

Comsats University of Islamabad

VHR Campus



Department: Computer Science

Topic: Web Technologies Lab Final Project Screenshots

Member Name:

- **Moaz Saeed**

Registration No.:

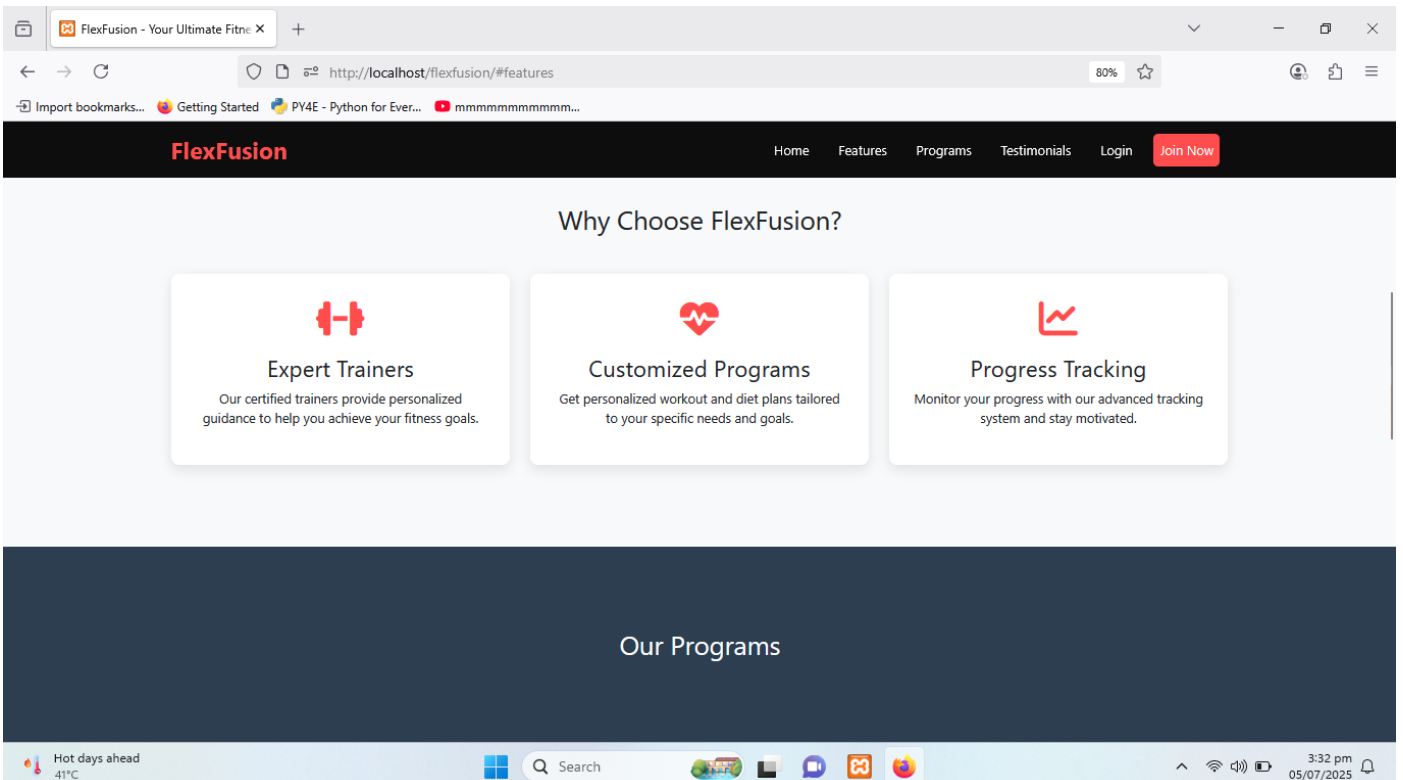
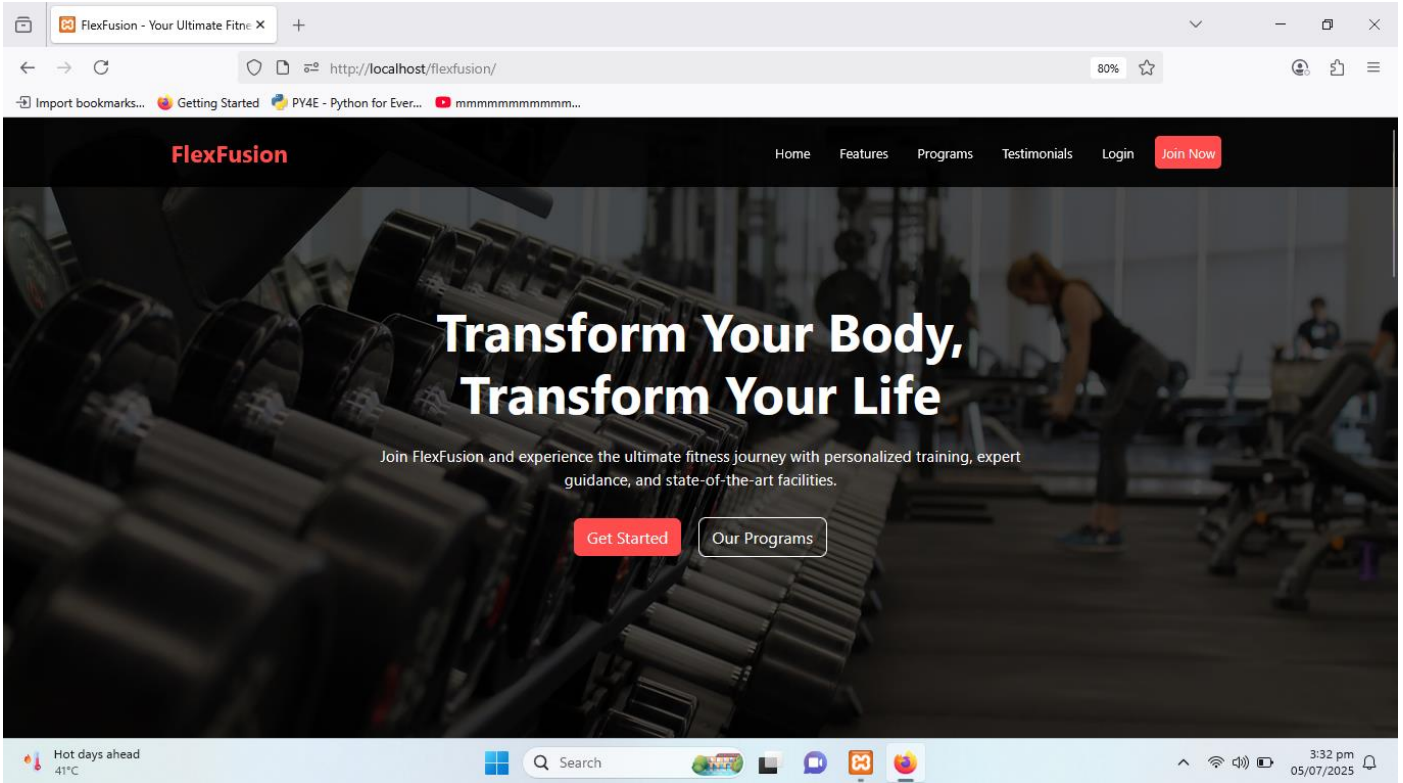
- **SP23-BCS-031**

