

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.

Assistant Professor

Ridam kumar

12326538

Arvind Kumar Bhatia

Roll no

A 67



Lovely Professional University, Phagwara

INDEX

Chapter 1 : INTRODUCTION

1.1 Brief Description Of online FTAWP Application

.....	
1.2 Key Features.....	
1.3 Significance Of FTAWP website.....	

Chapter 2 : Workflow and Technology.....

1. delivers Fitness Tracking And Workout Planner in efficient and cost Effective manner.

Chapter 3 : MODULES.....

3.1 Interface.....	
3.2 Home Page.....	
3.3 Explore Page.....	
3.4 Contact Us Page.....	
3.5 Professional Trainers Page.....	

Chapter 4 : SNAPSHOTS.....

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

● Contribution:

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

2. Ridam

● Contribution:

- Financial contribution
-

- Complete code of Login page

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 creating and structuring the content of a web page. HTML5 is the evolution of HTML, the core technology 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 features and improved capabilities to create more interactive, dynamic, and accessible web applications.

2. Cascading Style Sheet 3 (CSS3)

- CSS3, or Cascading Style Sheets level 3, is the latest evolution of the Cascading Style Sheets language, a fundamental technology used to style and present documents on the web. It builds upon the foundation of CSS2, introducing new features, capabilities, and improvements to enhance the design and layout of web pages.

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

[Home](#) [Features](#) [Explore](#) [Register](#)

[Register](#)

Fitness Tracker 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!

[Get Started Now](#)

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 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.

Consultation 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 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.

[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](#)

Nutrition Consultations

Expert guidance on personalized nutrition plans to support your fitness journey and optimize your health.

More info

Explore Our Fitness 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!

Get Started Now

Our Professional Trainers



Alan Smith

Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.



Alan Smith

Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.



Alan Smith

Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.





That's What Our Super Client Says

Exelent Training

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.

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.

[Book Now](#)

Source Code Of Web.

```

html.txt > <> index.html > html > body
1  <!DOCTYPE html>
2  <html lang="en">
3
4  <head>
5      <meta charset="UTF-8" />
6      <meta http-equiv="X-UA-Compatible" content="IE=edge" />
7      <meta name="viewport" content="width=device-width, initial-scale=1.0" />
8      <title>PGC-GYM Landing Page</title>
9      <!-- Ion Icons JS -->
10     <script type="module" src="https://cdn.jsdelivr.net/npm/@ionic/core/dist/ionic.esm.js"></script>
11     <script nomodule src="https://cdn.jsdelivr.net/npm/@ionic/core/dist/ionic.js"></script>
12     <!-- JS -->
13     <!-- CSS -->
14     <link rel="stylesheet" href="style.css" />
15 </head>
16
17 <body>
18     <!-- Menu -->
19     <div class="menu">
20         <div class="container flex">
21             <!-- Mobile Button -->
22             <div class="mobile-btn">
23                 <ion-icon name="grid"></ion-icon>
24             </div>
25             <div class="logo">
26                 
27             </div>
28
29             <ul class="nav">
30                 <li class="nav-item"><a href="#">Home</a></li>
31                 <li class="nav-item"><a href="#why-us">Features</a></li>
32                 <li class="nav-item"><a href="#explore">Explore</a></li>
33                 <li class="nav-item"><a href="#discount">Register</a></li>
34             </ul>
35
36             <a href="#" class="btn">Register</a>
37         </div>
38     </div>
39     <!-- End Menu -->
40
41     <!-- Header -->
42     <header class="header">
43         <div class="container flex">
44             <div class="text">

```

x.html X

t > <> index.html > html > body

```

<header class="header">
    <div class="container flex">
        <div class="text">
            <h1 class="mb">
                Fitness Tracker<br />
                <span>And Workout Planner</span> At Home
            </h1>

            <p class="mb">
                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!
            </p>

            <a href="#" class="btn mt">Get Started Now</a>
        </div>

        <div class="visual">
            
        </div>
    </div>
</header>
<!-- End Header -->

<!-- Why Us -->
<div class="section" id="why-us">
    <div class="container flex">
        <div class="text">
            <h2 class="primary mb">Why Choose Us?</h2>

            <p class="tertiary">
                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 thriving community—because your success is our priority.
            </p>

```

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 thriving community—because your success is our priority.

