# Fitness Tracking And Workout Planner

INTERNET PROGRAMMING | CODE: CSE-326

#### **Project Report**

Submitted to Lovely Professional University In partial fulfilment of the requirement for the award of "Degree of bachelor of technology (Computer Science And Engineering)"

#### Submitted By

**Submitted To** 

Name Registration no.

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Roll no A 67



### Lovely Professional University, Phagwara

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#### INTRODUCTION

#### 1.1 Brief Description Of Online FTAWP Application

Fitness tracking Application involves monitoring and recording various aspects of your
physical activity, health, and wellness. The goal is to help individuals gain insights into their
fitness levels, set and achieve health goals, and maintain an active and healthy lifestyle. This
application involves Virtual labs that simulate any environment and can be
"spun up" in minutes Modern user experiences with in-app video and seamless integration
Capabilities for effective software training and business acceleration across the entire
customer journey

#### **1.2 Key Features**

Dashboard - Contains all the information about the user which he/she entered while signing up on the platform including their name, phone number and email id. It also contains information as such the date they want to start their workout/Fitness session. They could leave an additional message at the end in order to contact our fitness tracking and workout planner team.

In app Tutorial: include tutorial on proper exercise techniques catering to users of all fitness level. There are wide range of course, with pictures and videos, to keep Workout interesting and workout monotony.

Services: In this page the user should have 3 options to select the type of fitness Tracking they want - Personal Fitness, Group Fitness or Nutritional Fitness alongFitness with all the information embedded once they click on the join now button.

#### 1.3 Significance

1. Motivation And Accountability: Regular tracking of workouts and seeing progress, even small improvements, can be a powerful motivator, encouraging users to stay consistent with their fitness routine. These apps create a sense of accountability as users commit to their workout plans, especially when sharing progress with friends or participating in challenges within the app.

#### 2. Health Awareness:

Users gain a deeper understanding of their overall health by monitoring not only exercise but also factors like nutrition, sleep, and hydration, contributing to a holistic approach to well-being.

#### 3.Lifestyle Integration:

Fitness tracking becomes seamlessly integrated into users' daily lives, promoting a long-term commitment to a healthy lifestyle rather than a short-term fitness program.

#### 4.Cost Effective and Time Efficiency

Compared to hiring a personal trainer, fitness tracking and workout planner apps offer cost-effective solutions for those seeking guidance and structure in their fitness routines. Users can plan and execute efficient workouts, making it easier to incorporate physical activity into busy schedules.

#### 1.4 Introduction Of Team Members

Our team consist of total 3 members:

1. Shruti

#### **O** Contribution:

- ☐ Website Coding except login page
- ☐ Animation Creation
- Amazing ideas and suggestions

#### 2. Ridam

#### • Contribution:

☐ Financial contribution

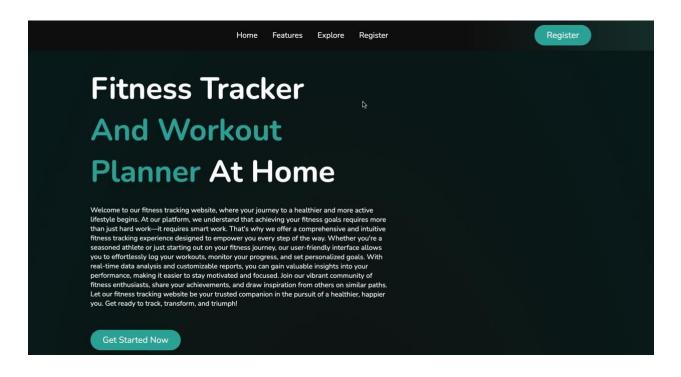
			Complete code of Login page	
3.	3. Shailja  • Contribution:			
			Report making	
			Helps to develop the website user friendly	
			Assembling pictures and placing in the anchor tag as a hyper link.	
			Give Java script to implement complex features on the web page	
	TECHNOLOGIES USED			
	1. Hyper Text Markup Language 5 (HTML5)			
	HTML5, or Hypertext Markup Language version 5, is the latest standard for structuring and			
presenting content on the World Wide Web. It is a markup language used for		esenting content on the World Wide Web. It is a markup language used for creating and		
		str	ucturing the content of a web page. HTML5 is the evolution of HTML, the core	
		tec	chnology that has been fundamental to the development of the web since its inception.	
	HTML5 has become the standard for modern web development, offering a rich set of fea			
		an	d improved capabilities to create more interactive, dynamic, and accessible web	
		ap	plications.	
<ul><li>2. Cascading Style Sheet 3 (CSS3)</li><li></li></ul>				
	3. Javascript			

☐ JavaScript is a versatile and widely used programming language that enables interactive and

dynamic functionality on the web. Initially created to add client-side interactivity to web

pages, JavaScript has evolved into a powerful and multi-paradigm language.

