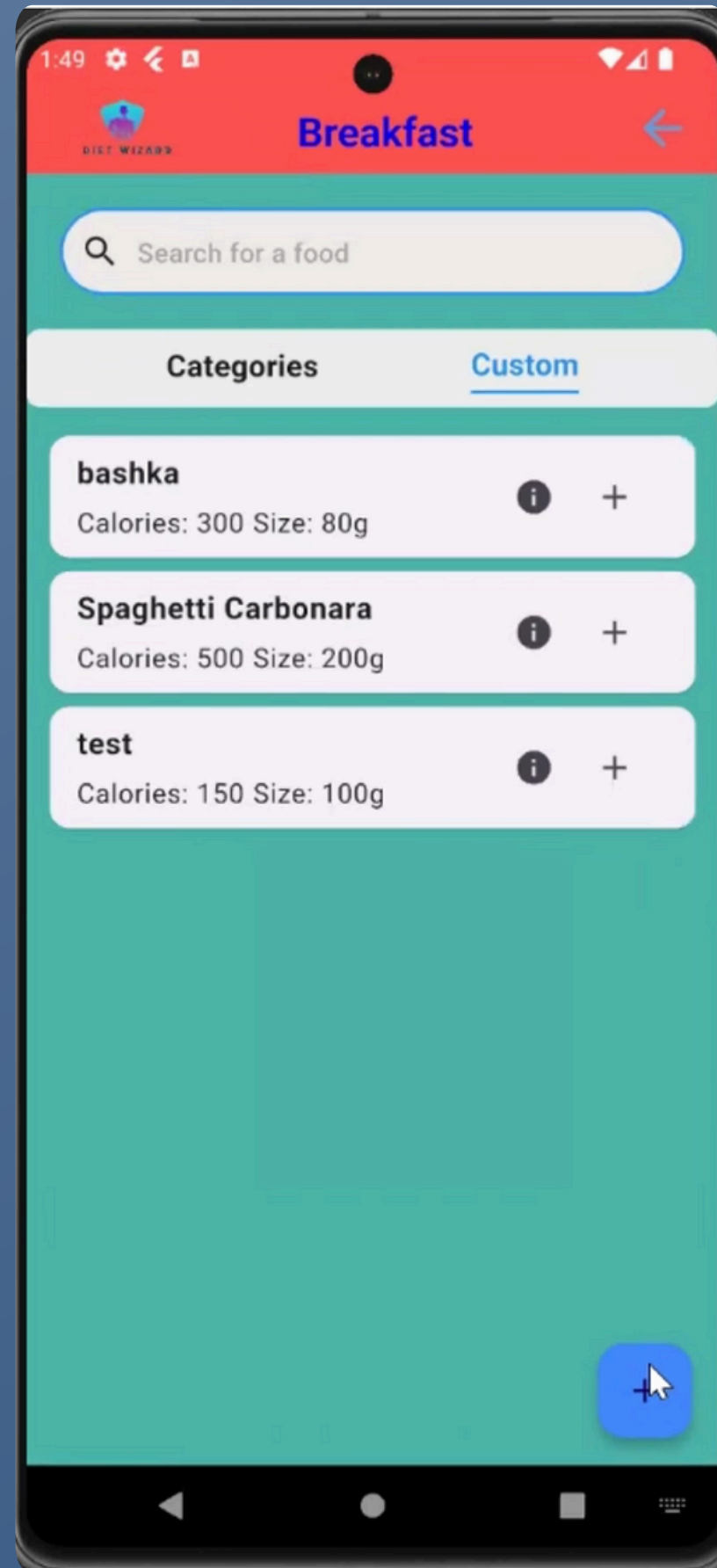
Serving Size (g)

50

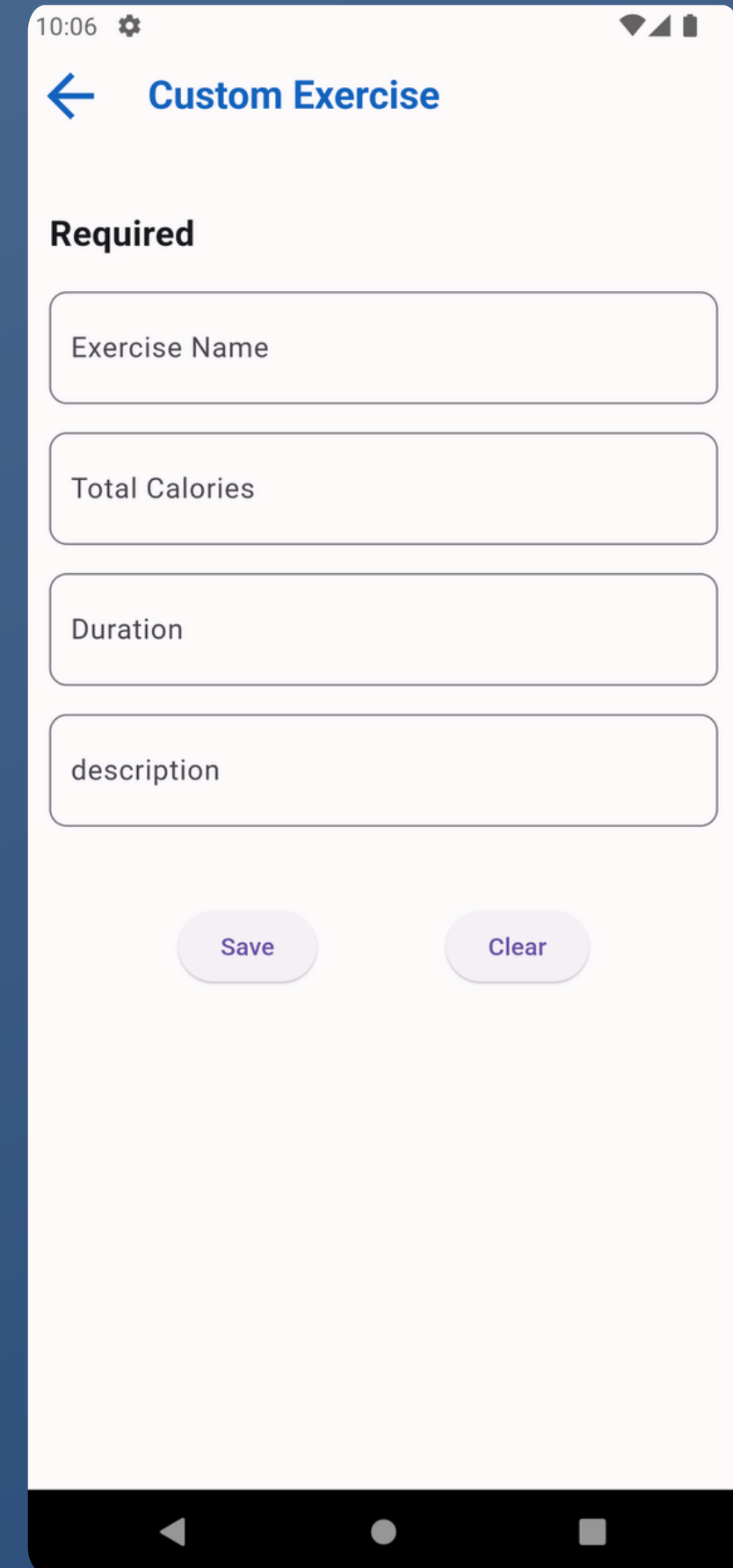
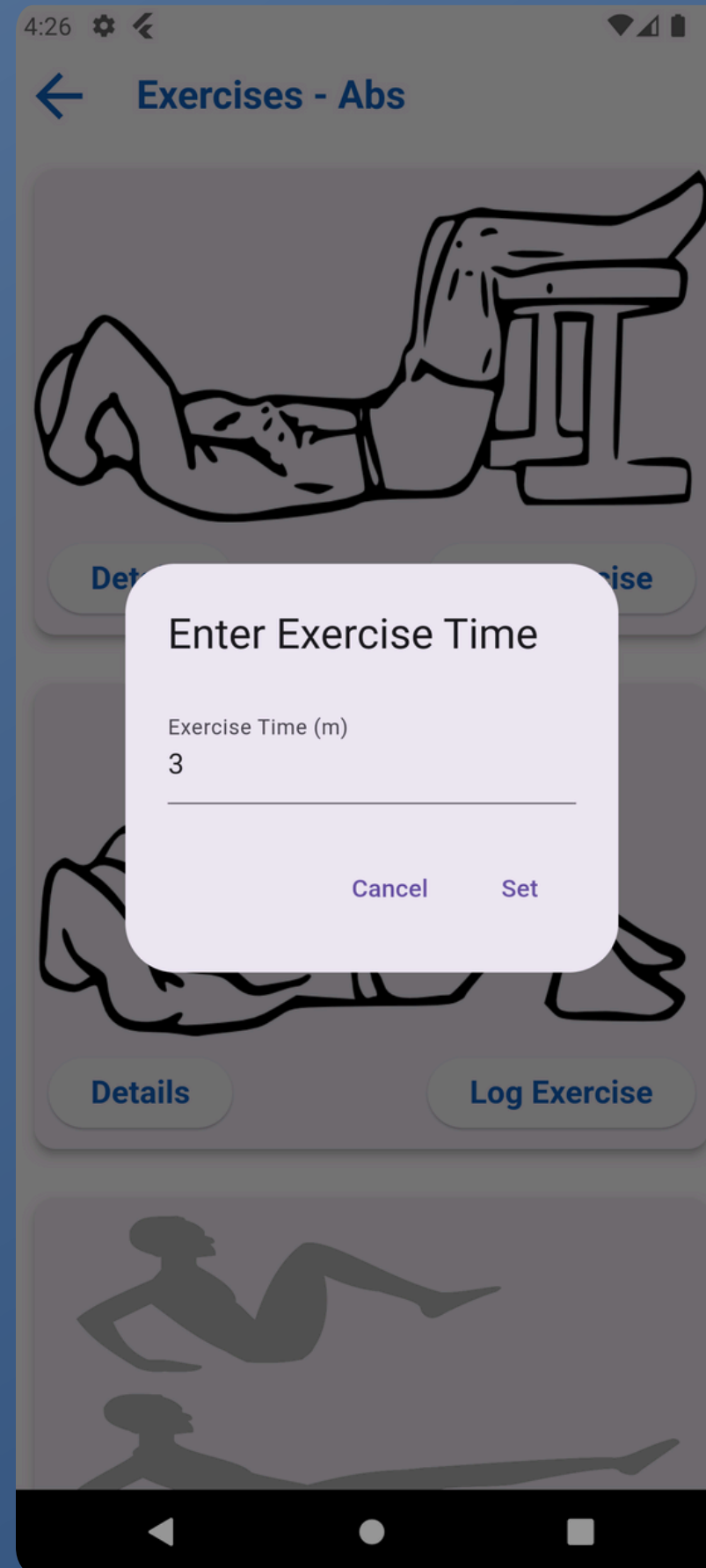
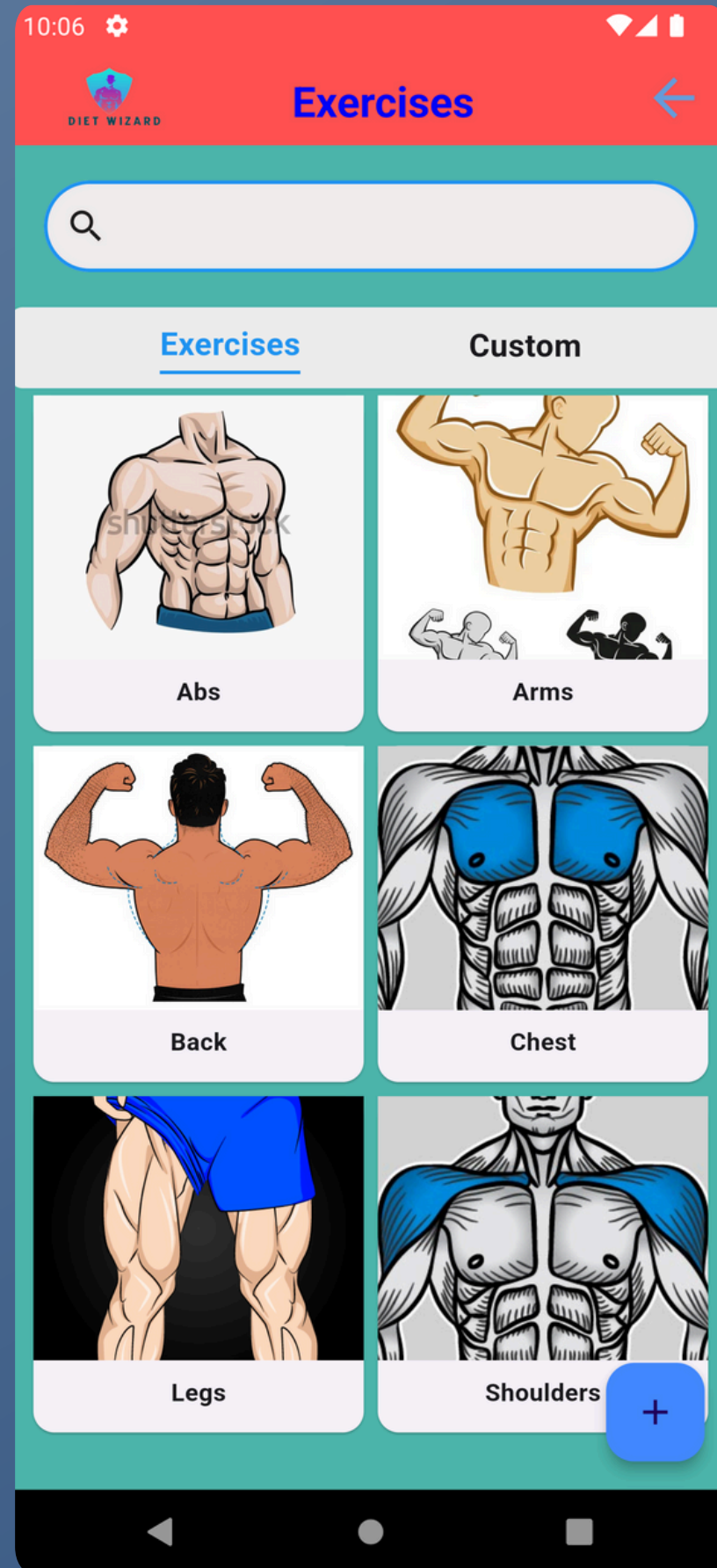
Cancel Set

Fruit and Cream Cheese Breakfast Pastries

Diary Food Page



Diary Food Page



Diary Food Page

4:27

DIET WIZARD **Diary Food**

2024-06-08

Calories Consumption

2050.0 - 488.0 + 57.0 = 1619.0
Goal - Food + Exercise = Remaining

Breakfast 104

english breakfast 104 gm

AddFood

Lunch 131

kung pao chicken 131 gm

AddFood

Dinner 175

beef 175 gm

4:27

DIET WIZARD **Diary Food**

Dinner 175

beef 60 gm

AddFood

Snack 78

chocolate cake 78 gm

AddFood

Exercise 57

Hundreds Abs 25 min

Crunches Abs 32 min

AddExercise

4:29

DIET WIZARD **Diary Summary**

2024-06-08

CALORIES **NUTRIENTS**

Calories Summary

21%	26%
Breakfast	Lunch
104 Kcal	131 Kcal
35%	15%
Dinner	Snack
175 Kcal	78 Kcal

Total Calories 488

Goal 2050

4:29

DIET WIZARD **Diary Summary**

2024-06-08

CALORIES **NUTRIENTS**

Total	Goal	Left
Protein		
31.51	162.50	130.99g
Carbs		
21.05	325.00	303.95g
Total Fat		
30.15	72.22	42.07g
Saturated Fat		
9.91	7.22	0.00g
Sugar		
12.57	36.00	23.43g

