**DECLARATION**

The mini project report titled **“SOF(Science of Fitness)”** is our own work carried out under the guidance of Prof. P.S. MOON, Department of Computer Technology at K.D.K.C.E, Nagpur. As far as our knowledge, this work in the same form or any other form is not submitted by us or anyone else for award of any degree.

**Submitted by:**

**Amankumar Shahu**

**Akhilesh Jodh**

**Deepak Dhakate**

**ACKNOWLEDGEMENT**

With profound feeling of immense gratitude and affection, we would like to thank our guide Prof. P. S. Moon, Dept. Computer Technology for her continuous support, motivation, enthusiasm and guidance. Her encouragement, supervision with constructive criticism and confidence enabled us to complete this mini project.

We also wish to extend our reverences to Dr. A. A. Jaiswal , Head of Computer Technology for providing necessary facilities to complete our project.

We express our admirations for Dr. A. M. Badar, Vice principal, for his valuable advice and support throughout this venture.

We also put forth our deepest sense of gratitude towards Dr. D.P. Singh, Principal for constant motivation and providing necessary infrastructure.

Finally, a special thanks to all the faculty members of the department for their cooperation throughout the mini project work.

**Submitted by:**

**Amankumar Shahu**

**Akhilesh Jodh**

**Deepak Dhakate**

**ABSTRACT**

The SOF (Science of Fitness) is a gym management software and health club membership management system. You can keep records of your members, their membership and have quick and easy communication between you and your members. Gym management has a range of reports that help in the management of your club.

SOF is a complete gym and recreation facility system program which looks after all your members, memberships and activities. It is designed for gyms and health clubs.

Our gym management software provides lots of functions such data entry of customer, keeping records of all the things about customer’s fees, plan and physical fitness which helps to provide good quality of services to customer from Gym managers.

This proposed system also provides the total information about machinery and its various impacts on our body. Services provided by the gym are also handled by this system.