HEALTHME
your favorite health app

A VERY PERSONALIZED HEALTH APP TO FIT YOUR EVERY NEED

YOU START BY ENTERING A FULL DESCRIPTION OF YOURSELF, WHICH REMAINS PRIVATE AT ALL TIMES.
THE APP REQUIRES THE FOLLOWING INFORMATION:

> GENDER
> AGE
> WEIGHT
> HEIGHT
> EATING RESTRICTIONS

YOU WILL THEN ENTER WHAT YOU INTEND TO USE THE APPLICATION FOR, I.E: BODYBUILDING, JUST KEEPING FIT OR ANY DIFFERENT GOAL.

THE APP GETS TO KNOW YOU AS YOU USE IT MORE INTENSIVELY, IT WILL GENERATE HEALTHY RECIPES BASED ON THE INFORMATION IT'S GATHERED
IT ALSO PROVIDES YOU WITH A PERSONALIZED WORKOUT REGIME, WHICH FITS YOUR BODY TYPE AND YOUR GOAL PERFECTLY.
THE APP ALSO INCLUDES A WOMEN'S HEALTH SECTION AND A MENTAL HEALTH SECTION, WHICH WE CONSIDER TO BE ABSOLUTE NECESSITIES.

THE APP WILL BE COMPLETELY FREE TO USE FOR ALL, SINCE WE SEE THIS APP AS A MEANS FOR A HEALTHIER COMMUNITY, RATHER THAN A SOURCE OF INCOME

Healthy App For Everyone (HAFE)

At the first start you have to put

- Gender
- Age
- Height
- Weight

After that it will calculate your bmi and create programm based on your properties.

You can add eated food and it will calculate calories that you eated and app will do exercise for you that will burn that much calories. It will also ask your sleeping hours and how much water you drank. If it's not enough, it will notify you.