Student Fitness

Summary:

Contents

1 OVERVIEW

The project aims at using technology to build a website app that can play the role of a personal guide for any individual who wishes to head a fit and healthy life. It's a complete health fitness website app with user database that will keep a track of progress and status of every user.

Today every student's life has become busy and hectic owing to the increasing competition and demands of this hustling world. To cope up with it, they should make sure to be fit and fine both physically as well as mentally. This can be achieved by taking care of their health and fitness which they hardly manage to take care of owing to their daily schedule.

Keeping these factors in mind and the fact that today technology and internet is accessible to every person at the click of a button, our project aims at building a fitness website app that can help one stay fit and healthy with the help of technology.

The idea of focusing on school/college students as our target audience is what makes this website unique and different from all other fitness websites, as they are designed keeping in mind the majority of crowd visiting it viz. working people. Being student oriented and understanding a student's lifestyle we've designed this website and provided features like:

1.Workout plans as per individual's goals and capacity.

2.Proper diet and nutrition as per one's compatibility.

3.Both quick and long challenges that one can take up and test their fitness level.

4.Real time reports with every update so that one can keep track of their progress and results.

5.Personal chat with experienced and knowledgeable trainers for help and support.

6.Forums where users can post and answer queries and view other FAQs.

7.Tons of information on exercise, nutrition and fitness to help them lead a healthy lifestyle.

Comparison of different Fitness Websites

Name of Website		Features					
	Yoga	Meditation	Workout videos	Diet Plan	Progress Report	Online Instructor
Student Fitness	✗	✗	✓	✓	✓	✓
BeFit	✓	✓	✓	✗	✓	✗
eFit30	✓	✗	✓	✗	✗	✗
Gymra	✓	✗	✓	✗	✓	✓
Yogasync	✓	✓	✗	✗	✗	✓
Gain Fitness	✗	✗	✓	✗	✗	✓
Fitness Blender	✗	✗	✓	✗	✗	✓

2   PURPOSE OF SRS DOCUMENT

1.A software requirements specification (SRS) is a description of a software system to be developed.

2.The software requirements specification lays out functional and non-functional requirements and it may include a set of use cases that describe user interactions that the software must provide.

3.Software requirements specification establishes the basis for an agreement between customers and contractors or suppliers on how the software product should function (in a market-driven project, software requirements specifications can help prevent software project failure.

4.The software requirements specification document lists sufficient and necessary requirements for the project development. The Software Requirements Specification (SRS) is a communication tool between stakeholders and software designers.

5.Software requirements specification(SRS) is important for developers because it minimizes the amount of time and effort developers have to expend to achieve desired software goals.

6.SRS reduces development cost. an SRS ensures that there is less possibility of future redesigns as there is less chance of mistake on the part of developers as they have a clear idea on the functionalities and externalities of the software.

AN SRS SHOULD ADDRESS

1.Functionality of the software: What the software will do

2.External interfaces: How the given software will interact with hardware, other softwares and assumptions on these entities

3.Required performance levels: Required performance levels such as response rate, recovery rate etc. of the software

4.Quality attributes: The non-functional factors that are used to evaluate the performance of the software, such as security, safety, portability etc

