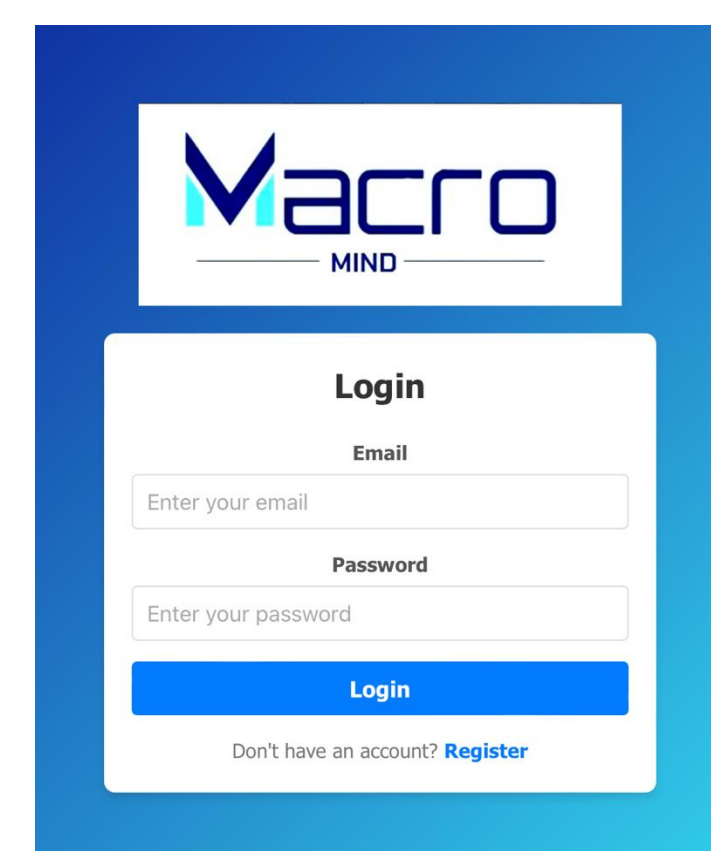
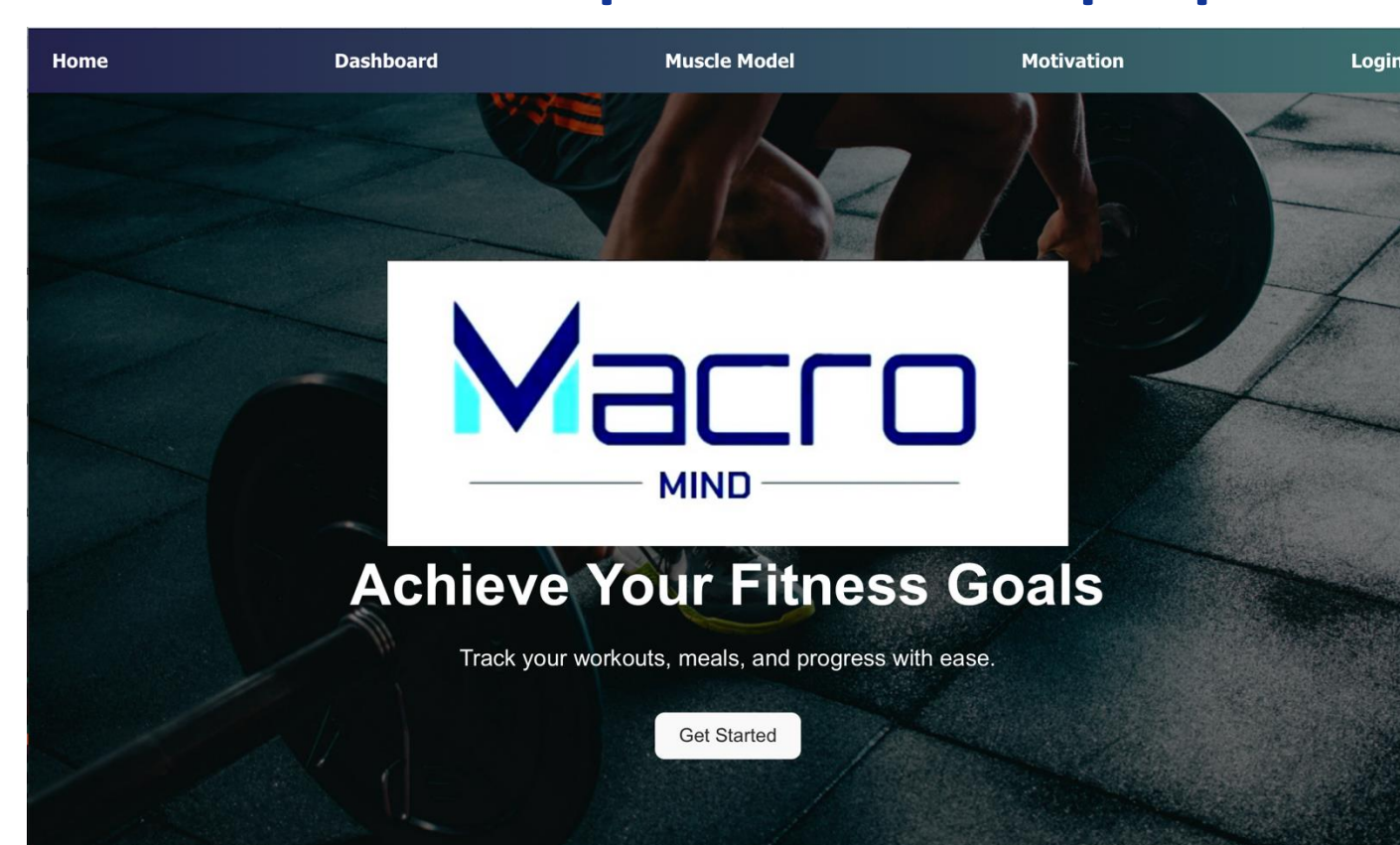




