COLLEGE OF APPLIED SCIENCE

(Affiliated to University of Kerala, Managed by IHRD)

Adoor, Kerala

Project Report

On

CALORIE CALCULATOR AND DIET PLANNING

Submitted in partial fulfillment of the requirements for the award of the degree of Bachelor's degree of computer Application of University of Kerala

Submitted by

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COLLEGE OF APPLIED SCIENCE

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Certificate

This is to certify that this bound volume is a bonified record of project work done on

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Of the fourth semester BSc Computer Science in partial fulfillment of the requirement for the award of the Bachelor's degree in Computer Science from University of Kerala

Faculty In-charge Head of the Department

Principal External examiner

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Above all Thank GOD, the almighty for completing this project.

ABHISHEK B

AKHILESH RAVI

GEORGE MATHEW

RICHARD REJI JOHN

ABSTRACT

"Health is wealth" Obviously, you have heard it a thousand times, but as we grow older we often realize it's true and this project provides an interesting way to get started with the very boring term "dieting" as we already know

"FITNESS STARTS WITH WHAT WE EAT".

It can be used to record and estimate number of calories we need to consume daily. It provide guidelines for gaining or losing weight, some healthy tips and it can also provide the calorie details of each and every food. Thus ensuring a healthy life..

CONTENTS

INTRODUCTION

1.1 PROJECT AN OVERVIEW

The proposed project "**Calorie Calculator & Diet Plan System**" would have User registration, User Login, document verification. Admin has Admin Login and Users will handle User Login. Users have to create Unique ID and Password, Using which they can create their diet plan and calculate how much amount of calorie they needed to increase / decrease / maintain their weight. The project is beneficial for health, for users as they can get to know their diet plan and eat accordingly. The website allows the users to login in to their profiles and upload all their details including their previous milestone onto the system. User's ID and Password will be generated only after the verification, and faulty accounts will be removed.

1.2 OBJECTIVES

It provides:

- It provides Diet plan to maintain the body weight
- It Can create free diet plan for user itself
- It help to track the diet plan
- It can Calculate the calorie with scientific principles

1.3 FUNCTION

Functions of various users

►Admin

The main functions of the admin is as follows:

- Login for Admin Page
- Logout functionality
- User Management
    - View the user
    - View diet plan details of user
- Food table Management
    - Adding new Food items and their details
    - Updating existing Food items
    - Deleting the food items
    - View details of existing food
- Diet plan Management
    - Manage the diet plans
    - Manage the calorie calculator

►**USER**

The main functions of the user is as follows:

- Login for user
- Change password for user
- Logout functionality
- Viewing food table
- Viewing allocated diet plan
- Calorie calculator

SYSTEM ANALYSIS

2.1 INTRODUCTION

System analysis is the most critical process of information development. In system analysis, the problem is identified, alternative solutions are evaluated and the most feasible solution is recommended. An initial investigation is performed to identify the current problems and solutions for the smooth functioning of the organization. Each module thoroughly studies and all the recommended for the project are gathered. Problem is split into module and is viewed at various angles. This lead to the evolution of project.

2.2 EXISTING SYSTEM

The current calorie calculator system would have user registration, document verification, auto-generated User ID and pass for user and admin. Project manager will handle Admin Login and user will handle user Login. User will get Unique ID and Password, Using which they can login for a user only o. The project is beneficial for health , for user as the can get to know the diet plans and choose wisely the diet plan. The website allows the user to login in to their profiles and upload all their details including their previous medical condition onto the website.

DRAW BACKS OF EXISTING SYSTEM

- The existing website dosen't have picture validation to get accurate medical records

2.3 PROPOSED SYSTEM

The proposed website calorie calculator helps the users to make a balanced and free diet plan in the basis of calorie calculation with scientific principles ,for calculating the calorie.

ADVANTAGES:

- Fast and easy way to create a diet plan
- Results can be reported and published faster
- Users save time and cost by able to create a diet plan and calculate the calorie

2.4 FEASIBILITY STUDY

Feasibility study is done in my software development as a part of preliminary investigation. Specific method used by the analysis for collecting data about requirements are fact finding techniques. These include record review, observations, interview and questionnaires. When the request is made, the first system activity, the preliminary investigation begins. This activity has 3 steps among them feasibility study is important. Feasibility study is an important outcome of the preliminary investigation and is the determination that the system request is feasible. And my software **CALORIE CALCULATOR AND DIET PLAN** satisfies the different types of the feasibility studies. They are listed below:

The key points in the feasibility study are:

- Economical Feasibility
- Technical Feasibility
- Behavioural Feasibility

Economical Feasibility

It is the most frequently used method for evaluating the effectiveness of the system. It is also known as cost benefit analysis, the procedure is to determine the benefits and savings that are expected from the system and compare them with cost. We analyze the system is feasible than the manual system because it saves money, time and man power. It is also feasible according to cost benefit analysis.

Technical Feasibility

It involves the financial consideration to accommodate technical enhancement. If the budget is serious constraint then the project is not judged not feasible. Technical feasibility centers on the technology used. It means the system is technically feasible i.e., it doesn't have any technical fault and work properly in the given environment; it is providing us required output.

Behavioural Feasibility

It specify the system is behaviorally feasible to user. It determines a new system how that system is effectively used by the user. It is the analysis of the system. In this we analyze that the system is working properly or not. If working then it communicating proper with the environment or not. All this matters are analyzed and a good system is prepared. Due to the change of system what is the change in behavior of the users, this factors are also analyzed.

SYSTEM ENVIRONMENT

3.1 INTRODUCTION

The selection of hardware and software requirements is very important. In sufficient Random Access Memory may affect adversely on the speed and efficiency on the entire system. The processor should be powerful to handle the entire operations. The hard disk should have sufficient capacity to store the file applications. This system can be run on any system under Windows platform. It is developed using the high level programming language PHP

3.2 HARDWARE REQUIREMENTS

The selection of hardware configuration is very important task related to the software development. Insufficient Random Access Memory may affect adversely on the speed and efficiency of the entire system. The processor should be powerful to handle the entire operations. The hard disk should have sufficient capacity to store the file application.

- Memory : 4GB
- Operating System : Windows
- Database : MySQL

Client Requirements:

Any PC with internet connectivity will serve the client side operations.

3.3 SOFTWARE REQUIREMENTS

Server Requirements:

- Operating System : Window 10
- Database : MYSQL
- Web Server : Xampp Server
- Browser : Google Chrome

3.4 DEVELOPMENT TOOLS

PHP:

PHP is a server scripting language, and a powerful tool for making dynamic and interactive Web pages. PHP is a widely-used, free, and efficient alternative to competitors such as Microsoft's ASP. PHP is a script language and interpreter that is freely available and used primarily on Linux Web Servers. PHP is originally derived from Personal Home Page Tools, now stands for PHP: Hypertext Preprocessor. PHP is an alternative to Microsoft's Active Server Page (ASP) technology. As with ASP, the PHP script is embedded within a Web page along with its HTML. Before the page is sent to a user that has requested it, the Web server calls PHP to interpret and perform the operations called for in the PHP script.

An HTML page that includes a PHP script is typically given a file name suffix of ".php" "php3" or ".phtml". Like ASP, PHP can be thought of as "dynamic HTML pages", since content will vary based on the results of interpreting the script. PHP is free and offered under an open source license.

ADVANTAGES OF PHP:

- Open source: It is developed and maintained by a large group of PHP developers, this will helps in creating a support community, abundant extension library.
- Speed: It is relative fast since it uses much system resource.
- Easy to use: It uses C like syntax, so for those who are familiar with C, it is very easy for them to pick up and it is very easy to create website scripts.
- Can be run on many platforms, including Windows, Linux and Mac, it is easy for users to find hosting service providers.

MYSQL:

Relational database systems are the most important database system used in the software industry today. One of the outstanding systems is MYSQL. MYSQL is a database management system and marketed by Microsoft.MYSQL is a database management system that runs as a server multiuser access to a number of database. It is named after developer Michael Widenius 'daughter, MY. The SQL stands for Structured Query Language. MYSQL pronounced either "MY S-Q-L" or "MY Sequel," is an open source relational database management. It is based on the structure query language, which is used for adding, removing and modifying information into database. Standard sql commands, such as ADD, DROP, INSERT, and UPDATE can be used with MYSQL. MYSQL can be used for variety of applications but most commonly found on web server. A website that uses MYSQL may include web pages that access information from a database. These pages are often referred to as "dynamic", meaning the content of each page is generated from a database as the page loads.