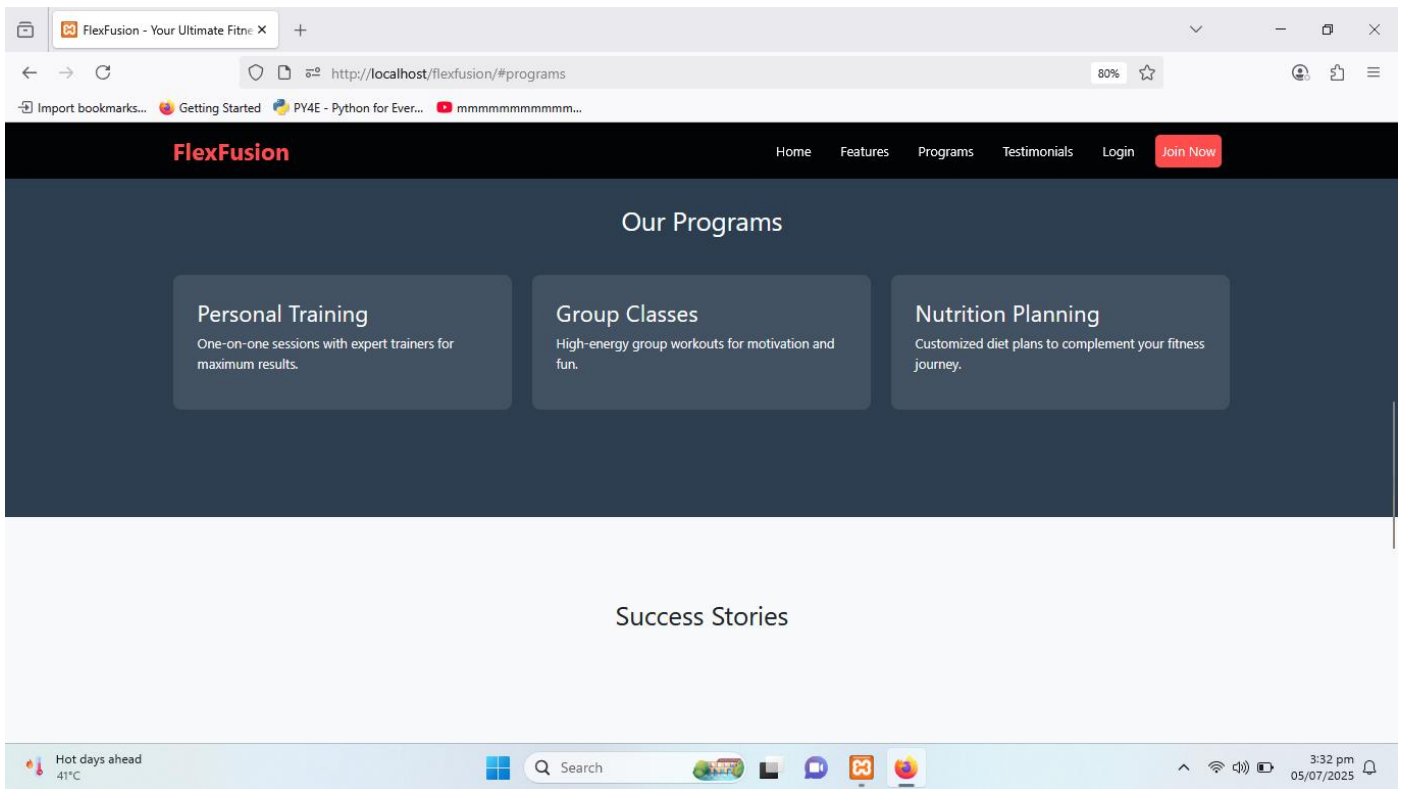
Section: A

Date of Submission: 05/07/2025

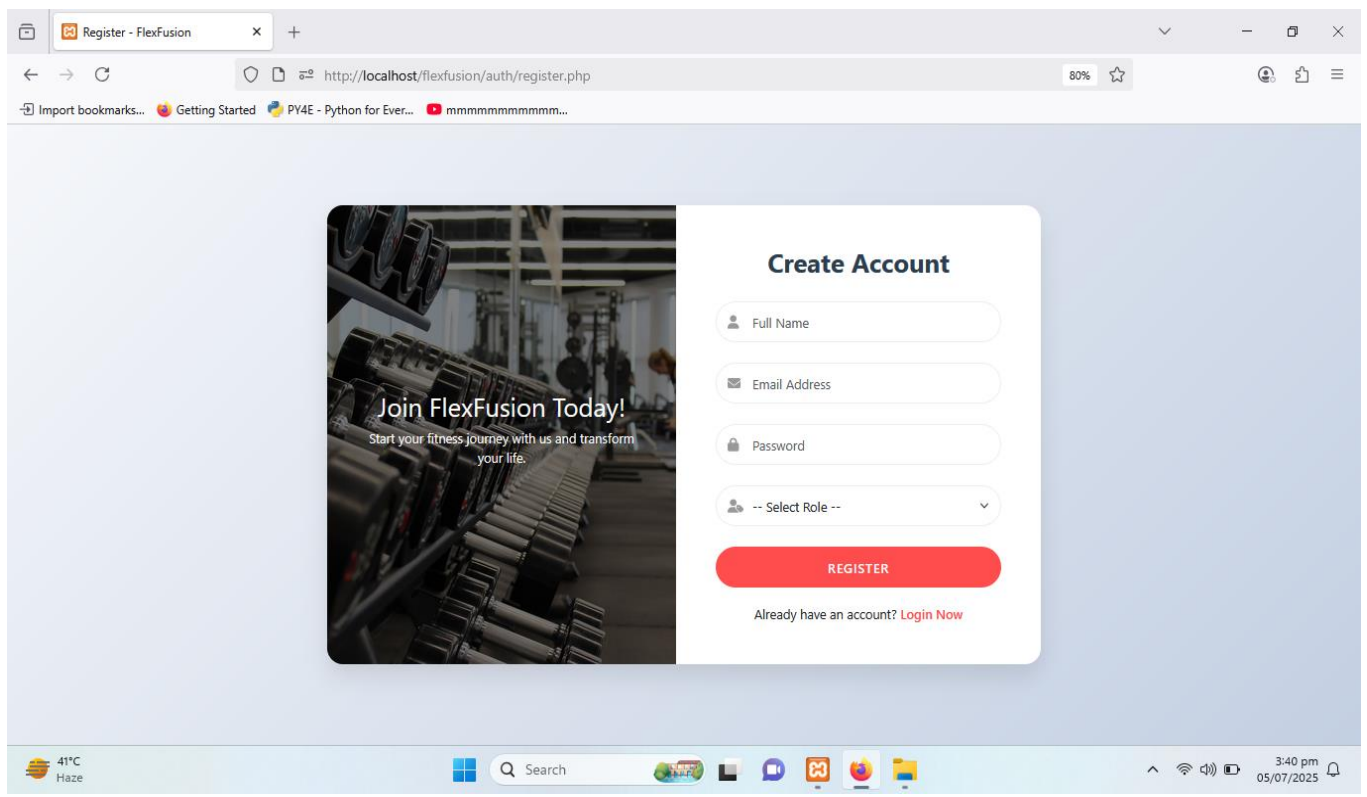
Subject: Web Technologies

Main Page

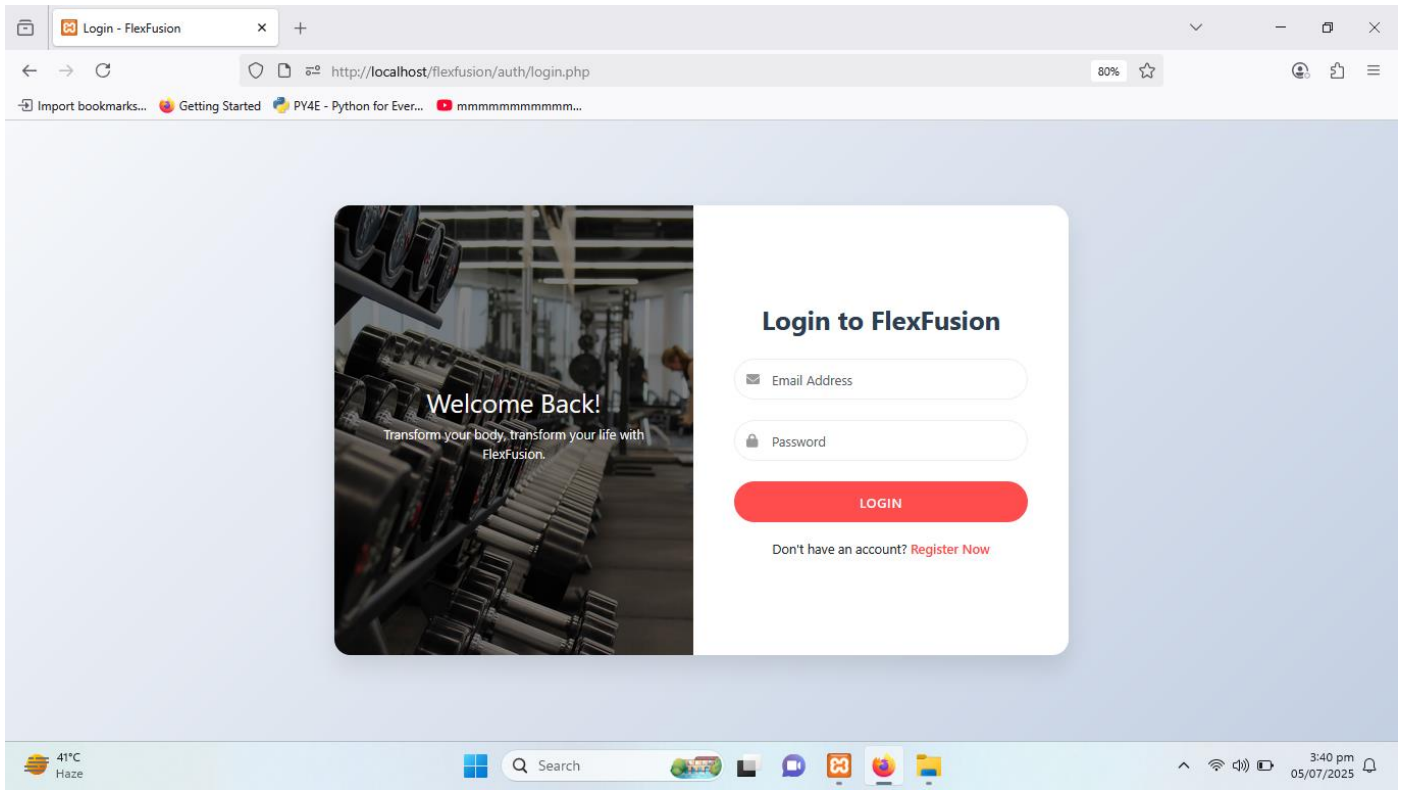




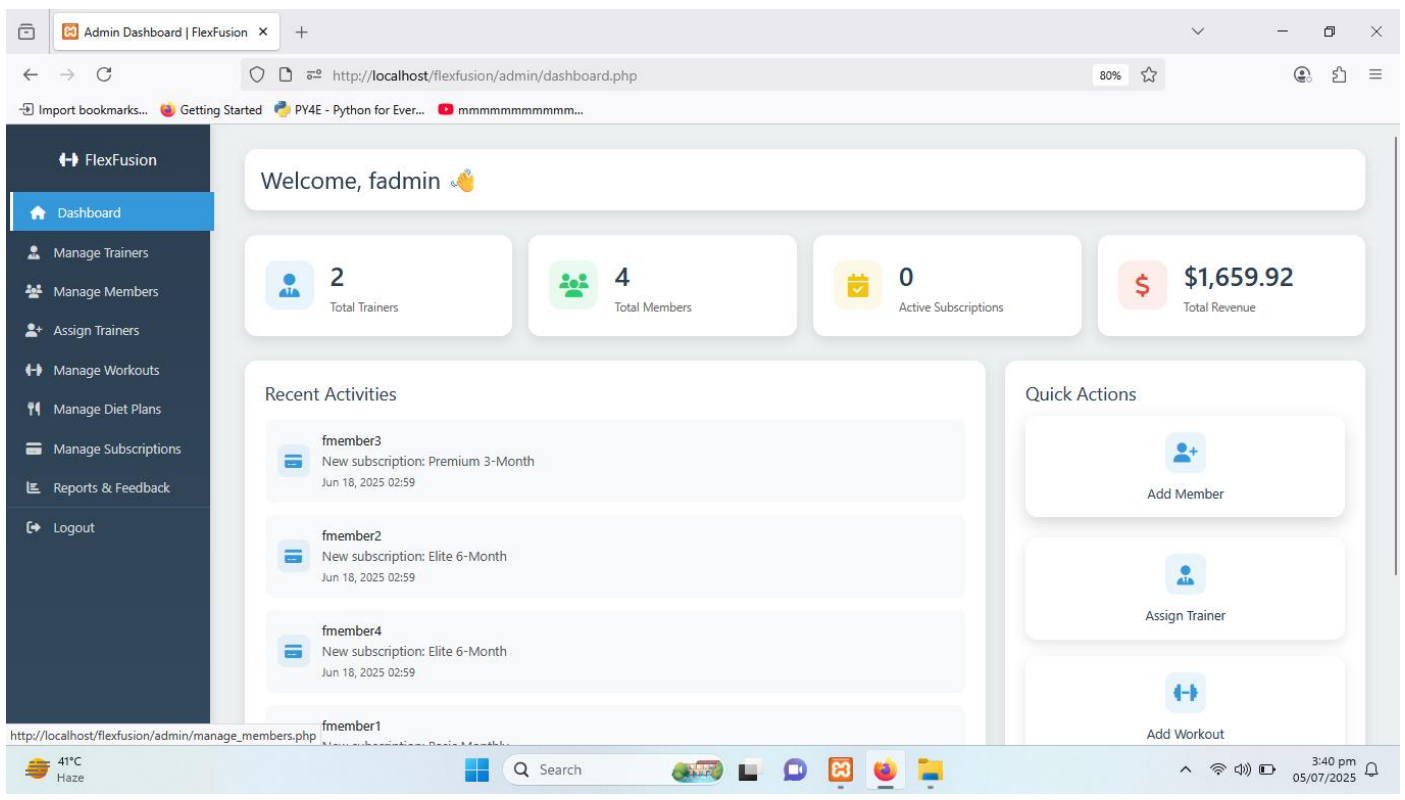
Registration Page



Login Page



Admin Pages



FlexFusion

Dashboard

Manage Trainers

Manage Members

Assign Trainers

Manage Workouts

Manage Diet Plans

Manage Subscriptions

Reports & Feedback

Logout

Manage Trainers

+ Add New Trainer

ftrainer2

ftrainer2@gmail.com

Not provided

Not specified

Joined: Jun 18, 2025

EditDelete

ftrainer1

ftrainer1@gmail.com

0310882088

Female

Joined: Jun 12, 2025

EditDelete

41°C

Haze

Search

3:40 pm

05/07/2025

FlexFusion

Dashboard

Manage Trainers

Manage Members

Assign Trainers

Manage Workouts

Manage Diet Plans

Manage Subscriptions

Reports & Feedback

Logout

Manage Members

+ Add New Member

ID	Full Name	Email	Phone	Gender	DOB	Actions
3	fmember1	fmember1@gmail.com	676576576	male	2025-06-17	EditDelete
5	fmember2	fmember2@gmail.com				EditDelete
6	fmember3	fmember3@gmail.com				EditDelete
7	fmember4	fmember4@gmail.com	03108877456	female	1997-06-10	EditDelete

