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**Project Report  
On  
  
Health and Fitness GYM Website  
  
Under the Mentorship of  
  
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(Assistant Professor – Senior Scale)  
  
Submitted By  
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**For the B.Tech (IT) Course  
Web Technology  
Course Code: IT2232**

**Submission Date: 19 April, 2023**

**PROBLEM STATEMENT**

* Time consuming as data entry which include calculations takes lot of time.
* Existing system was manual.
* Searching was very complex due to numerous entries.
* Our proposed website is designed to be faster and provide better results.The project is made in order to effectively and efficiently cater to requirements of the fitness centre .

**PROJECT OBJECTIVES**

* The main objective of the Project on GYM Website is to manage the details of Gym , Trainer , Member , Facility , Fitness class . It manages all the information about Gym , Time Slot , Fitness Class , Gym .
* The project is totally built at administrative end and thus only the administrator is guaranteed the access . The purpose of the project is to build an application program to reduce the manual work for managing the gym , member ..
* It facilitates the data storage , data maintenance and its retrieval for the Gym in an igneous way .
* To store the record of the customers , the owner has the privileages to access , modify , delete any record and finally the service Gym provides to its customers .
* Also the owner has the only privilege to access any database and make the required changes if necessary .
* Develop a user-friendly system that requires minimal user training . Most of the features and functions are similar to those on any window platform .

**INTRODUCTION**

The “Gym” Website has been developed to override the problems prevailing in the practicing manual system . This project is supported to eliminate and in some cases reduce the hardships faced by this existing system . Moreover this system is designed for the particular need of the company to carry out operations in a smooth and effective manner .

The application is reduced as much as possible to avoid errors while entering the data . It also provides error message while entering invalid data . No formal knowledge is needed for the user to use this system . Thus by all it proves it is user friendly . Gym Website , as described above can lead to error free , secure , reliable and fast management system . it can assist the user to concentrate on their other activities rather to concentrate on the record keeping . Thus it will help organization in better utilization of resources . .

Every organization whether big or small , has challenges to overcome and managing the information of trainer , Gym , Facility , Time Slot , Fitness class . Every gym website has different gym needs , therefore we design exclusive employee management systems that are adapted to your managerial systems requirements.This is designed in to assist in strategic planning , and will help you ensure that your organization is equipped with the right level of information and details for your future goals . Also , for those busy executives who are always on the go , our systems come with remote access features which will allow you to manage your workforce any time , at all times

**TIMELINE OF PROJECT**

* **Project Initiation (Week 1):**

o Understand client requirements

o Research gym website best practices and trends

o Define project scope and goals

* **Design and Prototyping (Week 2 - Week 4):**

o Create wireframes and mockups for the website

o Develop a design concept based on client's branding guidelines

o Receive client feedback and make necessary revisions

* **Development (Week 5 - Week 8):**

o Develop the front-end of the website using HTML, CSS, and JavaScript

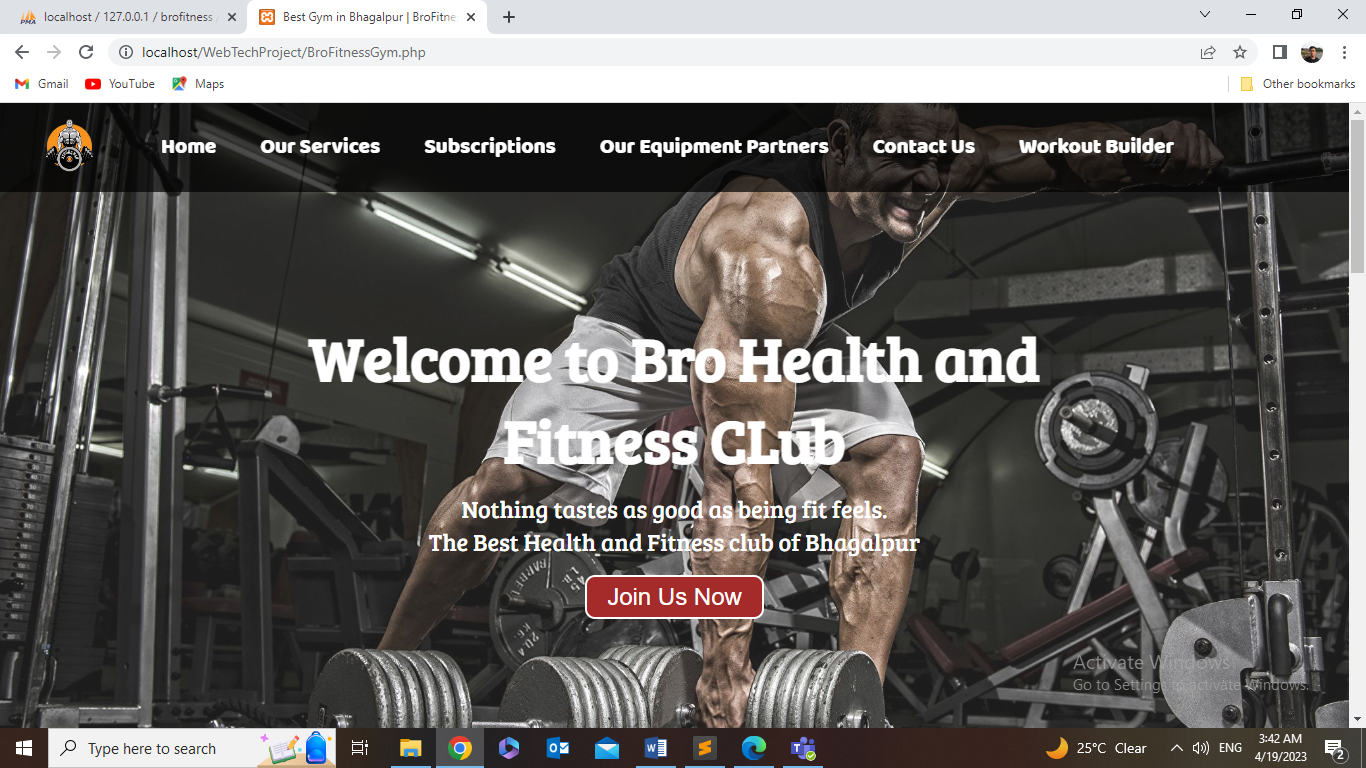
o Develop the back-end of the website to handle user authentication.

