



CHANDIGARH UNIVERSITY

Discover. Learn. Empower.

FitOFast

-your fitness pal

CONTENT

- Introduction
- Problem Statement
- Objectives
- Purpose
- Hardware And Software Requirement
- Tools and Technologies
- Project Scope
- Data Flow Diagram
- ER-Diagram
- Screenshots
- Conclusion
- References

INTRODUCTION

Now-a-days people underestimate their health because they are busy in their work routine and they don't focus on their diet. People suffer from diseases since a very long time ,they have so much money and time but they don't know how to invest on their diet and fitness.

So we introduce our Fitness Android Application to resolve these issues.

In this application user have to give some information and according to that information we provide suitable diet plan.

We also provide trainer to client if they want as an advance facility.

PROBLEM STATEMENT

- There are different applications for different purposes like diet plans, exercises and some provide only trainers but our application resolve this problem.
- It is an all in one application and we also provide the facility of chatting between client and trainer.

OBJECTIVES

- User can login as Trainer or client.
- We analyze our client regarding their personal information such as weight, height and then calculate BMI accordingly.
- According to their BMI we provide them suitable diet, exercise and trainer.
- We examine the qualification and take other important information from trainer.
- With the help of our application we also provide employment.
- We provide the facility of chatting between client and trainer.

PURPOSE

- To provide suitable diet
- To provide suitable exercise
- Provide employment
- Provide Trainers
- Facility of chatting (withtrainer)

HARDWARE AND SOFTWARE REQUIREMENTS

SOFTWARE REQUIREMENTS

- Java SDK
- Android studio IDE (with SDKbundle)
- Firebase

HARDWARE REQUIREMENTS

- Operating System – Windows(any)
- Ram - 4GB
- Processor – i3 Processor

TOOLS AND TECHNOLOGY

1. Android studio

Android studio is the official integrated development environment for Google's Android operating system, built on JetBrains' IntelliJ IDEA software and designed specifically for Android development. It is available for download on Windows, macOS and Linux based operating systems.

2. Firebase

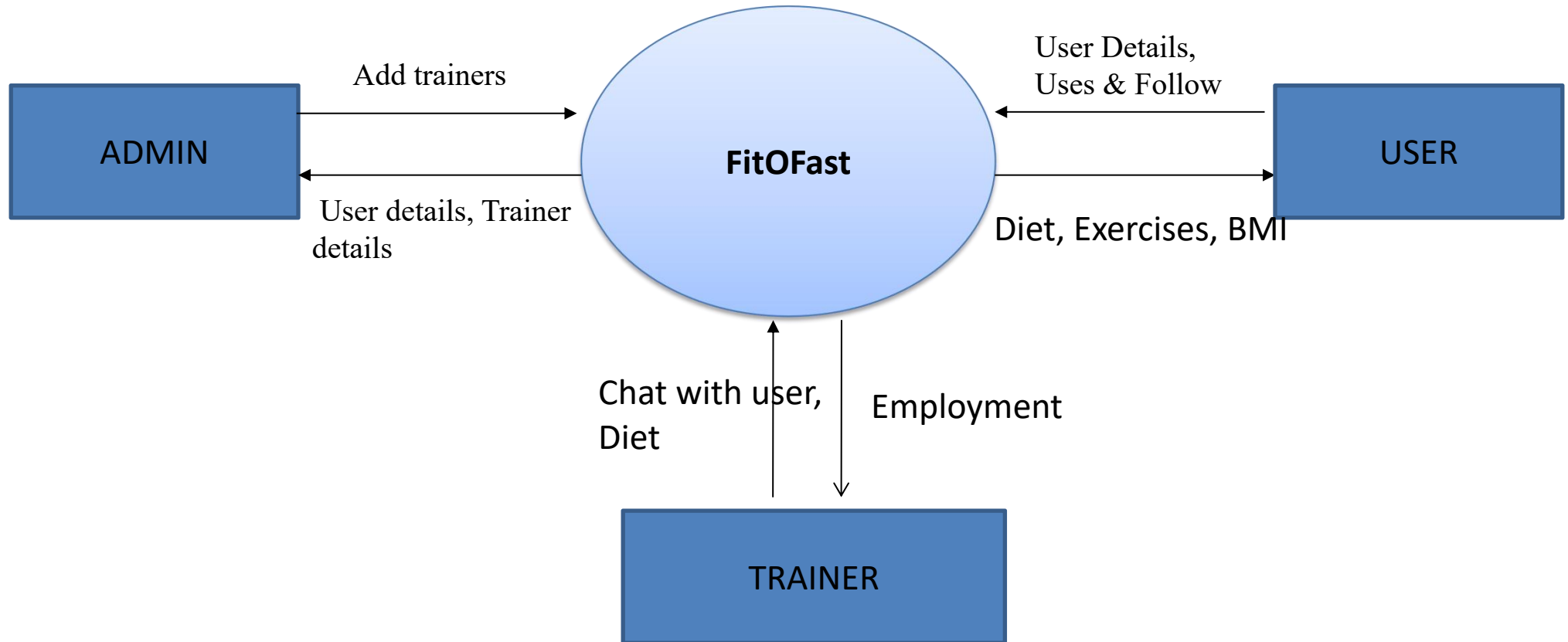
Firebase is a mobile and web application development platform developed by Firebase, Inc. in 2011, then acquired by Google. Firebase is Google's mobile platform that helps you quickly develop high-quality apps and grow your business.