5.Design constraints: Any operating system limitations (e.g.: the stock exchange software will onExternal Interface Requirementsly run on Windows), implementation language etc that will affect or limit the design of the software.
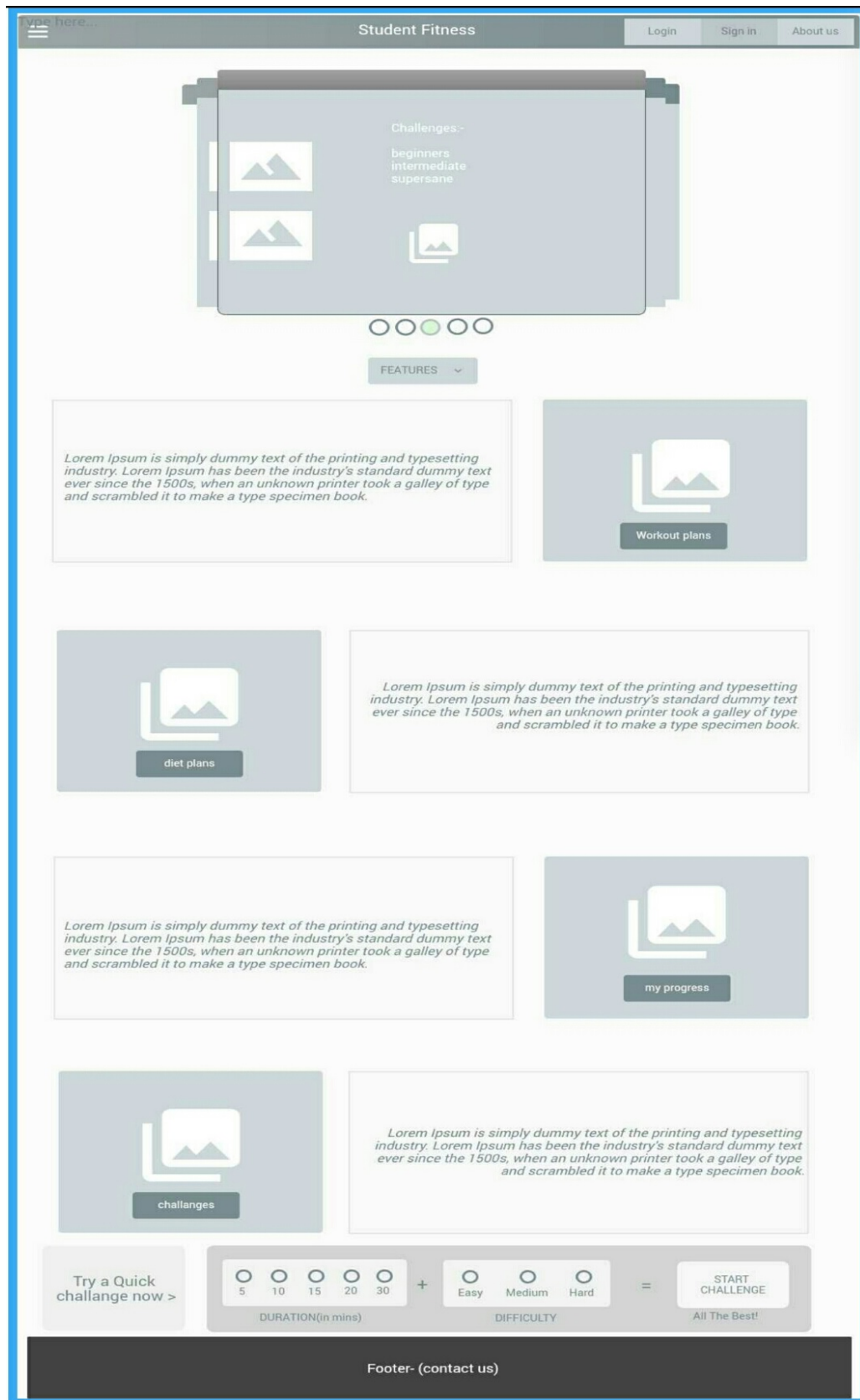
3   EXTERNAL INTERFACE REQUIREMENTS

FIGURE 1: HOME PAGE.

FIGURE 2: CHALLENGES PAGE.

FIGURE 3: SIGNIN PAGE.

FIGURE 4: LOGIN PAGE.

FIGURE 5: WORKOUT PAGE.

FIGURE 6: DIET PAGE.

FIGURE 7: CHAT PAGE.

FIGURE 8: FORUM PAGE.

FIGURE 9: REPORTS PAGE.

FIGURE 10: ABOUT US PAGE.

