A
PROJECT REPORT
ON

WEB DEVELOPMENT

SUBMITTED

In partial fulfillment

For the award of the Degree of

Department of Computer Engineering Applications
Institute of Engineering & Technology
GLA UNIVERSITY
Mathura (U.P)-281406

Declaration

We hereby declare that the work in the project report entitled "**FITNESS TRACKER**" GLA University ,Mathura for the award of degree of "B.Tech" is an authentic record of my work carried out during the Sixth semester Third year, 2023 under the supervision of Ms. Madhu . The matter embodied in this project report has not been submitted elsewhere by anybody for the award of any other degree/diploma.

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CERTIFICATE

This is to certify that the project entitled "**FITNESS TACKER**" has been developed by **B.Tech(CS)** students of **GLA University,Mathura** towards partial fulfillment of the requirements for the award of the degree of Bachelor of Computer Science is a genuine record of the work carried out by Him/her under My Supervision and Guidance and the project report is the original work of student. She/he has worked on the project "**FITNESS TRACKER**".She/he has used **REACT, Rapid API and CSS** for the project. His/her work is satisfactory. I wish him/her all the best for his bright future**.**

Date:01/05/2023   **Signature of Guide**
Place:Mathura   Ms .Madhu

Acknowledgement

The beatitude, bliss & euphoria that accompany the successful completion of any task would be incomplete without the expression of the appreciation of simple virtues to the people who made it possible. So ,with reverence, veneration and honors. We acknowledge all those whose guidance and encouragement has made successful in winding up this.

We owe a huge debt of thanks too many people without whom none of this would have been possible. We are thankful to Ms.Madhu(Project Mentor) for valuable suggestions and enthusiastic interest during the entiresession.

Finally, we are very much grateful to the Institute and all the Faculty members, without their personal attention and time to time help and care, it would not have been possible for us to complete this report.

We perceive as this opportunity as a big milestone in my career development. I will strive to use gained skills and knowledge in the best possible way, and I will continue to work on their improvement, in order to attain desired career objectives. Hope to continue cooperation with all of you in the future.

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INTRODUCTION

1.1. Project Overview

"FITNESS TRACKER" as the name suggested this website provide THIS FITNESS SOCIAL NETWORK SEEKS TO CONNECT YOU WITH PEOPLE OF SIMILAR INTERESTS AND PROVIDE FUN WAYS TO MOTIVATE YOU TO GET BACK ON TRACK WITH FITNESS. *People can visit your website, choose the EXCERSICE they like.*

1.1. PROJECT DESCRIPTION

"FITNESS TRACKER" is an website that can be downloaded on any mobile device and used anywhere to get fit. Fitness apps are designed **to help with exercise, other types of physical training, nutrition and diet, and other ways to get fit**.

This website introduce you to whole new world. With just a few clicks
MOTIVATION Currently, people must travel a long distance to go to the gym, but due to distance and a lack of time in today's fast-paced world, they are unable to go to the gym on a regular basis. They require a solution that allows them to lose weight at home and obtain a diet plan without incurring excessive costs.

In the era of technology physical activity of people are going down. In this mechanical world due to lack of physical activity people are suffering from various health issues. Increasing obesity, lack of good quality sleep, increasing stress level are very few outcome of our mechanical environment. Social media have taken us away from meeting our friends physically and online platform of buying and selling the goods has stopped us even going into the market. In other words our physical activities which is required to have good health has gone down tremendously.

THE COVENIENCE OF FITNESS TRACKER

1) KEEP TRACK OF YOUR PROGRESS:-

With a fitness tracker on, you want to keep up with the goals it projects. This is because regular reminder boosts your motivation levels. A fitness tracker lets you record your exercise statistics. It generates detailed info-graphics and reports so that you can look how far you have come.

2) FREE WORKOUTS TRAINER AND TIPS:-

It is difficult to plan a solid fitness routine and adhere to it religiously when you are a busy person. Luckily, a fitness tracker offers different workout ideas that are customized to cater to your current fitness level.

3) HELPS YOU TO STAY MOTIVATED:-

Working out and maintain a fit body includes both good and bad weeks. You ought to experience them as sleep and activity patterns vary across the days, weeks, and months. A fitness tracker enables you to determine such habits that are effortlessly maintainable so that you can achieve your long-term exercise goals. Furthermore, most tracking devices let you share your progress with your friends on social media and create personal workout groups with competitive goals.