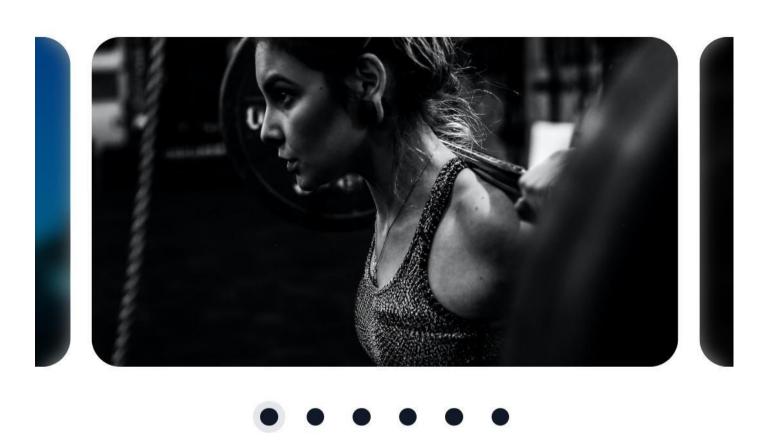
# MODULES



# Why Choose Us? Choose us for a seamless fitness tracking experience tailored to your needs. Our user-friendly platform combines cutting-edge technology for precise data tracking with a vibrant community for shared inspiration. Customize your goals, track progress effortsess, and eclebrate achievements within gur supportive ecosystem. We're more than a tracking tool, we're your dedicated partner in achieving and exceeding your firmses goals. Join us on a journey where personalized wellness meets a thriving community—because your success is our priority. Consultatation with Expert. Embark on a personalized fitness journey with a consultation from our experts. Whether you're a novice or seeking to enhance your routine, our seasoned professionals provide tailored advice on worknots, nutrition, and goal, setting, Blook a seasoned professionals provide tailored advice on worknots, nutrition, and goal, setting, Blook a seasoned to advice sequence and quiling you towards a healther more vibrant filestyle. Take the first step towards your welcanes goals with the support and experture our need. Schedule your consultation today for a transformative fitness experience tailored just for you. Explore Our Fitness Studio

## The best service I've ever seen!

- John G.



### **Our Services**

## **Personal Training Sessions**

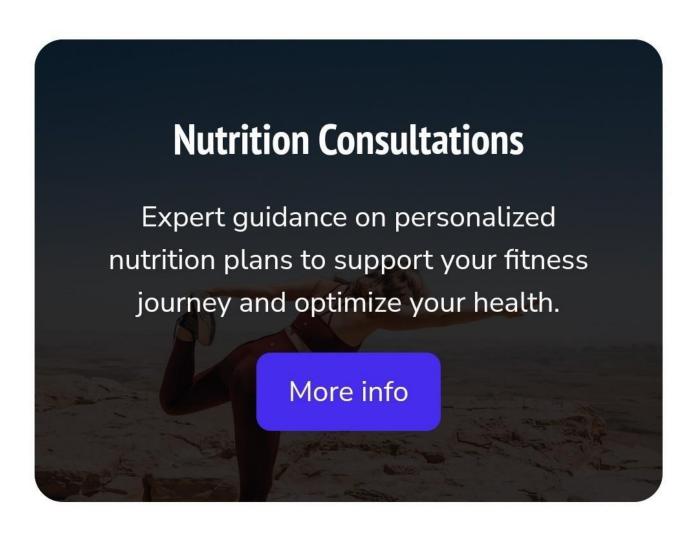
Customized one-on-one training sessions designed to help you reach your fitness goals efficiently.