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Assign Trainers | FlexFusion

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🔍 http://localhost/flexfusion/admin/assign_trainers.php

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🔖 Import bookmarks...

🔥 Getting Started

🐍 PY4E - Python for Ever...

🔴 mmmmmmmmmmm...

🏠 Admin Panel

🏠 Dashboard

👤 Manage Trainers

👤 Manage Members

👤+ Assign Trainers

🔄 Manage Workouts

🍽️ Manage Diet Plans

📄 Manage Subscriptions

📊 Reports & Feedback

🚪 Logout

👤+ Assign Trainers to Members

fmember1

fmember1@gmail.com

👤 ftrainer1

Change Trainer

fmember2

fmember2@gmail.com

👤 ftrainer1

Change Trainer

fmember3

fmember3@gmail.com

No Trainer Assigned

Assign Trainer

fmember4

fmember4@gmail.com

No Trainer Assigned

Assign Trainer

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Manage Workouts | FlexFusion

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🔖 Import bookmarks...

🔥 Getting Started

🐍 PY4E - Python for Ever...

🔴 mmmmmmmmmmm...

🏠 FlexFusion

🏠 Dashboard

👤 Manage Trainers

👤 Manage Members

👤+ Assign Trainers

🔄 Manage Workouts

🍽️ Manage Diet Plans

📄 Manage Subscriptions

📊 Reports & Feedback

🚪 Logout

Manage Workout Plans