JavaScript:

JavaScript is a high-level, dynamic; untyped, and interpreted programming language. It alongside HTML and CSS, it is one of the three core technologies of World Wide Web content production ; the majority of websites employ it and it is supported by all modern Web browsers without plug-in JavaScript is prototype-based with first-class functions, making it multiparadigm language, supporting object-oriented, imperative, and functional programming styles. It has an API for working with text, arrays, dates and regular expressions, but does not include any I/O, such as networking, storage, or graphics facilities, relaying for these upon the host environment in which it is embedded.

Despite some naming, syntactic, and standard library similarities, JavaScript and Java are otherwise unrelated and have very different semantics. The syntax of JavaScript is actually derived from C, while the semantics and design are influenced by the self and Scheme programming languages.

JavaScript is also used in environments that are not Web-based, such as PDF documents, site-specific browsers and desktop widgets. Newer and faster JavaScript virtual machines (VMs) and platforms built upon then have also increased the popularity of JavaScript for server-side Web applications. On the client side, JavaScript has been traditionally implemented as an interpreted language, but more recent browsers perform just-in time compilation. It is also used in game development, the creation of desktop and mobile applications, and server-side network programming with runtime environments.

Uses of JavaScript:

1. Use it to add multimedia elements With JavaScript you can show , hide, change, resize images, and create image rollovers. You can create scrolling text across the status bar
2. Create pages dynamically Based on the user's choices, date, or other external data, JavaScript can produce pages that are customized to the user.
3. Interact with the user It can do some processing of forms and can validate user input when the user submits the form.

HTML:

Hyper Text Markup Language, commonly abbreviated as HTML, is the standard markup language used to create webpage. Along with CSS, and JavaScript, HTML is a cornerstone technology used to create web pages, as well as to create user interfaces for mobile and web applications. Web browsers can read HTML files and render them into visible or audible web pages.HTML describes the structure of a website semantically and, before the advent of Cascading Style Sheet(CSS),included cues for the presentation of appearance of the document (web page),making it a markup language, rather than a programming language. HTML elements form the building block of HTML pages. HTML allows images and other object to be embedded and it can be used to create interactive forms. It provides a means to create structured documents by denoting structural semantics for text such as headings, paragraphs, lists, links, quotes and other items. HTML elements are delineated by tags, written using angle brackets .Tags such as <img /> and <input /> introduce content into the page directly. About document text and may include other tags as sub-elements. Browsers do not display the HTML tags, but use them to interpret the content of the page. HTML can embed scripts written in languages such as JavaScript which affect the behavior of the HTML web pages. HTML markup can also refer the browser to Cascading Style Sheets (CSS) to define the look and layout of text and other material.

Characteristics of HTML:

- It is the language which can be easily understand and can be modified.
- Effective presentation can be made with the HTML with the help of its all formatting tags.
- It provides the more flexible way to design web pages along with the text.
- Links can also be added to the web pages so it helps the readers to browse the information of their interest.
- You can display HTML documents on any platforms such as Macintosh,Windows and Linux etc.

SYSTEM DESIGN

4.1 INTRODUCTION

Design of a system can be defined as the process of applying various techniques and principles for the purpose of defining the device, a process for a system in sufficient to permit its physical realization.

Thus system design is a solution, a “how to” approach to the creation of a new system. This important phase provides the understanding and procedural details necessary for implementing he system recommended in the feasibility study. The system step procedures a data design, an architectural design and procedural design.

The data design transform the information domain model created during analysis in to the data structures that will be required to implement the software. The architectural design defines the relationship among major structural components into procedural description of the software. Source code is generated and testing is conducted to integrate and validate the software. From the project management point of view software design is conducted in two steps, preliminary design isconcerned with the transformation of requirements into data and software architecture. detailed data structure and algorithmic representation for software.

Input Design

The data enter the system as input and this is the data on which the processing is performed. It is necessary to ensure that the input design is suitable. While designing, an important aspect is the input design format. When the designing input the objective is to ensure that the data processed by the system is collected and entered into the system efficiently, according to the specified requirements and with minimum number of errors. The designer will generally choose a method of input that is cost effective and that which is acceptable to the end user. The user defined inputs are converted into computer based formats. Input design involves determining the record media, the method of input and speed of capture and entry to the system. There are several ways to input data into our system such as textboxes, dialog boxes etc.

Output Design

The computer output is most important and direct source of information to the users. Output design is an ongoing activity, started during the study phase itself. The objective of the output design is to define the contents and format of all document and report in an attractive and useful format. Outputs usually refer to the results and information's that are generated by the system. It can be in the form of operational document and reports. Since some of the end users will not actually operates the information system or input data through the work stations, but will use the input from the system. The output design specification was carried out with from the system. The output design specification was carried out with maximum user friendliness

4.2 USE CASE DIAGRAM

A use case diagram acts as a focus for the description of user requirements. It describes the relationship between requirements, users and the major components. It does not describe the requirements in detail, these can be described in separate diagrams or in documents that can be linked to each use case.

Basic Use Case Diagram Symbols and Notations

System

Draw your system'sboundaries using a rectangle that contains use cases .Place the actor outside the system's boundaries.

System Boundary:

Actors

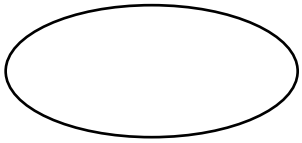
Actors are the users of the system. When one system is actor of another system, label the actor system with the actor stereotype.

Actor:

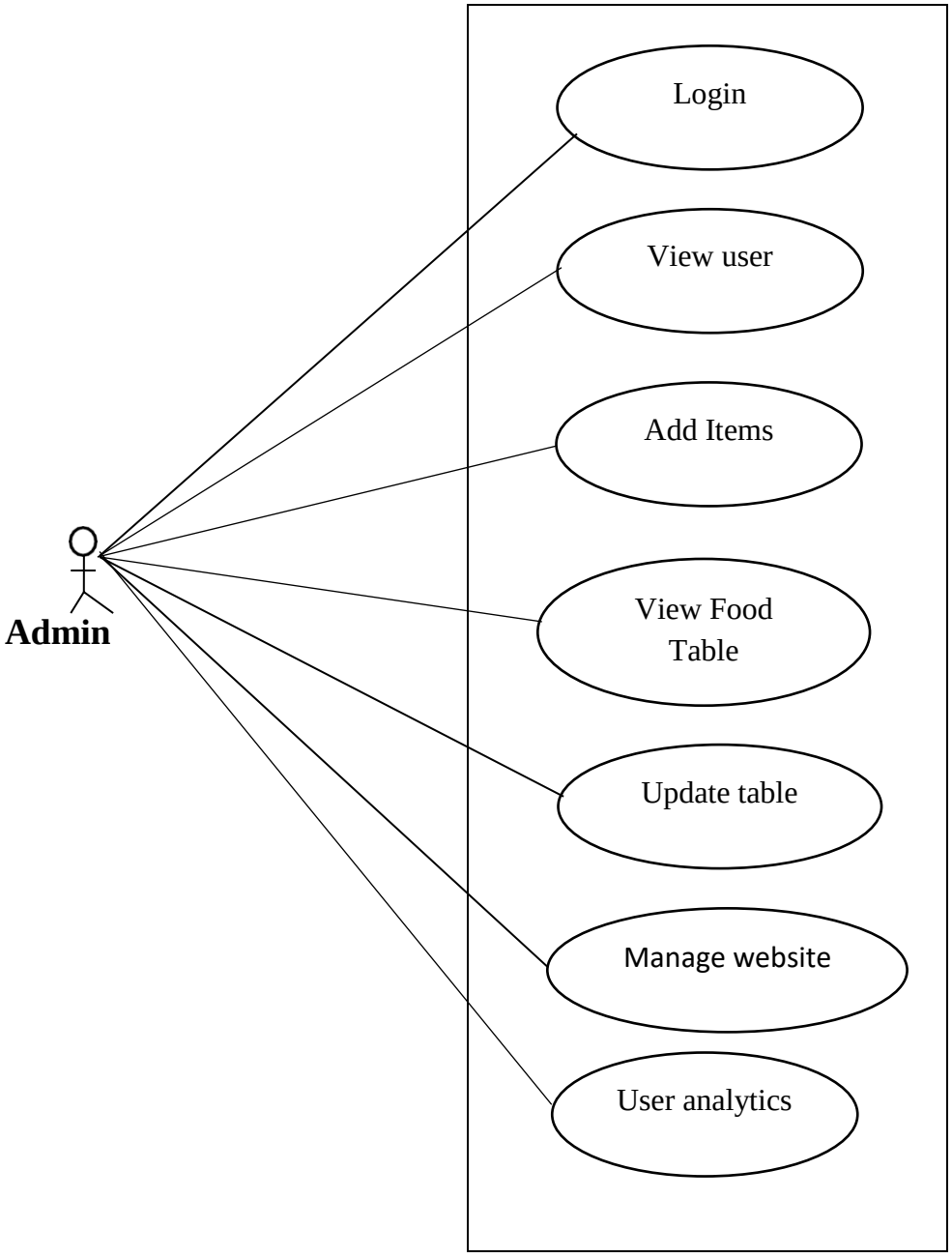
Use Case

Draw use case casing ovals. Label the ovals with verbs that represent the system's functions.