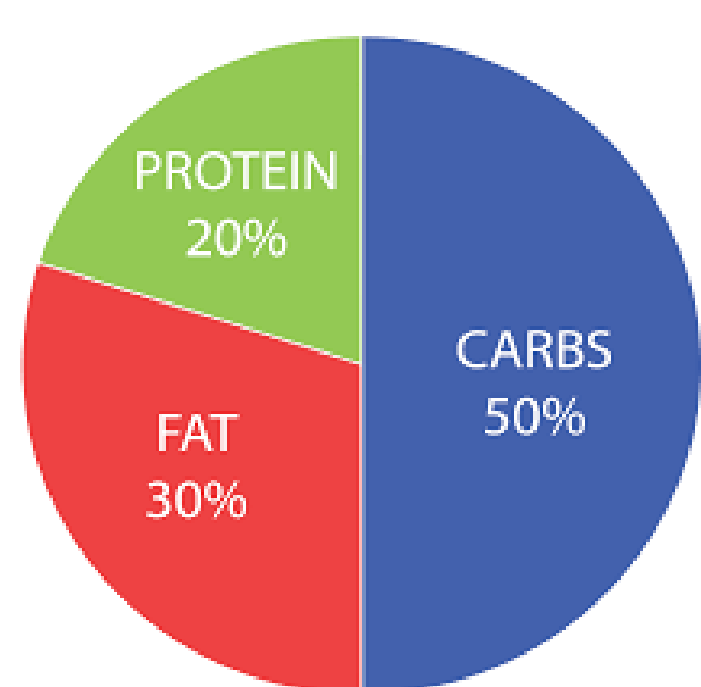
## What is MacroMind?

MacroMind is a fitness web app that aims to enhance health literacy and promote a healthier lifestyle using a holistic wellness approach that focuses on the key areas of physical fitness, nutrition, and mental health.

- Aimed towards all fitness levels
- Personalizable
- Educational
- Easy to navigate
- No expensive equipment



## Background & Research



Fitness is an interest of all group members, so we each brought a wealth of background knowledge to this project. Additionally, we researched relevant health related topics including:

- The average recommended daily macronutrients (displayed in pie chart)
- Anatomy and muscle groups
- Basal metabolic rate and maintenance calories
- Workout styles
- Popular workout splits
- Stretches and exercises needed to target specific muscle groups