+ Add Workout Plan

Full Body Strength Training

Complete full-body workout routine: • Warm-up: 10 minutes cardio (jogging/cycling) • Squats: 4 sets x 12 reps • Bench Press: 4 sets x 10 reps • Deadlifts: 4 sets x 8 reps • Pull-ups: 3 sets x 8-10 reps • Shoulder Press: 3 sets x 12 reps • Plank: 3 sets x 60 seconds • Cool-down: 10 minutes stretching Rest 60-90 seconds between sets Train 3-4 times per week Focus on proper form and controlled movements

Created by: fadmin

Created: Jun 18, 2025

Lower Body Power

Intense lower body workout: • Warm-up: 10 minutes cardio • Squats: 5 sets x 8-10 reps • Romanian Deadlifts: 4 sets x 10 reps • Leg Press: 4 sets x 12 reps • Lunges: 3 sets x 20 steps • Calf Raises: 4 sets x 15 reps • Core Circuit (repeat 4 times): - Plank: 60 seconds - Russian Twists: 3 sets x 20 reps - Leg Raises: 3 sets x 15 reps • Cool-down: 10 minutes stretching Train 3-4 times per week Modify intensity based on fitness level

Created by: fadmin

Created: Jun 18, 2025

HIIT Cardio Blast

High-intensity interval training program: • Warm-up: 5 minutes light cardio • Circuit (repeat 4 times): - Jumping jacks: 45 seconds - Mountain climbers: 45 seconds - Burpees: 45 seconds - High knees: 45 seconds - Rest: 60 seconds • Core circuit: - Crunches: 3 sets x 20 reps - Russian twists: 3 sets x 20 reps - Leg raises: 3 sets x 15 reps • Cool-down: 10 minutes stretching Train 3-4 times per week Modify intensity based on fitness level

Created by: fadmin

Created: Jun 18, 2025

Upper Body Focus

Targeted upper body workout: • Warm-up: 10 minutes cardio • Bench Press: 4 sets x 10 reps • Pull-ups: 4 sets x 8-10 reps • Shoulder Press: 4 sets x 12 reps • Bicep Curls: 3 sets x 12 reps • Tricep Dips: 3 sets x 15 reps • Lateral Raises: 3 sets x 15 reps • Face Pulls: 3 sets x 15 reps • Cool-down: 10 minutes stretching Rest 60-90 seconds between sets Train 2-3 times per week Focus on mind-muscle connection

Created by: fadmin

Created: Jun 18, 2025

Core & Stability

Comprehensive core workout: • Warm-up: 5 minutes cardio • Plank Variations: - Standard plank: 3 sets x 60 seconds - Side plank: 3 sets x 45 seconds each side - Reverse plank: 3 sets x 45 seconds • Core Circuit (repeat 4 times): - Plank: 60 seconds - Russian Twists: 3 sets x 20 reps - Leg Raises: 3 sets x 15 reps • Cool-down: 10 minutes stretching Train 3-4 times per week Modify intensity based on fitness level