PROJECT SCOPE

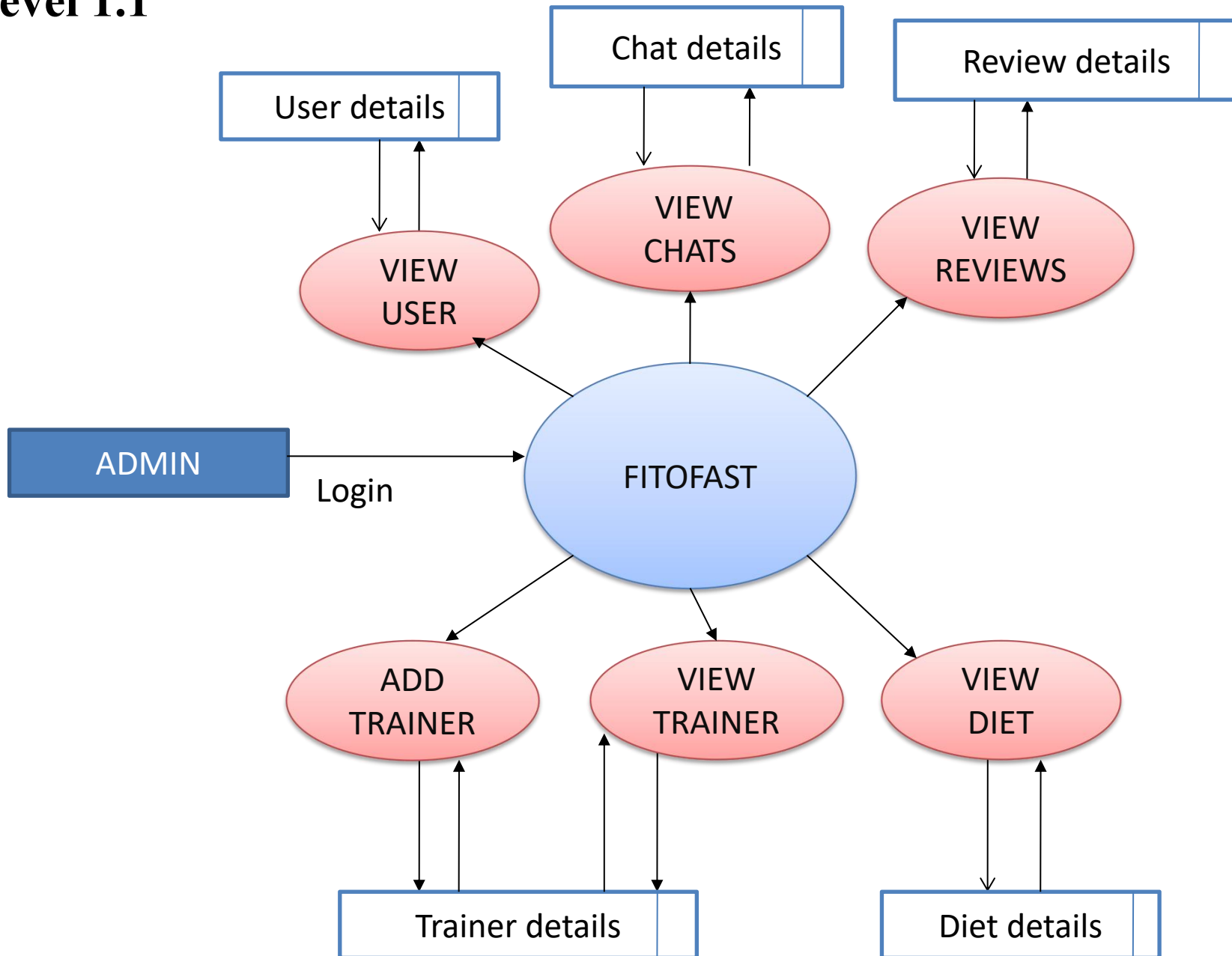
- Fast
- Monitor your diet everyday
- Get free workout ideas
- Chat with trainer
- Time Saving System
- In-expensive

