# FITNESS MANAGEMENT SYSTEM

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#### **ABSTRACT**

People are always seeking to have a healthy body fitness and they are need to motivate them to it. So we believe that our website help to solve this problem through help user to manage the health life system in health fitness and nutrition. This website displays videos for exercise, and the preparation for healthy eating(diet chart) by selecting food items that are listed in the website, determine the nearest sports clubs, gym and hospitals through google map and calculate the calories either acquired or burned also shows scale for the shape for user body in this website user can also interact with nutrition and dietitian. User can buy supplements and gym equipment from this website and user can take appointment in nearest hospital by the help of google map and can also take appointment to see dietitian in our website. In this website nutrition and dietitian can we diet chart of the user they can make changes in the chart of the user. Overall this fitness management system is a valuable tool for users

#### MODULE DESCRIPTION

#### 1.USER

- .Login
- .Registration
- .Medical form filling
- .Create diet chart
- .Interaction with dietitian
- .Interaction with nutrition
- .Book appointment
- .View appointment
- .Cancel appointment
- .Buy supplements and gym equipments
- .View the nearest sports clubs , gym and hospitals
- .upload medical records
- .Submit feedback

#### • 2.Admin

- .Login
- .Manage user
- .Manage dietitian and nutrition
- .Manage food items list
- .Manage supplements and gym equipments page
- .Manage feedback

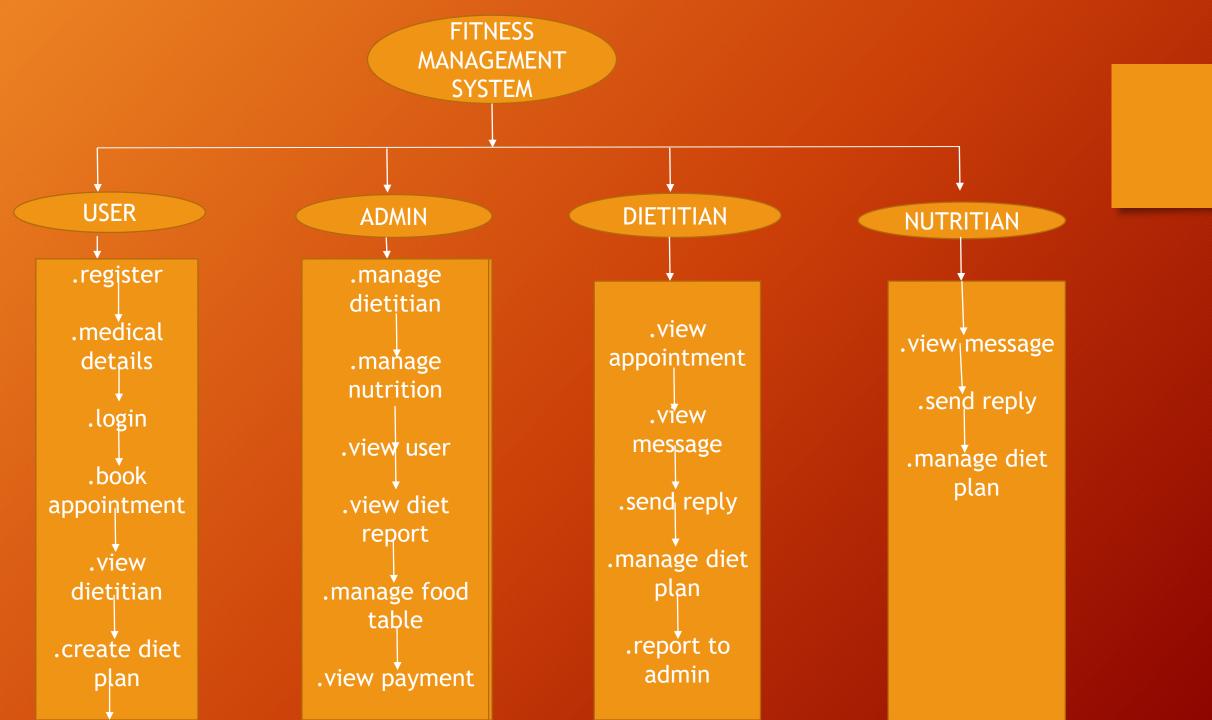
#### 3.Dietitian

- .Login
- .View diet chart
- .Interaction with user
- .Write prescription
- .view user medical records
- .view appointments