4   FUNCTIONAL REQUIREMENTS

4.1   NEW USER REGISTRATION
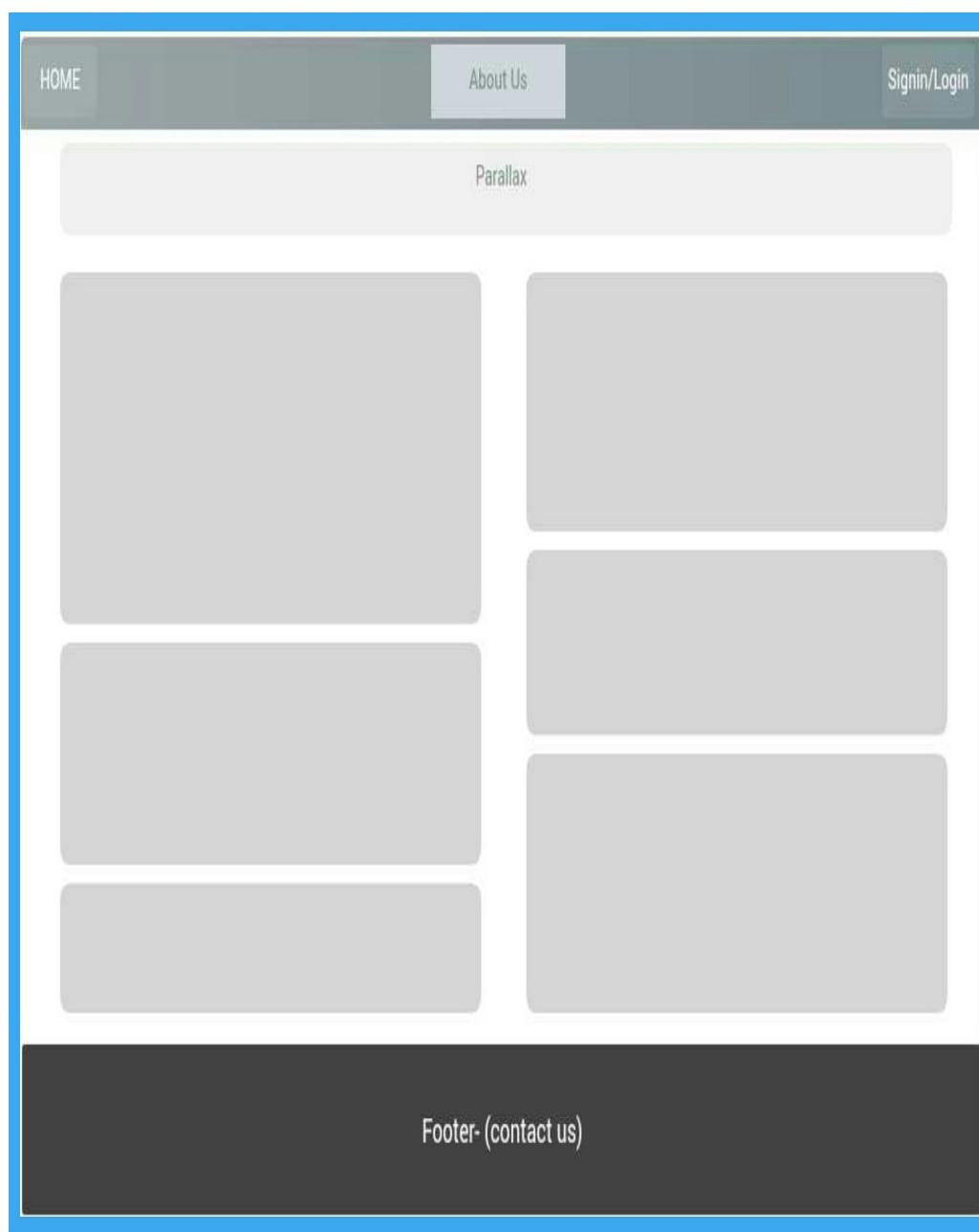
Each user who is new to the application can opt to go through the process of registration.If the user clicks on signin button, a registration form will be displayed to the user wherein the user has to provide the required details.Once a user is registered,he just needs to login the next time he wishes to use the application.