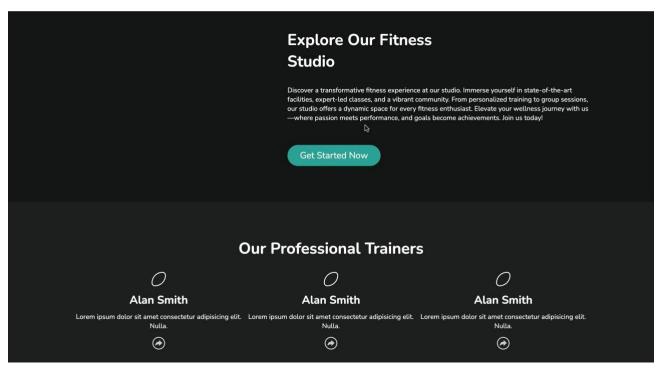
More info

## **Group Fitness Classes**

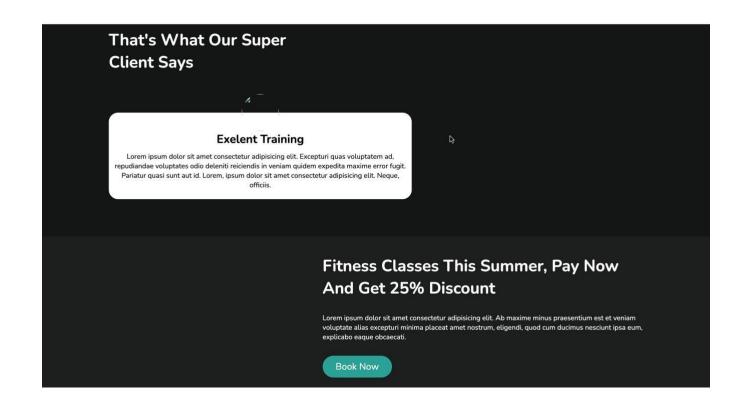
Fun and motivating group classes suitable for all fitness levels, offering a variety of workout styles.

More info









# Source Code Of Web.

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| citted lang="en"|
| citte
```

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```
> ♦ index.html > ♦ html > ♦ body
    <header class="header">
        <div class="container flex">
           <div class="text">
               <h1 class="mb">
                   Fitness Tracker<br />
                    <span>And Workout Planner
At Home
                Welcome to our fitness tracking website, where your journey to a healthier and more active lifestyle
                    begins. At our platform, we understand that achieving your fitness goals requires more than just
                    hard work—it requires smart work. That's why we offer a comprehensive and intuitive fitness tracking
                    experience designed to empower you every step of the way. Whether you're a seasoned athlete or just
                    starting out on your fitness journey, our user-friendly interface allows you to effortlessly log
                    your workouts, monitor your progress, and set personalized goals. With real-time data analysis and
                    customizable reports, you can gain valuable insights into your performance, making it easier to stay
                    motivated and focused. Join our vibrant community of fitness enthusiasts, share your achievements,
                   and draw inspiration from others on similar paths. Let our fitness tracking website be your trusted
                   companion in the pursuit of a healthier, happier you. Get ready to track, transform, and triumph!
                <a href="#" class="btn mt">Get Started Now</a>
            <div class="visual">
               <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/banner-img.png" alt="" />
   </header>
   <!-- End Header -->
   <div class="section" id="why-us">
       <div class="container flex">
           <div class="text">
                <h2 class="primary mb">Why Choose Us?</h2>
                Choose us for a seamless fitness tracking experience tailored to your needs. Our user-friendly
                   platform combines cutting-edge technology for precise data tracking with a vibrant community for shared inspiration. Customize your goals, track progress effortlessly, and celebrate achievements
                   within our supportive ecosystem. We're more than a tracking tool; we're your dedicated partner in
                   achieving and exceeding your fitness goals. Join us on a journey where personalized wellness meets a
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praction companies curreng-edge reciniorogy for precise data cracking with a vibrant community for
                  shared inspiration. Customize your goals, track progress effortlessly, and celebrate achievements
                  within our supportive ecosystem. We're more than a tracking tool; we're your dedicated partner in
                  achieving and exceeding your fitness goals. Join us on a journey where personalized wellness meets a
                  thriving community-because your success is our priority.
              <h3 class="secondary mb">Consulatation with Expert.</h3>
              Embark on a personalized fitness journey with a consultation from our experts. Whether you're a
                  novice or seeking to enhance your routine, our seasoned professionals provide tailored advice on
                  workouts, nutrition, and goal-setting. Book a session to address specific concerns and receive a
                  roadmap for success. Our experts are committed to optimizing your fitness experience and guiding you
                  towards a healthier, more vibrant lifestyle. Take the first step towards your wellness goals with
                  the support and expertise you need. Schedule your consultation today for a transformative fitness
                  experience tailored just for you.
          <div class="visual">
              <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/why-us.png" alt="" />
  <!-- End Why Us -->
  <div class="section" id="explore">
                                                                      I
      <div class="container flex">
          <div class="visual">
              <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/explore.jpg" alt="" />
```