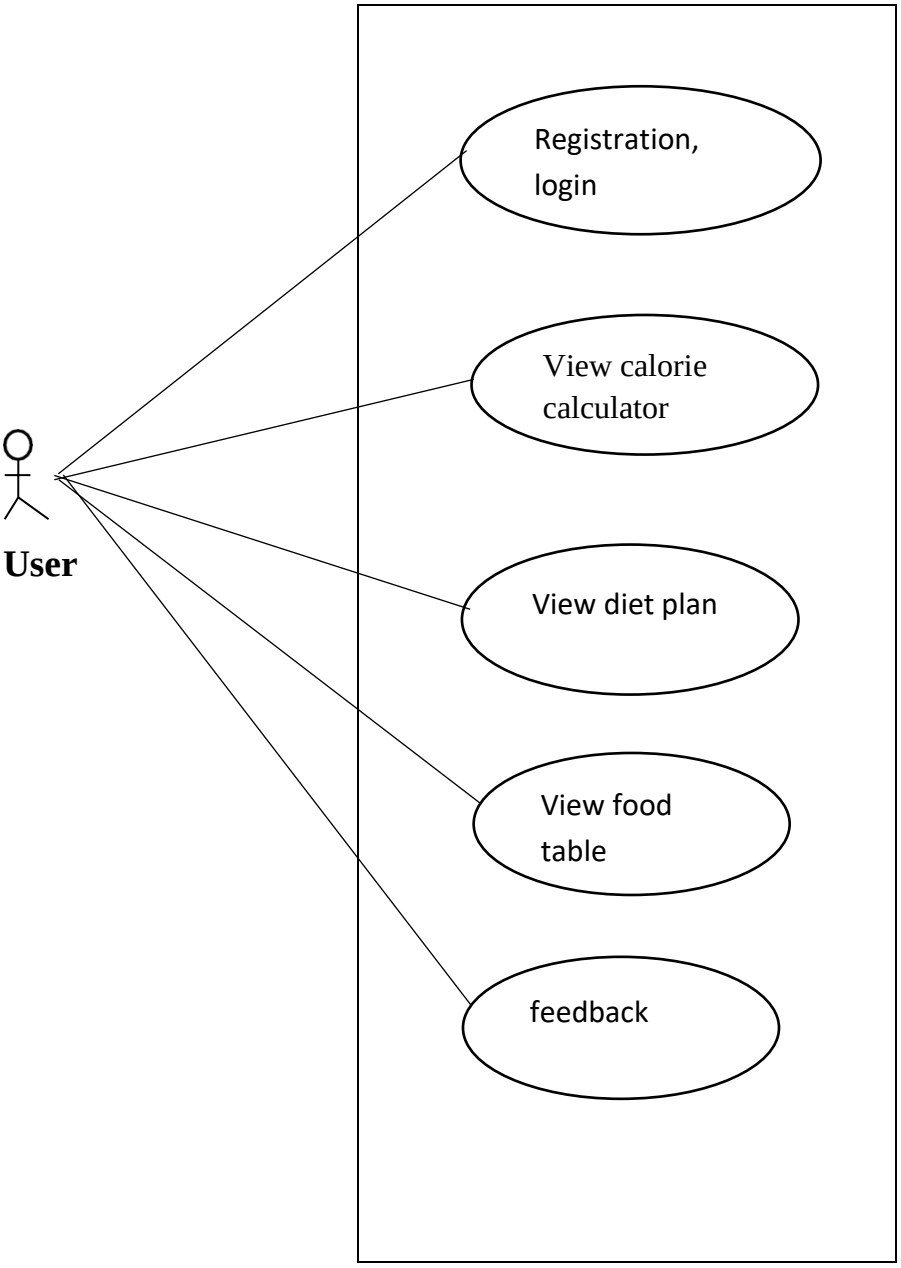
Use Case:



ADMIN


Login
View user
Add Items
View Food Table
Update table
Manage website
User analytics
Admin

USER

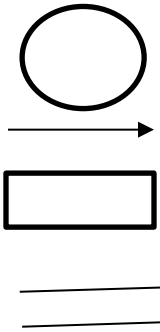

Registration, login
View calorie calculator
View diet plan
View food table
feedback
User

4.3 DATA FLOW DIAGRAM

Data flow diagrams are commonly use during problem analysis. DFD are very useful in understanding a system and can be effectively used during analysis. A DFD shows the flow of data through a system. A DFD is a graphical representation of the flow of data through an information system, modeling its process aspects. A DFD is often used as a preliminary step to create overview of the system. A DFD shows what kind of information will be input to and output from the system, where the data will come from and go to, and where the data will stored. The main merit of the DFD is that it can provide an overview of the data to be processed by the system, the data to be transformed, the files to be used and theflow of data along the system

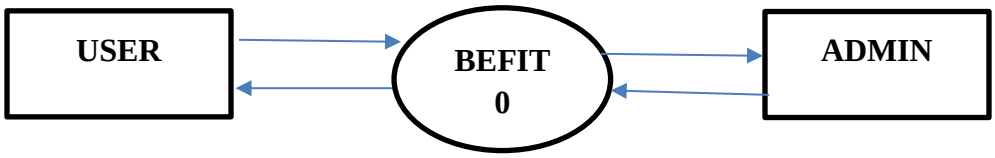
Representation of Components

DFDs involve four symbols. They are**:**

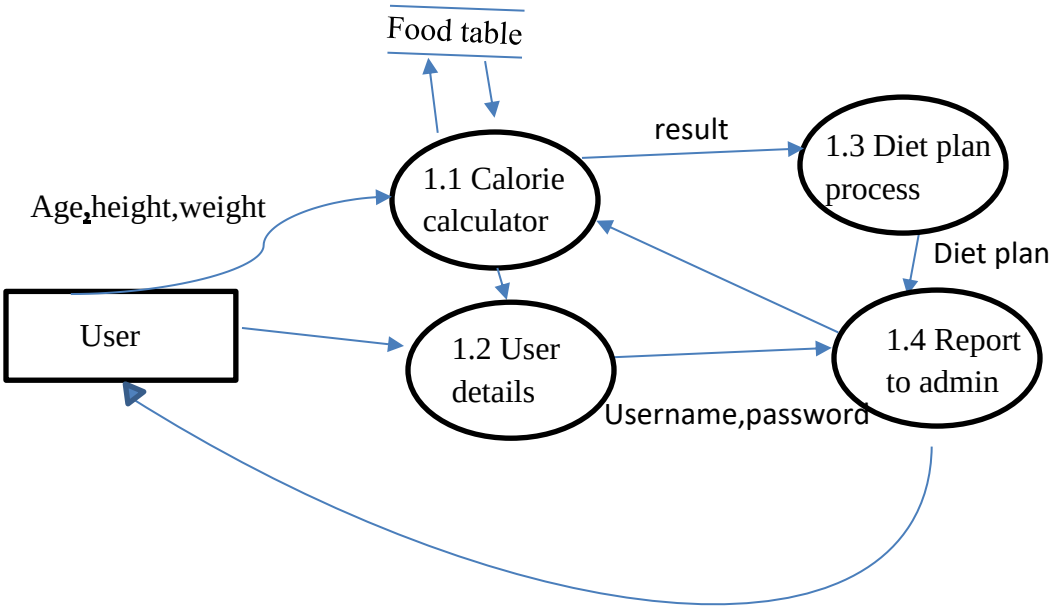


- The processes shown by named circle
- Named arrows represents the data flow
- External entity
- Data Store