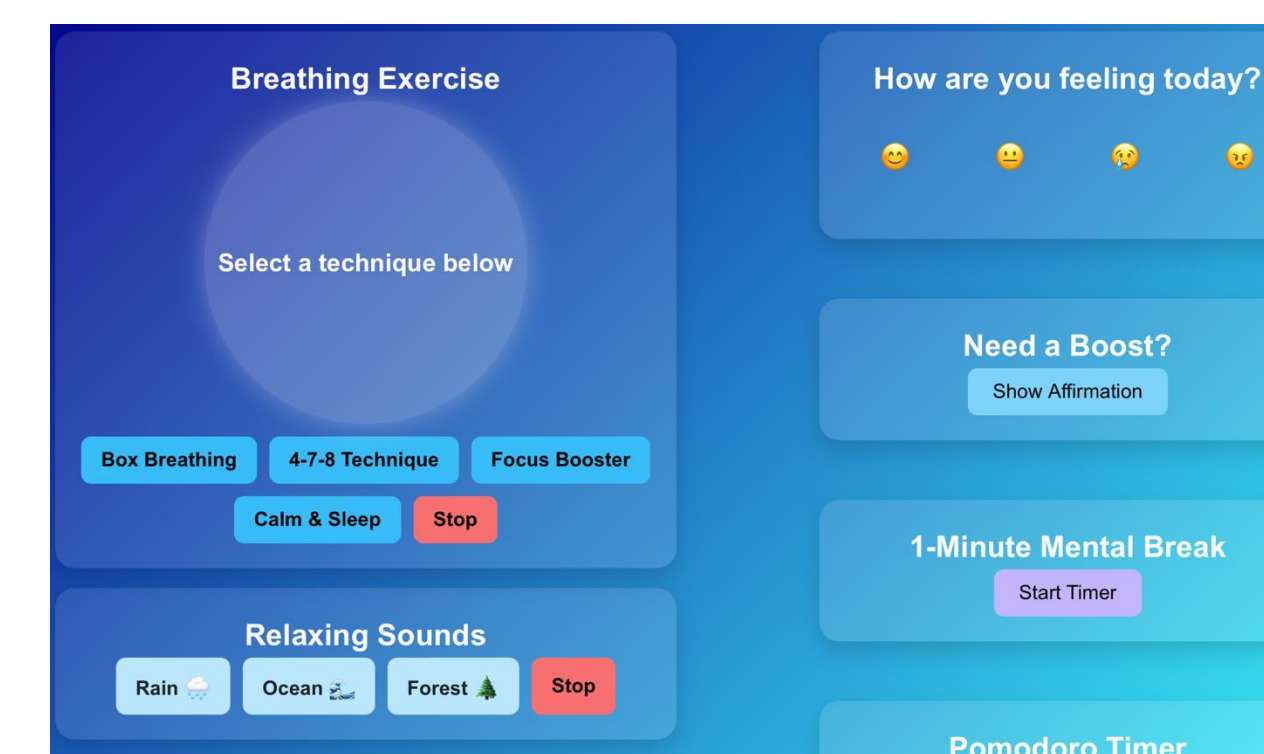


## Features & Implementation

We spent a lot of time in the planning phase narrowing down what features were important for our app. We wanted to make sure that our app was personalized to each user and included aspects that would be beneficial to the user's body and mind. Our feature list can be broken down into three important categories:

### ➤ Mental health

- Breathing exercises
- Calming sounds
- Affirmations
- Pomodoro timer
- Mental break timer