Created by: fadmin

Created: Jun 18, 2025

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FlexFusion

Dashboard

Manage Trainers

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Assign Trainers

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Manage Diet Plans

Weight Loss Diet Plan

A balanced diet plan focused on healthy weight loss: • Breakfast: Oatmeal with fruits and nuts (300 calories) • Mid-morning: Greek yogurt with berries (150 calories) • Lunch: Grilled chicken salad with olive oil dressing (400 calories) • Afternoon snack: Apple with almond butter (200 calories) • Dinner: Baked fish with steamed vegetables (350 calories) Total daily calories: 1400 Macros: 40% Protein, 30% Carbs, 30% Fats Stay hydrated with 2-3 liters of water daily.

Created by: fadmin

Created: Jun 18, 2025

Muscle Building Diet

High-protein diet plan for muscle growth: • Breakfast: Protein pancakes with banana and honey (500 calories) • Mid-morning: Protein shake with peanut butter (300 calories) • Lunch: Brown rice with grilled chicken and vegetables (600 calories) • Pre-workout: Banana with almonds (250 calories) • Post-workout: Protein shake with oats (400 calories) • Dinner: Steak with sweet potato and broccoli (700 calories) Total daily calories: 2750 Macros: 40% Protein, 40% Carbs, 20% Fats Drink 3-4 liters of water daily.

Created by: fadmin

Created: Jun 18, 2025

Vegetarian Fitness Diet

Plant-based diet for active individuals: • Breakfast: Tofu scramble with whole grain toast (400 calories) • Mid-morning: Mixed nuts and dried fruits (200 calories) • Lunch: Quinoa bowl with chickpeas and vegetables (500 calories) • Afternoon: Hummus with whole grain crackers (250 calories) • Dinner: Lentil curry with brown rice (550 calories) Total daily calories: 1900 Macros: 25% Protein, 55% Carbs, 20% Fats Include 2-3 liters of water and herbal teas.

Created by: fadmin

Created: Jun 18, 2025

Keto Diet Plan

Low-carb, high-fat diet plan: • Breakfast: Avocado and eggs with bacon (450 calories) • Mid-morning: Cheese and nuts (200 calories) • Lunch: Grilled salmon with

Balanced Maintenance Diet

Well-rounded diet for maintaining fitness: • Breakfast: Whole grain toast with eggs and avocado (400 calories) • Mid-morning: Fruit smoothie with protein (250

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FlexFusion

Dashboard

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Manage Subscriptions

Reports & Feedback

Logout

Manage Subscriptions

Elite 6-Month

Pending

Member: fmember4

\$ Amount: \$249.99

Start: Mar 20, 2024

End: Sep 20, 2024

Delete

Premium 3-Month

Pending

Member: fmember3

\$ Amount: \$129.99

Start: Mar 15, 2024

End: Jun 15, 2024

Delete

VIP Annual

Paid

Member: fmember2

\$ Amount: \$399.99

Start: Mar 01, 2024

End: Mar 01, 2025

Delete

Elite 6-Month

Paid

Member: fmember2

\$ Amount: \$249.99

Start: Mar 01, 2024

End: Sep 01, 2024

Delete

Premium 3-Month

Paid

Member: fmember1

\$ Amount: \$129.99

Start: Apr 01, 2024

End: Jul 01, 2024

Delete

Basic Monthly

Paid

Member: fmember1

\$ Amount: \$49.99

Start: Mar 01, 2024

End: Apr 01, 2024

Delete

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Haze

Search

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05/07/2025

FlexFusion

Dashboard

Manage Trainers

Manage Members

Assign Trainers

Manage Workouts

Manage Diet Plans

Manage Subscriptions

Reports & Feedback

Logout

Reports & Feedback

Progress Records

Member	Weight (kg)	Calories	Notes	Recorded At
fmember1	50.00	670	do more callories	Jun 12, 2025 21:08

Attendance Logs

Member	Date	Status	Checked At
fmember1	Jun 18, 2025	Present	Jun 18, 2025 10:22
fmember2	Jun 17, 2025	Absent	Jun 18, 2025 01:52
fmember1	Jun 17, 2025	Present	Jun 18, 2025 01:52
fmember1	Jun 12, 2025	Present	Jun 13, 2025 21:42
fmember2	Jun 13, 2025	Present	Jun 13, 2025 21:42
fmember1	Jun 13, 2025	Present	Jun 13, 2025 21:38

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Search

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05/07/2025

Trainer Pages

Trainer Panel

Dashboard

My Members

Assign Workouts

Track Progress

Attendance

Chat

Logout

Welcome, ftrainer1

Here's an overview of your training tasks:

Assigned Members
2

Pending Workouts
5

Messages
2

Tip: Regularly check in with your members to track their progress and motivate them!

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Haze

Search

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05/07/2025

Chat | FlexFusion

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🔒 <http://localhost/flexfusion/trainer/chat.php>

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🔖 Import bookmarks... 🔥 Getting Started 🐍 PY4E - Python for Ever... 📺 mmmmmmmmmmm...

