A Project Report
on
Mini-Project I
entitled

# OneTrack

Under the guidance of
**Prof. M.B.Narnaware**
Information Technology
Dept, WCE, Sangli.
The year 2021-22

## Team

| | |
|---|---|
| Mayuresh Shedmekhe | 2020BTEIT00015 |
| Ayush Wadalkar | 2020BTEIT00018 |
| Adwait Samak | 2020BTEIT00021 |
| Mohit Khairnar | 2020BTEIT00038 |
| Sarthak Deshmukh | 2020BTEIT00060 |
| Abhishek Deokar | 2020BTEIT00061 |
| Anand Kadale | 21620003 |

*(An Autonomous Institute)*

**Walchand College Of Engineering, Sangli**

Department of Information Technology

**CERTIFICATE**

This is to certify that the project report for Mini-Project I entitled,

**OneTrack**

Submitted by

**Team**

| | |
|---|---|
| Mayuresh Shedmekhe | 2020BTEIT00015 |
| Ayush Wadalkar | 2020BTEIT00018 |
| Adwait Samak | 2020BTEIT00021 |
| Mohit Khairnar | 2020BTEIT00038 |
| Sarthak Deshmukh | 2020BTEIT00060 |
| Abhishek Deokar | 2020BTEIT00061 |
| Anand Kadale | 21620003 |

to Walchand College of Engineering, Sangli, India; is a record of bonafide Project work carried out by them under my supervision and guidance and is worthy of consideration for the award of the degree of Bachelor of Technology in Information Technology of the Institute.

**Prof. M.B. Narnaware**              **Dr.  A.J. Umbarkar**

Guide, Information Technology Dept,        Head of Department Information Technology Dept,

WCE, Sangli.                    WCE, Sangli

# Acknowledgment

We, Team 8 feel immense pleasure in submitting this Project report entitled **OneTrack**.

We are thankful to our guide **Prof. M.B.Narnaware** for their valuable guidance and help during the completion of the project and feel grateful to express our gratitude to all other staff members of the IT Department.

We are also thankful to the Head of the Department of Information Technology **Dr. A.J.Umbarkar** and **Dr. P.K.Kharat** for their valuable guidance during the completion of the Project.

We would like to thank all faculty members and staff of the Department of Information Technology for their generous help in various ways to complete this thesis.

We would like to thank all our friends and especially our classmates for all the thoughtful and mind-stimulating discussions we had, which prompted us to think beyond the obvious.

# Declaration

We hereby declare that the work presented in this project report for **MiniProject I** titled **OneTrack** submitted by us in the partial fulfillment of the requirement of the award of the degree of **Bachelor of Technology (B.Tech)** Submitted in the **Department of Information Technology, Walchand College of Engineering, Sangli**, is an authentic record of our project work carried out under the guidance of **Prof. M.B. Narnaware**.

## Team

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| Mayuresh Shedmekhe | 2020BTEIT00015 |
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| Sarthak Deshmukh | 2020BTEIT00060 |
| Abhishek Deokar | 2020BTEIT00061 |
| Anand Kadale | 21620003 |

Date: 20/06/22

Place : Sangli                                                       (Signatures)

# ABSTRACT

People in this technologically evolving world use mobile applications for all their daily needs. It is seen that everyone uses a single app for a single purpose need. These are mainly unidimensional applications that focus on providing only one functionality for one kind of activity. So, for different types of activities, the user has to be constantly in touch with multiple apps due to their unidimensional nature. OneTrack provides a solution for the usage of multiple applications by the user. Diet, Routine, and Workout are all necessary things about concern these days. Instead of tracking all these necessities by using different applications, OneTrack helps to manage all these necessities in one application. OneTrack is a one-stop solution to solve all the everyday needs of a person. It focuses to provide the users with every detail in regards to their food habits, daily routine, and fitness activities.

# Table of Contents

# 1   Introduction

We observe that, in our daily life, it is difficult for us to manage our Diet, Routine, and Workout and these are the most important aspects of our life. So, **OneTrack** strives to provide a platform where a user can manage all those aspects using a single platform. There are separate sections for all these three activities.