10:30

Total Fat

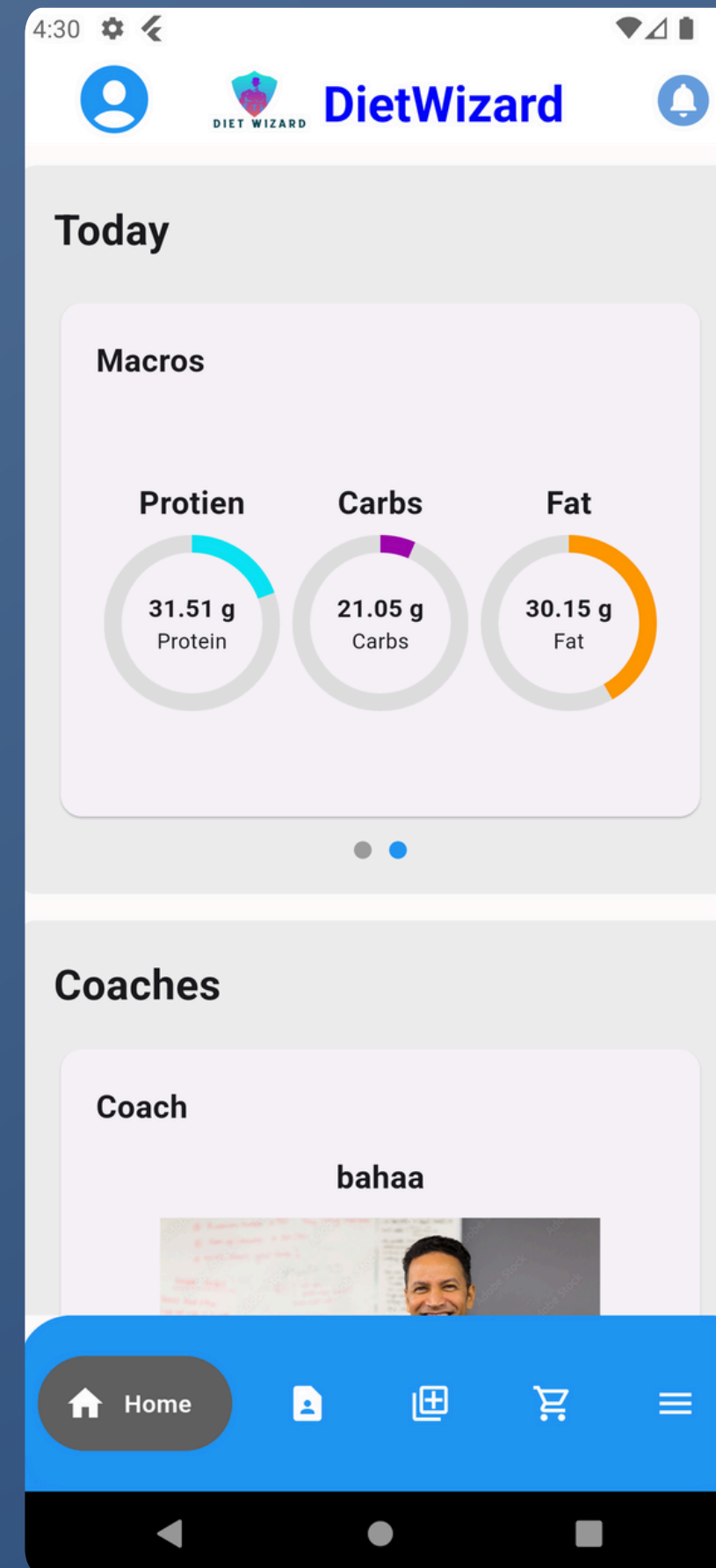
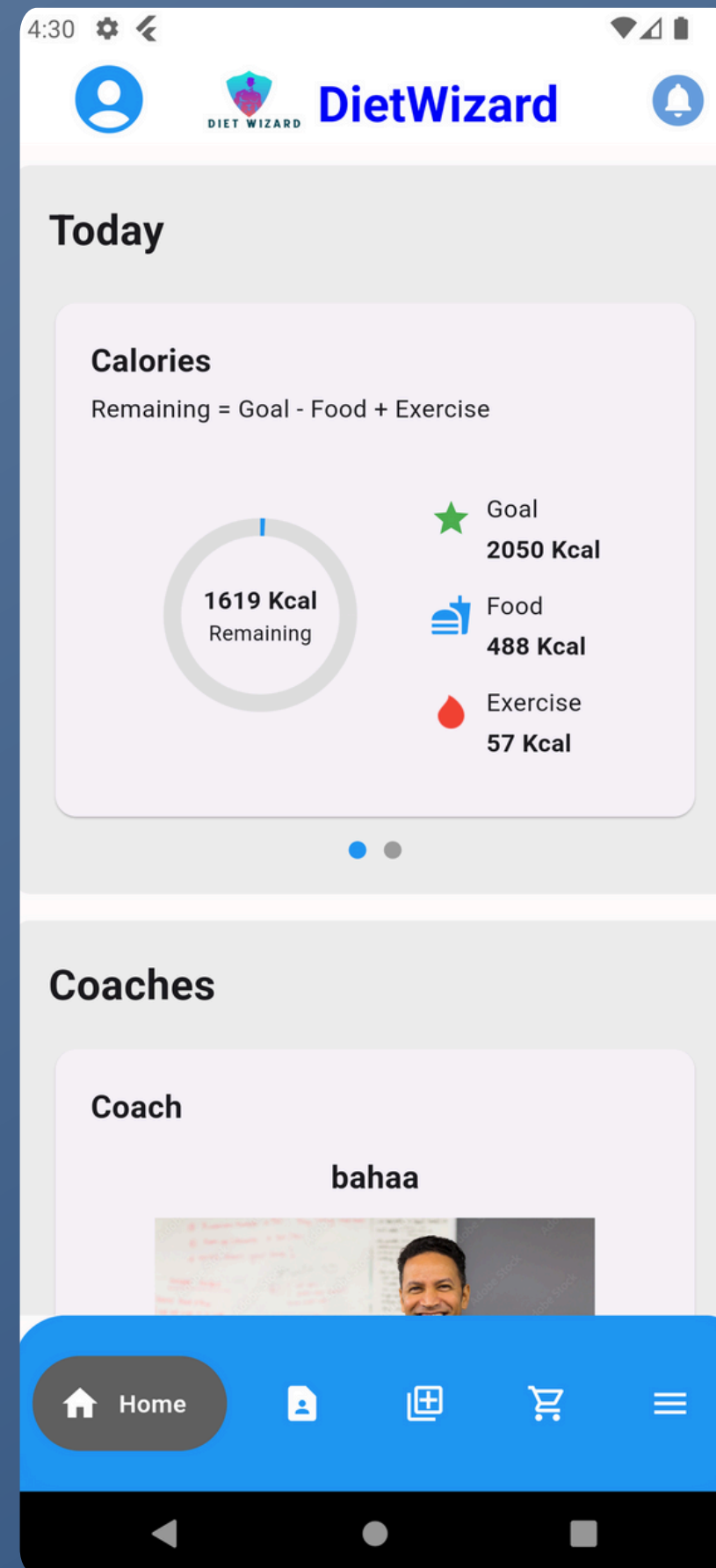
Total Fat Summary

7%	57%
Breakfast	Lunch
4 g	34 g
32%	0%
Dinner	Snack
19 g	0 g

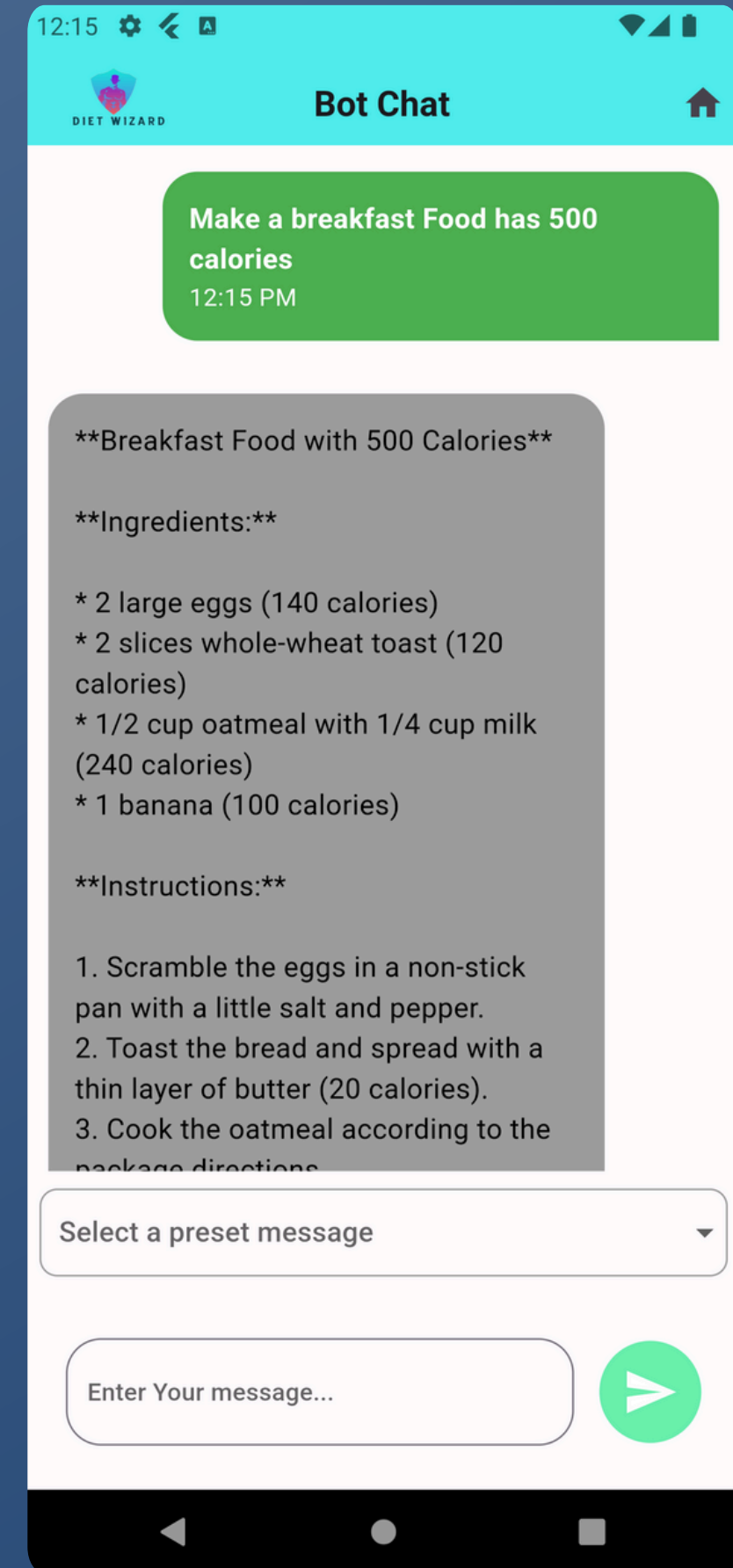
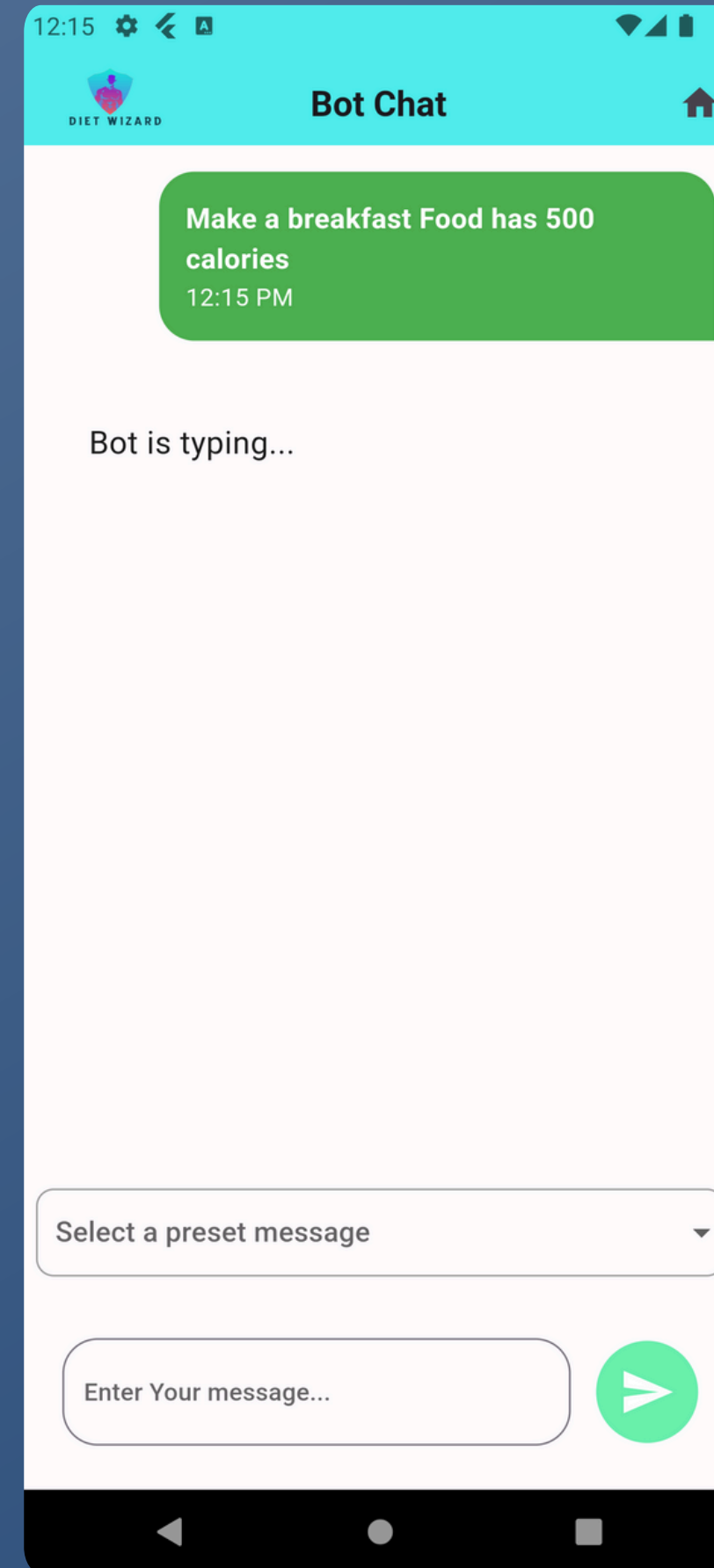
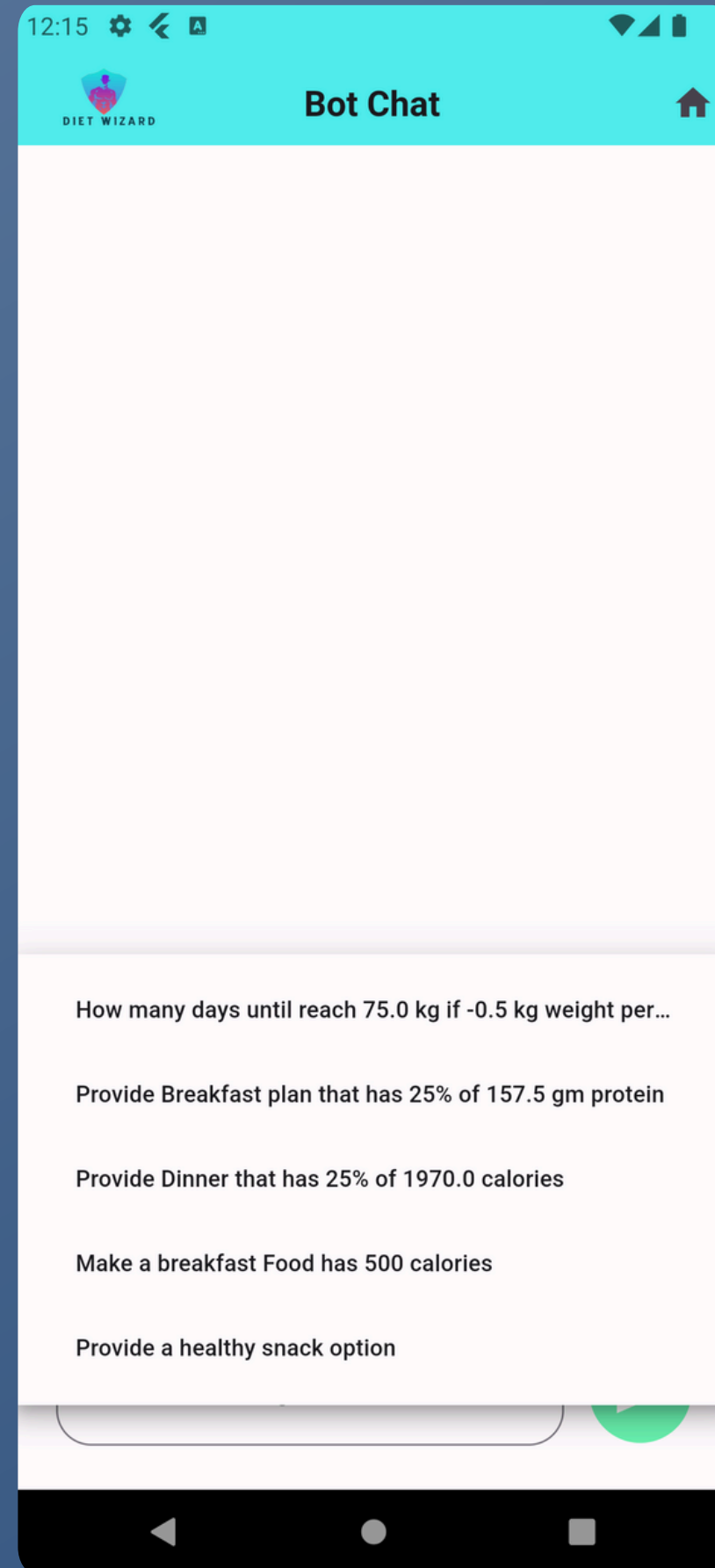
Total Total Fat 60.09