#### 4. Nutrition

- .Login
- .registration
- .View diet chart
- .Interaction with user
- .Manage Diet chart

## STRUCTURE CHART





## **TABLES**

#### .REGISTRATION

FIELD NAME	DATA TYPE	CONSTRAINTS	DESCRIPTION
R ID	VARCHAR(10)	PRIMARY KEY	REGISTRATION ID
NAME	VACHAR(30)	NOT NULL	NAME
CONTACT NO	INT(13)	NOT NULL	CONTACT NUMBER
EMAIL	VARCHAR(20)	NOT NULL	EMAIL ID
GENDER	VARCHAR(12)	NOT NULL	GENDER

#### .LOGIN

FIELD NAME	DATA TYPE	CONSTRAINTS	DESCRIPTION
U ID	VARCHAR(10)	FOREIGN	USER ID
U NAME	VARCHAR(30)	NOT NULL	USER NAME
U PASSWORD	VARCHAR(30)	NOT NULL	PASSWORD
U TYPE	VARCHAR(15)	NOT NULL	USER TYPE

#### . MEDICAL DETAILS

FIELD NAME	DATA TYPE	CONSTRAINTS	DESCRIPTION
M ID	VARCHAR(10)	PRIMARY KEY	MEDICAL RECORD NUMBER
R ID	VARCHAR(10)	FOREING KEY	USER REGISTRATION ID
NAME	INT(10)	NOT NULL	USER NAME
GENDER	INT(10)	NOT NULL	GENDER
HEIGHT	INT(10)	NOT NULL	USER HEIGHT
WEIGHT	INT(10)	NOT NULL	USER WEIGHT
AGE	INT(10)	NOT NULL	AGE

#### .DIETITIAN TABLE

FIELD NAME	DATA TYPE	CONSTRAINTS	DESCRIPTION
D ID	VARCHAR(10)	PRIMARY KEY	DIETITIAN ID
NAME	VARCHAR(10)	NOT NULL	DIETITIAN NAME
AGE	INT(2)	NOT NULL	AGE
EMAIL	VARCHAR(20)	NOT NULL	EMAIL
GENDER	VARCHAR(15)	NOT NULL	GENDER

#### .NUTRITION TABLE

FIELD NAME	DATA TYPE	CONSTRAINTS	DETAILS
N ID	VARCHAR(10)	PRIMARY KEY	NUTRITION ID
NAME	VARCHAR	NOT NULL	NAME
AGE	INT(3)	NOT NULL	AGE
DETAILS	VARCHAR(30)	NOT NULL	DETAILS
FILE	VARCHAR(30)	NOT NULL	FILE UPLOAD
EMAIL	VARCHAR(30)	NOT NULL	EMAIL
CONTACT NO	INT(12)	NOT NULL	CONTACT NUMBER
ADDRESS	VARCHAR(30)	NOT NULL	ADDRESS