LEVEL 0 DFD

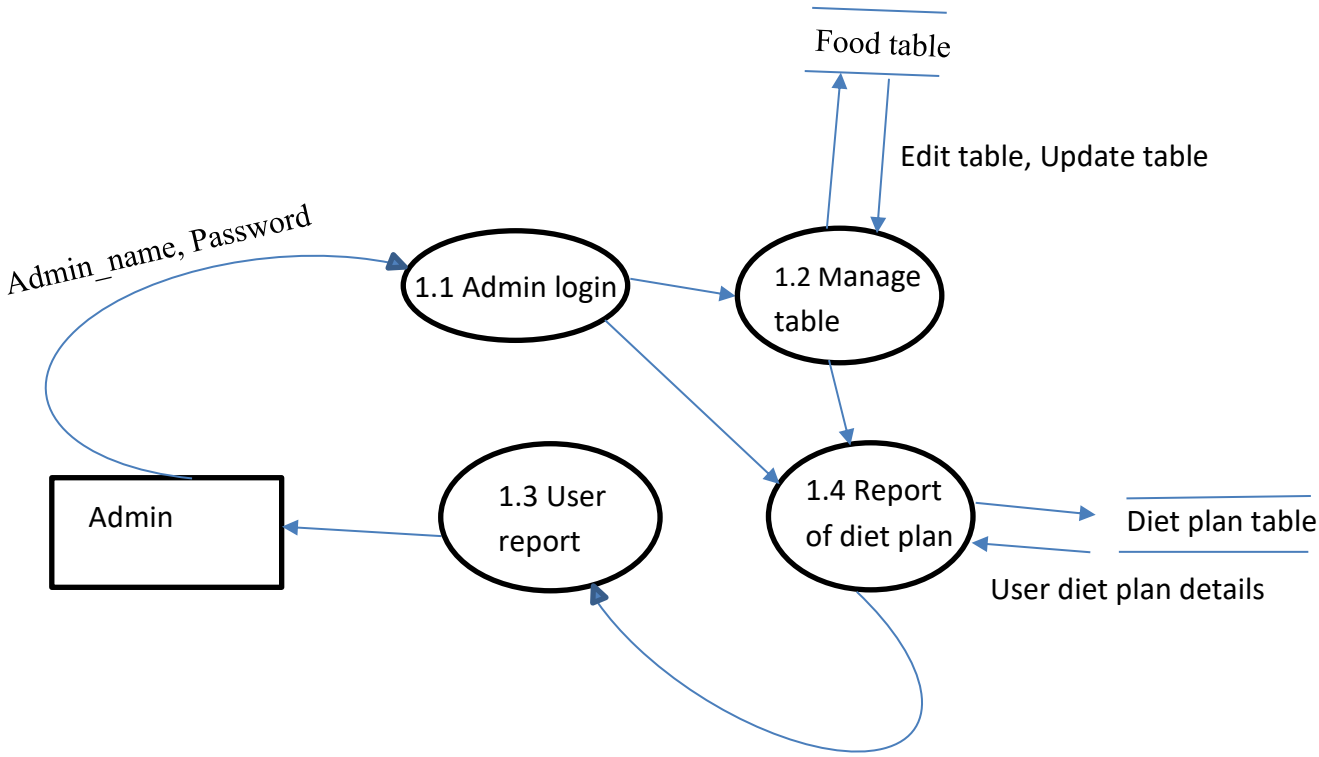


LEVEL 1 DFD

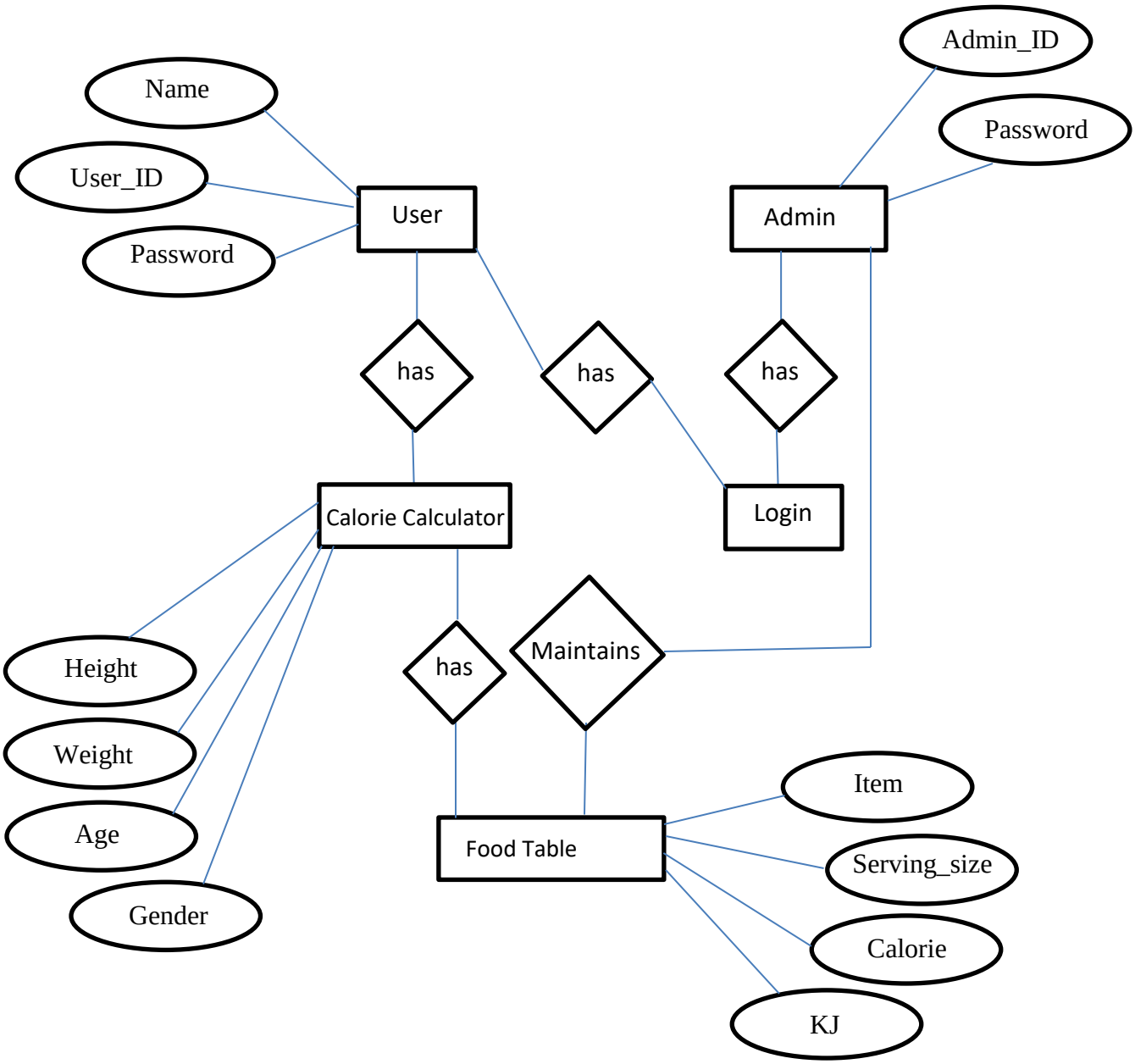

Food table
result
1.3 Diet plan process
1.1 Calorie calculator
Age,height,weight
Diet plan
User
1.2 User details
1.4 Report to admin
Username,password

LEVEL 1 DFD

Admin



ER Diagram


Admin_ID
Name
Password
User_ID
User
Admin
Password
has
has
has
Calorie Calculator
Login
Height
has
Maintains
Weight
Item
Age
Food Table
Serving_size
Gender
Calorie
KJ

4.4 DATABASE DESIGN

A database is a collection of logically related data designed to meet the information needs of one or more users. It is a collection of records stored in a computer in a systematic way. The general theme behind a database is to integrate all the information. A database is an integrated collection of data and provides centralized access to the data. A database is a collection of interrelated data stored with minimum redundancy to serve many users quickly and efficiently. The general objective of database is to make the data access easy, inexpensive and flexible the user. The main objectives of designing a database are Data Integration, Data Integrity and Data Independence. In the database, all the information is stored in the form of tables. A table is simply a way of storing data in rows and columns. In the system the data is stored in many tables. There are 8 tables used to store data.