Technologies Used

REACT:

React (also known as **React.js** or **ReactJS**) is a free and open-source front-end JavaScript library[3] for building user interfaces based on components. It is maintained by Meta (formerly Facebook) and a community of individual developers and companies.

React can be used to develop single-page, mobile, or server-rendered applications with frameworks like Next.js. Because React is only concerned with the user interface and rendering components to the DOM, React applications often rely on libraries for routing and other client-side functionality.

React was created by Jordan Walke, a software engineer at Meta, who released an early prototype of React called "FaxJS". He was influenced by XHP, an HTML component library for PHP. It was first deployed on Facebook's News Feed in 2011 and later on Instagram in 2012. It was open-sourced at JSConf US in May 2013.

React Native, which enables native Android, iOS, and UWP development with React, was announced at Facebook's React Conf in February 2015 and open-sourced in March 2015.

On April 18, 2017, Facebook announced React Fiber, a new set of internal algorithms for rendering, as opposed to React's old rendering algorithm, Stack. React Fiber was to become the foundation of any future improvements and feature development of the React library. The actual syntax for programming with React does not change; only the way that the syntax is executed has changed. React's old rendering system, Stack, was developed at a time when the focus of the system on dynamic change was not understood. Stack was slow to draw complex animation, for example, trying to accomplish all of it in one chunk. Fiber breaks down animation into segments that can be spread out over multiple frames. Likewise, the structure of a page can be broken into segments that may be maintained and updated separately. JavaScript functions and virtual DOM objects are called "fibers", and each can be operated and updated separately, allowing for smoother on-screen rendering.

On September 26, 2017, React 16.0 was released to the public.

On August 10, 2020, the React team announced the first release candidate for React v17.0, notable as the first major release without major changes to the React developer-facing API.

On March 29, 2022, React 18 was released which introduced a new concurrent renderer, automatic batching and support for server side rendering …

CSS:

CSS stands for Cascading Style Sheets. It is a style sheet language which is used to describe the look and formatting of a document written in markup language. It provides an additional feature to HTML. It is generally used with HTML to change the style of web pages and user interfaces. It can also be used with any kind of XML documents including plain XML, SVG and XUL.

CSS is used along with HTML and JavaScript in most websites to create user interfaces for web applications and user interfaces for many mobile applications.

What does CSS do

- o You can add new looks to your old HTML documents.
- o You can completely change the look of your website with only a few changes in CSS code.

Why use CSS

These are the three major benefits of CSS:

1) Solves a big problem

Before CSS, tags like font, color, background style, element alignments, border and size had to be repeated on every web page. This was a very long process. For example: If you are developing a large website where fonts and color information are added on every single page, it will be become a long and expensive process. CSS was created to solve this problem.It was a W3Crecommendation.

2) Saves a lot of time

CSS style definitions are saved in external CSS files so it is possible to change the entire website by changing just one file.

3)Provide more attributes

CSS provides more detailed attributes than plain HTML to define the look and feel of the website.

RAPID API:

RapidAPI, the world's largest API hub, is used by over three million developers to find, test, and connect to thousands of APIs — all with a single API key and dashboard. Find the APIs that you need for your project, embed the API into your app, and track usage of all your APIs through a single dashboard.

1. RapidAPI is the most popular site which provides a wide range of APIs.

2. I like RapidAPI because it has every type of API which can be tested and integrated with any platform.

3. RapidAPI is simple and very easy to use.

4. We can categorize public and private APIs to have specific users for some APIs using the private option.

RapidAPI is acting as a superior provider of multiple API platforms which are offering only certain types of services and also including them in their website to use further and also test them. Earlier, to test some API, I used to go to reqbin site to check the output of the API, but now RapidAPI is providing that dashboard or playground to check the results of the API as well by taking the inputs.

What is a responsive website

A website is called responsive website which can automatically adjust itself to look good on all devices, from smart phones to desktops etc.