#### . APPOINTMENT TABLE

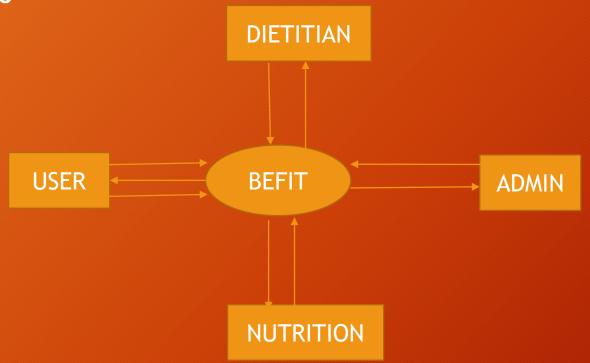
FIELD NAME	DATA TYPE	CONSTRAINTS	DETAILS
A ID	INT(10)	PRIMARY KEY	APPOINTMENT ID
D ID	VARCHAR(10)	FOREING KEY	DIETITIAN ID
U ID	VARCHAR(10)	FOREING KEY	USER ID
NAME	VARCHAR(10)	NOT NULL	USER NAME
TIME	INT(10)	NOT NULL	TIME FOR APPOINTMENT
DATE	DATE(10)	NOT NULL	DATE FOR APPOINTMENT
D NAME	VARCHAR(30)	NOT NULL	DIETITIAN NAME
DURATION	VARCHAR(10)	NOT NULL	DURATION
REASON	VARCHAR(30)	NOT NULL	REASON FOR APPOINTMENT
CONTACT NUMBER	BIGINT(13)	NOT NULL	CONTACT NUMBER
M RECORD	VARCHAR(30)	NOT NULL	MEDICAL RECORD
STATUS	VARCHAR(20)	NOT NULL	APPOINTMENT STATUS