**TECHNOLOGY & METHODS USED**

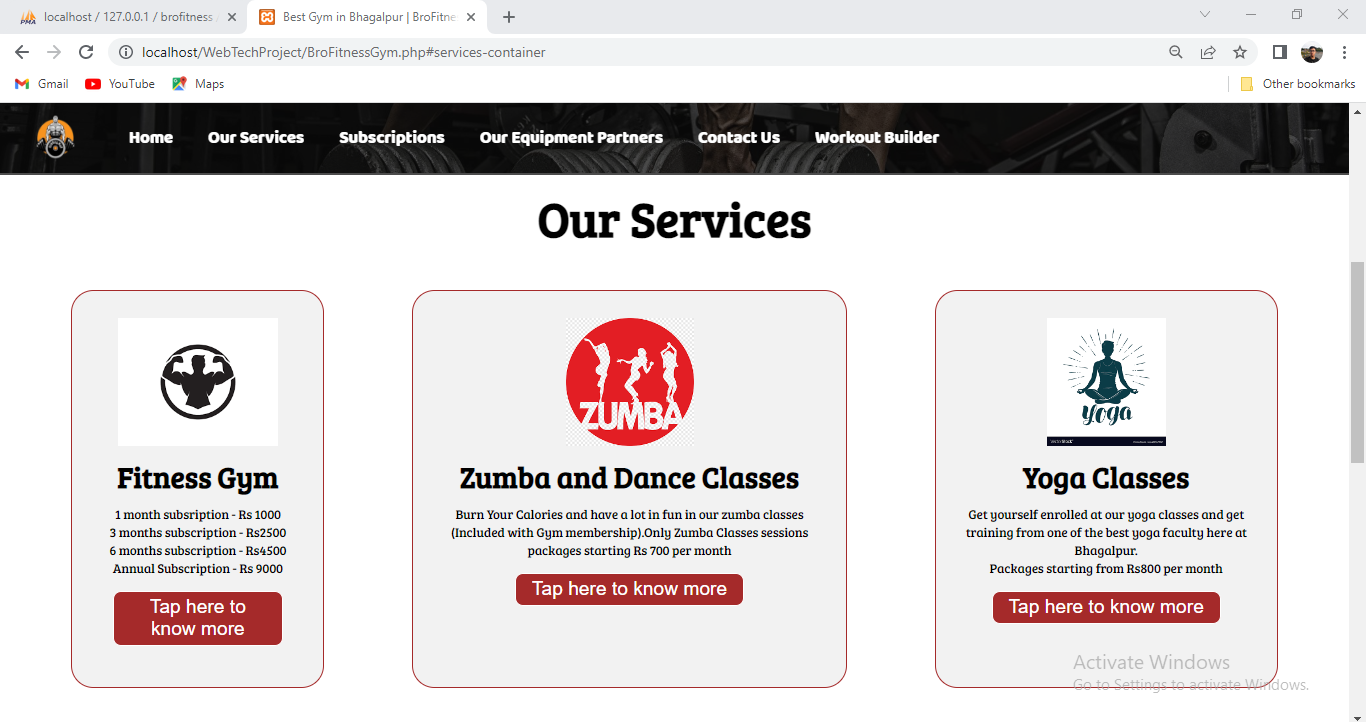
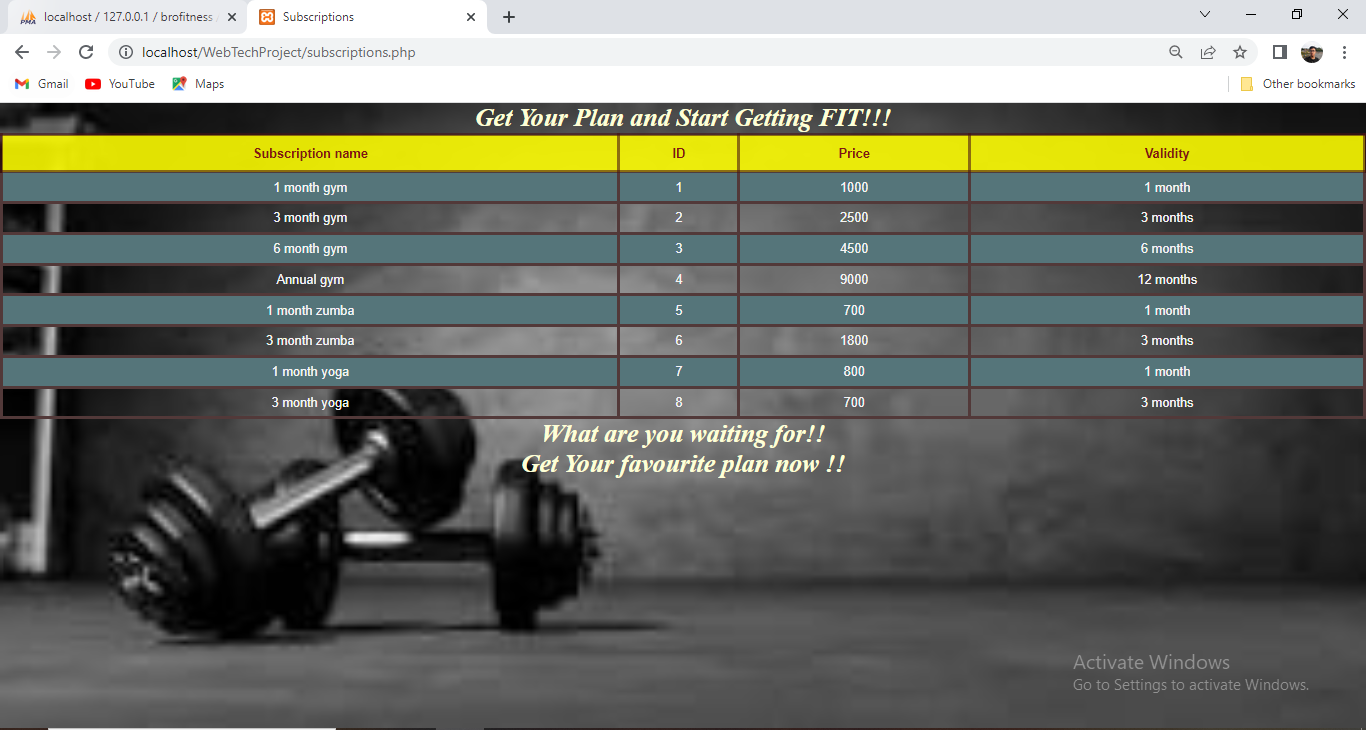
* Front-end development: HTML, CSS, JavaScript
* Back-end development: PHP
* Database Management: MySQL,
* Development Tools: Git, Visual Studio Code, or Sublime Text.