Tables

1.**Table name** : registration
Description : Details of user
Primary key : user name

Column_name	Type	Remarks	Description
username	varchar(20)	Primary key	username
Email	varchar(45)	Not null	Email of user
Password	varchar(17)	Not null	Password of user

2. **Table name** : admin
   Description : Details of admin
   Primary key : user name

Column_name	Type	Remarks	Description
username	varchar(30)	Primary key	Name of admin
password	varchar(20)	Not null	Password of admin

3. **Table name** : fruits
   Description : Details of fruit items
   Primary key : food

Column_name	Type	Remarks	Description
food	varchar(30)	Primary key	FOOD ITEMS
serving_size	varchar(10)	Not null	QUANTITY OF ITEM
calorie	int(20)	Not null	CALORIE
kj	int(30)	Not null	KILO JOULE

4. **Table name** : vegetables
   Description : Details of vegetables
   Primary key : food

Column name	Type	Remarks	Description
food	varchar(30)	Not null	Food items
serving_size	varchar(10)	Not null	Quantity of items
calorie	int (20)	Not null	Calorie
kj	int(30)	Not null	Kilo Joule

5. **Table name** : proteins
   Description : Details of protein foods
   Primary key : food

Column name	Type	Remarks	Description
food	varchar(30)	Not null	Food items
serving_size	varchar(10)	Not null	Quantity of items
calorie	int (20)	Not null	Calorie
kj	int(30)	Not null	Kilo Joule

6. **Table name** : user_diet_list
   Description : Details of user diet
   Primary key : user

Column_name	Type	Remarks	Description
user	varchar(30)	Primary key	User name
food	varchar(30)	Not null	Food items
serving_size	varchar(10)	Not null	Quantity of items
calorie	int (20)	Not null	Calorie
kj	int(30)	Not null	Kilo Joule
total_calorie	int (20)	Not null	Calorie

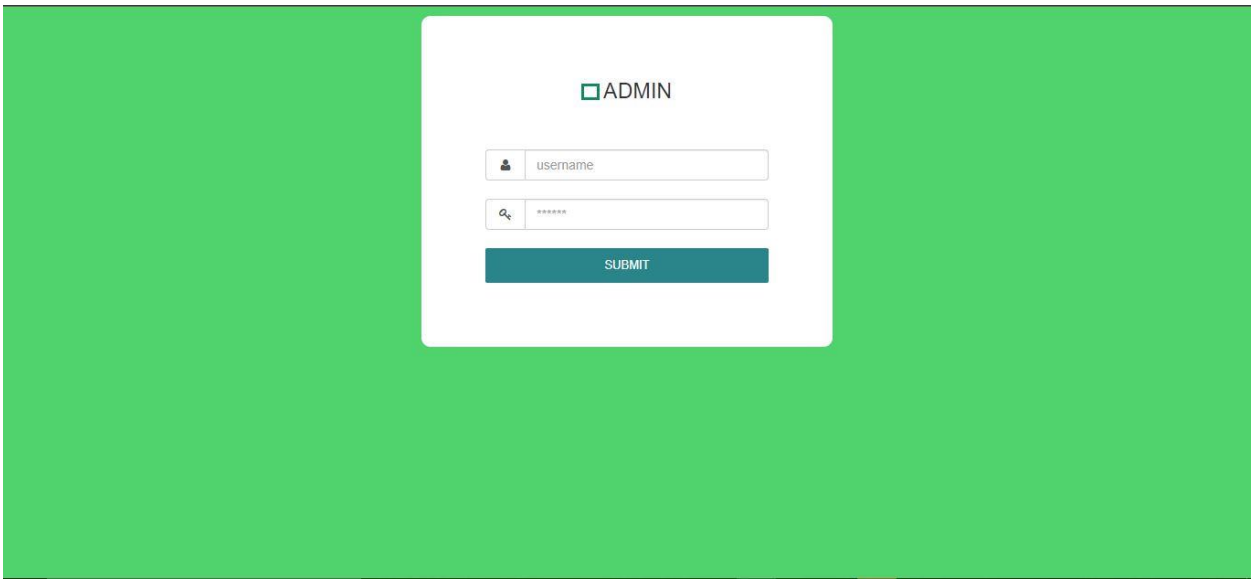
4.5 USER INTERFACE DESIGN

User interface design (UI) or user interface engineering design of user interface for machines and software such as computers, home appliances, mobile devices, and other electronic devices with focus on maximizing usability and the user experience. The goal of user interface design is to makes the user's interaction as possible in terms of accomplishing user goals (user-centred design).

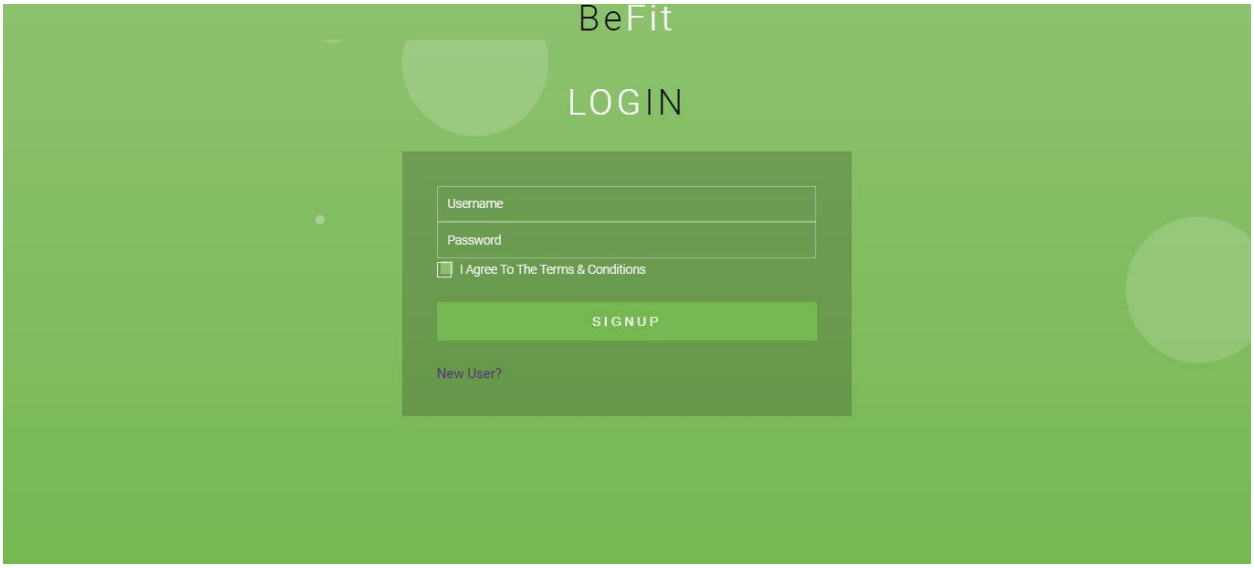
Good user interface design facilities finishing the task at hand without unnecessary attention to itself. Graphic design and typography are utilized to support its usability influencing how the user performs certain interactions and improving the aesthetic appeal of the design aesthetics may enhance or detect from the ability of users to use the functions of the interface. The design process must balance technical functionality and visual elements (eg: mental model) to create a system that is not only operational but also usable and adaptable to changing user needs

Interface design involved in a wide range of projects from computer system to cars, to commercial planes; all of these project involve much of same basic human interaction yet also require some unique skills and knowledge. As are result, designers tend to specialization certain type of projects and have skills cantered on their expertise, whether it is a software design, user research web design or industry design.

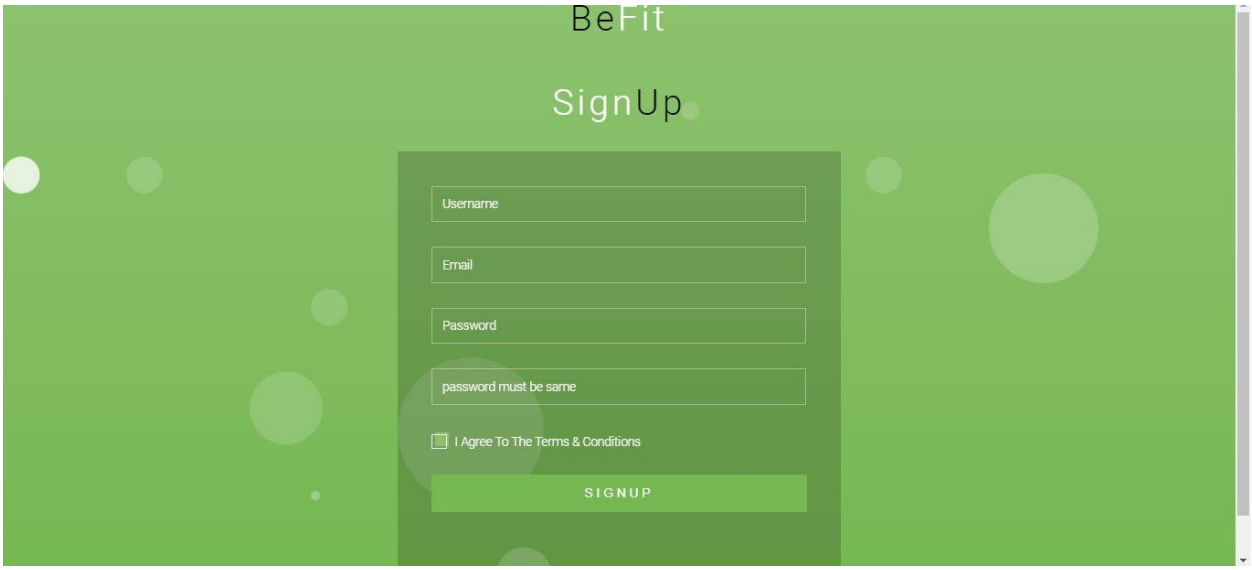
Login for admin:



