**Project Abstract: Advanced Fitness and Health Assistant And Explorer**

**Overview**

**RAWFIT** is a user-focused health and fitness website developed using PHP, JavaScript, HTML, and CSS, aimed at making fitness guidance accessible, personalized, and supportive. The platform’s core functionality centers around generating customized diet and exercise plans based on each user's weight and height. Users can securely register and log in to access their own dashboard, where they receive a diet plan tailored to their body type, a food calorie database to track their intake, and demo workouts suited to their fitness level. Beyond automation, RAWFIT also includes the option to connect with certified gym professionals for personalized advice, ensuring a blend of expert guidance and tech-driven planning.

Additionally, the platform allows users to search for nearby fitness centers and gym clubs. Each listed center provides complete details such as facilities, membership plans, and services, enabling users to select a gym that best fits their personal fitness needs. A dedicated communication portal allows users to directly contact gym centers for inquiries, bookings, or customized services. The site also features a ranking system, highlighting top gyms based on performance, facilities, and user ratings.

Uniquely, RAWFIT serves as a global platform for freelance fitness trainers and bodybuilders by offering them the opportunity to register as personal trainers. This enables users to find and hire trainers according to their specific fitness goals, regardless of geographical location, fostering a worldwide fitness community. Trainers can provide online coaching, reach a broader client base, and create new income streams, while users benefit from a wider selection of training options and expert guidance.

With its responsive design, user-friendly interface, and holistic approach to health, nutrition, and professional connection, RAWFIT positions itself as an all-in-one solution for fitness enthusiasts, gym owners, and freelance trainers alike.

**User Roles**

The system defines **four distinct user roles** with specific responsibilities and access rights:

1. **Admin**

* Registration, secure login, and personal profile management.
* Access to personalized diet and exercise plans based on fitness data.
* Ability to calculate daily calorie needs, track food intake, and monitor macronutrients.
* Option to search, view, and connect with certified trainers for personal guidance.

1. **Gym Owners or Fitness Club Members**

* Register their fitness club or gym on the platform to reach potential clients.
* Create and manage profiles showcasing services, facilities, location, and membership details.
* Post offers, discounts, and membership plans for users to view and subscribe.
* Respond to user inquiries, bookings, and manage client memberships through the portal.

1. **Freelancing Fitness Guides**

* Register on the platform as a certified personal trainer or fitness guide.
* Create and manage a professional profile highlighting skills, experience, and specializations.
* Offer personalized fitness plans and one-on-one guidance to interested users.
* Accept client requests, schedule sessions, and earn through freelance coaching opportunities.

1. **Users**

* Register and create a personal fitness account securely.
* View personalized diet and exercise plans based on body details and fitness goals.
* Track daily calorie intake and macronutrients using the food and macro database.
* Search for and connect with certified trainers or fitness guides for personal coaching.

**Core Functions**

**1. User Management**

* Registration, authentication, and role assignment.
* Profile management tailored to each user type.
* Secure login with session handling and password encryption.

**2. Macro Calculation And Database**

* Calculates **calories and macro-nutrients** (Protein, Carbs, Fats).
* Food database: add, edit, delete foods (**Admin only**).
* Users can **search, view, and select foods** with calories.
* **Track daily food intake** and total macros.

**3. Personalized Diet & Exercise Plan Generation**

* Generates **custom diet plans** based on user's weight, height, goals.
* Suggests **exercise routines** (for weight loss, muscle gain, maintenance).
* Updates plans based on **user progress** or trainer advice.

**4. Portal Between Fitness Clubs And Clients**

* **Trainers register and create profiles** for clients to view.
* Clients can **search and hire trainers** (online/offline coaching).
* System sends notifications about **trainer availability** and bookings.
* **Chat or contact options** between clients and trainers.

**5. Reporting and Analytics (Admin)**

* View **total users, trainers, diet plans generated**.
* Reports on **trainer activity** and **client-trainer engagements**.
* **Track food database updates** and user feedback.

**6. Job Platform for Trainers**

* Trainers can **register and offer services** to users.
* Trainers can update their **specialization, fees, availability**.
* Admin can approve, block, or remove trainer profiles.

**7. Responsive Design & User-Friendly Interface**

* Works on **desktop, tablet, mobile** (responsive).
* Simple, easy navigation for **diet plans, trainers, macros, workouts**.
* **Clean and attractive design** for both users and trainers.

**8. Personal Fitness Guide Searcher**

* Search and filter for **trainers by specialty** (e.g., weight loss, bodybuilding).
* Users can find **trainers based on location, fees, rating**.
* Option to view **trainer profile, achievements, reviews**.

**Technology Stack**

* **Backend:** PHP for server-side scripting.
* **Database:** MySQL to store user, book, and transaction data.
* **Frontend:** HTML, CSS, and basic JavaScript for user interface.
* **Security:** Password hashing, session management, and input validation.

**Expected Outcome**

The RAWFIT platform is expected to provide secure user registration and login, leading to a personalized dashboard showing diet and exercise plans based on user details like height, weight, and fitness goals. Users can access a food calorie database, calculate daily macro intake, and track food consumption. The system suggests workouts suited to individual fitness levels. Certified trainers can register, offer services, and connect with users for personalized guidance. The admin panel manages users, trainers, and food records while generating activity reports. The website will be fully responsive and user-friendly across all devices.