Wondering why your competitors are outperforming you? It most likely has something to do with their website and what's on it:

- **Your website needs to be visible** – When we say visible, we mean in search engines like Google. Over 90% of online experiences begin with a search engine, so your website needs to be optimized for the best search engine optimization (SEO) practices. When you choose our website design company, you're guaranteed to have a website optimized for SEO.
- **Your website needs to be mobile-friendly** – [57% of all US online traffic](#) now comes from smartphones and tablets, and [57% of users](#) say they won't recommend a business with a poorly designed mobile site. If that's not enough to convince you, [Google also ranks mobile-friendly websites higher](#) in the search engine results.
- **Your website needs to be fast** – Website visitors need to see something happen on your site in under three seconds. If not, [40% of them](#) will leave and go to another website. Even a one-second delay can cause a 7% reduction in conversions—resulting in less revenue generated from your website.
- **Your website needs an optimal user experience** – Once your page loads, users form an opinion in 0.5 seconds. They expect to be able to find information easily and quickly—especially from a mobile device.

SOURCE CODE

```css
body {
  font-family: 'Josefin Sans';
  background-color: #ede7dc;
}

* {
  padding: 0px;
  margin: 0px;
  box-sizing: border-box;

}

::-webkit-scrollbar {
  width: 0px;
}

.right-arrow,
.left-arrow {
  cursor: pointer;
  background: transparent;
  outline: none;