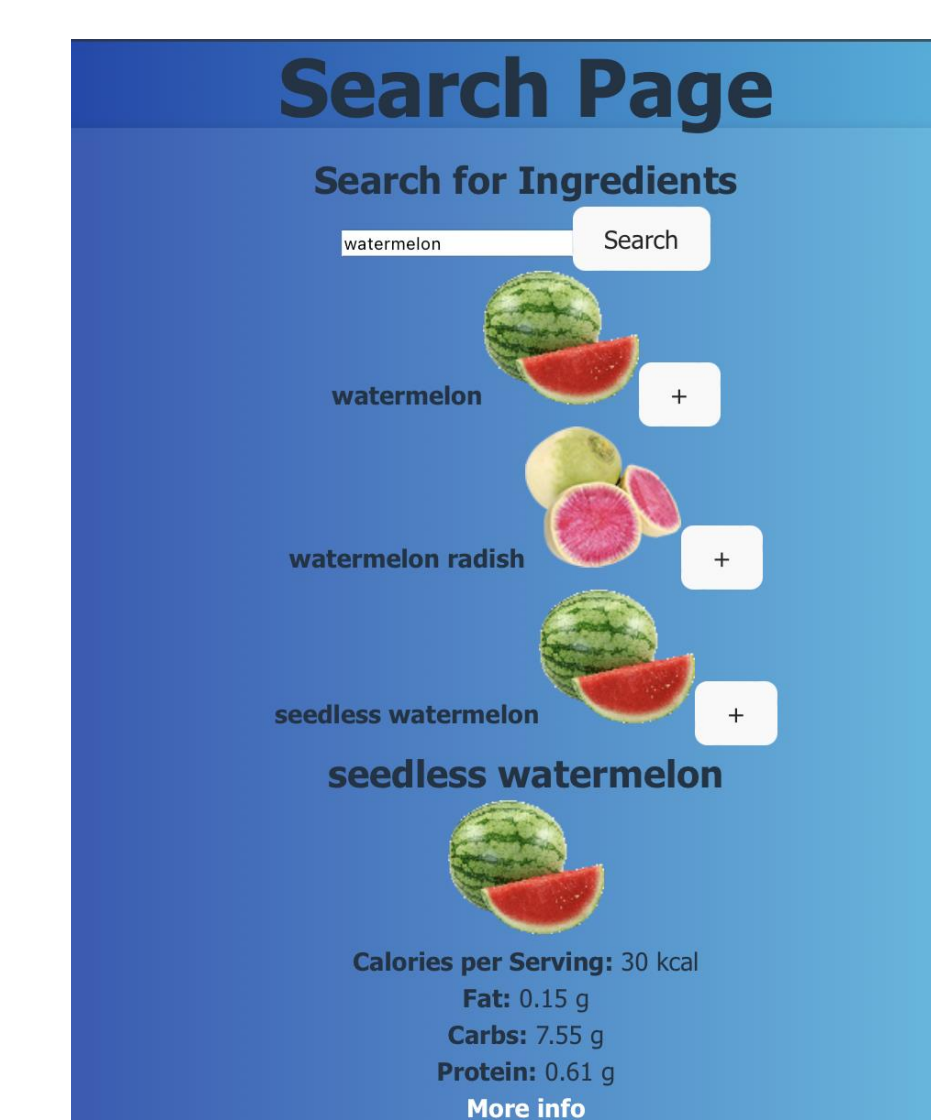
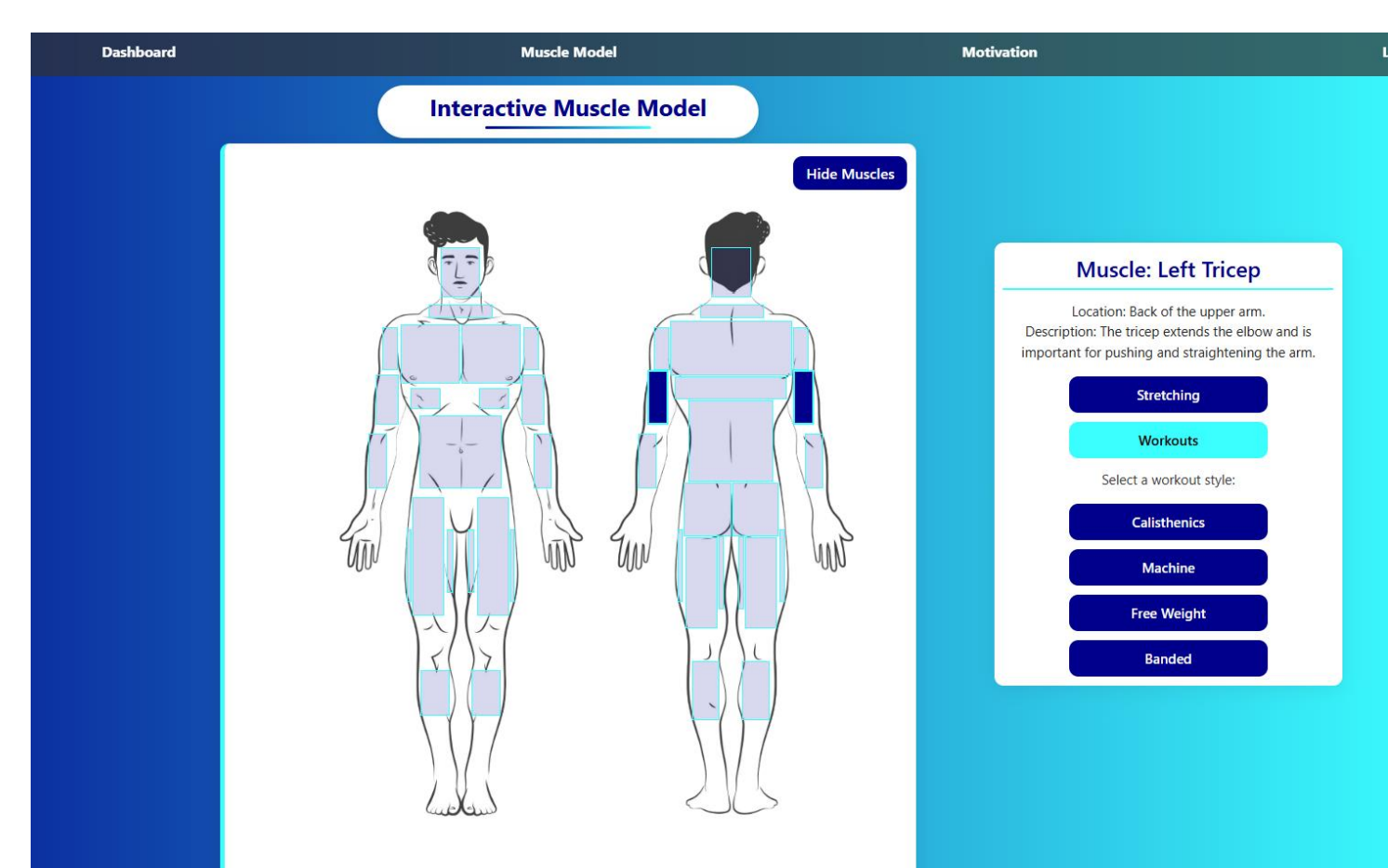