Goal 72.22

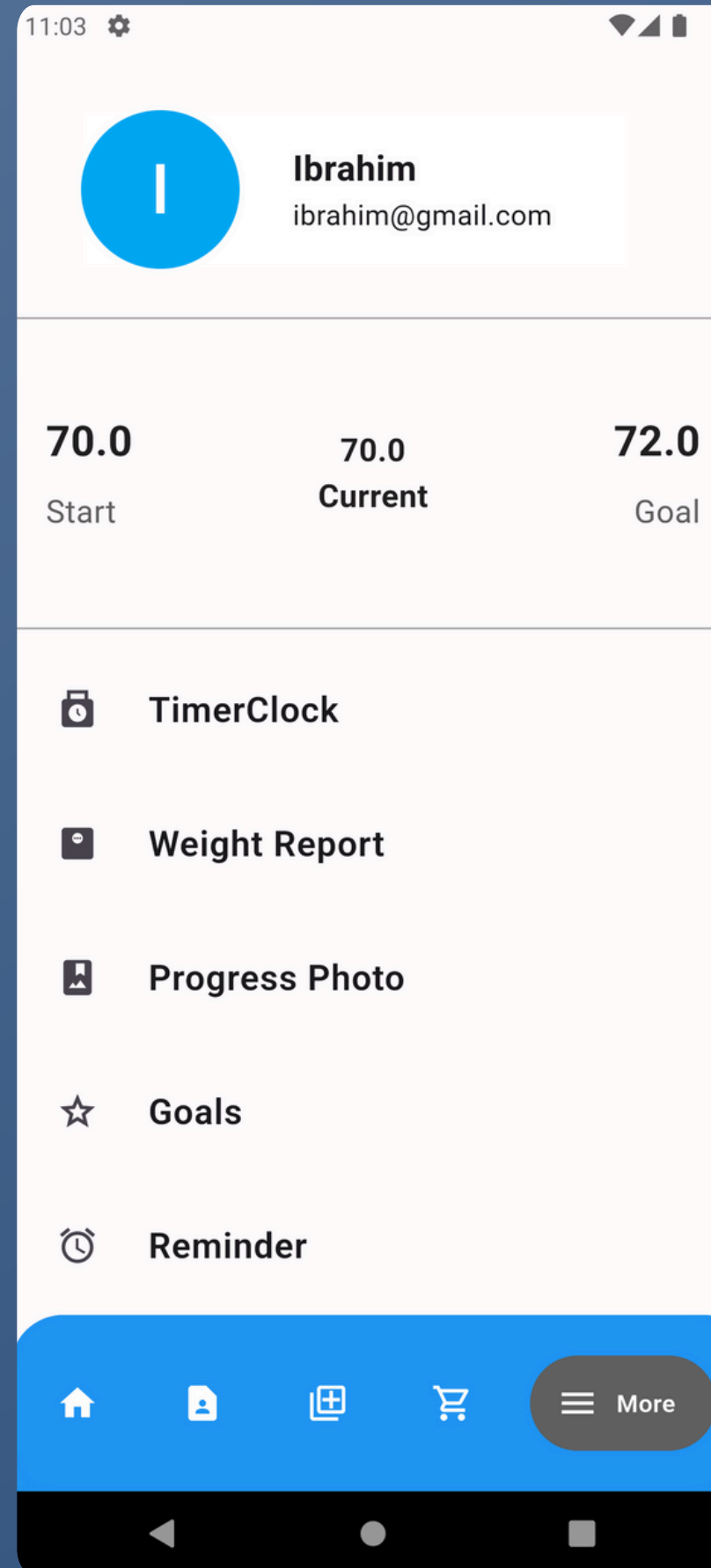
Diary Food Page



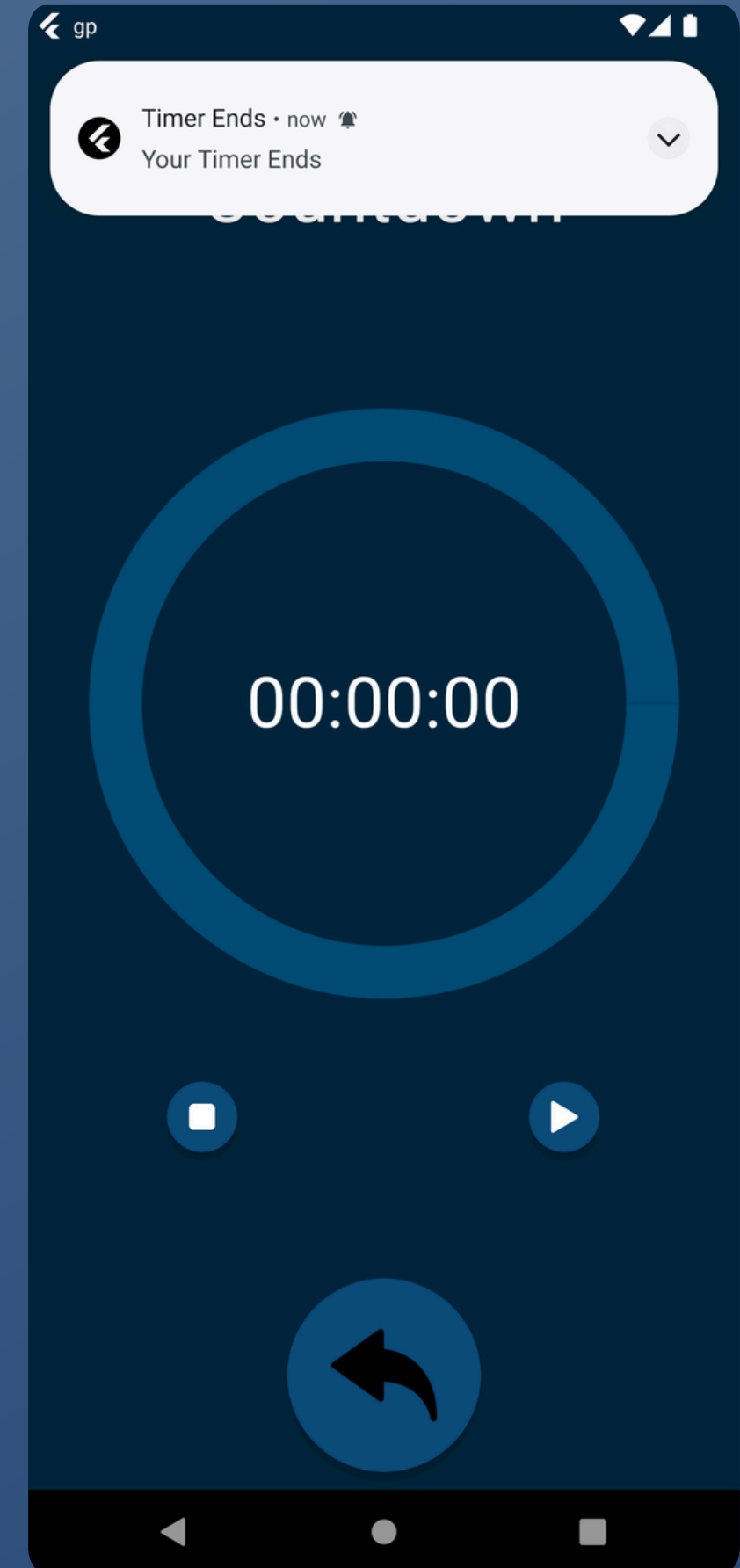
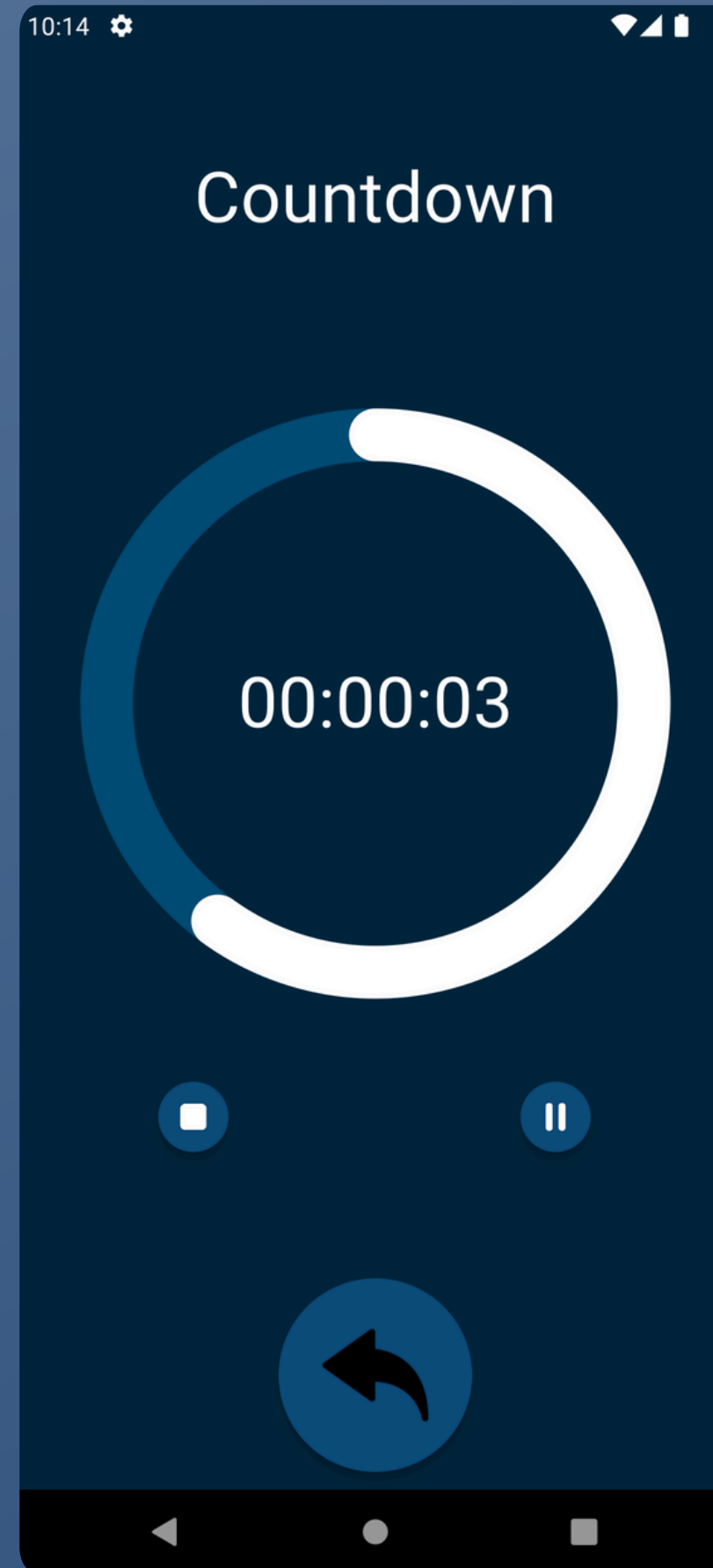
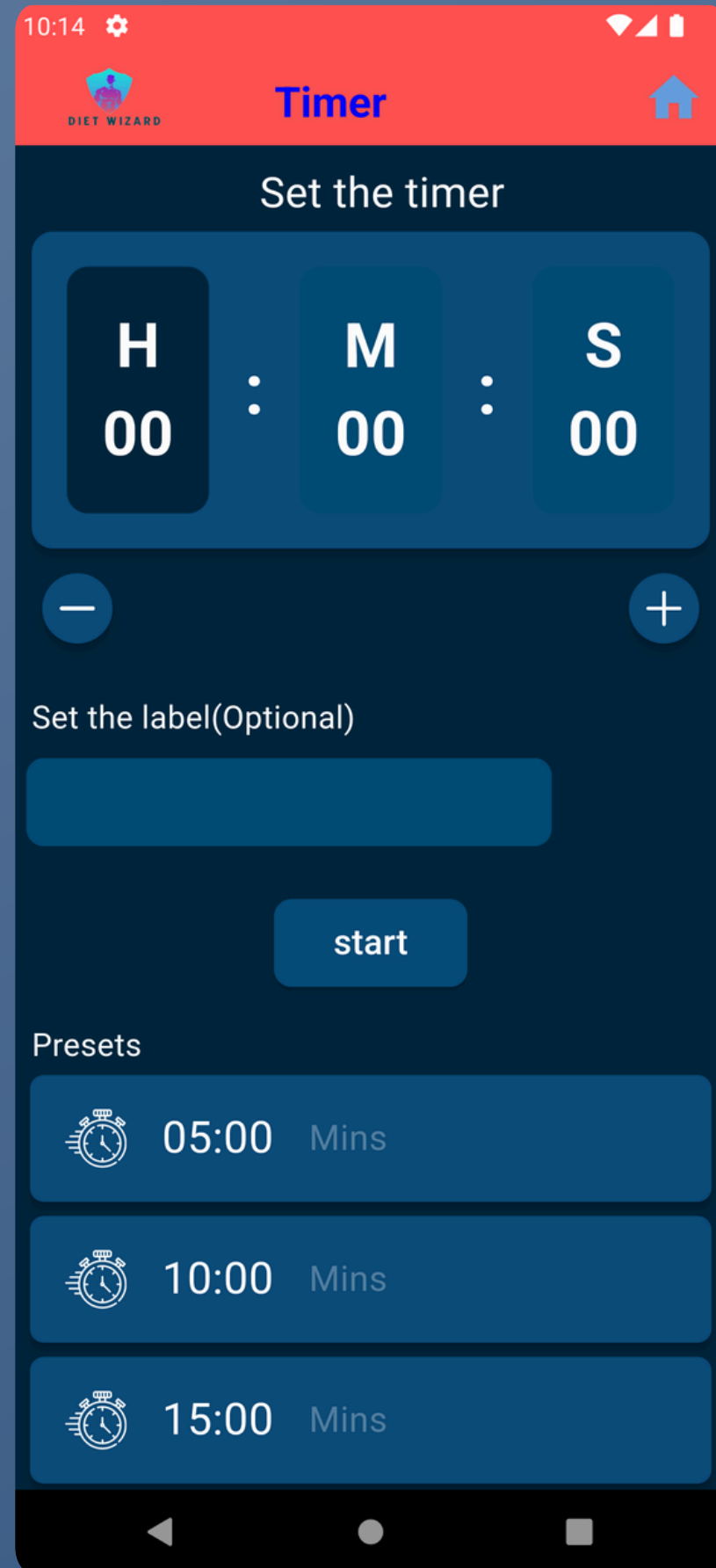
Chat Bot Page



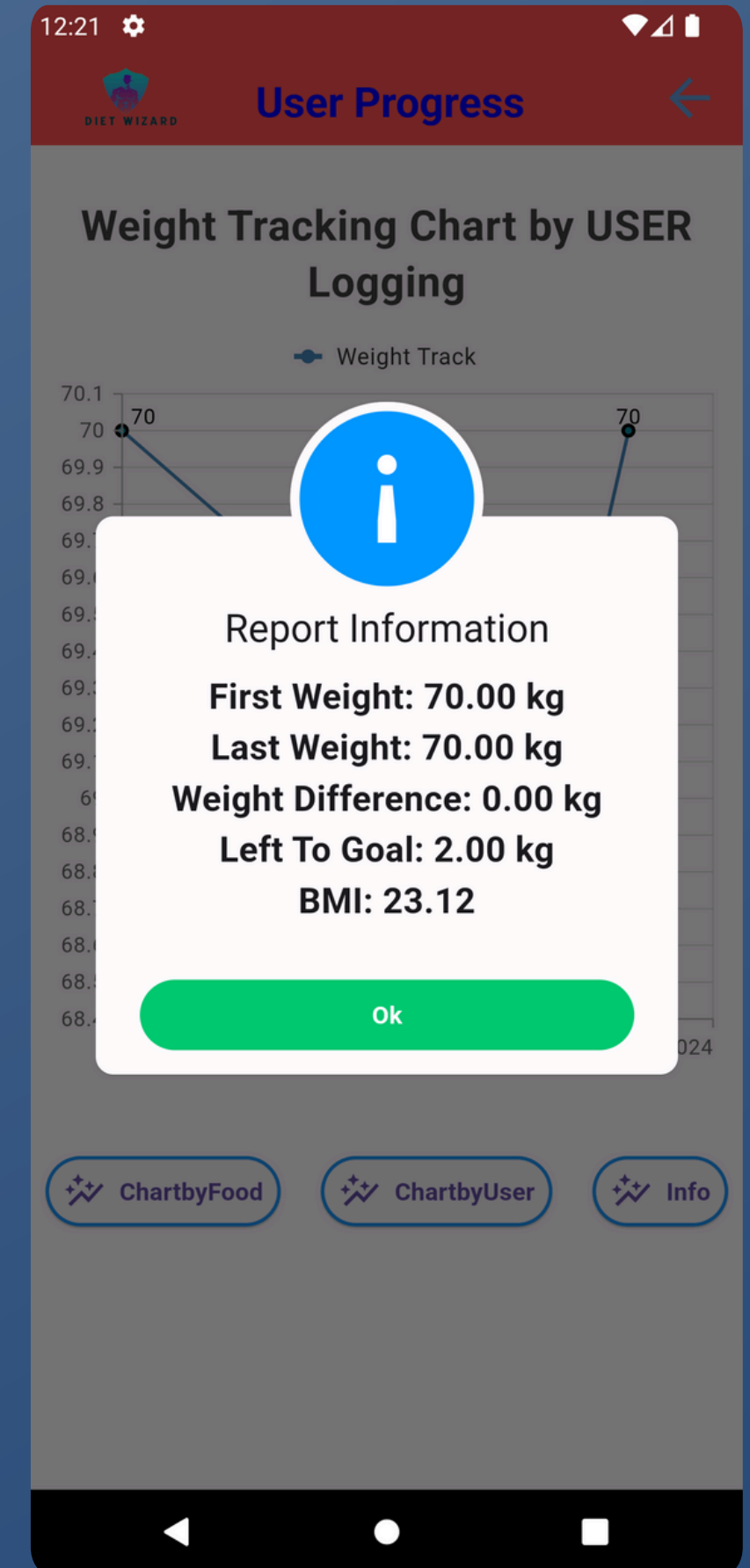
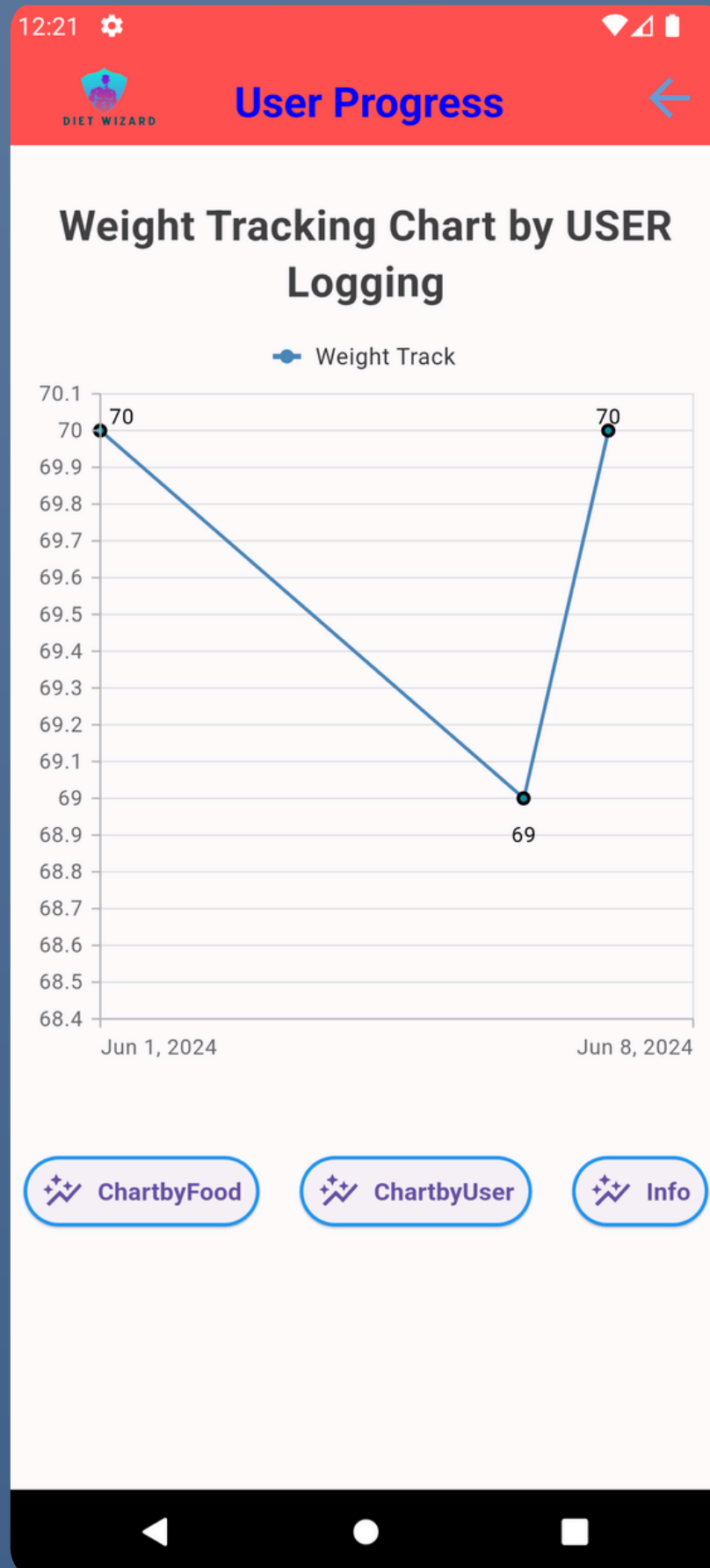
More Page