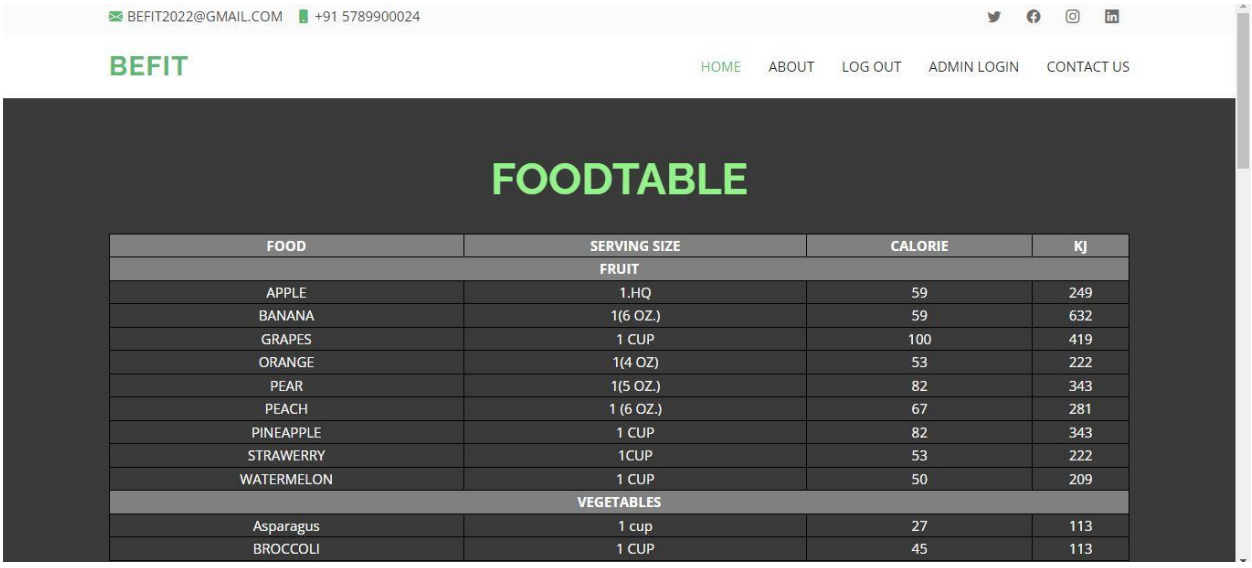
USER LOGIN:



USER SIGN UP:

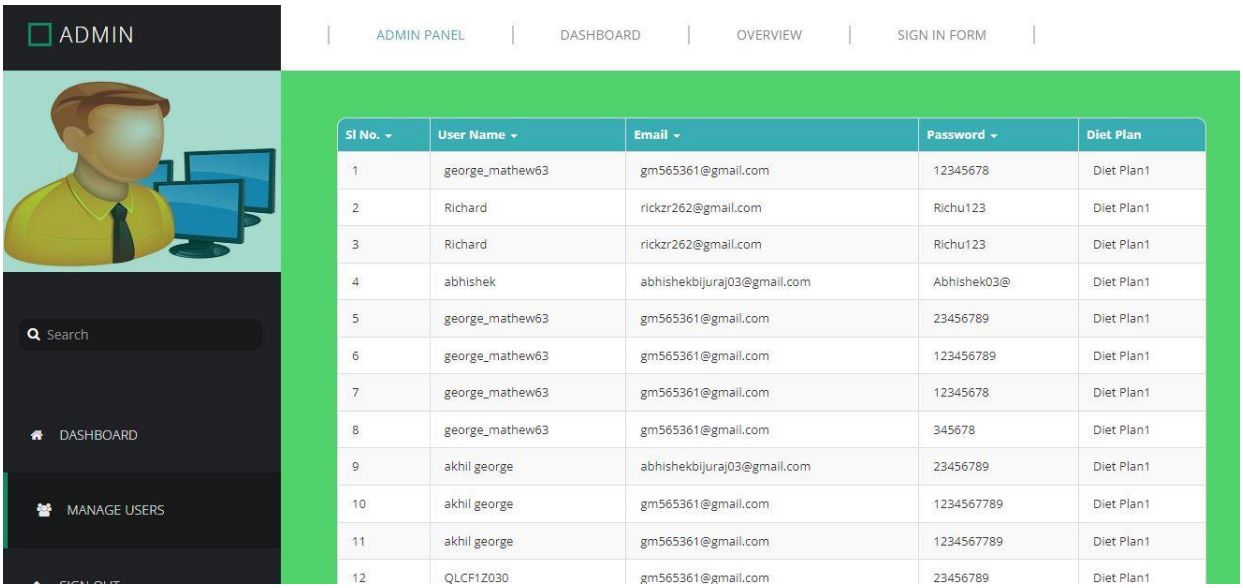


FOOD TABLE:



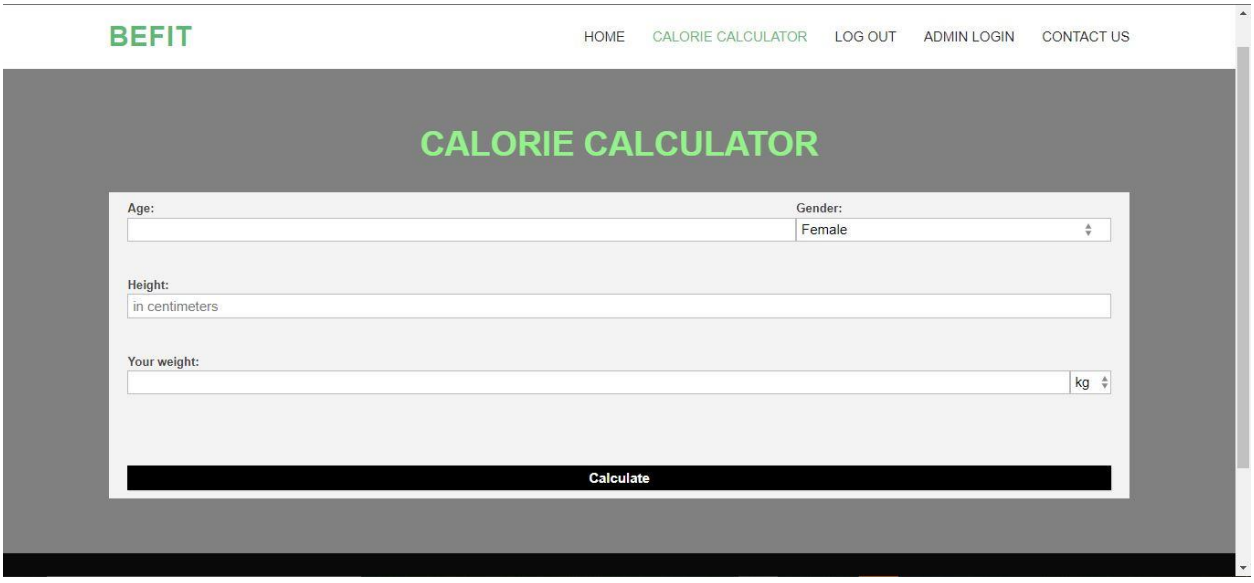
FOOD	SERVING SIZE	CALORIE	KJ
FRUIT			
APPLE	1.HQ	59	249
BANANA	1(6 OZ.)	59	632
GRAPES	1 CUP	100	419
ORANGE	1(4 OZ)	53	222
PEAR	1(5 OZ.)	82	343
PEACH	1 (6 OZ.)	67	281
PINEAPPLE	1 CUP	82	343
STRAWERRY	1CUP	53	222
WATERMELON	1 CUP	50	209
VEGETABLES			
Asparagus	1 cup	27	113
BROCCOLI	1 CUP	45	113