### ➤ Nutrition

- Food searching through the Spoonacular API
- Personal calorie tracking and entry
- Recommended maintenance calories using the Mifflin-St Jeor formula and activity score

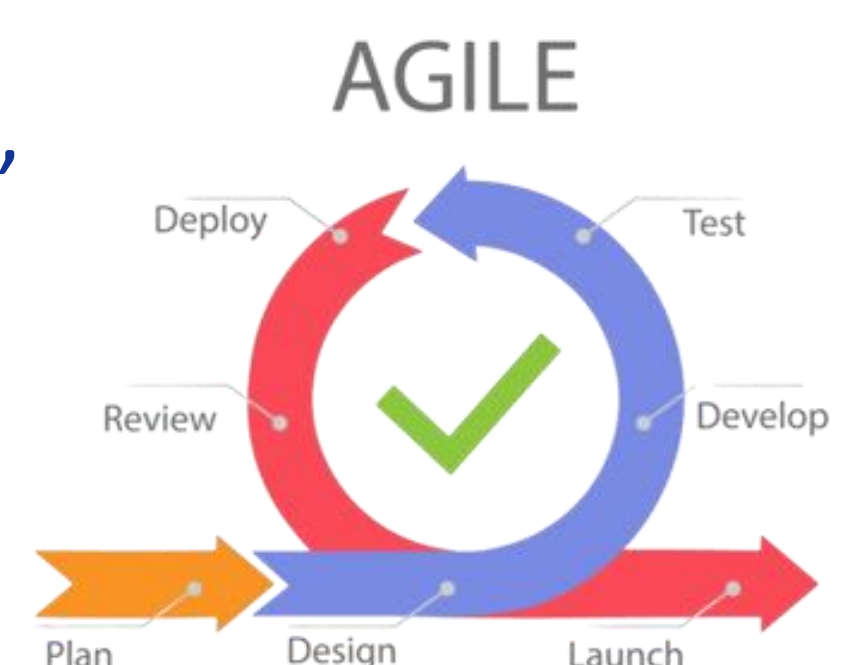
### ➤ Exercise

- Educational human body highlighting muscle groups and their descriptions
- Database of stretches and exercises made available to the user
- Premade workouts
- User-made workouts
- Instructional YouTube videos filmed by our group for each exercise