DATA FLOW DIAGRAM

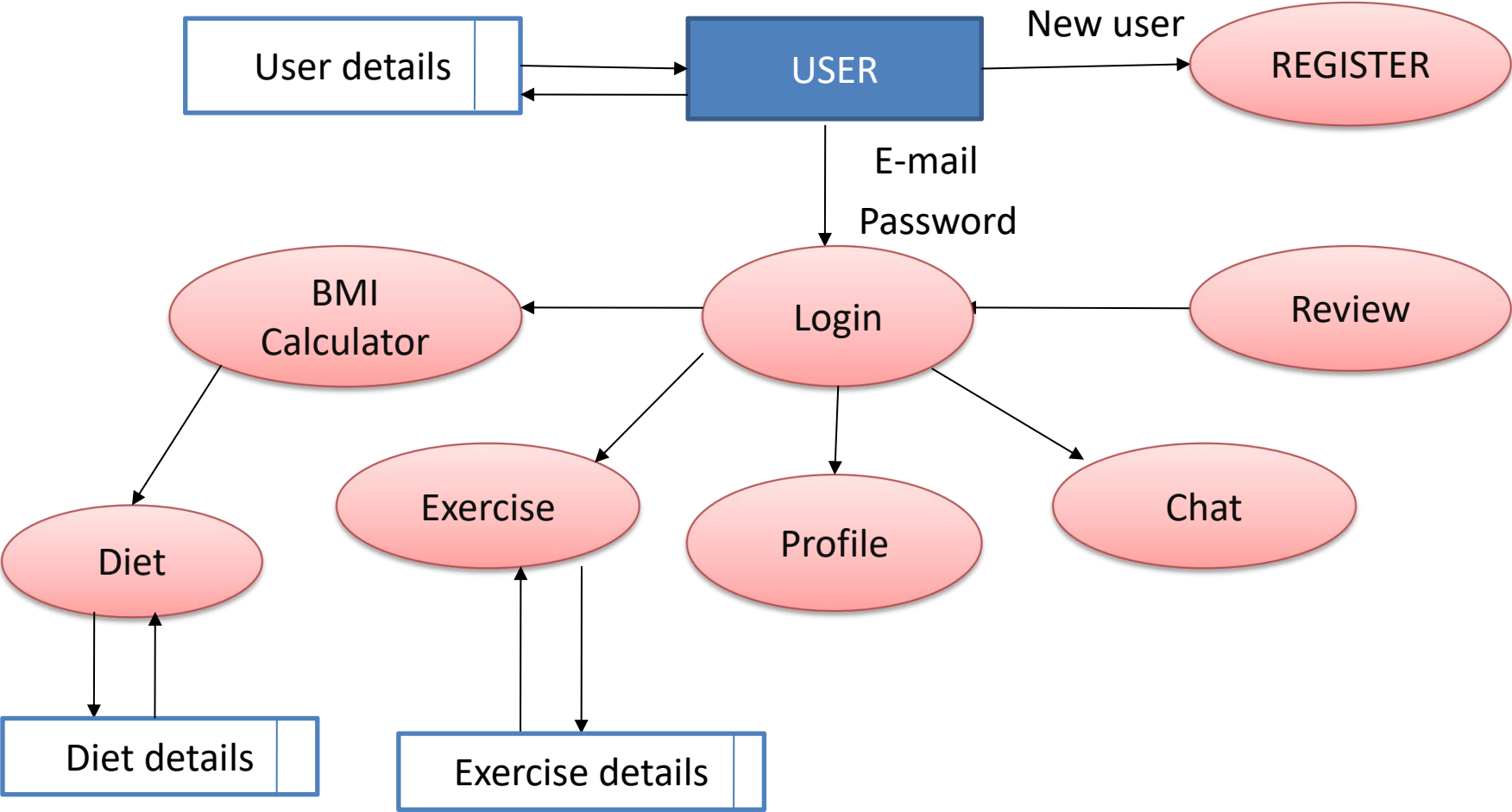
Level 0

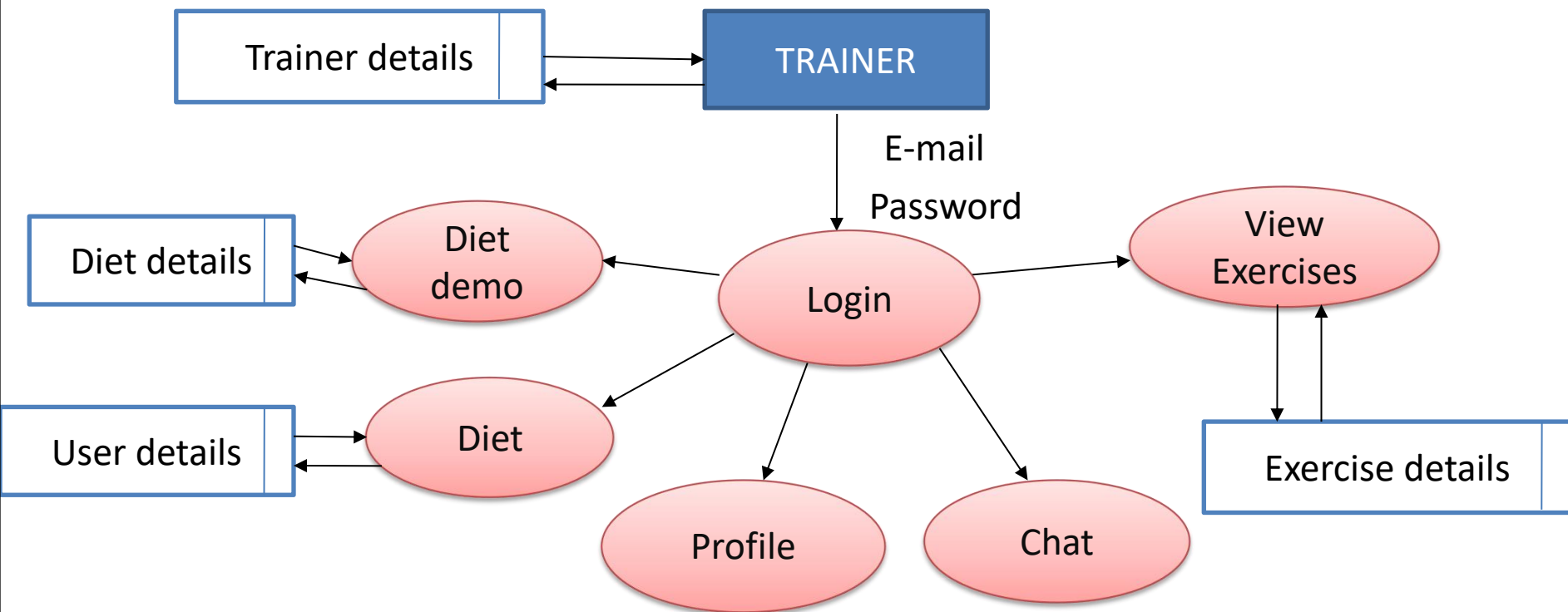