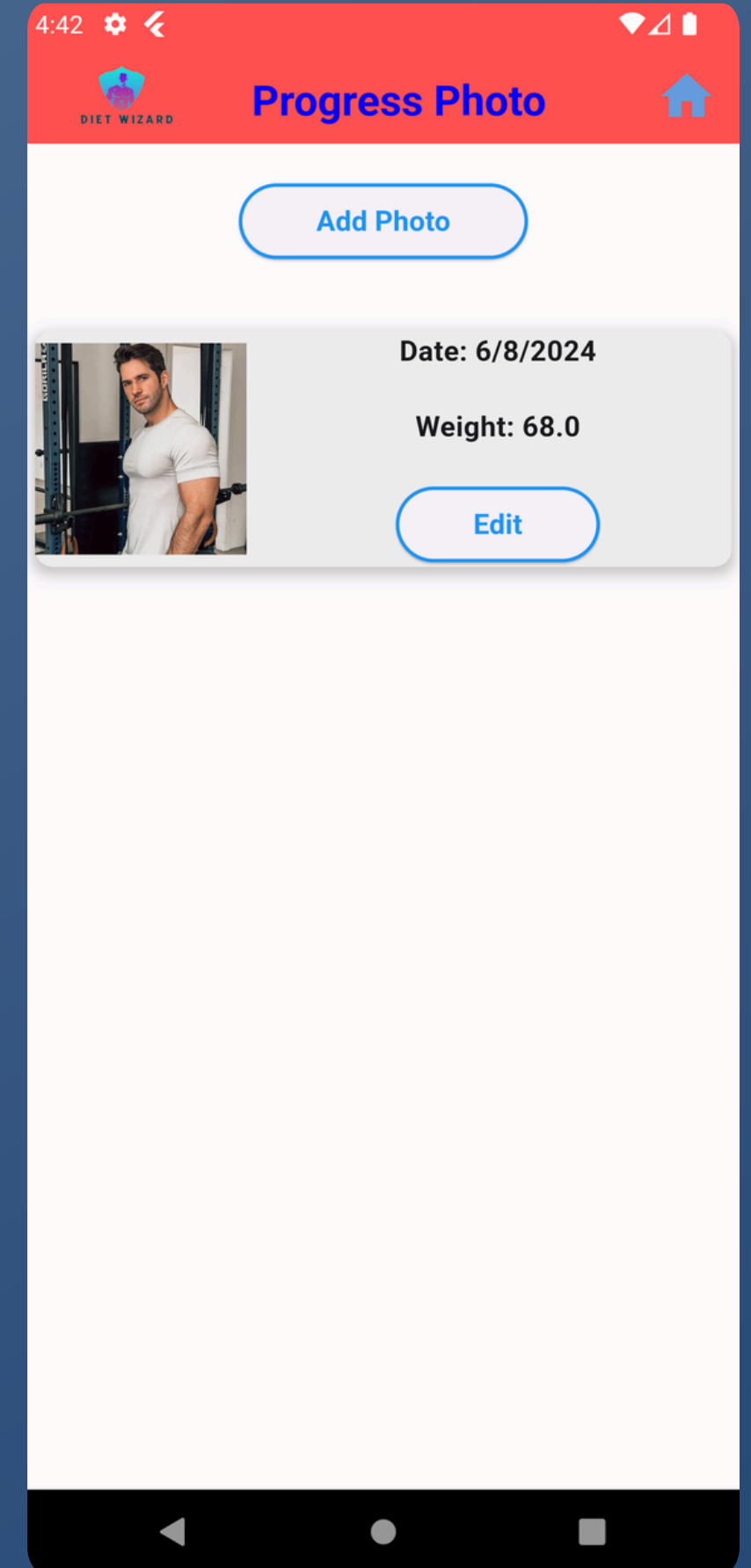
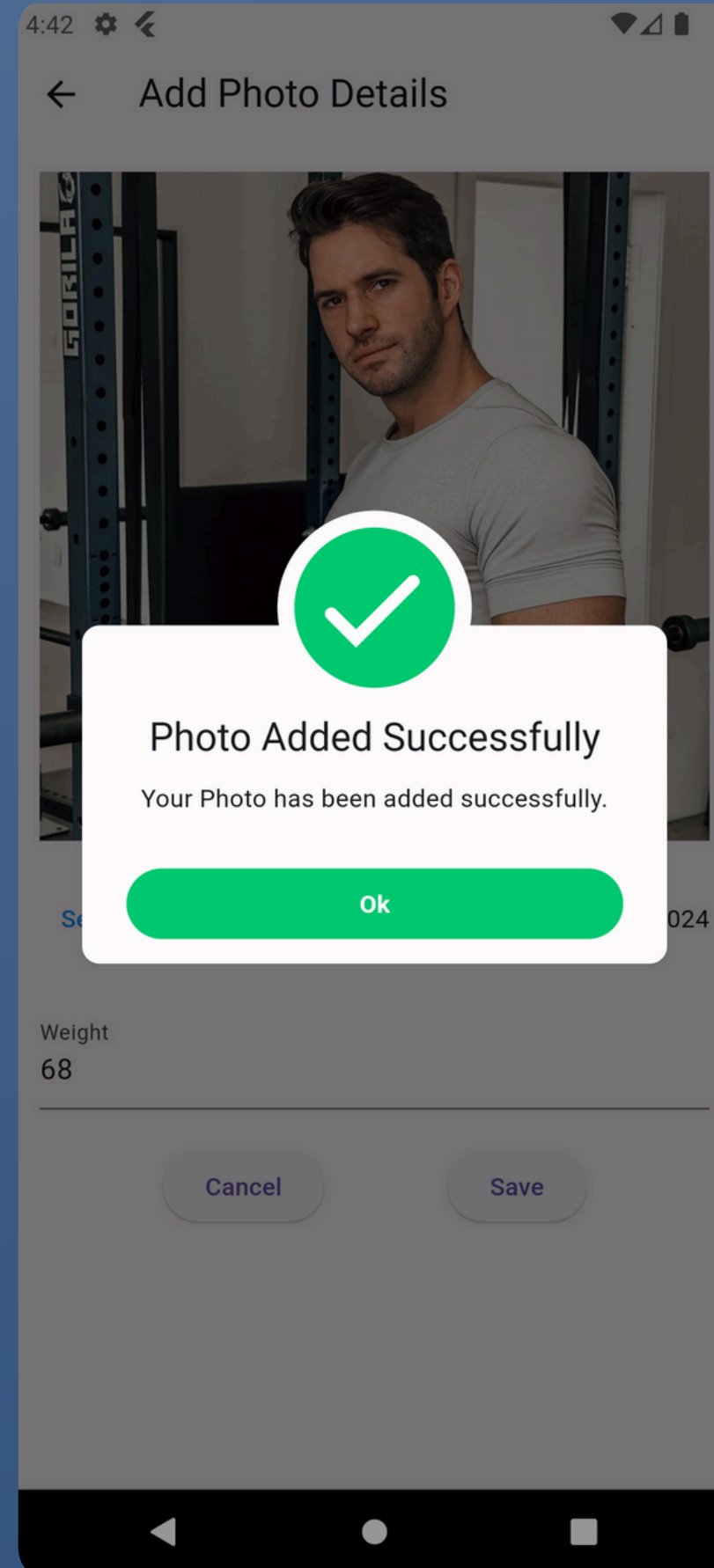
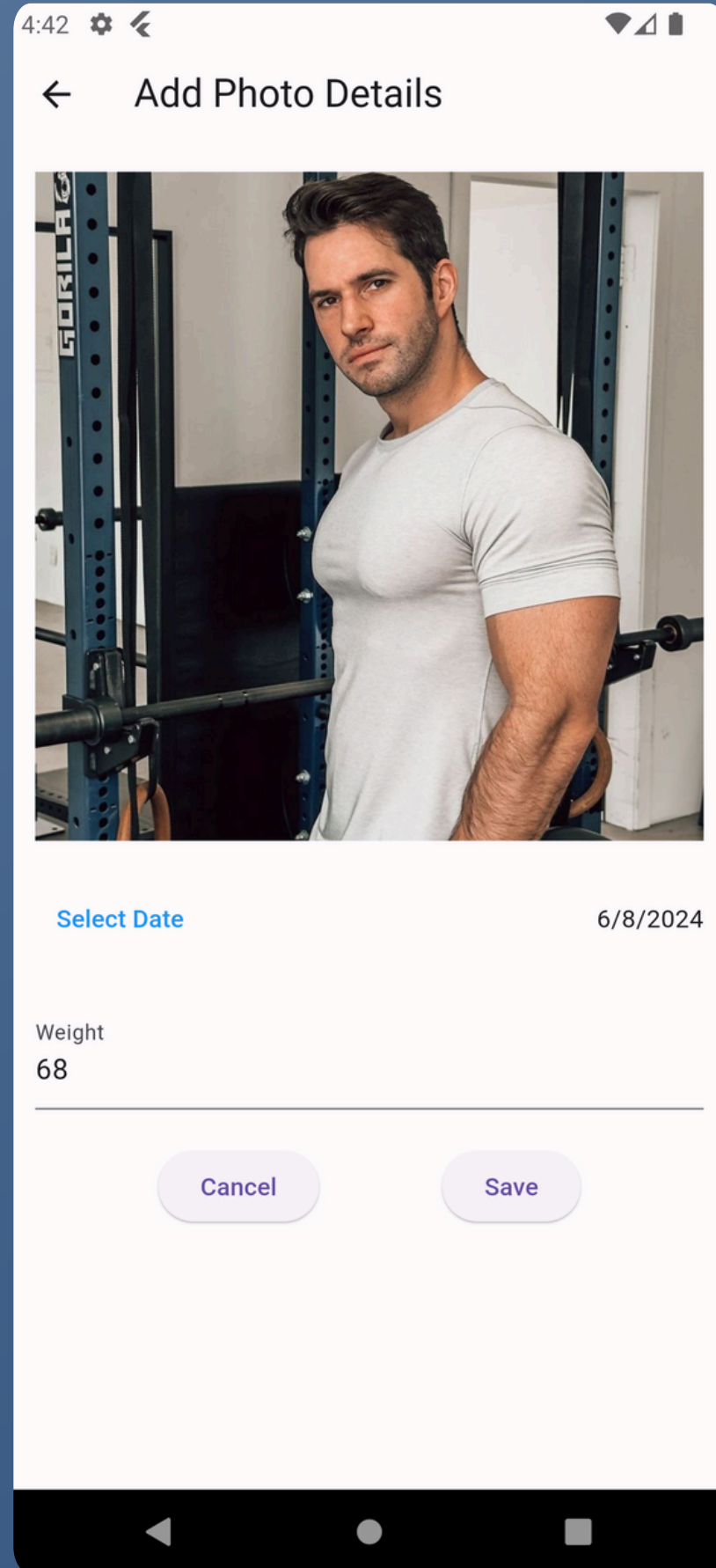
Timer Page