🏠 Trainer Panel

🏠 Dashboard

👤 My Members

🔗 Assign Workouts

📊 Track Progress

📅 Attendance

💬 Chat

🚪 Logout

F fmember1

Member

F fmember2

Member

💬

Select a member to start chatting

Choose a member from the list to view and send messages

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Manage Attendance | FlexFusion

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🏠 Trainer Panel

🏠 Dashboard

👤 My Members

🔗 Assign Workouts

📊 Track Progress

📅 Attendance

💬 Chat

🚪 Logout

📅 Attendance Management

05/07/2025 📅

Total Members

2

Present Today

0

Absent Today

0

F fmember1

🟢 4 days present this month

✓ Present ✗ Absent

F fmember2

🟢 1 days present this month

✓ Present ✗ Absent

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Trainer Panel

Dashboard

My Members

Assign Workouts

Track Progress

Attendance

Chat

Logout

Track Member Progress

Select Member

Weight (kg)

Calories

Notes

+ Add

1

Total Records

2

Active Members

670

Total Calories Tracked

Recent Progress Records

Member	Weight	Calories	Notes	Recorded By	Date
F fmember1	50.00 kg	670	do more callories	ftrainer1	Jun 12, 2025 21:08

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Search

3:42 pm

05/07/2025

Trainer Panel

Dashboard

My Members

Assign Workouts

Track Progress

Attendance

Chat

Logout

Assign Workout & Diet Plans

Select Member

-- Select Member --

Workout Plan

-- Select Workout Plan --

Diet Plan

-- Select Diet Plan --

Assign Plans

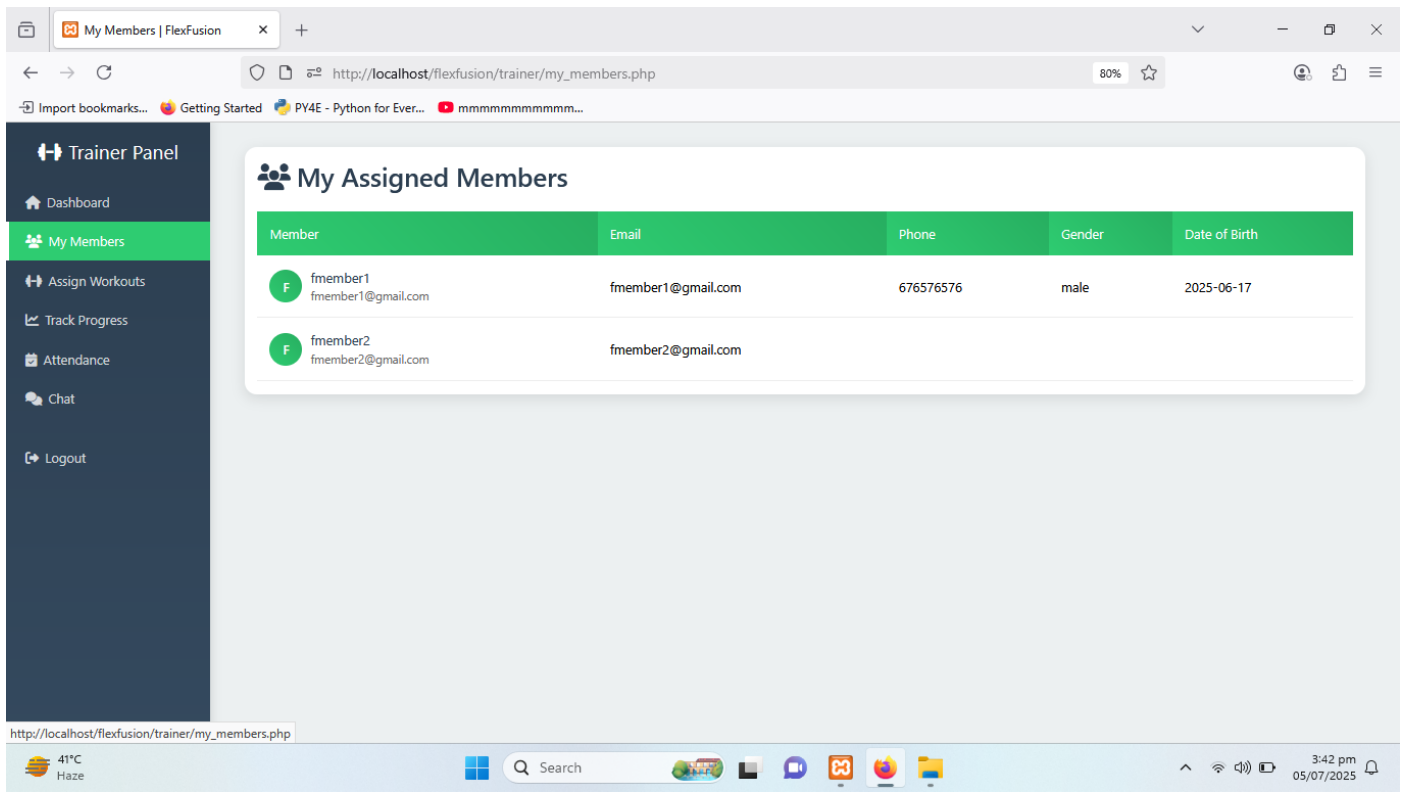
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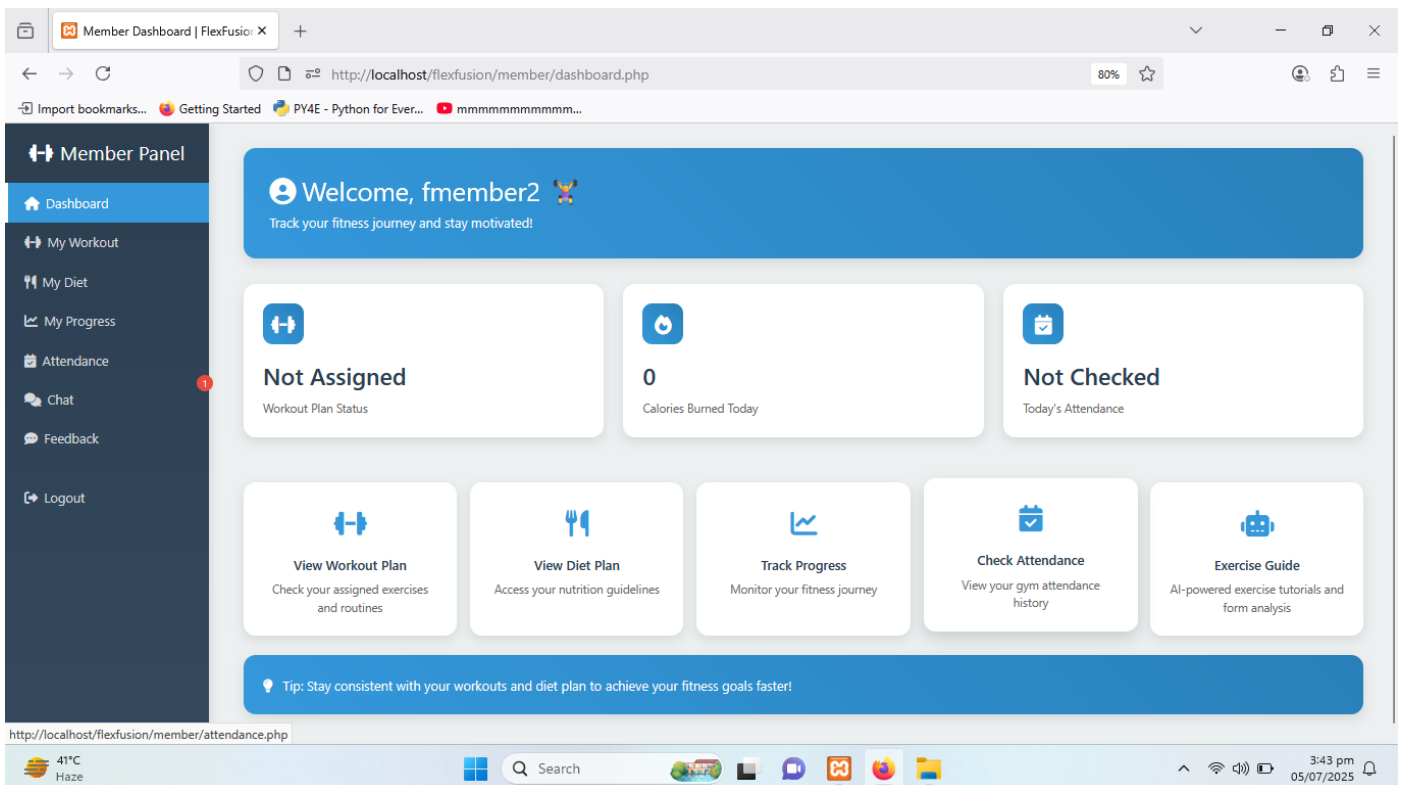
Search