All sections are specific in their functionality and they focus on a particular task, like the Diet section will manage the food habits, the Routine section will manage the daily routine, Workout section will manage our workout activity. So, in this way, this app provides a platform where all these aspects can be managed.

## 1.1   Overview and Problem Statement

**OneTrack** aims to provide features on **Diet, Routine,** and **Workout**; which will in turn help in increasing the daily productivity and managing the personal information of the end-user.

## 1.2   Motivation

The main aim to build this project is to provide a multitasking application to users, where users can manage all their activities on a single platform. It is found that many time user does not want to maintain the different application for different tasks. He needs a synchronized application where he can do all tasks, so the user doesn't need to maintain different applications for different tasks. So, this saves time and also makes users' work easy.

## 1.3   Contributions of this work

OneTrack is a mobile application that is simple to use and user-friendly. This is a combination of three apps. This app includes features of three different apps; they are Diet, Routine, and Workout. So, this becomes easier for the user as he can get this all functionality on a single platform and the user doesn't need to maintain three different apps, now in a single app they can get all these features. We have used the Flutter framework to design the UI and in the backend, we have used Firebase.

# 2 Project Objectives

- To provide Diet, Workout, and Routine sections to the user, so they can choose the activity according to their needs.
- Enable the user to estimate their daily calorie intake in the food habits section by selecting the particular food item.
- To help the users to manage their daily tasks by adding tasks and customizing according to their needs.
- Each fitness task will contain a list of activities to be performed and also for every activity timer is present which will help the user to focus for a particular period of time.

# 3 Proposed Method/Algorithm

## 3.1 Problem Definition

To design and implement a mobile application that provides a one-stop solution to manage Diet, Routine, and Workout habits.

## 3.2 Proposed Idea/System

Providing a one-stop solution to all the problems by providing the user with Diet, Routine, and Workout sections with each section having multifunctionality.

## 3.2.1  Requirement Specification

It is very important to build software according to user requirements. So, for the app to be useful to the end-user, it should fulfill all the requirements completely.

User Requirements:

- Diet, Routine, and Workout sections to the user, so they can choose the activity according to their needs.
- Users should be able to estimate their daily calorie intake in the Diet section by selecting a particular food item.
- Users should be able to manage their daily tasks by adding and customizing tasks according to their needs.
- The workout section should contain the list of exercises to be performed and also for every asana, a timer should be present which will help the user to focus for a particular period of time.