**RESULTS**

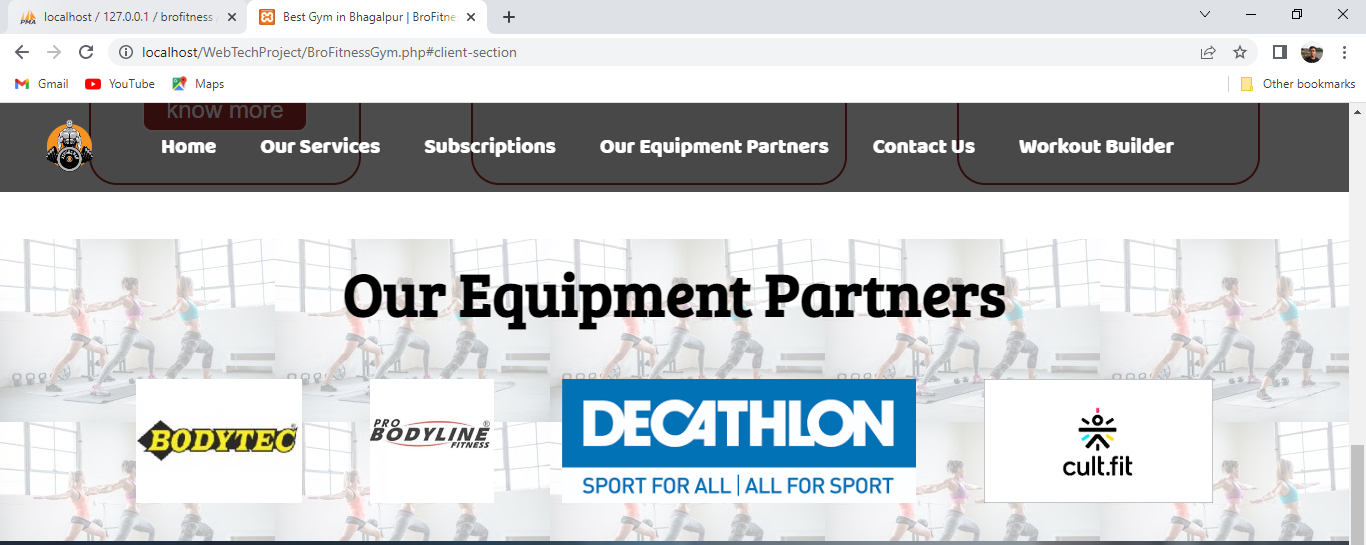
**Home page:**