USER DETAILS:



Sl No.	User Name	Email	Password	Diet Plan
1	george_mathew63	gm565361@gmail.com	12345678	Diet Plan1
2	Richard	rickzr262@gmail.com	Richu123	Diet Plan1
3	Richard	rickzr262@gmail.com	Richu123	Diet Plan1
4	abhishek	abhishekbijuraj03@gmail.com	Abhishek03@	Diet Plan1
5	george_mathew63	gm565361@gmail.com	23456789	Diet Plan1
6	george_mathew63	gm565361@gmail.com	123456789	Diet Plan1
7	george_mathew63	gm565361@gmail.com	12345678	Diet Plan1
8	george_mathew63	gm565361@gmail.com	345678	Diet Plan1
9	akhil george	abhishekbijuraj03@gmail.com	23456789	Diet Plan1
10	akhil george	gm565361@gmail.com	1234567789	Diet Plan1
11	akhil george	gm565361@gmail.com	1234567789	Diet Plan1
12	QLCF1Z030	gm565361@gmail.com	23456789	Diet Plan1

CALORIE CALCULATOR:



CODING

INTRODUCTION

A code is an ordered collection symbols to provide unique identification of data. Codes can be used by people who do not with data processing. The goal of the coding or programming phase is to translate the design of the system produced during the design phase into code in a given programming language, which can be executed by a computer and that performs the computation specified by the design. The coding phase affects both testing and maintenance profoundly. As we saw earlier, the time spent in coding is a small percentage of total software cost, while testing and maintenance consume the major percentage. Thus it should be clear the goal should be reduced the cost of later phases, even if it means that the cost of this phase has to increase. In other words, the goal during this phase is not to simplify the job of the programmer.

1. Code Optimization

Code optimization aims at improving execution efficiency of a program. This is achieved in two ways:

 Redundancies in a program are eliminated

 Computations in a program are rearranged or rewritten to make it execute efficiently.

The optimization must not change the meaning of a program. The “NATURE CURE” optimizes the code by using the optimization technique such as dead code elimination and frequency reduction. Thus improve the execution efficiency.

2. Validation

Validation means observing the behavior of the system. The verification and validation means that will ensure that the output of a phase is consistent with its input and that the output of the phase is consistent with the overall requirements of the system. The college admission manager performed validation by verifying the output of each phase. This is done to ensure that it is consistent with the required output. If not we apply certain mechanisms for repairing and thereby achieved the requirement.

login:

```
<!DOCTYPE html>
<html lang="en" >
<head>
  <meta charset="UTF-8">
  <title>Befit/login</title>
  <link rel="stylesheet" href="./login.css">
</head>
<body>
<!DOCTYPE html>
<html>
<head>
<title>login</title>
<meta name="viewport" content="width=device-width, initial-scale=1">
<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />
<script type="application/x-javascript"> addEventListener("load", function() {
setTimeout(hideURLbar, 0); }, false); function hideURLbar(){ window.scrollTo(0,1); }
</script>
<!-- Custom Theme files -->
<link href="css/style.css" rel="stylesheet" type="text/css" media="all" />
<!-- //Custom Theme files -->
<!-- web font -->
```

```
<link href="//fonts.googleapis.com/css?family=Roboto:300,300i,400,400i,700,700i"
rel="stylesheet"><!-- //web font --></head>

<body>

<h1><B style="color:black">Be</B><b>Fit</b></h1>

   <!-- main -->

   <div class="main-w3layouts wrapper">

      <h1>LOG<b style="color:black">IN</b></h1>

      <div class="main-agileinfo">

         <div class="agileits-top">

            <form method="POST" autocomplete="on" action="">

               <input class="text" type="text" name="username" placeholder="Username"
required="">

               <input class="text" type="password" name="password" placeholder="Password"
required="">

               <div class="wthree-text">

                  <label class="anim">

                     <input type="checkbox" class="checkbox" required="">

                     <span>I Agree To The Terms & Conditions</span>

                  </label>

                  <div class="clear"> </div>

               </div>

               <input type="submit" name="SIGNUP"value="SIGNUP" palceholder="submit"  >
<div align="left"><a href="Registration.php">New User?</a></div> </form>

         </div>

      </div>
```

```
<ul class="colorlib-bubbles">
        <li></li>
        <li></li>
        <li></li>
        <li></li>
        <li></li>
        <li></li>
        <li></li>
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        <li></li>
        <li></li>
        <li></li>
```

```
        </ul>   </div>
        <!-- //main -->


</body>
</html>
<!-- partial -->
</body>
</html>
<?php
 $conn= mysqli_connect('localhost','root','','befit');
 if($conn->connect_error)
 {
    die("connection failed: ".$conn->connect_error);
 }
 if($_SERVER["REQUEST_METHOD"]=="POST")
  {
   $user=$_POST['username'];
    $pass=$_POST['password'];
    $sql="SELECT * from registration where username='$user' and password='$pass'";
    $result=mysqli_query($conn,$sql);
    $count=mysqli_num_rows($result);
    if($count>0)
    {
```

```
    header('location:home.html');
   }
   else
   {
      echo '<script>alert("Wrong password/Username")</script>';
   }
}
 ?>
```

Home Page:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="utf-8">
  <meta content="width=device-width, initial-scale=1.0" name="viewport">
  <title>BEFIT</title>
  <meta content="" name="description">
  <meta content="" name="keywords">
  <!-- Favicons -->
  <link href="assets/img/favicon.png" rel="icon">
  <link href="assets/img/apple-touch-icon.png" rel="apple-touch-icon">

  <!-- Google Fonts -->
```

```
  <link
href="https://fonts.googleapis.com/css?family=Open+Sans:300,300i,400,400i,600,600i,700,700i|
Raleway:300,300i,400,400i,500,500i,600,600i,700,700i|Poppins:300,300i,400,400i,500,500i,600
,600i,700,700i" rel="stylesheet">

  <!-- Vendor CSS Files -->

  <link href="assets/vendor/animate.css/animate.min.css" rel="stylesheet">

  <link href="assets/vendor/bootstrap/css/bootstrap.min.css" rel="stylesheet">

  <link href="assets/vendor/bootstrap-icons/bootstrap-icons.css" rel="stylesheet">

  <link href="assets/vendor/boxicons/css/boxicons.min.css" rel="stylesheet">

  <link href="assets/vendor/glightbox/css/glightbox.min.css" rel="stylesheet">

  <link href="assets/vendor/swiper/swiper-bundle.min.css" rel="stylesheet">

  <!-- Template Main CSS File -->

  <link href="assets/css/style.css" rel="stylesheet">

</head>


<body>

  <!-- ======= Top Bar ======= -->

  <section id="topbar" class="d-flex align-items-center">

    <div class="container d-flex justify-content-center justify-content-md-between">

      <div class="contact-info d-flex align-items-center">

        <i class="bi bi-envelope-fill"></i><a
href="mailto:contact@example.com">BEFIT2022@GMAIL.COM</a>

        <i class="bi bi-phone-fill phone-icon"></i> +91 5789900024

      </div>

      <div class="social-links d-none d-md-block">
```

```
      <a href="#" class="twitter"><i class="bi bi-twitter"></i></a>
      <a href="#" class="facebook"><i class="bi bi-facebook"></i></a>
      <a href="#" class="instagram"><i class="bi bi-instagram"></i></a>
      <a href="#" class="linkedin"><i class="bi bi-linkedin"></i></i></a>
    </div>
  </div>
 </section>
 <!-- ======= Header ======= -->
 <header id="header" class="d-flex align-items-center">
  <div class="container d-flex align-items-center">
 <h1 class="logo me-auto"><a href="index.html">BEFIT</a></h1>
    <!-- Uncomment below if you prefer to use an image logo -->
    <!-- <a href="index.html" class="logo me-auto"><img src="assets/img/logo.png" alt="" class="img-fluid"></a>-->
 <nav id="navbar" class="navbar">
      <ul>
        <li><a class="nav-link scrollto active" href="#hero">HOME</a></li>
        <li><a class="nav-link scrollto" href="#about">ABOUT</a></li>
        <li><a class="nav-link scrollto" href="login.html">LOGIN/SIGNUP</a></li>
        <li><a class="nav-link scrollto "
href="http://localhost/newbefit/adminlogin/login.PHP">ADMIN LOGIN</a></li>
        <li><a class="nav-link scrollto" href="#contact">CONTACT US</a></li>
          <i class="bi bi-list mobile-nav-toggle"></i>
    </nav>
```

