

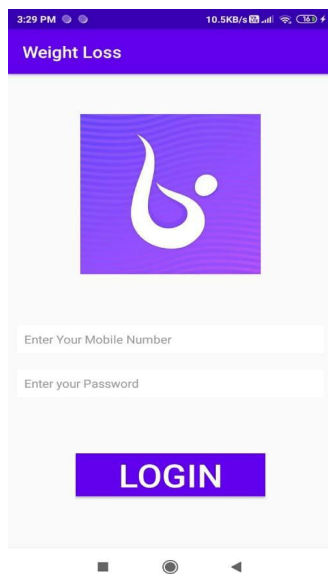
PROJECT TITLE: WEIGHT LOSS

ABSTRACT:

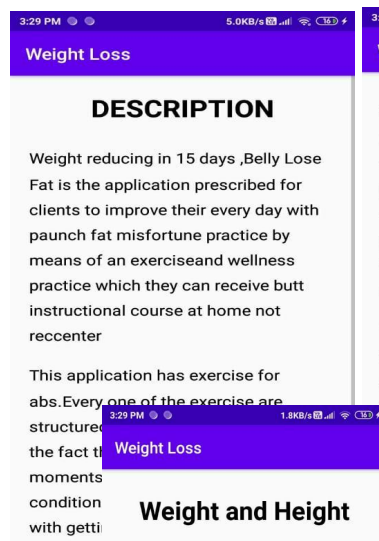
A review of the literature has revealed that the rates of overweight and obesity have been increasing in India over the last two decades and that wellness mobile phone apps play a significant role in monitoring and managing individuals' weight. Although mobile phone app markets (iTunes and Google Play) list thousands of mobile phone health apps, it is not always clear whether those apps are supported by credible sources. Likewise, despite the prevailing use of mobile phone

apps to aid with weight management.

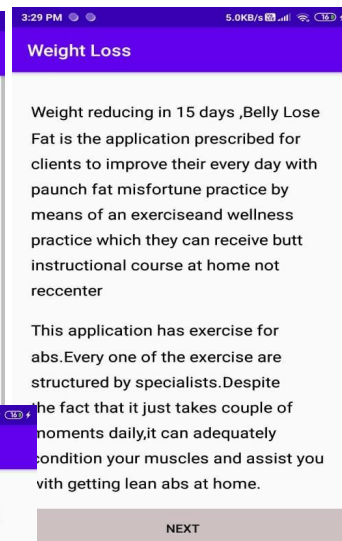
SCREENSHOT LAYOUT:



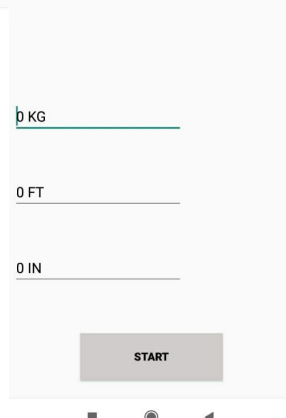
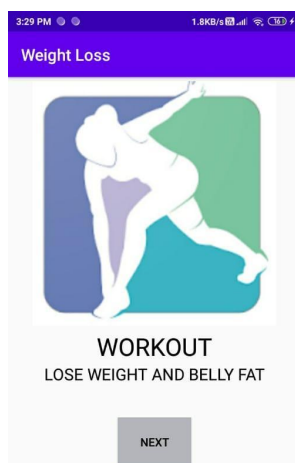
MAIN ACTIVITY

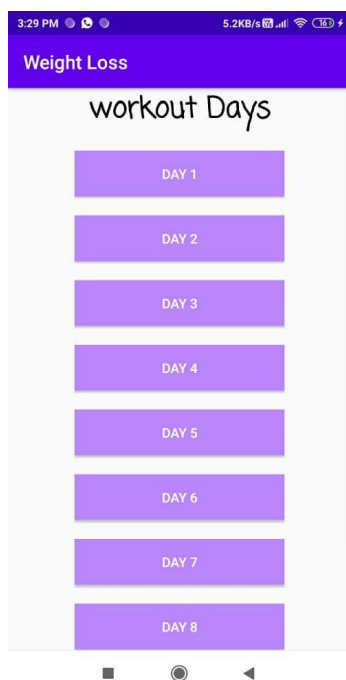


ABOUT US

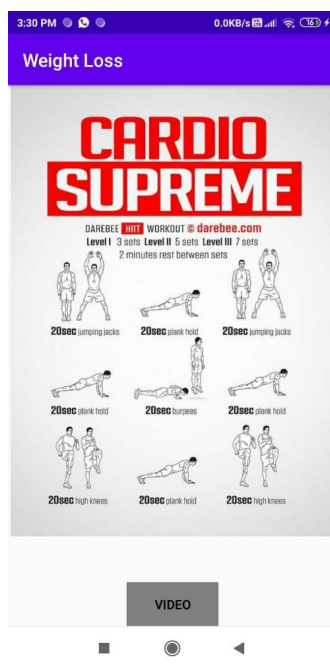


MENU





WORKOUT DAYS



WORKOUT STEP BY STEP

WORKOUT VIDEO