## 3.2.2 Flowchart
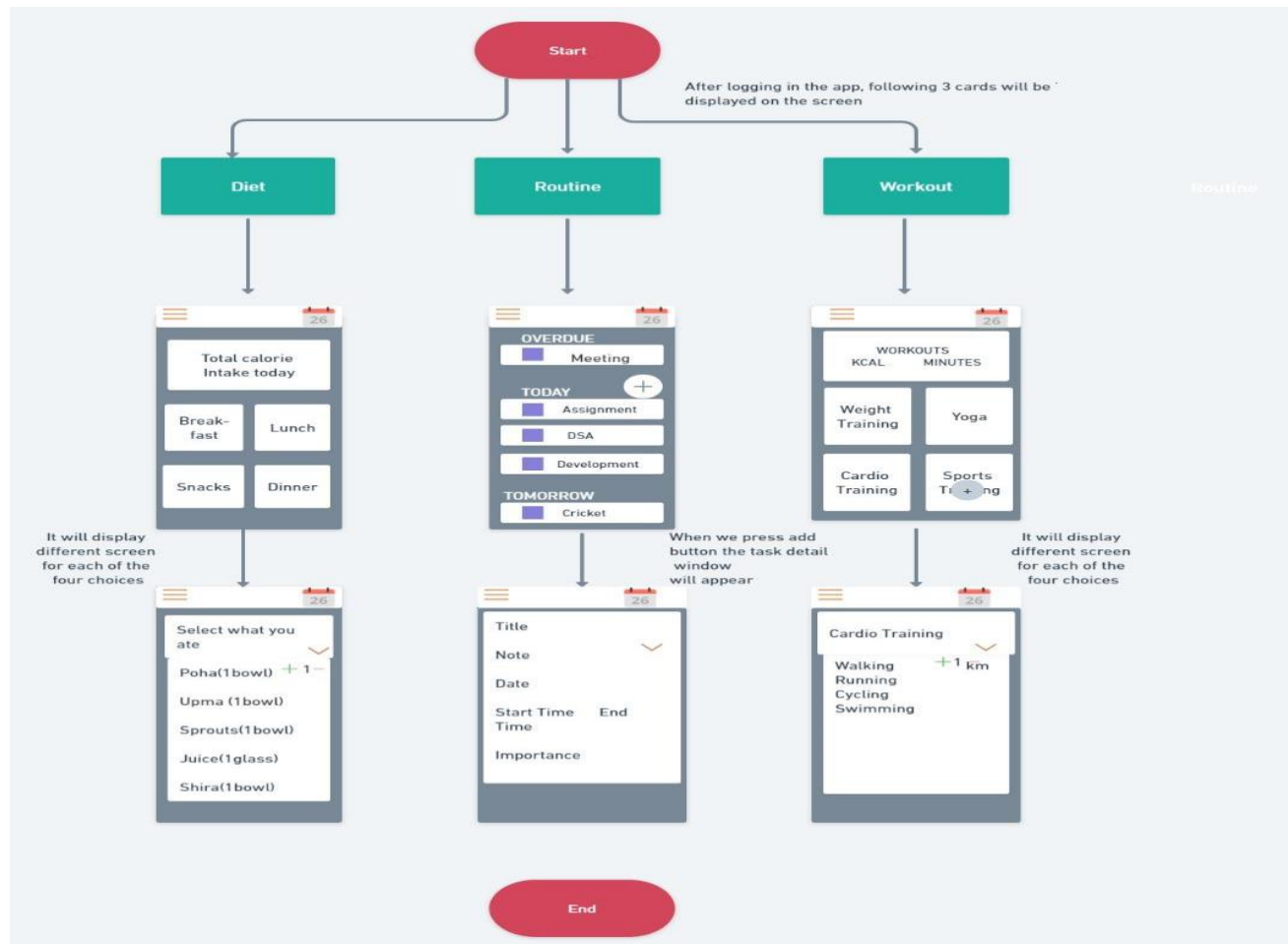
### 3.2.3 Design Steps

1. First, we have designed the roadmap for the planning of the app model on the Whimsical platform.
2. Next, we started with the implementation of the frontend, we used Dart and Flutter for developing the UI.
3. At the same time, we started the work of the backend using Firebase, which involves authenticating the user and storing the user data on the database.
4. To integrate the different sections and parts of the app we used Github.

### 3.2.4  Steps

1. Register as a user.
2. Enter your email and password.
3. Verify email using email verification.
4. If unsuccessful go to step 1
5. Check for the mail for the verification link and verify the mail.
6. Then go to the login page and log in to the app.
7. Select the section which the user would like to use – diet, routine, and workout.

