**Ideal Body**

SE-4-6

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Ideal body is an application that helps users to track their progress in losing weight and reach their ideal weight. The application offers a variety of tools that will help them achieve their goals, such as daily monitoring of calorie intake and outtake, monitoring the amount of water drunk per day, monitoring of weight loss progress and various training and nutrition programs. The app is user friendly and easy to use, and by that it helps the users to create a healthy lifestyle that works for them, helps them to stay on track and reach their ideal weight.

**Keywords:** weight loss, healthy lifestyle, fitness, health, nutrition, motivation.