  border: none;
  display: flex;
  justify-content: center;
  align-items: center;
  color: #FF2625;
  font-size: 25px;
  border-radius: 4px;
```

```css
  position: absolute;
  bottom: -20px;
  right: 80px;
  transform: scale(1, 1);
  transition: 0.3s all ease-in-out;
}

.right-arrow {
  right: 140px;
}

.right-arrow:hover,
.left-arrow:hover {
  transform: scale(1.3, 1.3);
}

.react-horizontal-scrolling-menu--wrapper {
  width: 100%;
  display: flex;
  flex-wrap: wrap;
}

.detail-image {
  width: 729px;
  height: 742px;
}

.hero-banner-img {
  position: absolute;
  right: 20px;
  top: 0px;
  width: 700px;
  height: 900px;
```

```css
  margin-top: -330px;
  border-bottom-left-radius: 15%;
}

.exercise-card {
  width: 400px;
  height: 445px;
  background: #fff;
  border-top: 4px solid #FF2625;
  border-bottom-left-radius: 20px;
  text-decoration: none;
  display: flex;
  justify-content: space-between;
  flex-direction: column;
  padding-bottom: 10px;
  transform: scale(1, 1);
  transition: 0.3s all ease-in-out;
}

.exercise-card img {
  height: 326px;
}

.bodyPart-card {
  transform: scale(1, 1);
  transition: 0.3s all ease-in-out;
}

.exercise-card:hover,
.bodyPart-card:hover {
  transform: scale(1.1, 1.1);
}
```

```css
.search-btn:hover {
  color: #FF2625 !important;
  border: 1px solid #FF2625 !important;
}

.exercise-video {
  display: flex;
  flex-direction: column;
  gap: 24px;
  width: 387px;
  height: 381px;
  text-decoration: none;
}

@media screen and (max-width:1200px) {
  .detail-image {
    width: 300px;
    height: 300px;
  }


  .react-horizontal-scrolling-menu--scroll-container {