## Software Development Approach

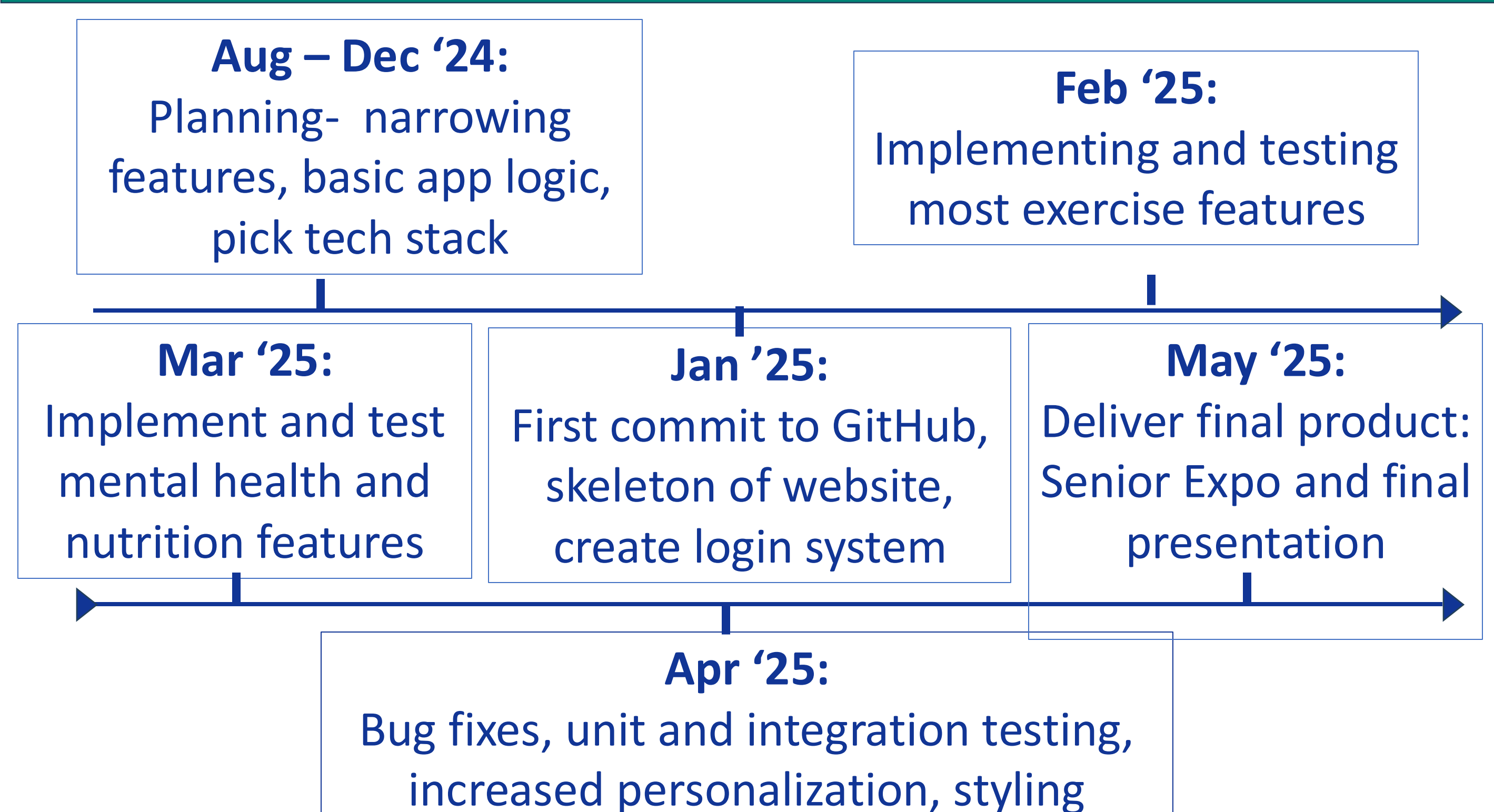
We used agile software development, which focused on flexibility, continuous improvement, and delivering a functional product with prioritized features at every stage.



### Individual Member Contributions:

- Jayden- Database functionality, user personalization features, research on calorie and workout data, workout videos
- Skyblue- Full stack development, integrated API, added security to Login
- Garrett- Muscle Model and database integration
- David- Worked on gathering information and filling the database
- Brian- Frontend/Beautification of website and Wellness page

## Project Timeline



## The MERN Stack