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05/07/2025



Member Pages



Feedback | FlexFusion

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🔒 http://localhost/flexfusion/member/feedback.php

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🏠 Member Panel

🏠 Dashboard

🔄 My Workout

🍽️ My Diet

📈 My Progress

📅 Attendance

💬 Chat

💬 Feedback

🚪 Logout

💬 Feedback

Share your thoughts and suggestions with us!

🟢 Thank you for your feedback!

Submit Feedback

Your Message

Share your thoughts, suggestions, or concerns...

Submit Feedback

Your Previous Feedback

🕒 July 05, 2025 15:44

ok

🕒 July 05, 2025 15:43

good

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Chat | FlexFusion

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🔒 http://localhost/flexfusion/member/chat.php

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🏠 Member Panel

🏠 Dashboard

🔄 My Workout

🍽️ My Diet

📈 My Progress

📅 Attendance

💬 Chat

💬 Feedback

🚪 Logout

ftrainer1

Your Trainer

hii

3:43 PM

gee

3:43 PM

Type your message...

➤

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Chat | FlexFusion

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Member Panel

Dashboard

My Workout

My Diet

My Progress

Attendance

Chat

Feedback

Logout

F ftrainer1

Your Trainer

hii

3:43 PM

Type your message...

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My Attendance | FlexFusion

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Member Panel

Dashboard

My Workout

My Diet

My Progress

Attendance

Chat

Feedback

Logout

📅 My Attendance

Track your gym attendance and stay committed to your fitness goals.

📊

50%

Attendance Rate

✅

1

Days Present

❌

1

Days Absent

Date	Status
📅 17 Jun 2025	Absent
📅 13 Jun 2025	Present

http://localhost/flexfusion/member/attendance.php

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My Progress | FlexFusion

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🏠 Member Panel

🏠 Dashboard

🏋️ My Workout

🍴 My Diet

📈 My Progress

📅 Attendance

💬 Chat

💬 Feedback

🚪 Logout

📈 My Progress

Track your fitness progress over time.

🔔 No progress records found. Start tracking your fitness journey today!

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My Diet | FlexFusion

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🏠 Member Panel

🏠 Dashboard

🏋️ My Workout

🍴 My Diet

📈 My Progress

📅 Attendance

💬 Chat

💬 Feedback

🚪 Logout

🍴 My Diet Plan

No diet plan assigned yet. Please contact your trainer.

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