Level 1.1



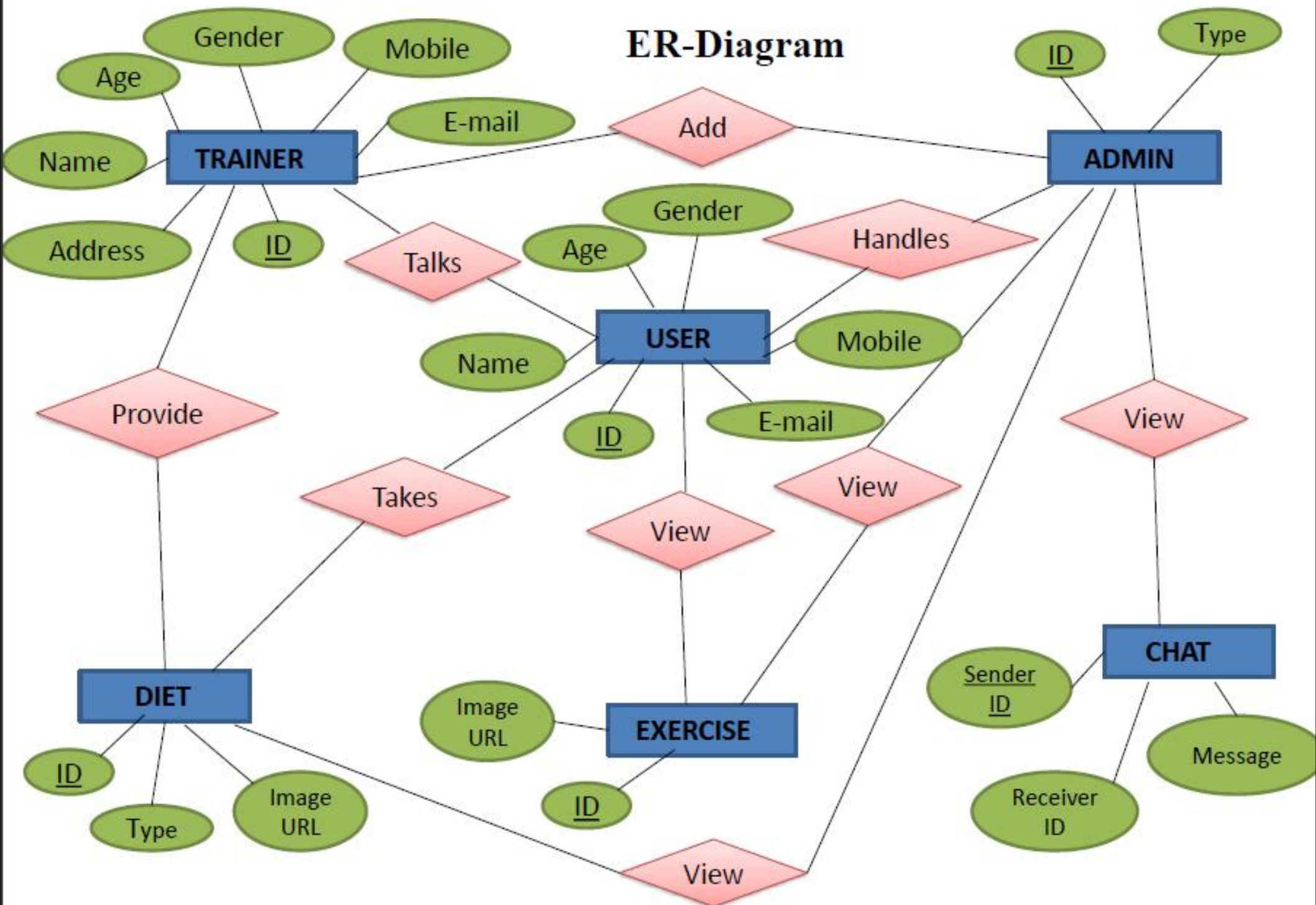
Level 1.2





Level 1.3

ER-Diagram



SCREENSHOTS

ADMIN PANEL

FitOFast

Admin Login

Email

Password

[Forgat Password](#)