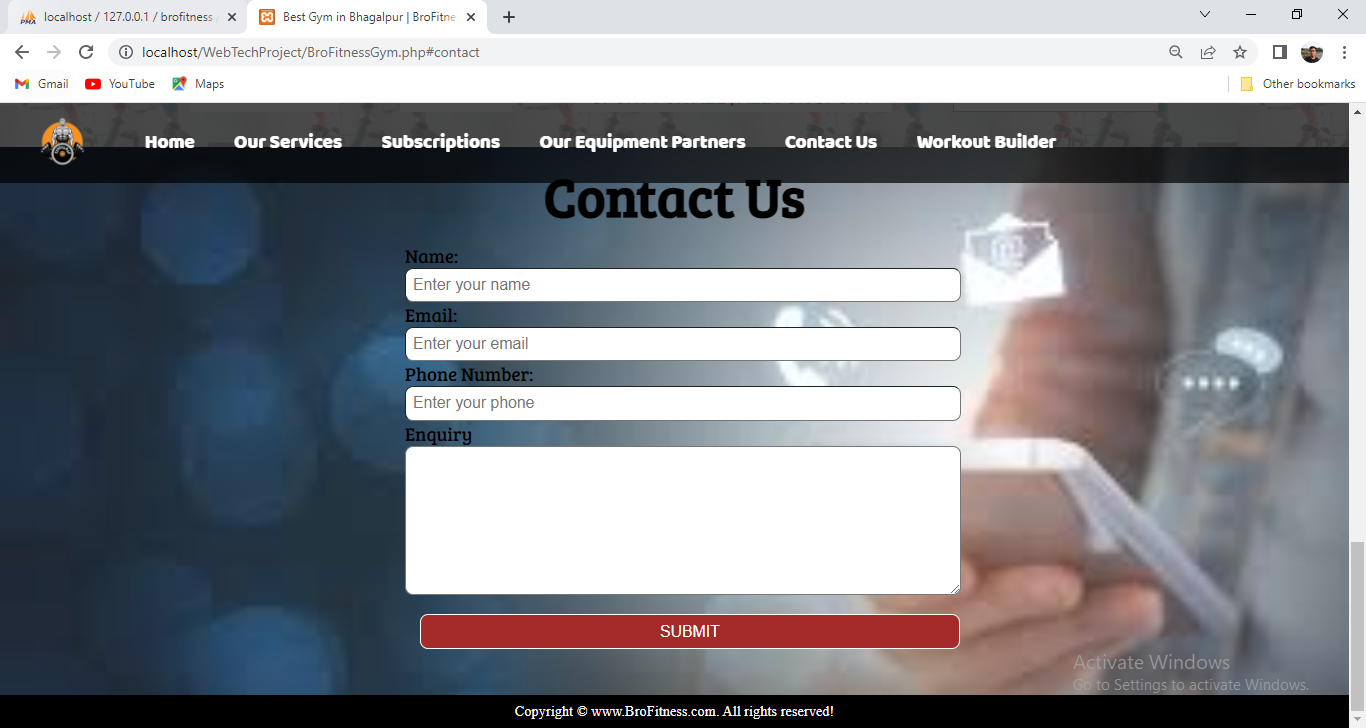
**Services Page:**

**Subscriptions page:**

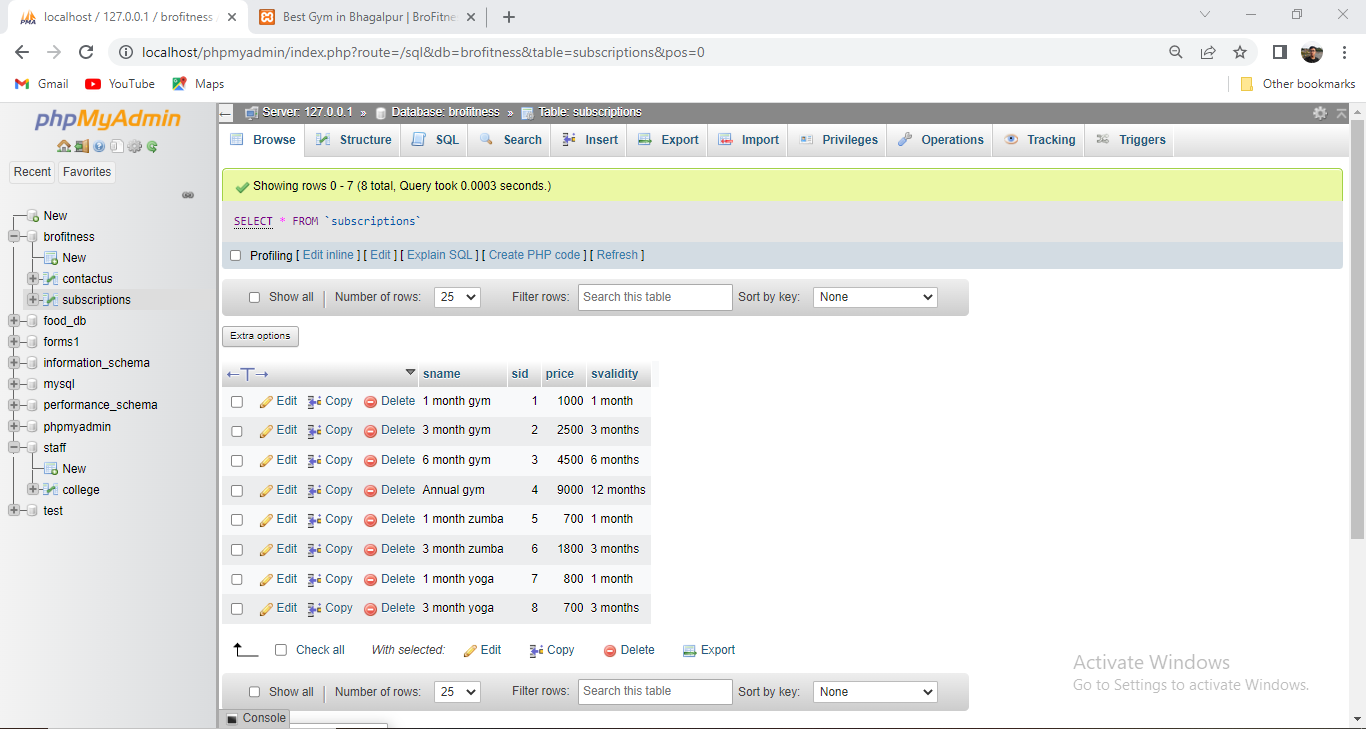