Weight Report Page



Progress Photo Page



Goals Page

4:40

DIET WIZARD **Goals**

Goals

Starting Weight 70 kg on 2024-06-01

Current Weight 70 kg

Goal Weight 72.0 kg

Weekly Target -0.5 kg

Activity Level Active

Nutrition

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

Fitness

Workouts / Week 4

4:41

DIET WIZARD **Goals**

Starting Weight 70 kg on 2024-06-01

Current Weight 70 kg

Goal Weight 72.0 kg

Weekly Target -0.5 kg

Activity Level Active

Nutrition

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

Fitness

Workouts / Week 4

Minutes / Workout 60

9:45

DIET WIZARD **Goals**

Starting Weight 80 kg on 2024-05-25

Current Weight 85 kg

Goal Weight 90 kg

Weekly Target -5 kg

Activity Level Active

Nutrition

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

Fitness

Workouts / Week 4

Set Goals - Result must be 100%

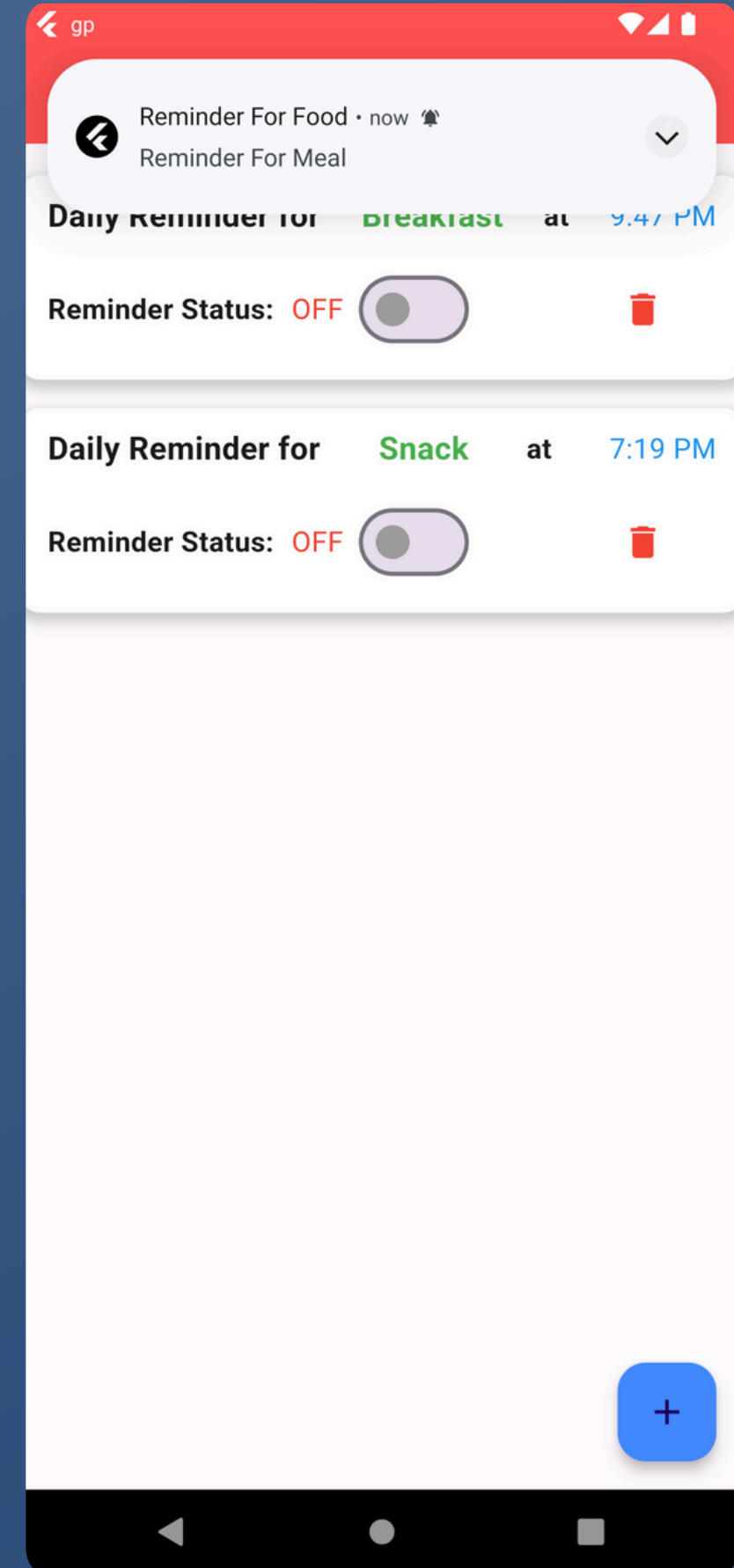
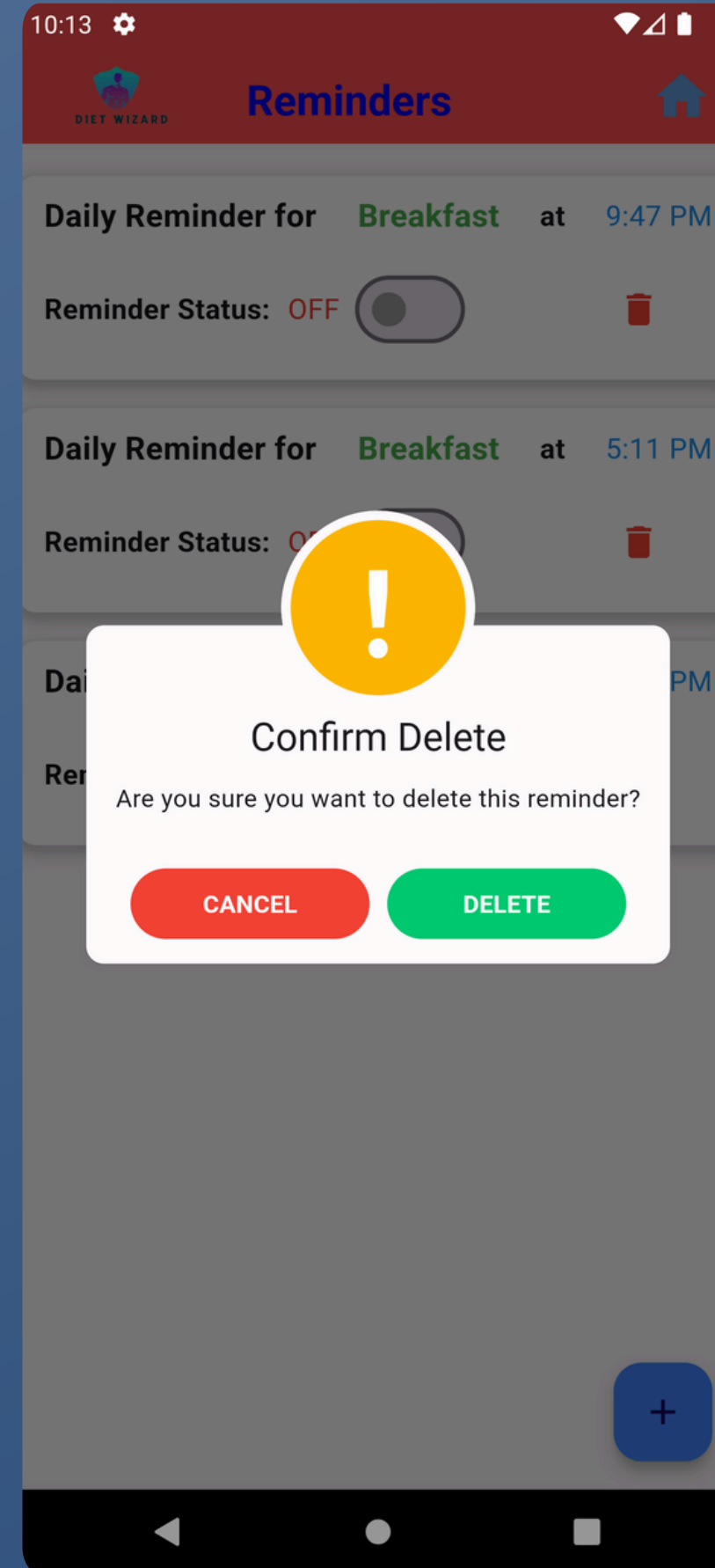
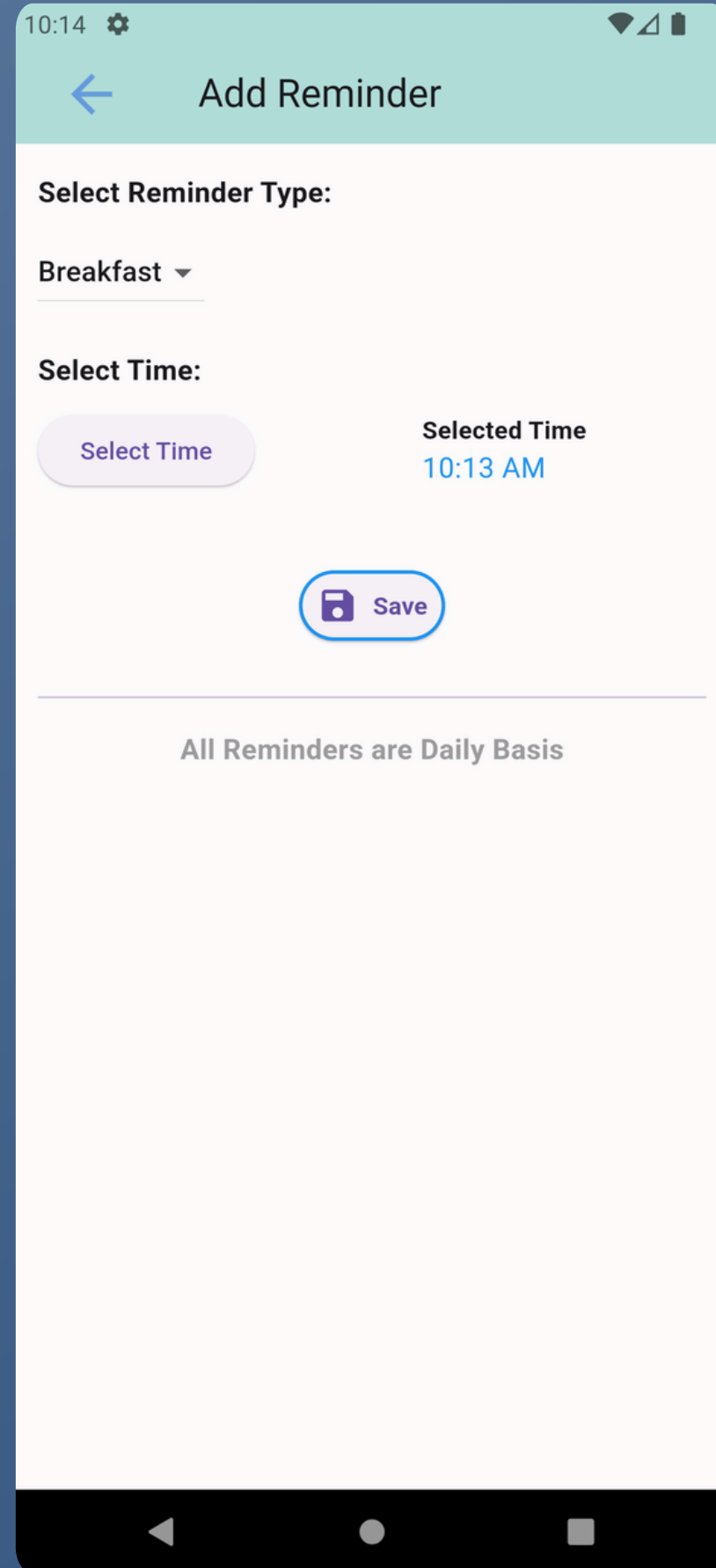
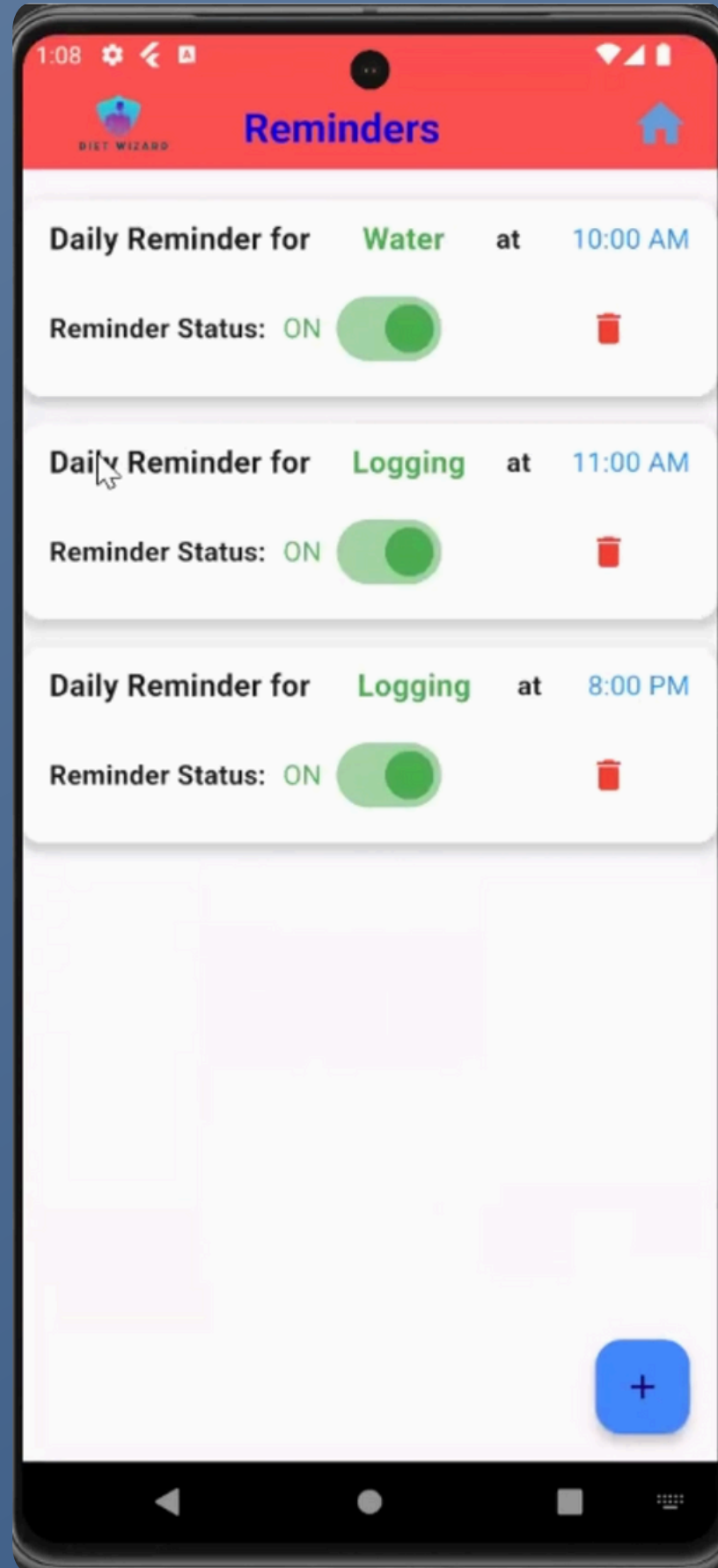
Carbs Goal (default 50%)

Protein Goal (default 25%)

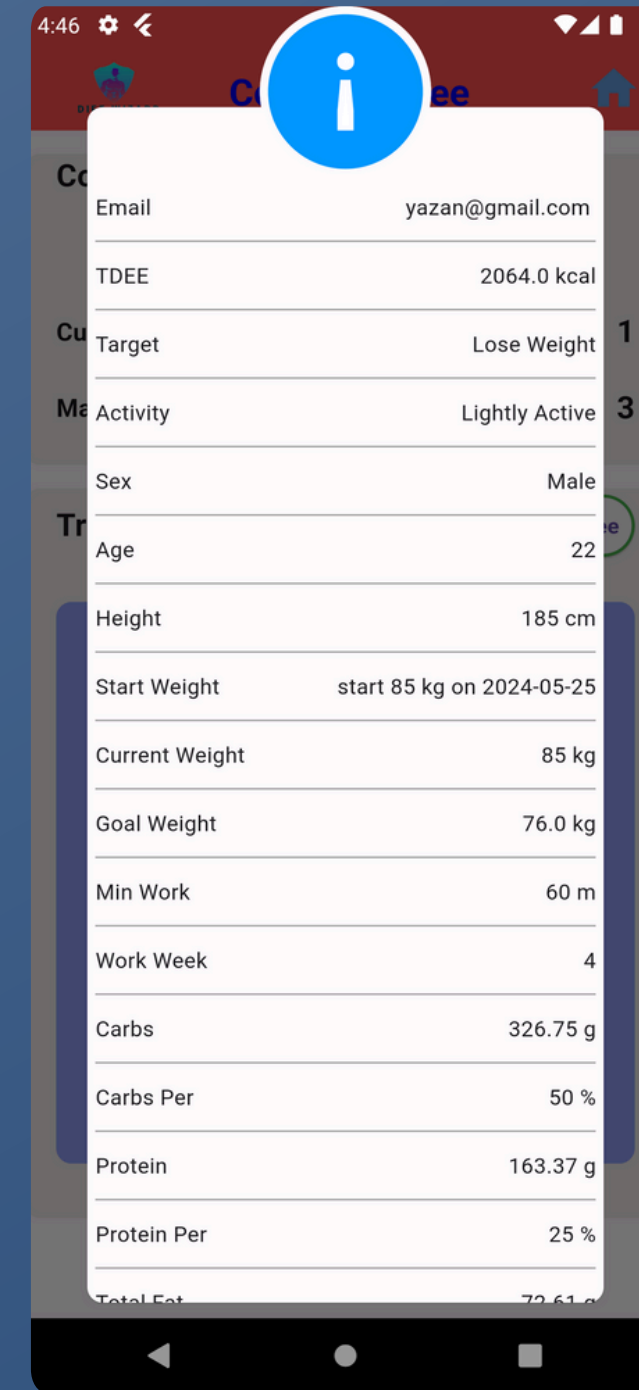
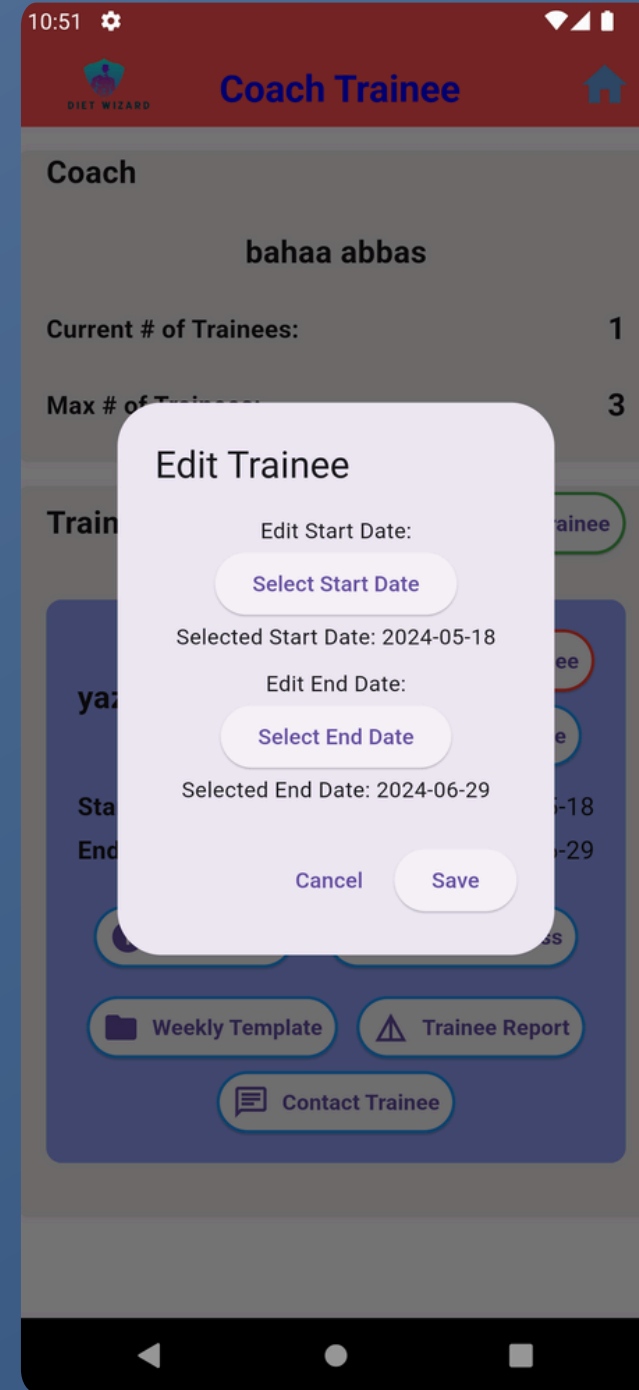
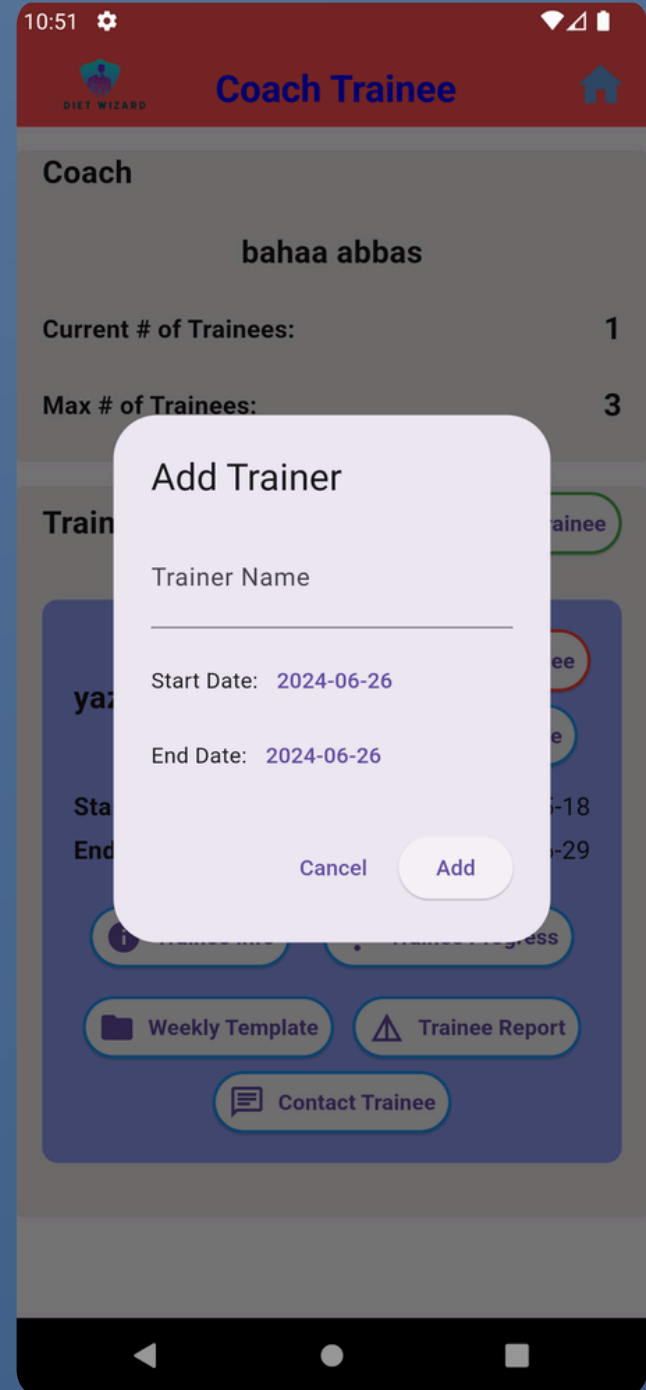
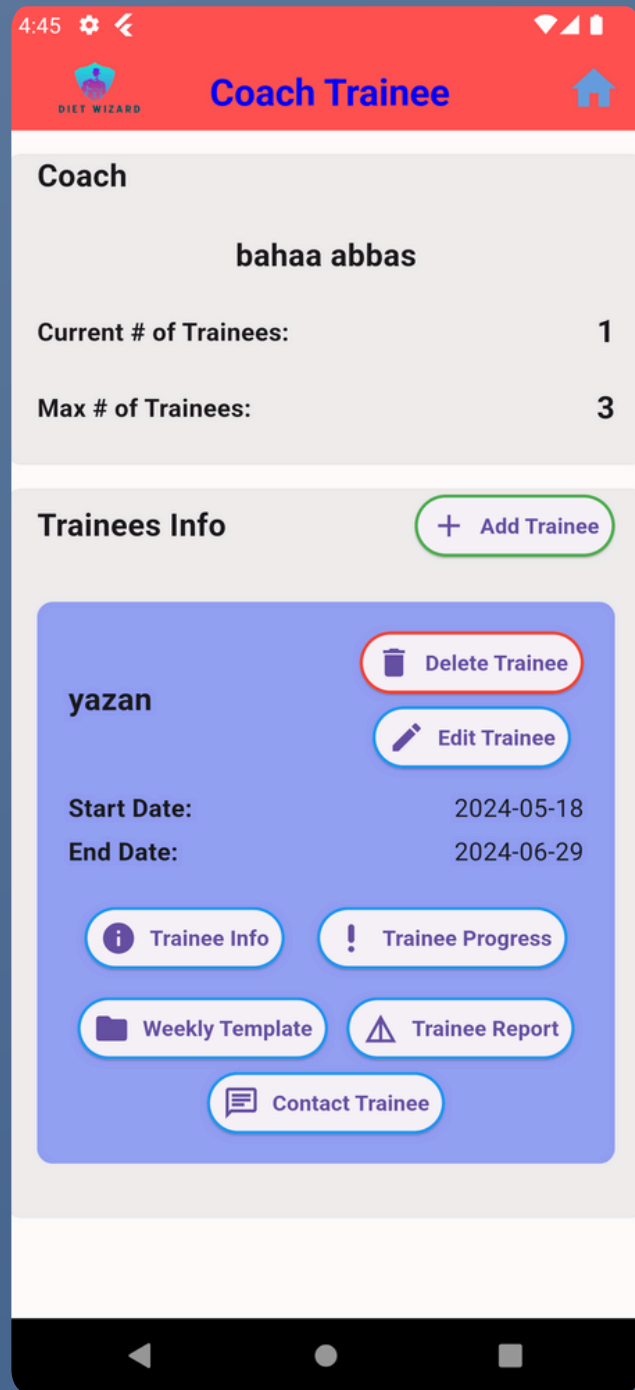
Fat Goal (default 25%)