# 4.  Performance Study

## 4.1 Implementation/ Simulation Environment
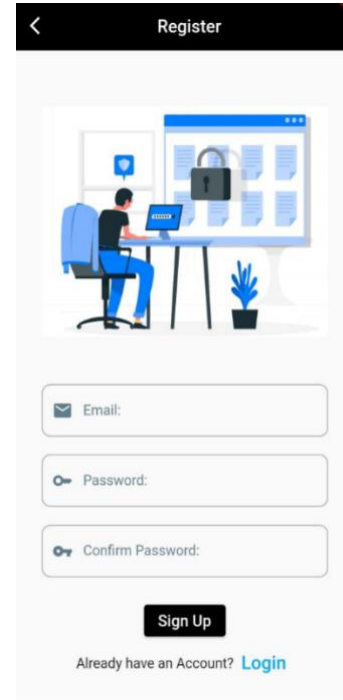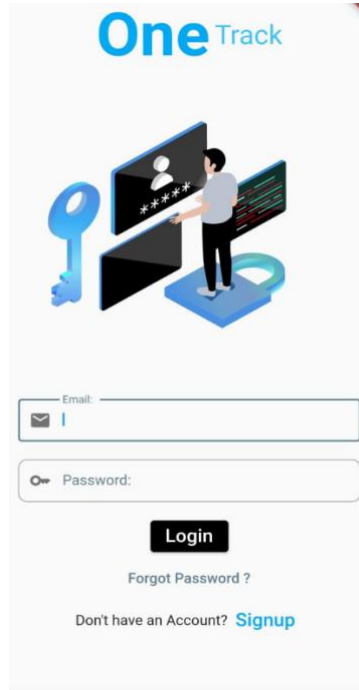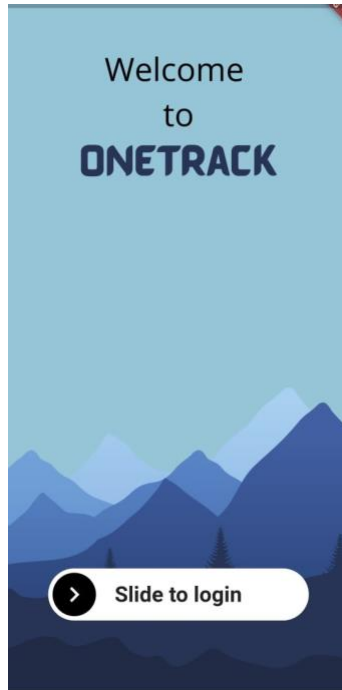
**Fitness**
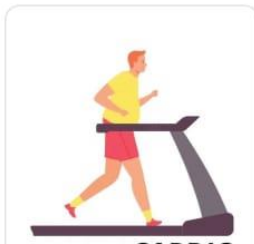key to good health

YOGA

CARDIO

SPORTS

WEIGHT TRAINING

Fitness    Diet    Money    Routine    Home

**Asanas**

**Bhujangasana**
For digestion   >

**Shirshasana**
For fitness   >

**Padmasana**
For digestion   >

**Navasana**
For digestion   >

**Vrikshasana**
For digestion   >

**Balasana**
For digestion   >

**Kakasana**
For digestion   >

Fitness    Diet    Money    Routine    Home

**Daily** food items

Tea
Min Calorie: 40.0                    +

Eggs(per pc)
Min Calorie: 78.0                    +

Hot Coffee
Min Calorie: 30.0                    +

Fruit plate
Min Calorie: 100.0                   +

Dosa
Min Calorie: 133.0                   +

Salmon bowl Fish
Min Calorie: 275.0                   +

Roti
Min Calorie: 70.0                    +

Fitness    Diet    Money    Routine    Home

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Details

Salmon bowl Fish

Total cal : 0.0              |          −   0   +

CALORIES

275.0
CAL

save

---

**BMI Calculator**

Your Age?

20  +
    −

Your height?          Your weight?