4.2   CHALLENGES

There's an easy solution for time-strapped individuals: quick, calorie-torching, high-intensity workouts like the one below. There is research to support that these short and intense workouts can help with fat loss, cardiovascular improvements, muscle gain and more, so even if you're busy, you can still squeeze in health-affirming fitness—and see results.

4.3   WORKOUT AND DIET PLANS

The system will provide a workout plan for the user on a weekly basis(Monday-Saturday).The workout plan will include detailed information about the exercises to be performed and tutorials for those exercises.The system also provides a separate list of food items that would be recommended to the user for breakfast, lunch, snacks and dinner for each day in a week(excluding Sunday) which the user can download.

4.4   WEEKLY INPUTS AND REPORT GENERATION

The users should provide various details: age, gender, allergies, height, weight, Body fat content (if the user does not know his/her BFC the system calculates it), daily routine, details about food habits on a weekly basis.Using this the user's progress can be tracked and accordingly a report can be generated which can be in the form of bar graphs/pie charts,etc.Using this feature,it would be easy to track the progress of the user.Also,if the user does not check his reports weekly,then a notification can be sent to keep the user updated.

4.5   PERSONAL CHAT FEATURE

In case a user is unable to achieve his/her goals or is not satisfied with his/her workout or diet plans then they can have a live chat session with the professional gym trainers or nutritionist. The trainers can then suggest the changes to be made in their plans so that user can reach their target or goals.This chat session will be open 24x7 and the users will get real-time response with minimal delay.

4.6 Q&A FORUM

Any registered user can be a part of the forum wherein,they would be able to see FAQs and suggestions given to other users by trainers.The users can post their questions as well and then wait for one of the trainer to respond.They can also search questions related to their topic of interest.Unlike the chat section,the forum section will be completely public,which means that the questions and answers can be viewed by any registered user.

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5   NON-FUNCTIONAL REQUIREMENTS

5.1   PERFORMANCE REQUIREMENTS

1.This system should remain accessible 24x7

2.Initially, at least 100 users should be able to access the system altogether at any given time.

3.The audio and video quality of the exercises should be managed such that they are understandable and takes less memory space.

5.2   SECURITY REQUIREMENTS

1.The database of website should not store any password in plain text – a hashed value has to be stored.

2.The details of each person should be kept secured in database so that no third party can access the user details.

5.3   SOFTWARE QUALITY ATTRIBUTES

1.The system should be reliable i.e. the details which are entered by user should be processed correctly and the system should be able to perform the function assigned to it.

2.The system will deliver outputs in a clear and well structured form which will be easy to interpret.

5.4   USER FRIENDLY INTERFACE

1.The web page will be kept very user friendly and at the starting of the session a proper guide about the system will be given to the user so that he can take full advantage of the service being provided.

2.Web page will be kept attractive with contents related to fitness goals so that the user feels tempted to visit the system again and again.

5.5   DESIGN CONSTRAINTS

The system has to be developed as a web application which should work with Firefox 5, Internet Explorer 8, Google Chrome 12. The chat feature should be supported by the system. The system should be developed using HTML5.

6   DATABASE REQUIREMENTS

The system will require a database wherein the data of all the users will be maintained.The database will also store the workout and diet plans that will be suggested to the users.

The tables that would be required in our system are :-

1. User(name,email,age,username,password,etc.)

2.Questions(username,date,time,etc.)

3.Workout plan(username,,monday,tuesday,etc.).

4.Diet plan(username,,monday,tuesday,etc.).

5.Challenges(week no.,username,goal,etc.).

6.Report(week no.,username,goal,etc.).