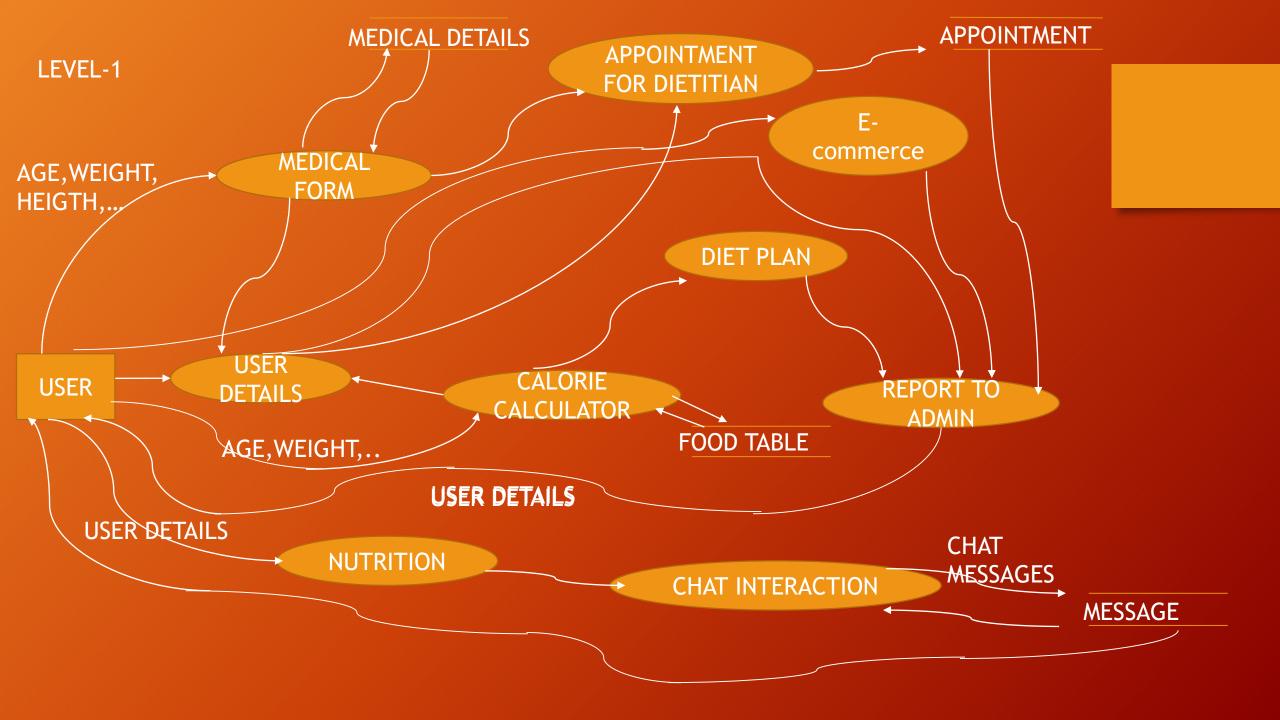
#### .FOOD TABLE

FIELD NAME	DATA TYPE	CONSTRAINTS	DETAILS
F ID	INT(10)	PRIMARY KEY	FOOD TABLE ID
U ID	VARCHAR(20)	FOREING KEY	DIETITIN ID
NAME	VARCHAR(20)	NOT NULL	USER NAME
FDETAILS	VARCHAR(30)	NOT NULL	FOOD DETAILS
DIET PLAN	VARCHAR(30)	NOT NULL	DIET PLAN