Cancel Set

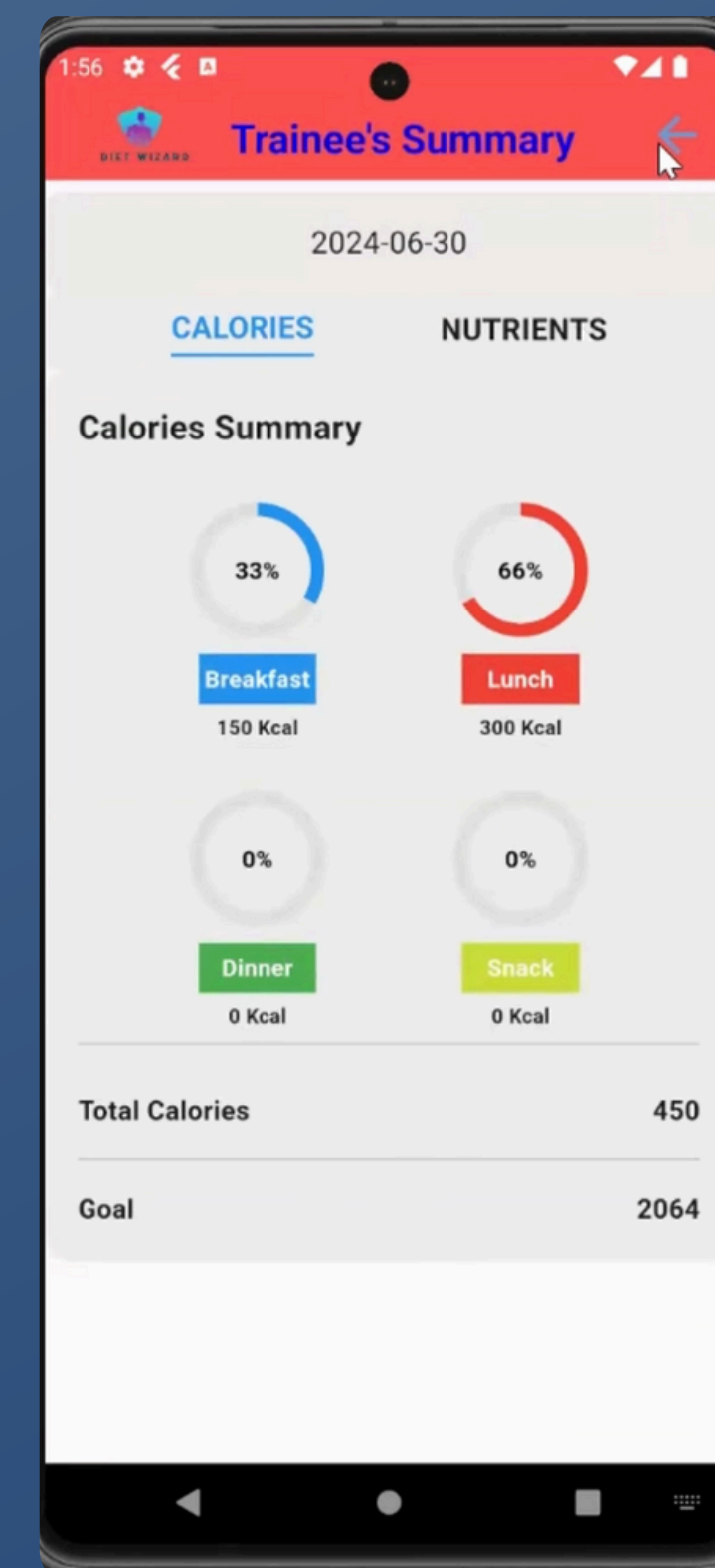
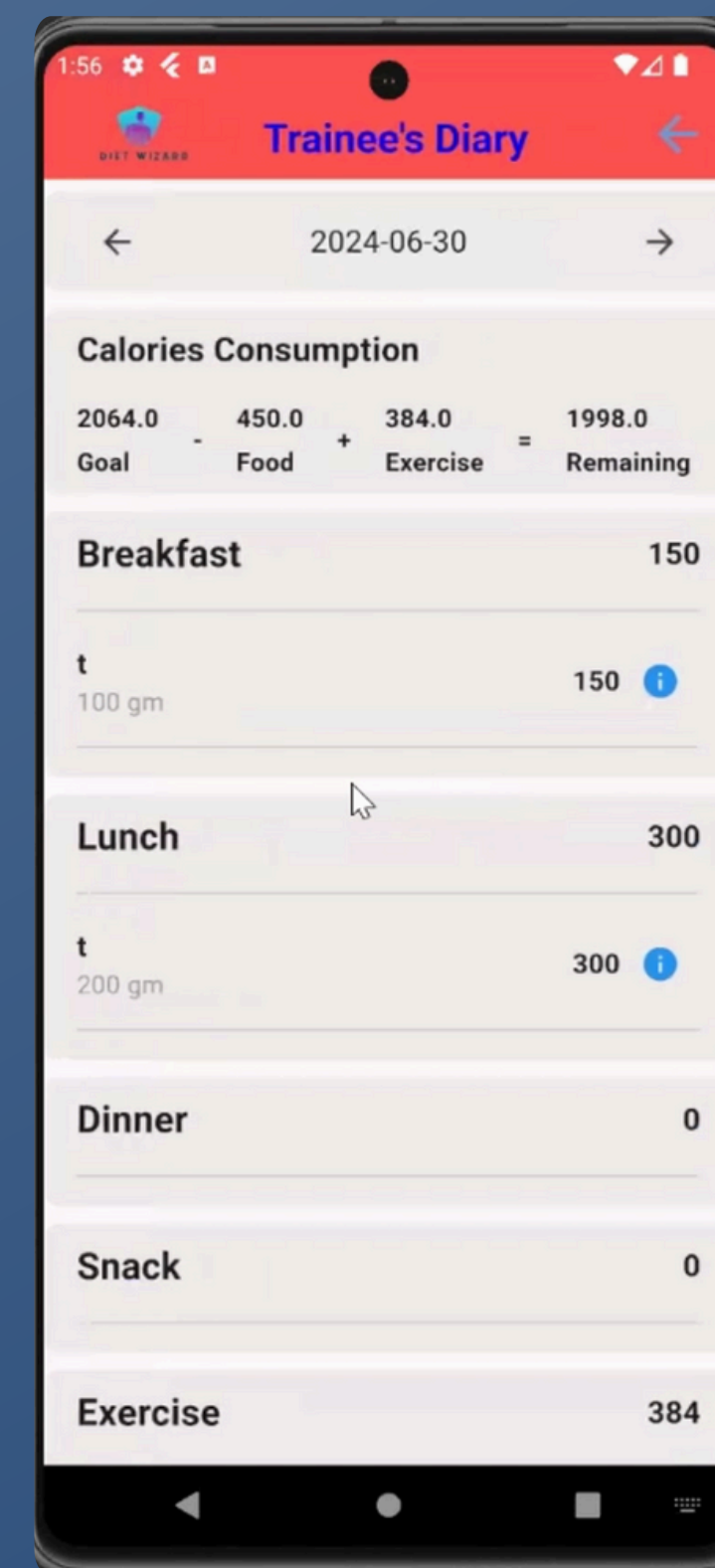
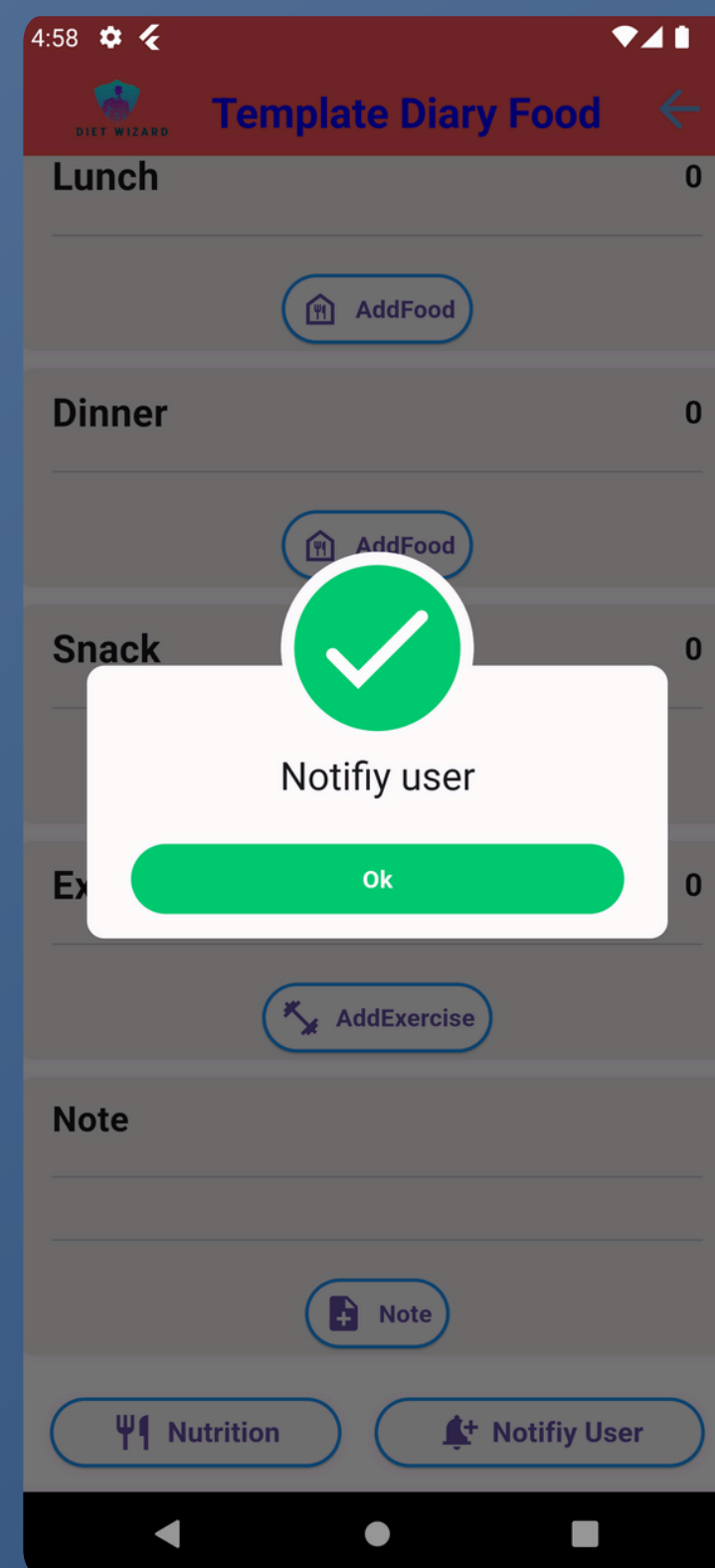
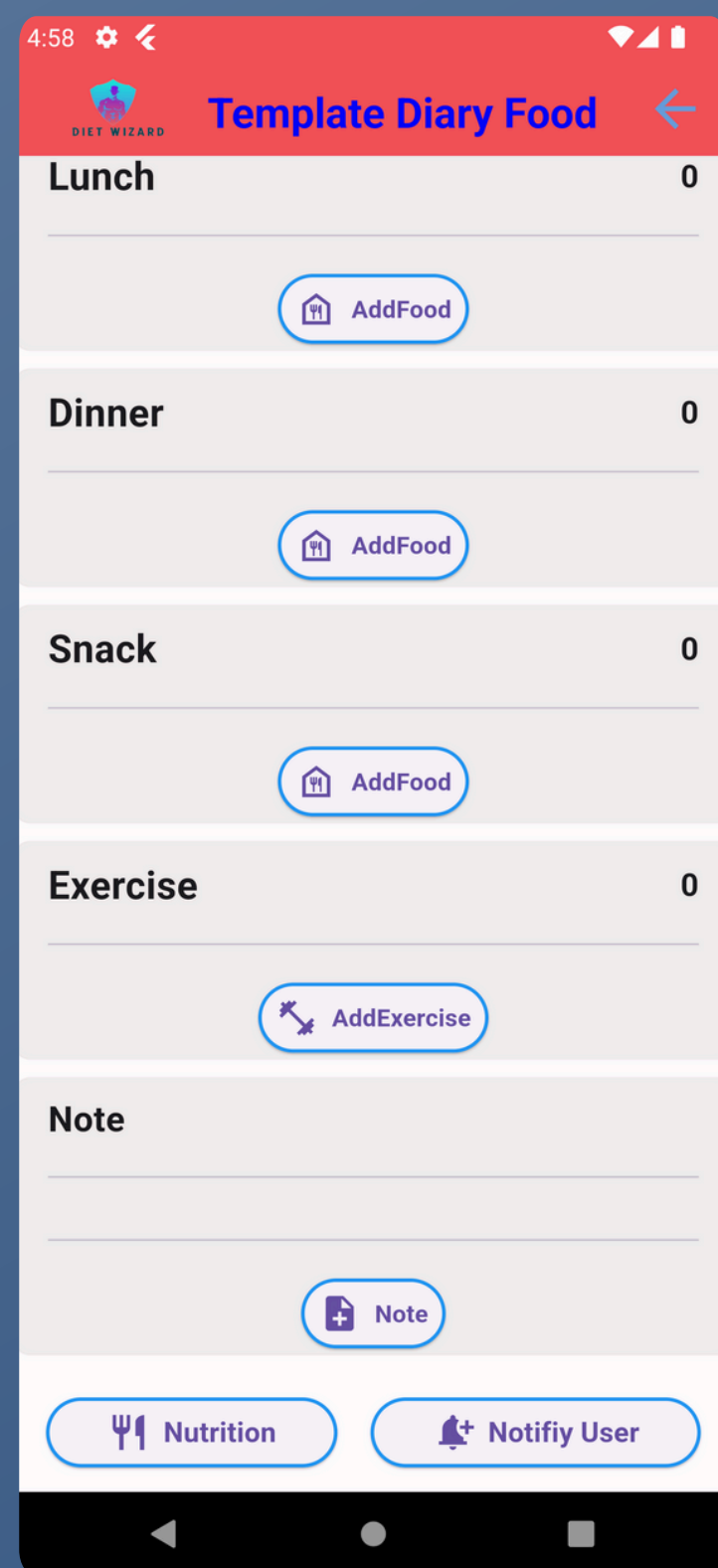
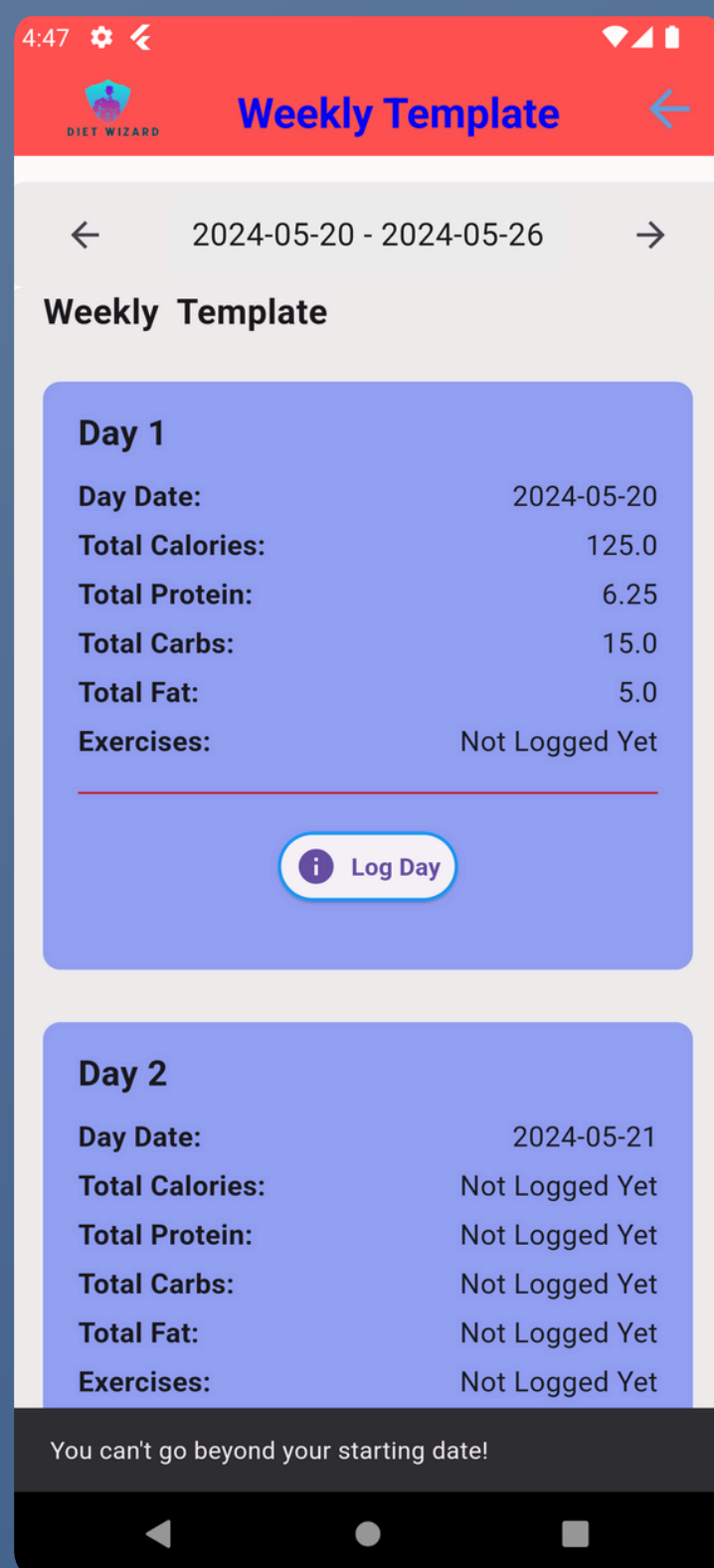
Reminder Page