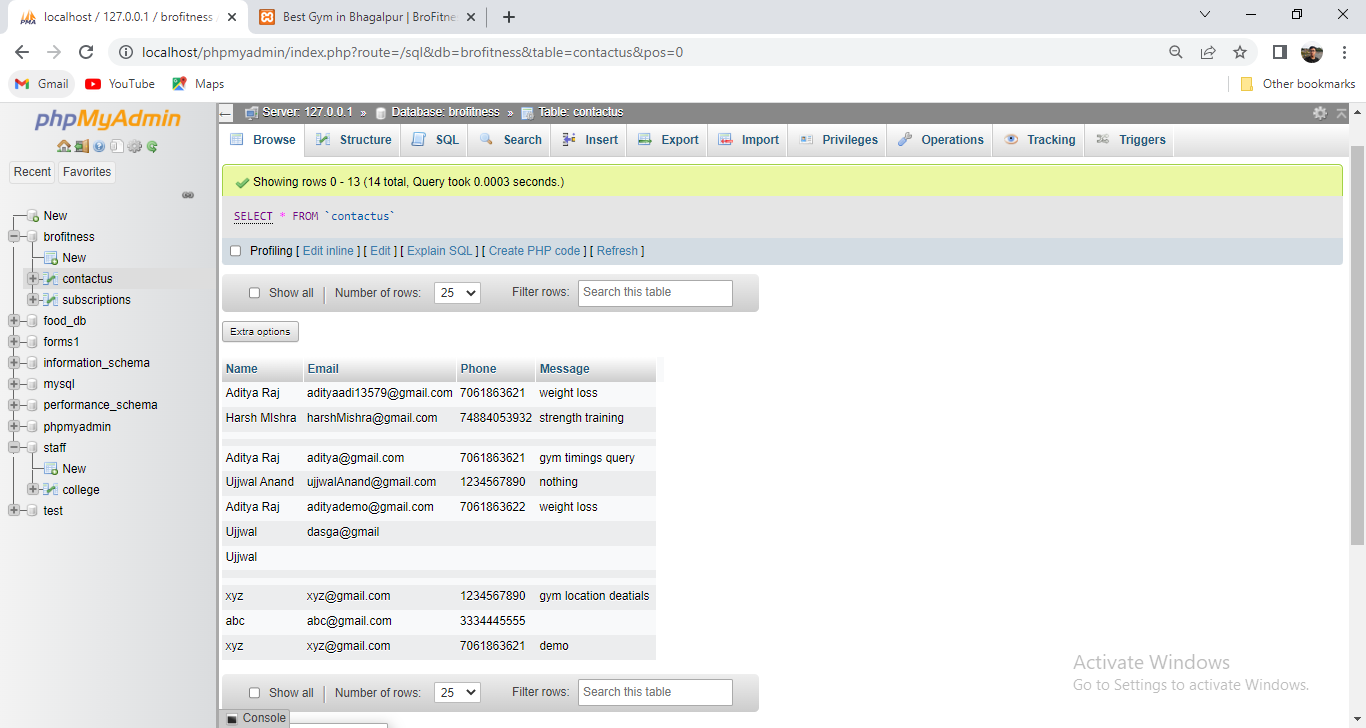
**Equipment partner page:**