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index.html > ♦ html > ♦ body
<!-- Explore -->
<div class="section" id="explore">
   <div class="container flex">
       <div class="visual">
           <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/explore.jpg" alt="" />
       </div>
       <div class="text">
           <h2 class="primary mb">
               Explore Our Fitness <br />
               Studio
           Discover a transformative fitness experience at our studio. Immerse yourself in state-of-the-art
               facilities, expert-led classes, and a vibrant community. From personalized training to group
               sessions, our studio offers a dynamic space for every fitness enthusiast. Elevate your wellness
               journey with us—where passion meets performance, and goals become achievements. Join us today!
           <a href="#" class="btn mt">Get Started Now</a>
</div>
<!-- End Explore -->
<div class="section" id="trainer">
   <h2 class="primary mb">Our Professional Trainers</h2>
   <div class="container flex">
       <div class="trainer">
           <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/trainer1.jpg" alt="" />
           <h3 class="secondary mb">Alan Smith</h3>
           Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
           <a href="#" class="btn-2">
               <ion-icon name="arrow-redo-circle-outline"></ion-icon>
       </div>
                                                              B
       <div class="trainer">
           <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/trainer2.jpg" alt="" />
           <h3 class="secondary mb">Alan Smith</h3>
```

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       </div>
       <div class="trainer">
           <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/trainer2.jpg" alt="" />
           <h3 class="secondary mb">Alan Smith</h3>
           Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
           <a href="#" class="btn-2">
               <ion-icon name="arrow-redo-circle-outline"></ion-icon>
           </a>
       </div>
       <div class="trainer">
           <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/trainer3.jpg" alt="" />
           <h3 class="secondary mb">Alan Smith</h3>
           Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
           <a href="#" class="btn-2">
               <ion-icon name="arrow-redo-circle-outline"></ion-icon>
       </div>
   </div>
<!-- End Trainer -->
<!-- Testimonial -->
<div class="section" id="testimonial">
   <div class="container flex">
       <div class="text">
           <h2 class="primary">
               That's What Our Super <br />
               Client Says
                                                              B
           <div class="client">
               <imo src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/client1.jpg" alt=""</pre>
                                                                                  Ln 18, Col 18 Spaces: 4 UTF-8
```

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            <div class="client">
                <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/client1.jpg" alt="" />
                <h2 class="secondary">Exelent Training</h2>
                Lorem ipsum dolor sit amet consectetur adipisicing elit. Excepturi
                    quas voluptatem ad, repudiandae voluptates odio deleniti
                    reiciendis in veniam quidem expedita maxime error fugit. Pariatur
                    quasi sunt aut id. Lorem, ipsum dolor sit amet consectetur
                    adipisicing elit. Neque, officiis.
                </div>
        <div class="visual">
             <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/testimonial.png" alt="" />
         </div>
     </div>
 </div>
 <!-- End Testimonial -->
 <div class="section" id="discount">
     <div class="container flex">
         <div class="visual">
             <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/discount.png" alt="" />
         <div class="text">
            <h2 class="primary mb">
                Fitness Classes This Summer, Pay Now And Get 25% Discount
             Lorem ipsum dolor sit amet consectetur adipisicing elit. Ab maxime
                minus praesentium est et veniam voluptate alias excepturi minima
                placeat amet nostrum, eligendi, quod cum ducimus nesciunt ipsa eum,
                explicabo eaque obcaecati.
             <a href="#" class="btn bt">Book Now</a>
         </div>
     </div>
                                                               3
 </div>
 <!-- End Discount -->
```

```
xt > ♦ index.html > ♦ html > ♦ body
```

```
<div class="section" id="discount">
       <div class="container flex">
           <div class="visual">
              <img src="https://raw.githubusercontent.com/programmercloud/pgc-gym/main/img/discount.png" alt="" />
           </div>
           <div class="text">
              <h2 class="primary mb">
                  Fitness Classes This Summer, Pay Now And Get 25% Discount
              Lorem ipsum dolor sit amet consectetur adipisicing elit. Ab maxime
                  minus praesentium est et veniam voluptate alias excepturi minima
                  placeat amet nostrum, eligendi, quod cum ducimus nesciunt ipsa eum,
                  explicabo eaque obcaecati.
               <a href="#" class="btn bt">Book Now</a>
           </div>
       </div>
   </div>
   <!-- End Discount -->
   <footer class="footer">
       <div class="container flex">
           © 2022 Programmer Cloud. All Rights Reserved.
       </div>
   </footer>
   <!-- End Footer -->
   <script src="script.js"></script>
</body>
```

# THANK YOU