## DATA FLOW DIAGRAM

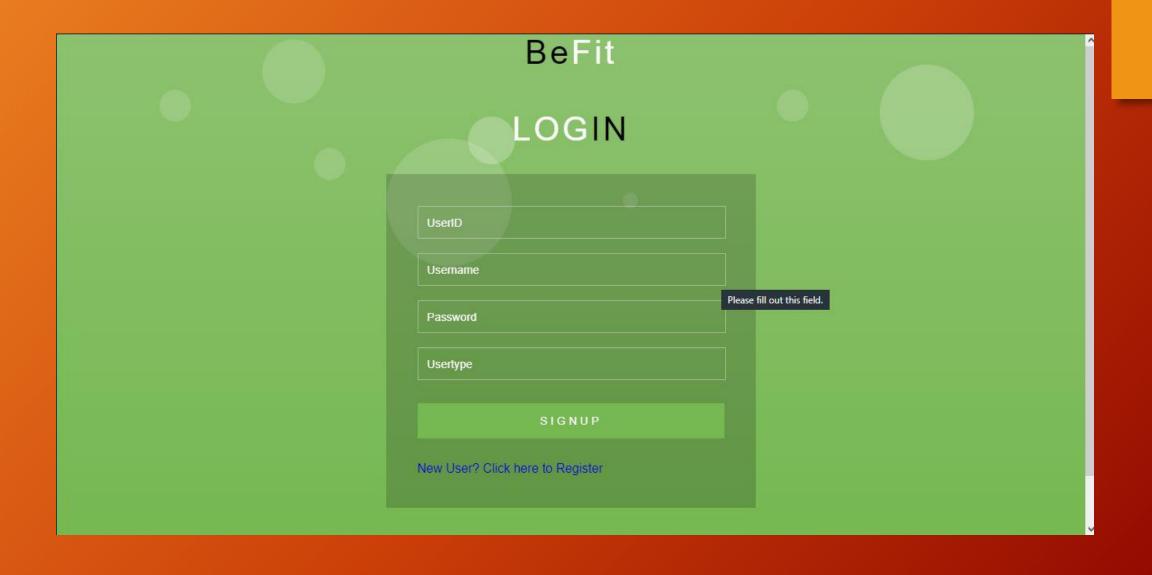
• LEVEL-0



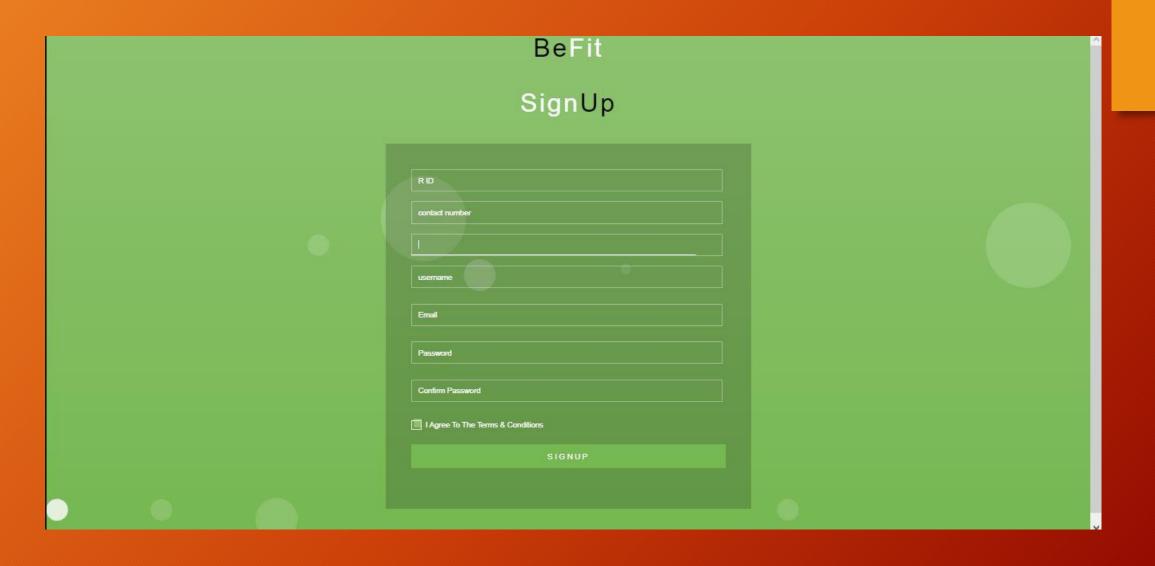


# DESING

#### LOGIN PAGE FOR USER, ADMIN, DIETITIAN, NUTRITION



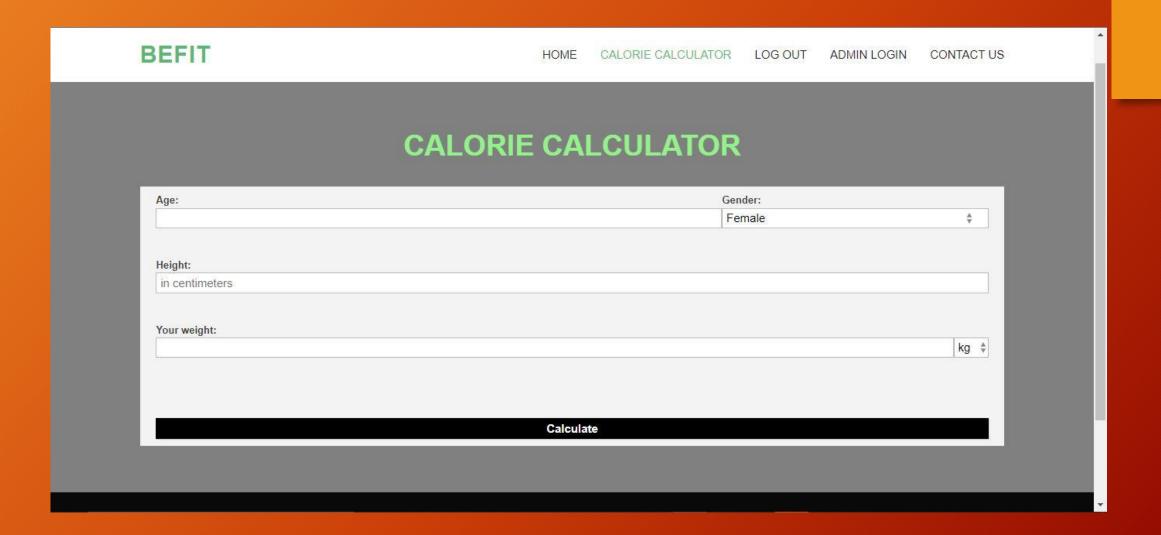
#### Registration page for user



#### Food table



#### Calorie calculator



# THANK YOU