**Contact Us Page:**



**Database:**



**CONCLUSION**

In conclusion, the GYM website project using HTML, CSS, and JavaScript is a valuable investment for any business that wants to promote their business online and make a significance online exposure . By leveraging the latest technologies and methods, this project can deliver a website that is user-friendly, secure, and optimized for search engines.The website would provide a platform for the client to manage their subscriptions, showcase their details, and help online registrations. The website would also provide users to get their workout plan through our workout builder .Overall, this project would help the client establish a positive online presence, expand their customer base, and generate revenue for their business. It is a valuable investment that can drive business growth and competitiveness in the GYM market.

**REFERENCES**

* Learning Web Design: A beginner’s guide to HTML, CSS, Javascript, and Web Graphics, By Jennifer Niederst Robbins
* HTML and CSS: Design and Build Websites, by Jon Duckett
* W3Schools.com
* FreeCodeCamp
* PHPManual.net
* C#Corner.com

**APPENDIX**

**Home Page:**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<meta http-equiv="X-UA-Compatible" content="ie=edge">

<title>Best Gym in Bhagalpur | BroFitness.com</title>

<link rel="stylesheet" href="styles.css">

<link rel="stylesheet" media="screen and (max-width: 1170px)" href="mob.css">

<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai|Bree+Serif&display=swap" rel="stylesheet">

</head>

<body>

<nav id="navbar">

<div id="logo">

<img src="logo-removebg-preview.png" alt="Bro Fitness">

</div>

<ul>

<li class="item"><a href="#home">Home</a></li>

<li class="item"><a href="#services-container">Our Services</a></li>

<li class="item"><a href="subscriptions.php">Subscriptions </a></li>

<li class="item"><a href="#client-section">Our Equipment Partners</a></li>

<li class="item"><a href="#contact">Contact Us</a></li>

<li class="item"><a href="#Workout-Builder">Workout Builder</a></li>

</ul>

</nav>

<section id="home">

<h1 class="h-primary">Welcome to Bro Health and Fitness CLub</h1>

<p>Nothing tastes as good as being fit feels. </p>

<p>The Best Health and Fitness club of Bhagalpur</p>

<button class="btn">Join Us Now </button>

</section>

<section id="services-container">

<h1 class="h-primary center">Our Services</h1>

<div id="services">

<div class="box">

<img src="img2.png" alt="">

<h2 class="h-secondary center">Fitness Gym</h2>

<p class="center">1 month subsription - Rs 1000<br>3 months subscription - Rs2500<br>

6 months subscription - Rs4500<br>Annual Subscription - Rs 9000

<button class="btn">Tap here to know more</button>

</p>

</div>

<div class="box">

<img src="img3.png" alt="">

<h2 class="h-secondary center">Zumba and Dance Classes</h2>

<p class="center">Burn Your Calories and have a lot in fun in our zumba classes<br>

(Included with Gym membership).Only Zumba Classes sessions packages starting Rs 700 per month

<button class="btn">Tap here to know more </button>

</p>

</div>

<div class="box">

<img src="img4.png" alt="">

<h2 class="h-secondary center">Yoga Classes</h2>

<p class="center">Get yourself enrolled at our yoga classes and get training from one of the best

yoga faculty here at Bhagalpur.<br> Packages starting from Rs800 per month

<button class="btn">Tap here to know more </button>

</p>

</div>

</div>

</section>

<section id="client-section">

<h1 class="h-primary center">Our Equipment Partners</h1>

<div id="clients">

<div class="client-item">

<img src="part1.jpg" alt="Our Client">

</div>

<div class="client-item">

<img src="part2.jpg" alt="Our Client">

</div>

<div class="client-item">

<img src="part3.png" alt="Our Client">

</div>

<div class="client-item">

<img src="part4.png" alt="Our Client">

</div>

</div>

</section>

<section id="contact">

<h1 class="h-primary center">Contact Us</h1>

<div id="contact-box">

<form id="form" action="BroFitness.php" method="post" onsubmit="validateForm()">

<div class="form-group">

<label for="name">Name: </label>

<input type="text" name="name" id="name" required placeholder="Enter your name">

</div>

<div class="form-group">

<label for="email">Email: </label>

<input type="email" name="email" id="email" required pattern="^[a-zA-Z0-9\_.-]+@[a-zA-Z0-9]\*[.-]+[a-z]\*$" placeholder="Enter your email">