Coach Life Page



Coach Life Page



User Template Page

9:57

Template Diary Food

Calories Consumption

2064.0	-	0.0	+	0.0	=	2064.0
Goal		Food		Exercise		Remaining

Breakfast 0

Lunch 0

Dinner 0

Snack 0

Exercise 0

Note

Nutrition

4:54

Weekly Template

2024-05-20 - 2024-05-26

Weekly Template

Day 1

Day Date: 2024-05-20

Total Calories: 125.0

Total Protein: 6.25

Error

You can't reach before trainee's start date.

OK

Day 2

Day Date: 2024-05-21

Total Calories: Not Logged Yet

Total Protein: Not Logged Yet

Total Carbs: Not Logged Yet

Total Fat: Not Logged Yet

Exercises: Not Logged Yet

4:50

Weekly Template

2024-05-20 - 2024-05-26

Weekly Template

Day 1

Day Date: 2024-05-20

Total Calories: 125.0

Total Protein: 6.25

Total Carbs: 15.0

Total Fat: 5.0

Exercises: Not Logged Yet

Show Day

Day 2

Day Date: 2024-05-21

Total Calories: Not Logged Yet

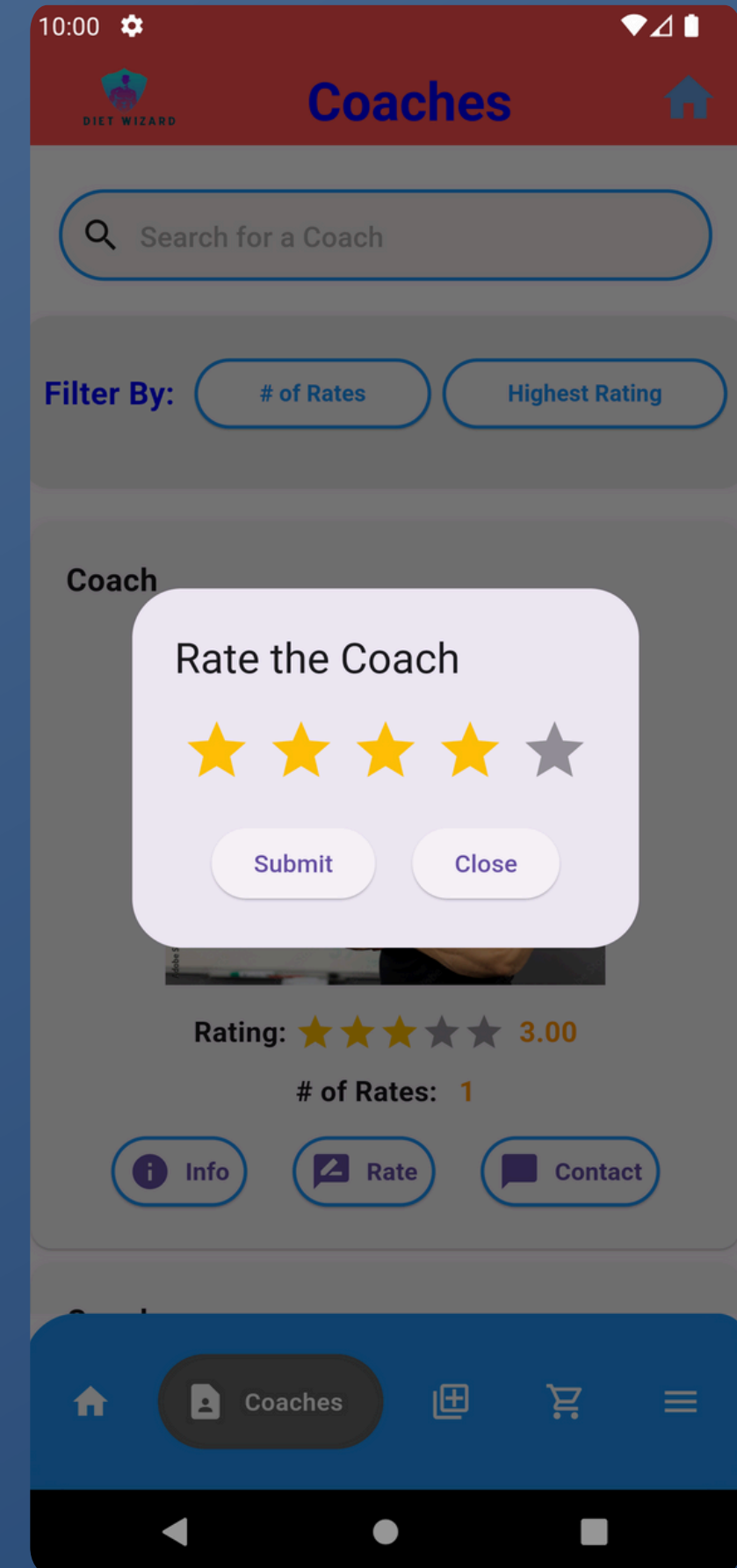
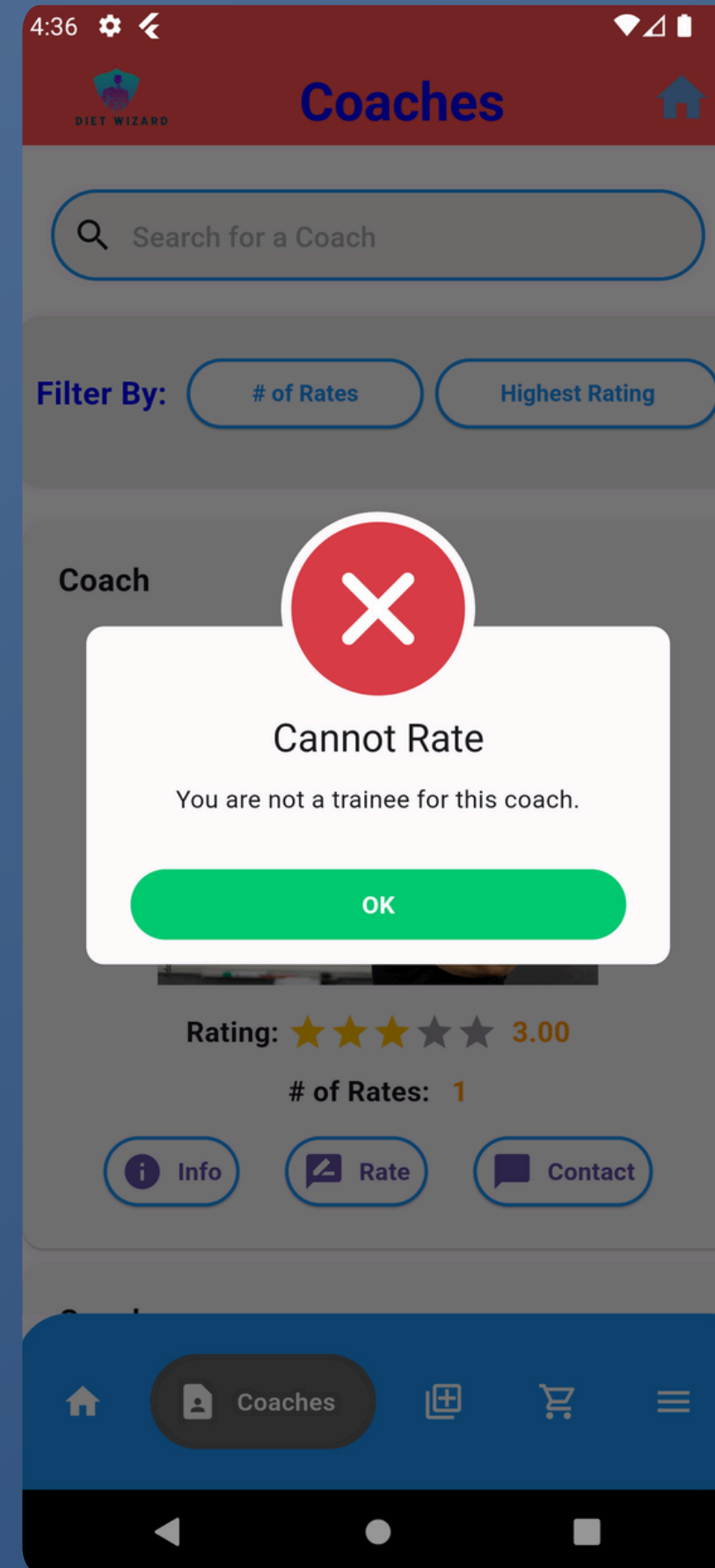
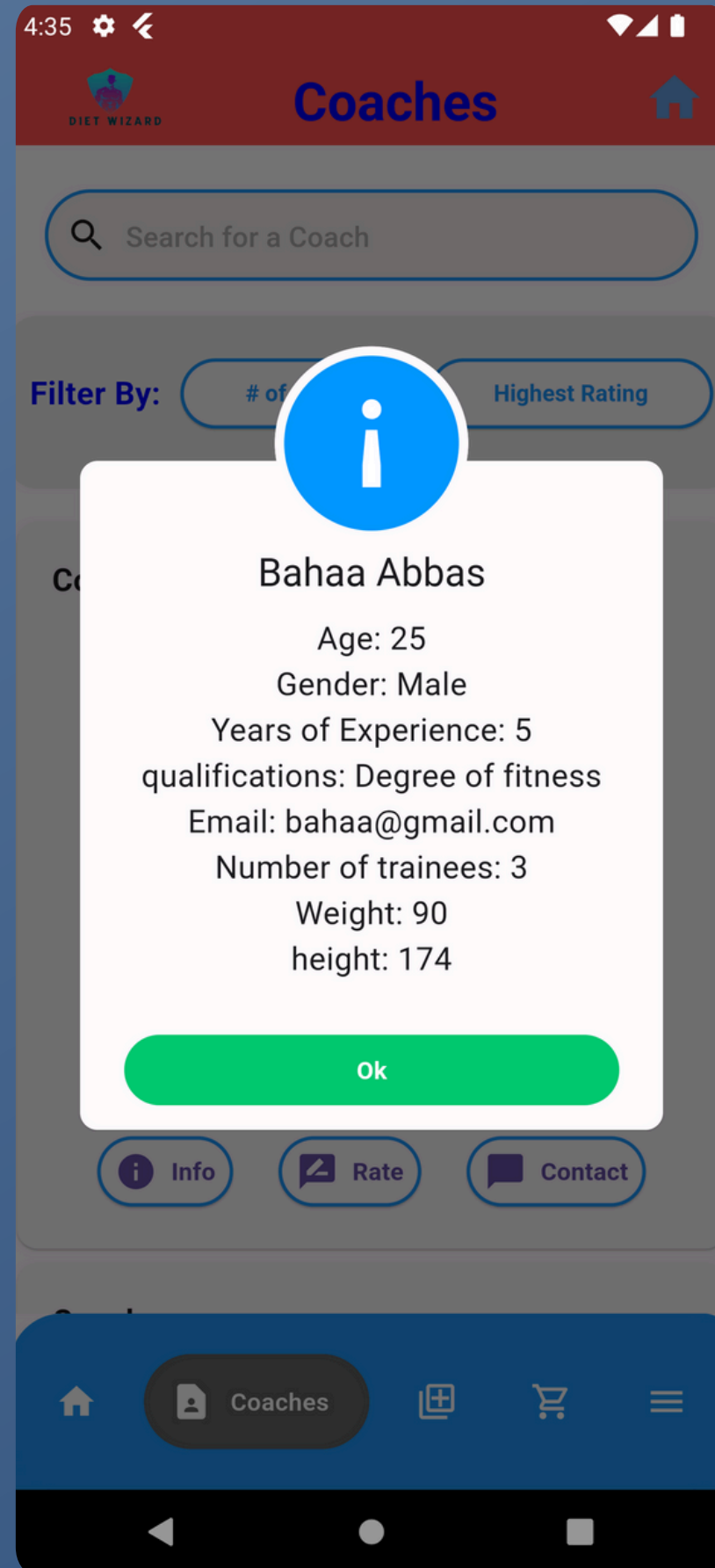
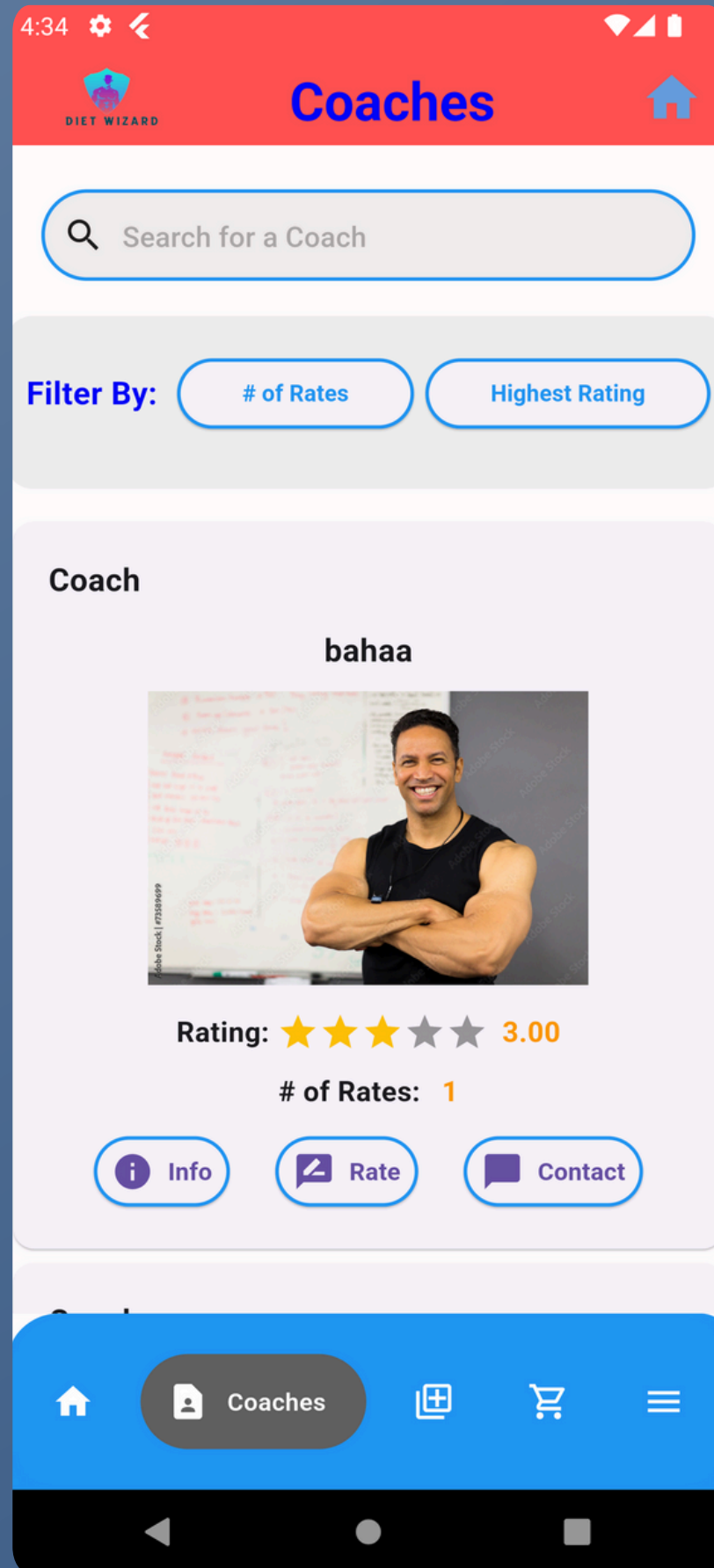
Total Protein: Not Logged Yet