</p>

<h3 class="secondary mb">Consultation with Expert.</h3>

<p class="tertiary">

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.

</p>

</div>

<div class="visual">

</div>

</div>

</div>

<!-- End Why Us -->

<!-- Explore -->

<div class="section" id="explore">

<div class="container flex">

<div class="visual">

index.html > html > body

```
<!-- Explore -->
<div class="section" id="explore">
  <div class="container flex">
    <div class="visual">
      
    </div>
    <div class="text">
      <h2 class="primary mb">
        Explore Our Fitness <br />
        Studio
      </h2>
      <p class="tertiary mb">
        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!
      </p>
      <a href="#" class="btn mt">Get Started Now</a>
    </div>
  </div>
</div>
<!-- End Explore -->

<!-- Trainer -->
<div class="section" id="trainer">
  <h2 class="primary mb">Our Professional Trainers</h2>
  <div class="container flex">
    <div class="trainer">
      
      <h3 class="secondary mb">Alan Smith</h3>
      <p class="tertiary mb">
        Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
      </p>
      <a href="#" class="btn-2">
        <ion-icon name="arrow-redo-circle-outline"></ion-icon>
      </a>
    </div>

    <div class="trainer">
      
      <h3 class="secondary mb">Alan Smith</h3>
    </div>
  </div>
</div>
```



```
</div>

<div class="trainer">
  
  <h3 class="secondary mb">Alan Smith</h3>
  <p class="tertiary mb">
    Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
  </p>

  <a href="#" class="btn-2">
    <ion-icon name="arrow-redo-circle-outline"></ion-icon>
  </a>
</div>

<div class="trainer">
  
  <h3 class="secondary mb">Alan Smith</h3>
  <p class="tertiary mb">
    Lorem ipsum dolor sit amet consectetur adipisicing elit. Nulla.
  </p>

  <a href="#" class="btn-2">
    <ion-icon name="arrow-redo-circle-outline"></ion-icon>
  </a>
</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
      </h2>

      <br />
      <br />
      <br />

      <div class="client">
        
      </div>
    </div>
  </div>
</div>
```

```
<div class="client">
  
  <h2 class="secondary">Exelent Training</h2>
  <p class="tertiary">
    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.
  </p>
</div>
</div>
<div class="visual">
  
</div>
</div>
<!-- End Testimonial -->

<!-- Discount -->
<div class="section" id="discount">
  <div class="container flex">
    <div class="visual">
      
    </div>
    <div class="text">
      <h2 class="primary mb">
        Fitness Classes This Summer, Pay Now And Get 25% Discount
      </h2>

      <p class="tertiary mb">
        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 eaue obcaecati.
      </p>

      <a href="#" class="btn bt">Book Now</a>
    </div>
  </div>
</div>
<!-- End Discount -->
```



```
<!-- Discount -->
<div class="section" id="discount">
  <div class="container flex">
    <div class="visual">
      
    </div>
    <div class="text">
      <h2 class="primary mb">
        Fitness Classes This Summer, Pay Now And Get 25% Discount
      </h2>

      <p class="tertiary mb">
        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.
      </p>

      <a href="#" class="btn bt">Book Now</a>
    </div>
  </div>
</div>
<!-- End Discount -->

<!-- Footer -->
<footer class="footer">
  <div class="container flex">
    <p class="tertiary">
      &copy; 2022 Programmer Cloud. All Rights Reserved.
    </p>
  </div>
</footer>

<!-- End Footer -->
<script src="script.js"></script>
</body>

</html>
```

THANK YOU