</div>

<div class="form-group">

<label for="phone">Phone Number: </label>

<input type="phone" name="phone" id="phone" required pattern="^\d{10}$" placeholder="Enter your phone">

</div>

<div class="form-group">

<label for="message">Enquiry </label>

<textarea name="message" id="message" cols="30" rows="7"></textarea>

</div>

<div class="form-group">

<input type="submit" value="SUBMIT">

</div

</form>

</div>

</section>

<footer>

<div class="center">

Copyright &copy; www.BroFitness.com. All rights reserved!

</div>

</footer>

<script type="text/javascript" href="brofit.js"></script>

</body>

</html>

**Subscriptions Page:**

<!DOCTYPE html>

<html>

<head>

<link rel="stylesheet" href="sub.css">

<title> Subscriptions</title>

</head>

<body id="bg">

<h1 align="center">Get Your Plan and Start Getting FIT!!!</h1>

<table align="center" border ="1" width ="75%">

<tr>

<th>Subscription name</th>

<th>ID</th>

<th>Price</th>

<th>Validity</th>

</tr>

<?php

$servername = "localhost";

$username = "root";

$password = "adityaraj@2457";

$databasename = "brofitness";

$conn = mysqli\_connect($servername,

$username, $password, $databasename);

if (!$conn) {

die("Connection failed: " . mysqli\_connect\_error());

}

$query = "SELECT sname,sid,price,svalidity FROM `Subscriptions`;";

$result = mysqli\_query($conn, $query);

if (mysqli\_num\_rows($result) > 0) {

// OUTPUT DATA OF EACH ROW

while($row = mysqli\_fetch\_assoc($result)) {

echo "<tr>";

echo "<td>". $row["sname"]." </td>";

echo "<td>".$row["sid"]." </td>";

echo "<td>". $row["price"] ."</td>";

echo "<td>".$row["svalidity"] ."</td>";

echo "</tr>";

}

}

else {

echo "0 results";

}

$conn->close();

?>

</table>

<h1 align="center"> What are you waiting for!! <br>

Get Your favourite plan now !!</h1>

</body>

</html>

**Database Connectivity:**

<!DOCTYPE html>

<html>

<head>

<title>Insert Data into MySQL Database using PHP</title>

</head>

<body>

<center>

<?php

ini\_set("display\_errors","1");

ini\_set("display\_startup\_errors","1");

error\_reporting(E\_ALL);

$conn = mysqli\_connect("localhost", "root", "adityaraj@2457", "BroFitness");

if($conn==false)

{

die("Connection failed: ". mysqli\_connect\_error());

}

$name = $\_POST["name"];

$email = $\_POST["email"];

$phone = $\_POST["phone"];

$message = $\_POST["message"];

$sql = "INSERT INTO ContactUs VALUES ('$name', '$email', '$phone','$message')";

if (mysqli\_query($conn, $sql))

{

echo "<h3>Data inserted into database successfully</h3>.\n"

."Please browse your localhost php my admin to view updated data";

}

else

{

echo "Error: " . $sql . "<br>" . mysqli\_error($conn);

}

mysqli\_close($conn);

?>

<br><a href="BroFitnessGym.php">Click here to go to home page</a>

</c,enter>

</body>

</html>

**CSS Code:**

**Styles.css**

/\* CSS Reset \*/

\*{

margin: 0;

padding: 0;

}

html{

scroll-behavior: smooth;

}

/\* CSS Variables \*/

:root{

--navbar-height: 59px;

}

/\* Navigation Bar \*/

#navbar{

display: flex;

align-items: center;

position: sticky;

top: 0px;

z-index: 1;

}

#navbar::before{

content: "";

background-color: black;

position: absolute;

top:0px;

left:0px;

height: 100%;

width:100%;

z-index: -1;

opacity: 0.7;

}

/\* Navigation Bar: Logo and Image \*/

#logo{

margin: 10px 34px;

}

#logo img{

height: 59px;

margin: 3px 6px;

}

/\* Navigation Bar: List Styling \*/

#navbar ul{

display: flex;

font-family: 'Baloo Bhai', cursive;

}

#navbar ul li{

list-style: none;

font-size: 1.3rem;

}

#navbar ul li a{

color: white;

display: block;

padding: 3px 22px;

border-radius: 20px;

text-decoration: none;

}

#navbar ul li a:hover{

color: black;

background-color: white;

}

/\* Home Section \*/

#home{

display: flex;

flex-direction: column;

padding:3px 200px;

height: 550px;

justify-content: center;

align-items: center;

}

#home::before{

content: "";

position: absolute;

background: url('bg.jpg') no-repeat center center/cover;

height: 642px;

top:0px;

left:0px;

width: 100%;

z-index: -1;

opacity:0.89;