Total Carbs: Not Logged Yet

Total Fat: Not Logged Yet

Exercises: Not Logged Yet

Coach Rating Page



Profile Page

4:37

← Profile

Ibrahim
ibrahim@gmail.com

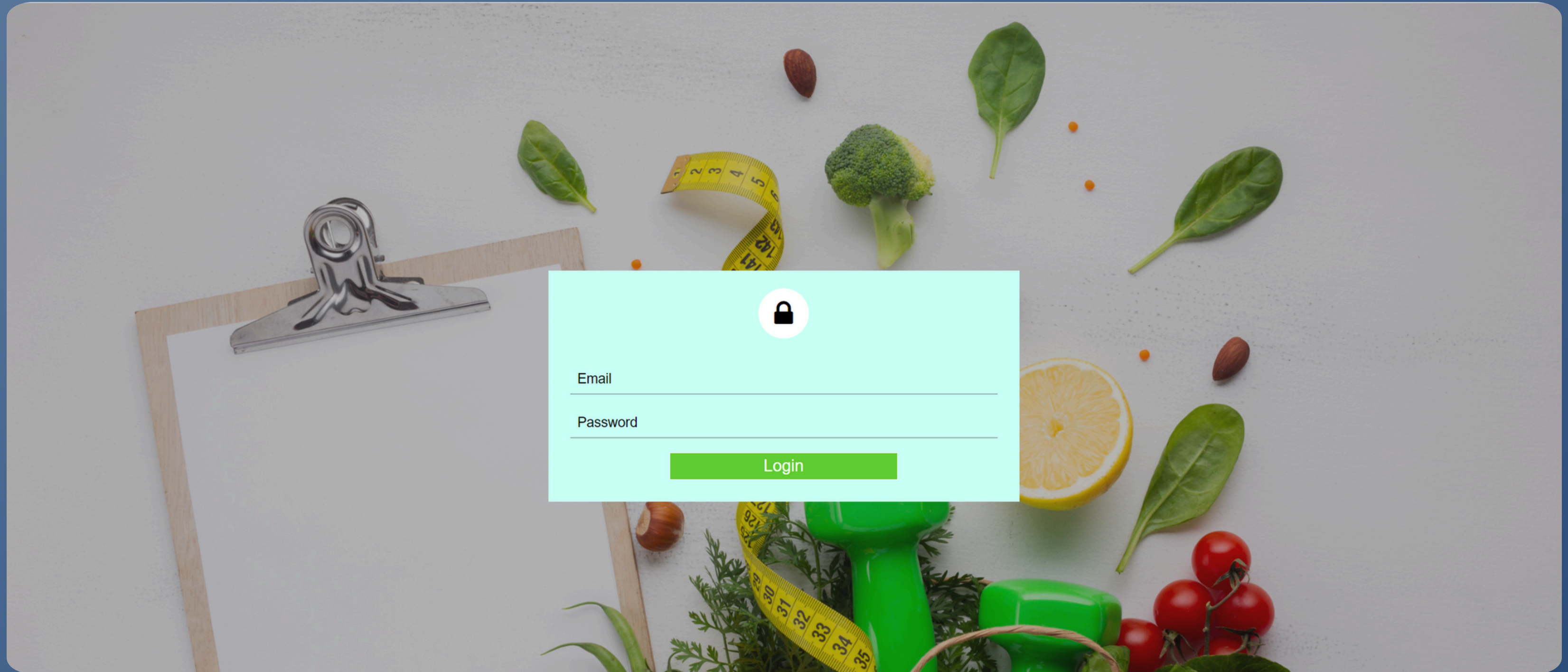
Old Password

New Password

Change Password

The image shows a mobile application interface for a profile page. At the top, the status bar displays the time 4:37, a settings icon, and a back arrow. Below this, the page title 'Profile' is shown with a back arrow. The profile section features a blue circular avatar with the letter 'I', the name 'Ibrahim', and the email address 'ibrahim@gmail.com'. Below the profile information are two text input fields labeled 'Old Password' and 'New Password'. A 'Change Password' button is centered below the input fields. The bottom of the screen shows the standard Android navigation bar with back, home, and recent apps icons.

Admin Login Page



Email

Password

Login

Admin Main Page

Home

Exercices

Products

Users & Coaches

Diat Wizard



Admin Main Page

Home

Excercises

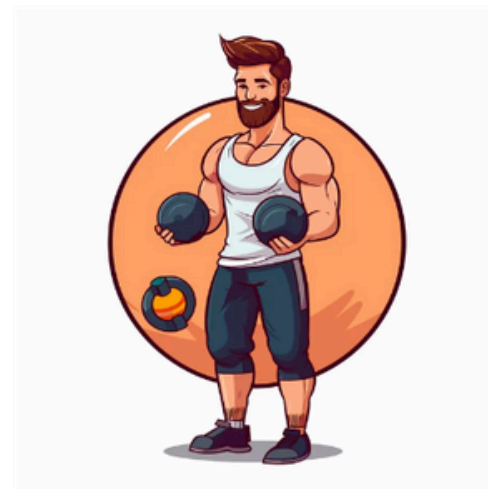
Products

Users & Coaches

Category

Choose a Category what you want.

Excercises



Excercises

Products



Products

Users & Coaches



Show Users & Coaches

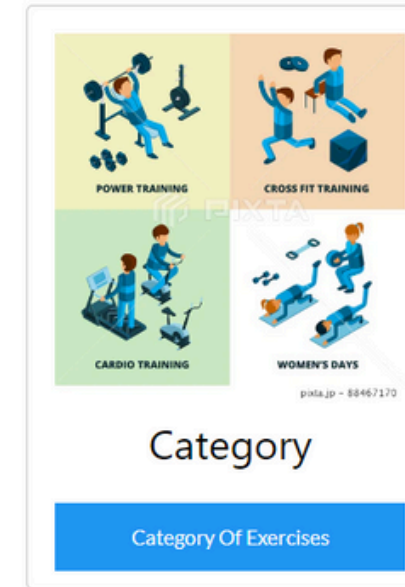
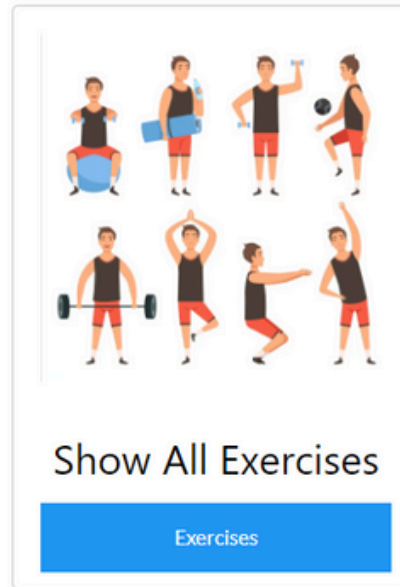
Admin Exercises Page

Home

Exercises

Products

Users & Coaches



Add Category Exercise

Type of Exercise:

Numbers of Exercises (comma-separated):

Add Exercise

Delete Category Exercise

Type of Exercise:

Number to Remove:

Remove Exercise

[↑ To the top](#)

Show All Exercises Page

Home

Exercises

Products

Users & Coaches

Exercise List



id exercise: 3 / name exercise: Hundreds Abs / time exercise: 3 min / description exercise: where you repeatedly pump your arms while holding your legs at a 45-degree angle / calories exercise: 25 kcal



id exercise: 7 / name exercise: exercise / time exercise: 5min / description exercise: move / calories exercise: 100kcal



id exercise: 11 / name exercise: exercise / time exercise: 5min / description exercise: move / calories exercise: 100kcal

Category Exercises Page

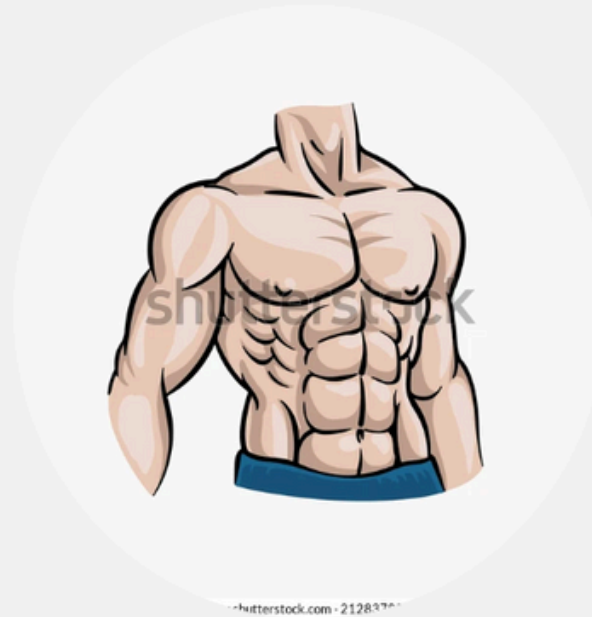
Home

Exercises

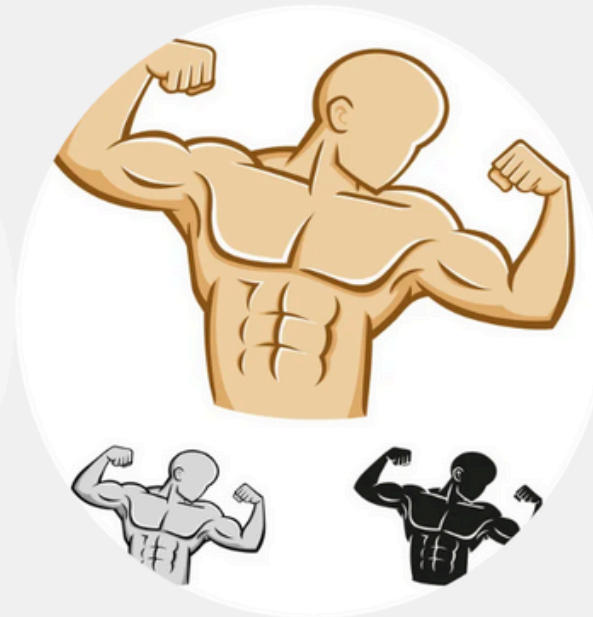
Products

Users & Coaches

Exercise Filters



Abs



Arms



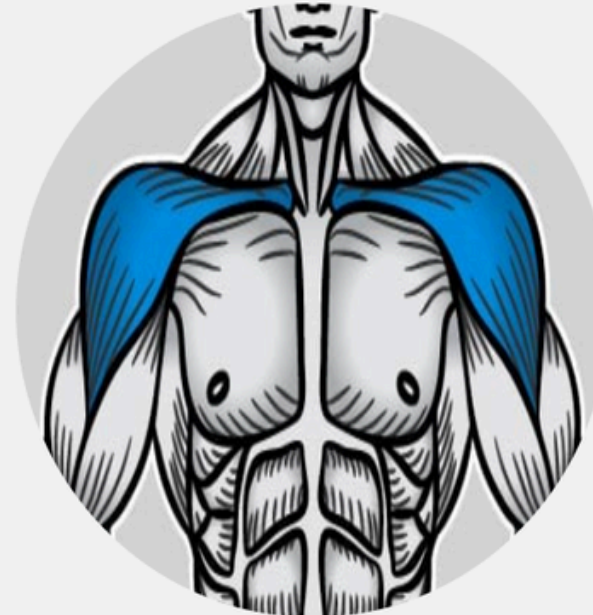
Back



Chest



Legs



Shoulders

ABS Exercises Page

Exercise List



id exercise: 3 / name exercise: Hundreds Abs / time exercise: 3 min / description exercise: where you repeatedly pump your arms while holding your legs at a 45-degree angle / calories exercise: 25 kcal



id exercise: 147 / name exercise: Crunches (Abdominal Crunches) Abs / time exercise: 5 min / description exercise: Lie on your back with knees bent and feet flat on the floor. Place hands behind head or crossed over chest. Engage core muscles and exhale as you lift head, neck, and shoulders off the floor. Inhale as you lower back down / calories exercise: 35 kcal



id exercise: 344 / name exercise: Starfish Abs / time exercise: 5 min / description exercise: Lie on your back with arms and legs extended straight out, . Engage core muscles. Lift right leg and left arm towards each other, aiming to touch toes with fingers while exhaling. Inhale as you lower them back down. Repeat on the opposite side / calories exercise: 38 kcal



Product Page

Home

Excercises

Products

Users & Coaches

Welcome To Products Page

Add Product

Name Product

Price Product

Description Product

Upload Image

No file chosen

Add Product

Search Product

Name of Product

Search Product

Product Page

Home

Excercises

Products

Users & Coaches

Delete Product

Name of Product

Price of product

Delete Product

Update Price Product

Name of Product

Price of product

New Price of product

Update Product

[↑ To the top](#)

User And Coach Page

Home

Exercices

Products

Users & Coaches



Users

Show Users



Coaches

Show Coaches

Coaches Information's

Home

Exercises

Products

Users & Coaches

Coaches Informations

bahaa



Details

First Name: eyad

Last Name: ahmad

Email: eyad@gmail.com

Age: 22

Gender: Male

Years of Experiences: 5

Qual.: phd Fitness

Weight: 100

Height: 176

Number Of Trainees: 4

Activate: true

Activate Coach

Delete Coach

Back

All User Information's

Home

Exercises

Products

Users & Coaches

Users

Ibrahim

First Name: Ibrahim

Last Name: Ashour

Email: ibrahim@gmail.com

Type: admin

Delete User

bahaa

First Name: bahaa

Last Name: abbas

Email: bahaa@gmail.com

Type: coach

Delete User

yazan

First Name: yazan

Last Name: diab

Email: yazan@gmail.com

Type: user

Delete User

osaid

First Name: osaid

Last Name: jabaji

Email: osaid@gmail.com

Type: user

Delete User

ahmad

First Name: ahmad

Last Name: abbas

Email: ahmad@gmail.com

Type: user

Delete User

hamd

First Name: hamd

Last Name: ahmad

Email: hamd@gmail.com

Type: user

Delete User

eyad

First Name: eyad

Last Name: ahmad

Email: eyad@gmail.com

Type: coach

Delete User

FUTUER WORK



Integrating smartwatch data to track fitness habits in real-time.



Implementing Video Calling and interaction features to make real-time communication and collaboration easier for users.



Introducing the ability to Export/Import Daily logs for diary information, allowing users to easily manage and transfer their data across different platforms and devices.

Thank You

Any Questions ?