160 cm              60 kg

CALCULATE

## Add Tasks

**Title**

Enter your title

**Note**

Enter your note

**Date**

6/18/2022

**State Time**

04:48 PM

**End Time**

04:48 PM

**Repeat**

None

**Color**

Save Task

## Daily Routine

**June 18, 2022**
**Today**

+Add Task

| JUN | JUN | JUN | JUN |
|-----|-----|-----|-----|
| 18 | 19 | 20 | 21 |
| SAT | SUN | MON | TUE |

**Mini Project**
Lab ESE presentation

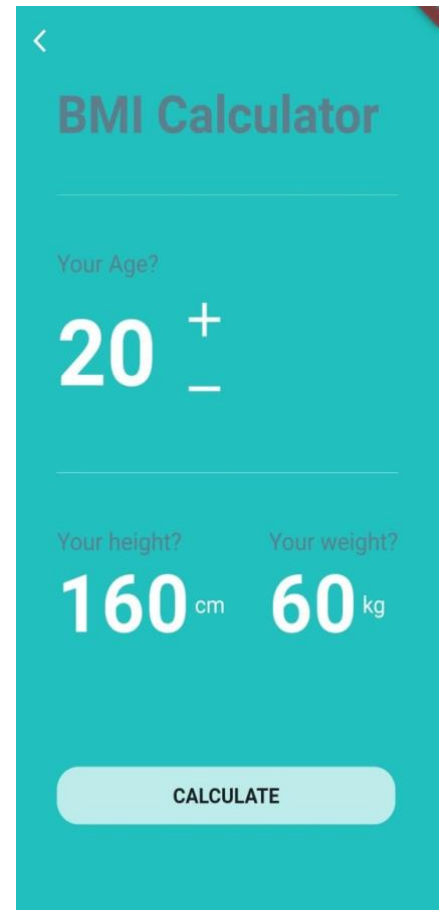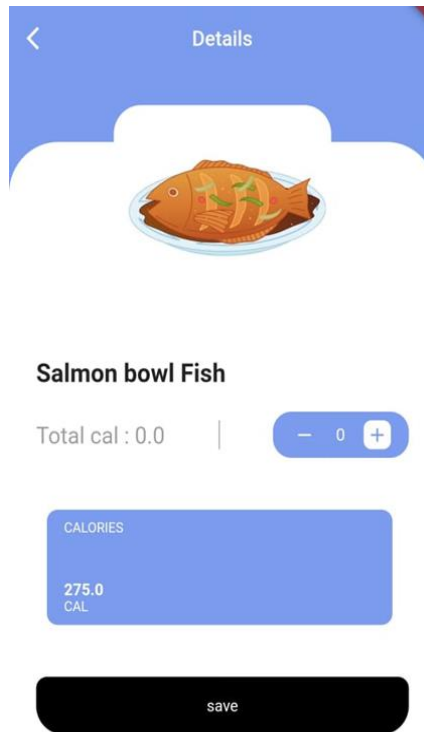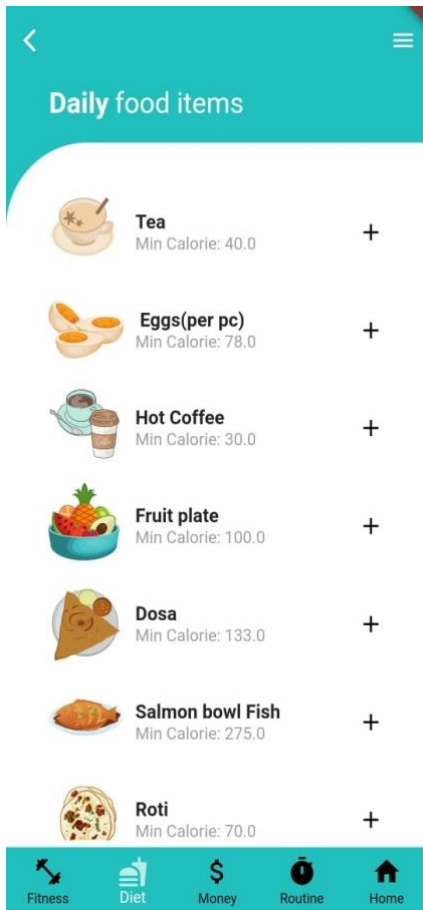9:30 AM  –  10:30 AM

Fitness  Diet  Money  Routine  Home

## 4.2    Results and Analysis

We have added 3 sections – Diet, Routine, and Workout with each section providing functionalities that would help the user to increase their daily productivity. The Diet section shows the number of calories for each food item consumed, the routine section helps the user to manage their daily tasks, and the workout section helps users by providing a different set of activities to burn the calories.

## 4.3    Summary of performance study

This application is developed to help the users to provide a one-stop solution to Diet, Routine, and Workout problems. This application will help the users manage their calorie intake and daily task schedule through the Routine section and their workout schedule. We have designed the application using the flutter framework on android studio and firebase as the backend.

# 5 Conclusions

OneTrack has been developed to help the users in managing all the daily chores – from food to routine. Due to its multidimensional nature, this application has the added advantage of providing a one-stop solution to all the problems; and due to the user-friendly UI of this application, the user has easy navigation within the different sections of the application.

# 6 References

1] Documentation | Flutter :- [Link](#)

2] Documentation | Firebase :- [Link](#)

3] Tutorial for Flutter| YouTube:- [Link](#)

4] YouTube:- [Link](#)

5] Udemy course:- [Link](#)