```
 </div>

  </header>

  <section id="hero">

    <div id="heroCarousel" data-bs-interval="5000" class="carousel slide carousel-fade" data-bs-ride="carousel">

<ol class="carousel-indicators" id="hero-carousel-indicators"></ol>

<div class="carousel-inner" role="listbox">

<!-- Slide 1 -->

       <div class="carousel-item active" style="background-image: url(assets/img/slide/neew.jpg.jpg)">

         <div class="carousel-container">

           <div class="container">

             <h2 class="animate__animated animate__fadeInDown" style="color:rgb(149, 243, 140)">Welcome to <span>BEFIT</span></h2>

             <p class="animate__animated animate__fadeInUp"> </p>

           </div>

         </div>

       </div>

     </div>

    </div>

  </section>

 <main id="main">

 <section id="about" class="about">

     <div class="container">
```

```
  <div class="section-title">
        <h2>About Us</h2>
        <p>THE BEFIT WEBSITE IS BUILT IN THE BASICS OF SCIENTIFIC EQUATION TO CALCULATE THE CALORIE IN A HUMAN BODY.
          BASED ON RESULT WE GIVE OPPORTUNITY FOR USERS TO MAKE THEIR OWN DIET PLAN.
        </p>
       </div>
  </div>
    </section>
 <section id="contact" class="contact">
     <div class="container">
<div class="section-title">
   <h2>Contact</h2>
       </div>
<div class="row">
<div class="col-lg-5 d-flex align-items-stretch">
          <div class="info">
            <div class="address">
              <i class="bi bi-geo-alt"></i>
              <h4>Location:</h4>
              <p>A108 Adoor Street, New York, po 690232</p>
            </div>
               <div class="email">
```

```
            <i class="bi bi-envelope"></i>
            <h4>Email:</h4>
            <p>befit@gmail.com</p>
            </div>
<div class="phone">
            <i class="bi bi-phone"></i>
            <h4>Call:</h4>
            <p>+91 9656 234 000</p>
          </div> <iframe
src="https://www.google.com/maps/place/Government+General+Hospital,+Adoor/@9.1569447,
76.728349,15.5z/data=!4m12!1m6!3m5!1s0x3b061187ab8e8e09:0x374c6b115ecafed4!2sGover
nment+General+Hospital,+Adoor!8m2!3d9.1566693!4d76.7310273!3m4!1s0x3b061187ab8e8e0
9:0x374c6b115ecafed4!8m2!3d9.1566693!4d76.7310273" frameborder="0" style="border:0;
width: 100%; height: 290px;" allowfullscreen></iframe>
        </div>
 </div>
 <div class="col-lg-7 mt-5 mt-lg-0 d-flex align-items-stretch">
        <form action="forms/contact.php" method="post" role="form" class="php-email-form">
          <div class="row">
            <div class="form-group col-md-6">
              <label for="name">Your Name</label>
              <input type="text" name="name" class="form-control" id="name" required>
            </div>
            <div class="form-group col-md-6 mt-3 mt-md-0">
              <label for="name">Your Email</label>
```

```
            <input type="email" class="form-control" name="email" id="email" required>
          </div>
        </div>
        <div class="form-group mt-3">
          <label for="name">Subject</label>
          <input type="text" class="form-control" name="subject" id="subject" required>
        </div>
        <div class="form-group mt-3">
          <label for="name">Message</label>
          <textarea class="form-control" name="message" rows="10" required></textarea>
        </div>
        <div class="my-3">
          <div class="loading">Loading</div>
          <div class="error-message"></div>
          <div class="sent-message">Your message has been sent. Thank you!</div>
        </div>
        <div class="text-center"><button type="submit">Send Message</button></div>
      </form>
    </div>
  </div>
 </section><!-- End Contact Section -->
</main><!-- End #main -->
```

```
  <!-- ======= Footer ======= -->

  <footer id="footer">

 <div class="container">

     <div class="social-links">

 <a href="https://twitter.com/Gm565361Mathew?t=kB7y0F7M4E5DG9Mej9lnyA&s=09" class="twitter"><i class="bx bxl-twitter"></i></a>

       <a href="#" class="facebook"><i class="bx bxl-facebook"></i></a>

       <a href="#" class="instagram"><i class="bx bxl-instagram"></i></a>

       <a href="#" class="google-plus"><i class="bx bxl-skype"></i></a>

       <a href="#" class="linkedin"><i class="bx bxl-linkedin"></i></a>

     </div>

     <div class="copyright">

       &copy; Copyright <strong><span>Green</span></strong>. All Rights Reserved

     </div>

     <div class="credits">

       <!-- All the links in the footer should remain intact. -->

       <!-- You can delete the links only if you purchased the pro version. -->

       Designed by <a href="https://bootstrapmade.com/">Team:BLUE PRINT</a>

     </div>

   </div>

  </footer><!-- End Footer -->

  <a href="#" class="back-to-top d-flex align-items-center justify-content-center"><i class="bi bi-arrow-up-short"></i></a>

  <!-- Vendor JS Files -->
```

```
  <script src="assets/vendor/bootstrap/js/bootstrap.bundle.min.js"></script>
  <script src="assets/vendor/glightbox/js/glightbox.min.js"></script>
  <script src="assets/vendor/isotope-layout/isotope.pkgd.min.js"></script>
  <script src="assets/vendor/swiper/swiper-bundle.min.js"></script>
  <script src="assets/vendor/php-email-form/validate.js"></script>
  <!-- Template Main JS File -->
  <script src="assets/js/main.js"></script>
</body>
</html>
```

SYSTEM TESTING

6.1 INTRODUCTION TO TESTING

Software testing is critical element of software quality assurance and represents the ultimate review of specification design and coding. Testing begins by testing program modules separately, followed by testing "buntled" modules as a unit. A program module may function perfectly in isolation but fail when interfaced with successively larger up to the system test level. The following methods of testing were carried out to assure the correctness and reliability.

6.2 UNIT TESTING

All during the system design activity, basic program module are tested. At this stage programmers usually makeup their own data. Unit testing with test data is necessary, of course, but it is not sufficient. Although it is important know if the logic included in a program works properly, conditions that are not included in a program are also considered. In this mainly syntax and logical errors of the program are tested.

6.3 INTEGRATED TESTING

As modules pass unit test, they are integrated for testing. Programs are invariability related to one another and interact in a total system. Each program is tested to see whether it confirms to related programs in the system. Each portion of the system is tested against the entire module with both test data and live data before the entire system is ready to be tested.

6.4 VALIDATION TESTING

Validation succeeds when the software function in a manner the user wishes .Validation refers to the process of using software to live environment in order to find errors. During the course of validation system failure may occur and sometimes coding has to be changed according to the requirement. Thus the feedback from the validation phase generally produces changes in the software.

SYSTEM IMPLEMENTATION

INTRODUCTION

Implementation is one of the most important task in a project. Implementation is the phase, in which one has to be cautions, because all efforts undertaken during this project will be fruitful only if the software is properly implemented according to the plans made. Implementation is the stage in the project were theoretical design is turned into a working system. The crucial stage is achieving successful new system and given to the users confidence in that system will work effectively and efficiently.

IMPLEMENTATION ISSUES

Implementation of software refers to the final installation of the package in its real environment to the satisfaction of the intended users and the operation of the system. The new system may be totally new, replacing an existing manual or automated system or it may be a modification of the existing system

FUTURE ENHANCEMENT

FUTURE ENHANCEMENT

Data can be managed and secured efficiently .We have developed the online system used to manage the diet plans and accurately calculate the calorie intake to maintain weight

CONCLUSION

CONCLUSION

The project entitled **"Calorie calculator and diet plan"** would have user registration. User ID and password for user and admin will handle Admin Login and user will handle user Login. User will create Unique ID and Password, Using which they can login and view the food table and The project is beneficial for health, for users as they can create their diet plan and eat accordingly. The website allows the users to login in to their profiles and upload all their details including their previous milestone onto the system. User's ID and Password will be generated only after the verification, and faulty accounts will be removed. For developing the system, we used php, html, java and css for making dynamic and interactive webpages and MySQL as back-end.

BIBLIOGRAPHY

WEBSITE

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2. www.tutorialspoint.com

TEXTBOOKS

- Fundamentals of software engineering by **Rajib Mall**
- An Integrated approach to software engineering by **Pankaj jalot**