



Project title: OneStep Fitness.

Academic Year: 2022/2023.

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Project Type : Software.

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The aim of this app is to make your lifestyle healthier by tracking your food intake, water intake and workout pattern, our app provides health and fitness tips and guidelines, which help individuals in meeting their health goals. You can also get free workout or exercise ideas that help you to plan your workout routine easily.

This fitness app includes workout plans and videos with explanatory comments. It should be able to adapt to the user. For example, it should create an individual training plan depending on the goals and initial data, as well as tips on supplements and sports nutrition , and a calorie counter.

In addition to the fitness application, there will be a web page that enables the admin to control the application, it will be integrated, contains features, helps with the training plan and the notification system.

There are similar ideas for this application, but what distinguishes this application is the ease of dealing with it as the user interface is clear, in addition to the ability of the admin to control the application