    width: 500px;
  }

  .left-arrow,
  .right-arrow {
    position: static !important;
  }

  .hero-banner-img {
    display: none;
  }
```

```css
.exercise-card {
 width: 320px;
}


.exercise-video {
 width: 320px;
 height: 300px;
}



}



@media screen and (max-width:400px) {
 .exercise-card {
  width: 280px;
 }
}
```

```jsx
import
React
from
'react';
        import {Route,Routes} from 'react-router-dom';
        import {Box} from '@mui/material';
        import ExerciseDetail from './pages/ExerciseDetail';
        import Home from './pages/Home';
        import Navbar from './components/Navbar';
        import './App.css';
        import Footer from './components/Footer';
        const App = () => {
          return (
            <Box width="400px" sx={{width:{xl:'1488px'}}} m="auto">
              <Navbar/>
              <Routes>
                <Route path="/" element={<Home/>}></Route>
```

```
            <Route path="/exercise/:id"
element={<ExerciseDetail/>}></Route>
        </Routes>
        <Footer/>
      </Box>
    )
}

export default App
```
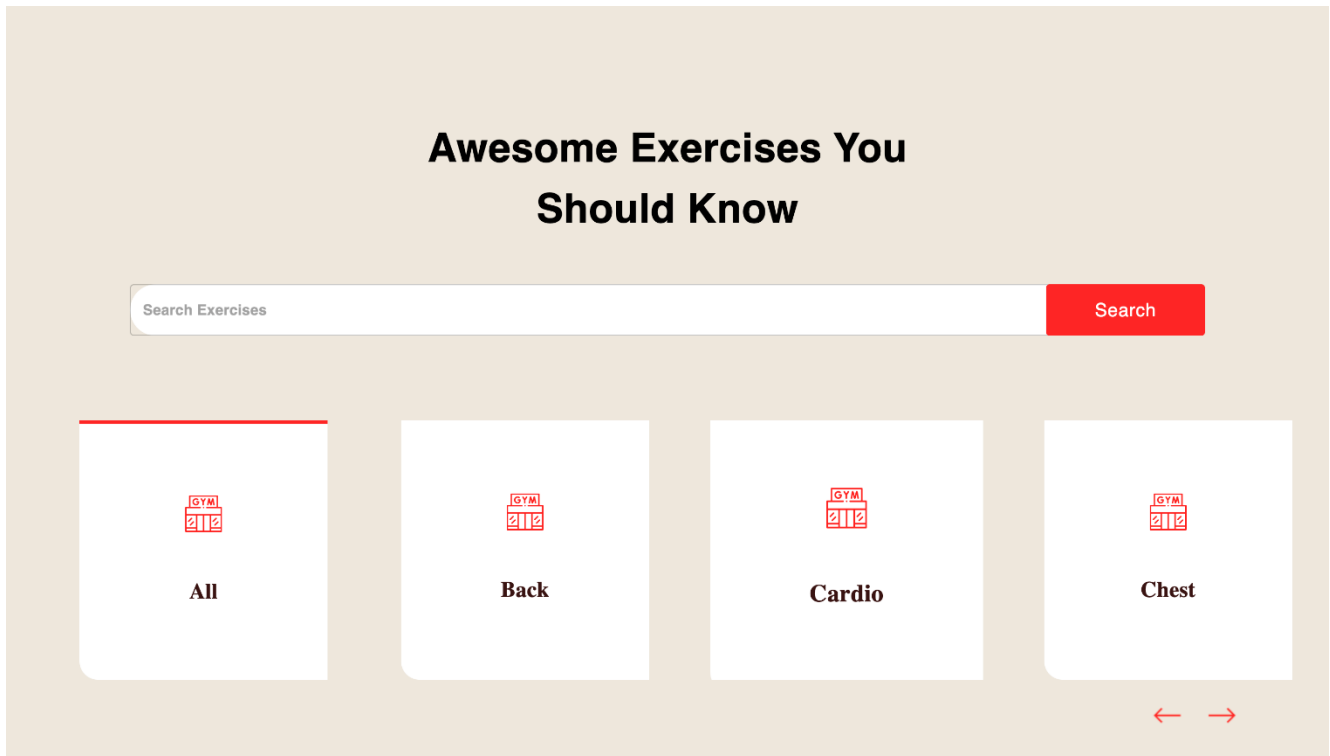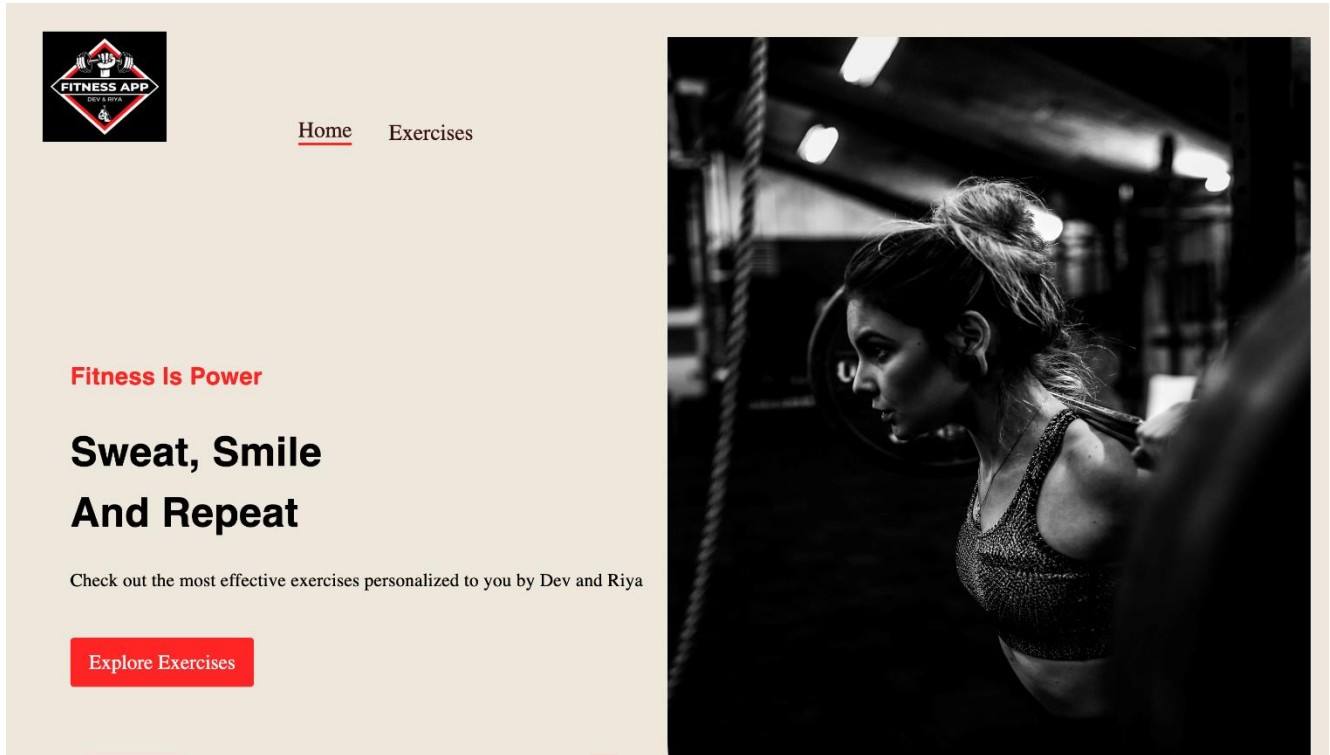

```
import
React
from
"react"
;
        import  ReactDOM  from "react-dom";
        import App from "./App";
        import {BrowserRouter} from 'react-router-dom';
        const
        root=ReactDOM.createRoot(document.getElementById('root
        '));
        root.render(
            <BrowserRouter>
            <App/>
            </BrowserRouter>
        );
```
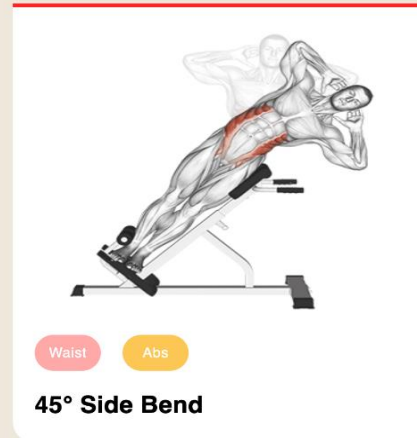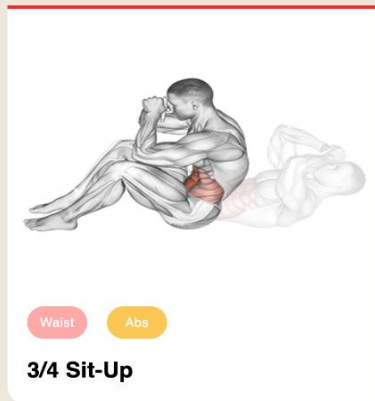
PREVIEWS

