

Project Proposal

1. Title of the System:

The title of the System will be “Daal Bhaat Gym”.

2. Brief Information about Your System:

The Daal Bhaat Gym Management System is a web application designed to help control the operations and management of The Daal Bhaat Gym. With a focus on providing tailored fitness programs in accordance with the Nepali way, this system aims to enhance the overall experience for gym members and staff alike.

Objectives

- Provide tailored programs to the members.
- Have the members acquainted with the latest machines to help them exercise.
- Provide training and guidance to the members.
- Help members with their diet to enhance their physique.

3. List of Features:

- Enjoy workout tracking; stay up to date with your progress.
Track your workout, time your runs, list your max reps. Tracking your progress has been proven to help accelerate your progress. Enjoy this facility on our webpage.
- Stay in touch via live chatting with experienced trainers.
Have our experienced trainers guide you. Enjoy live chatting to stay in touch with your trainers for you to work out on your times!
- Enjoy consistent records and stay up to date with your package details.
View your package details live on the webpage to ensure consistency in our data. You will know you're getting the most for your hard-earned money!
- Get tutorials on how to use the latest machinery that maximizes your efficiency.
We have tutorials on how you can use the latest machinery. These machines are optimized for maximum efficiency and scientifically proven to help improve your workout and make it smoother.

4. List of Pages in the System:

- **Login Page**
This is the page that the members / admin login by. They will enter their member / admin ID and their password which if successful will be redirected to the home page.
- **Home Page**
In this page, the viewer will have access to the latest packages we have going on. They will be able to see a prompt of our facilities. Here they will also be given instructions on how different machines work.
- **Admin Page**
This page is only accessible to the admin. In this page the admin will have access to stats such as the total numbers of members, and other data that is not accessible to the members.
- **Member Details Page**
This page differs from member to member. Here they will be able to see the number of days they have left on their package, as well as other fitness benchmarks.

5. Justification of Tools for System Development:

For the development of the project the following tools will be used.

Frontend Tools:

HTML (Hypertext Markup Language)

HTML will be used to structure the content of the web page. This will be used to define elements, headings, paragraphs, and forms.

CSS (Cascading Style Sheets)

CSS will be used to give style to the HTML elements. This will make the webpage visually appealing with aspects such as colors, fonts, and layouts.

JavaScript (JS)

JavaScript will be used to add interaction and a dynamic behavior to the web page. This will enable tasks such as user event handling.

JSP (JavaServer Pages)

JSP will be used to facilitate the generation of dynamic content on the server-side. This will allow the embedding of Java code within HTML pages for dynamic content based on the requests of the user.

Backend Tools:

Java

Java is the chosen programming language. Java will be used for implementation of server-side logic, handling HTTP requests and integration with the frontend components to ensure smooth data flow and functionality of the application.

Database

SQL (Structured Query Language)

SQL will be used to interact with the database management system. SQL will also be required to perform CRUD (Create, Read, Update, Delete) operations and manage gym members and admins information and records efficiently.