}

#home h1{

color:white;

text-align: center;

font-family: 'Bree Serif', serif;

}

#home p{

color:white;

text-align: center;

font-size: 1.5rem;

font-family: 'Bree Serif', serif;

}

/\* Services Section \*/

#services{

margin: 34px;

display: flex;

}

#services .box{

border: 2px solid brown;

padding: 34px;

margin: 2px 55px;

border-radius: 28px;

background: #f2f2f2;

margin-bottom: 20px;

}

#services .box img{

height: 160px;

margin: auto;

display: block;

}

#services .box p{

font-family: 'Bree Serif', serif;

}

/\* Clients Section \*/

#client-section{

position: relative;

}

#client-section::before{

content: "";

position: absolute;

background: url('bg1.jpg');

width: 100%;

height: 100%;

z-index: -1;

opacity: 0.3;

}

#clients{

display: flex;

justify-content: center;

align-items: center;

}

.client-item{

padding: 34px;

}

#clients img{

height: 124px;

}

/\* Contact Section \*/

#contact{

position: relative;

}

#contact::before{

content: "";

position: absolute;

background: url('bg2.jpg') no-repeat center center/cover;

height: 642px;

top:0px;

left:0px;

width: 100%;

z-index: -1;

opacity:0.89;

}

#contact-box{

display: flex;

justify-content: center;

align-items: center;

padding-bottom: 34px;

}

#contact-box input,

#contact-box textarea{

width: 100%;

padding: 0.5rem;

border-radius: 9px;

font-size: 1.1rem;

}

#contact-box form{

width: 40%;

}

#contact-box label{

font-size: 1.3rem;

font-family: 'Bree Serif', serif;

}

footer{

background: black;

color: white;

padding: 9px 20px;

}

/\* Utility Classes \*/

.h-primary{

font-family: 'Bree Serif', serif;

font-size: 3.8rem;

padding: 12px;

}

.h-secondary{

font-family: 'Bree Serif', serif;

font-size: 2.3rem;

padding: 12px;

}

.btn,input[type="submit"]{

padding: 6px 20px;

border: 2px solid white;

background-color: brown;

color: white;

margin: 17px;

font-size: 1.5rem;

border-radius: 10px;

cursor:pointer;

}

.center{

text-align: center;

}

**Mob.css:**

/\* Navigation \*/

#navbar {

flex-direction: column;

}

#navbar ul li a{

font-size: 1rem;

padding: 0px 7px;

padding-bottom: 8px;

}

/\* Home section \*/

#home{

height: 370px;

padding: 3px 28px;

}

#home::before{

height: 480px;

}

#home p{

font-size: 13px;

}

/\* Services section \*/

#services{

flex-direction: column;

}

#services .box {

padding: 14px;

margin: 2px 0px;

margin-bottom: 20px;

}

/\* Clients section \*/

#clients{

flex-wrap: wrap;

}

#clients img{

width: 66px;

padding: 6px;

height: auto;

}

/\* Contact us section \*/

#contact-box form{

width:80%;

}

/\* Footer \*/

/\* Utility classes \*/

.h-primary{

font-size:26px;

}

.btn{

font-size: 13px;

padding: 4px 8px;

}

**Sub.css:**

/\* CSS Reset \*/

\*{

margin: 0;

padding: 0;

}

body,html{

height: 100%;

}

#bg{

background: url(bg5.jpg)no-repeat center center/cover;

height: 100%;

}

table{

empty-cells: hide;

font-family: sans-serif;

border-collapse: collapse;

width: 100%;

}

h1

{

font-style: italic;

color: #feffd7;

}

th{

text-align: center;

border: 4px solid #46131394;

padding-top: 12px;

padding-bottom: 12px;

background-color:#ffff00e0;

color: #831313;

}

td{

text-align: center;

border: 4px solid #523939;

padding: 8px;

color: whitesmoke;

}

tr:nth-child(even) {

background-color: #55757a;

}

**Brofit.js:**

const form = document.querySelector('form');

function validateForm()

{

// Get the values of the input fields

const name = document.forms["form"]["name"].value;

const email = document.forms["form"]["email"].value;

const mobileNumber = document.forms["form"]["phone"].value;

// Validate the First Name field

const NameRegex = /^[a-zA-Z]\*$/;

if (!firstNameRegex.test(name)) {

alert("First Name should only contain alphabet characters.");

return false;

}

// Validate the E-mail id field

const emailRegex = /^[a-zA-Z0-9\_.-]+@[a-zA-Z0-9]\*[.-]+[a-z]\*$/;

if (!emailRegex.test(email)) {

alert("E-mail id must follow the standard pattern: name@abc.com");

return false;

}

// Validate the Mobile Number field

const mobileNumberRegex = /^\d{10}$/;

if (!mobileNumberRegex.test(mobileNumber)) {

alert("Mobile Number should contain 10 digits only.");

return false;

}

}

form.addEventListener('submit',validateForm());