Home   Exercises

Fitness Is Power

Sweat, Smile
And Repeat

Check out the most effective exercises personalized to you by Dev and Riya

Explore Exercises

Awesome Exercises You
Should Know

Search Exercises | Search

All

Back

Cardio

Chest

← →

v

Showing Results

Waist   Abs

3/4 Sit-Up

Waist   Abs

45° Side Bend

Watch Air Bike exercise videos

Air Bike - Ab Exercises - Bodybuilding.com
Bodybuilding.com

15 Min Fan Bike HIIT Workout
Sunny Health & Fitness

ON04CM - BIONFIT Air Bike Exercise Cycle - Installation Video
BIONFIT
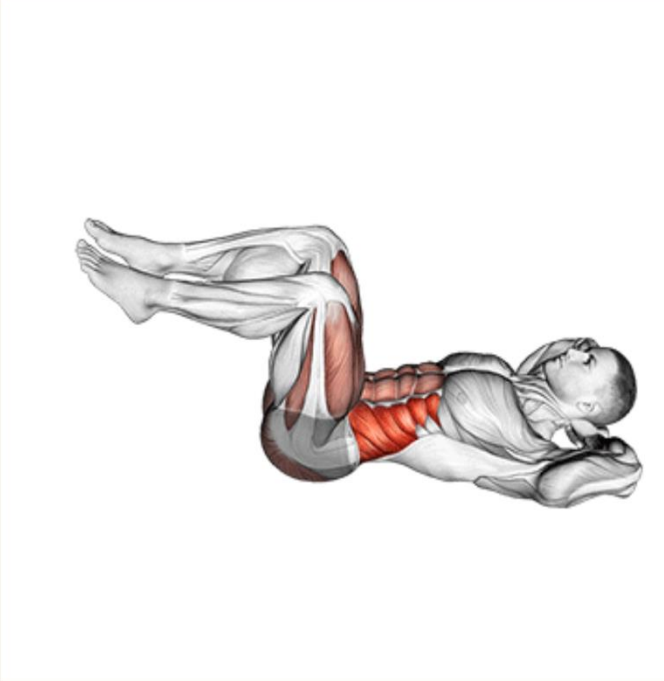
Air Bike

Exercises keep you strong. Air Bike bup is one of the best
exercises to target your abs. It will help you improve your
mood and gain energy.

Waist

Abs

Body Weight
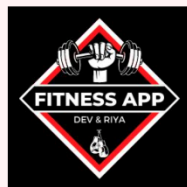
Waist Abs

Alternate Heel Touchers

Back Lats

Alternate Lateral Pulldown

< 1 2 3 4 5 ... 221 >
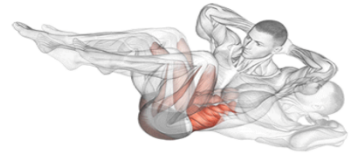
Made By Dev And Riya

Similar Equipment exercises

Waist · Abs
3/4 Sit-Up

Waist · Abs
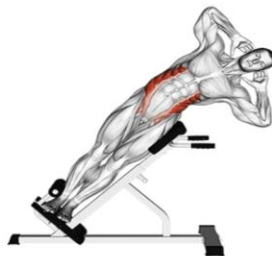**45° Side Bend**

Waist · Abs
Air Bike

← →
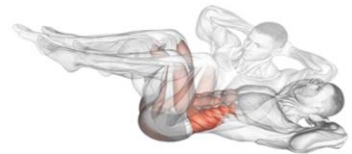
FITNESS APP

Similar Target Muscle exercises

Waist · Abs
3/4 Sit-Up

Waist · Abs
45° Side Bend

Waist · Abs
Air Bike

← →

CONCLUSION:

Fitness Tracker is outcome of research and development in area of information and technology to analyse health related issues. Fitness Trackers is technological device or mobile application which monitors and tracks our daily fitness related activities in data. These data is useful for us to know our daily physical activity such as daily run or walk, calories burn, heart rate and few other health related activities. Few Fitness Trackers are wearable where as there are many computer and mobile applications which are available online and can be used on mobile phones or tablets. Use of fitness tracker in recent days has shown increasing trends. People are using this for their physical fitness analysis. There could be many motto or aim behind the use of fitness trackers such as to improve general fitness level, to reduce weight, to check heart rate, etc. In the present paper researcher has tried to analyse the use and effects of fitness trackers on humans. The paper has objectives to understand that what motivates the people to buy these gadgets or use these applications. Researcher has also focused on its effects on the objectives and goals set by the individuals. The present paper analyses that whether the fitness trackers really works in increasing the fitness level among its users. The results also analyse that whether the use of these gadgets and tools has any impact on reduction of weight loss. Thus the relevance of this paper lies in the significant use of these applications and gadgets and its effects on humans.

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