LOGIN

[Regitser Your self](#)

Devansh Tomar
(Admin)



All User



View Chat



User Review



Add Trainer



All Trainer



Diet View

hiii

hello

hiii hello

hello how are you

i am fine

fg

hii

hello listen

hiii

i want diet chart for 1month

normal

ok



Kamal



Dev



USER



raj

REVIEWS

very good

good

good

good

Add New Trainer

Username

Email

mobile number

Age

Address

Password

Gender

☐

Male

☐

Female

SUBMIT

TRAINER PANEL



Username



PROFILE



Chat



DIET



Demo DIET

Your Detail



Name: Dev

Email: Dev@gmail.com

Address: Agra

Age: 32

Screenshot has been saved to/Pictures/
Screenshot

raj

hello listen



hiiii

i want diet chart for 1month

normal

ok

Type a message.....



Get Your Diet according to your health condition

weight loss



UPLOAD

Get Your Diet according to your health condition

Weight gain



UPLOAD

Get Your Diet according to your health condition

Normal



UPLOAD

FitOFast

Trainer Login

Trainer login

User login

Password

[Forgot Password](#)

LOGIN

[Do not have an account?](#)

FitOFast

Trainer Login

Trainer login

Email

Password

[Forgot Password](#)

LOGIN

[Admin Login](#)

USER PANEL



FitOFast

FitOFast

User Login Here

User Login



Email

Password

[Forgot Password](#)

LOGIN

[Do not have an account?](#)

FitOFast
-your fitness pal

FitOFast

Invite a friend

-your fitness pal

Logout



raj



PROFILE



BMI CALCULATOR



WORKOUT



Chat



DIET CHART



REVIEW

Your Detail



Name: raj

Email: raj@gmail.com

Mob_Num: 6875568944

Age: 42

Update Detail

Username

raj

Email

raj@gmail.com

mobile number

6875568944

Age

42

UPDATE

Enter your Health information to make Healthy

Height(in cm)

Weight(in kg)

CALCULATE

Get Your Diet according to your health condition

Weight gain

 **1 Week EAT RIGHT Plan** By Moomal Asif
Pharmacist, Dietitian

DAYS	Breakfast	Lunch	Snack	Workout	Dinner
MONDAY	Spinach Loaded Omelette + Tea	Chili Spiced Chicken Salad + GT	3 oranges and peanuts	45 minutes of any type of Cardio.	Lettuce vegetable Wrap + GT
TUESDAY	Cinnamon, Raisins Oatmeal with low fat milk	Black Chickpea Kebab + Green Salad + GT	Coffee with low fat milk	45 minutes of any type of Cardio.	Mix Vegetable Spicy Soup
WEDNESDAY	Strawberry + Banana + Almonds Smoothie	Spicy Veggies Oatmeal + GT	Small cup of boiled masala paneer	45 minutes of any type of Cardio.	Chicken Tikka with GT
THURSDAY	Idate + 2 boiled eggs + tea	Chicken Corn Soup with Green Salad	Handful of Roasted Gram	45 minutes of any type of Cardio.	2 Laski's Kebab with GT
FRIDAY	Boiled Chicken Omelette Roll	Protein Packed Mix Dal with Salad and GT	Orange Juice or Green Juice	45 minutes of any type of Cardio.	Brinjal or Laski Roite + GT
SATURDAY	Low fat yogurt with a pear and almonds in it.	Boiled Cauliflower and White Chickpea Salad + GT	Tea + Walnuts	45 minutes of any type of Cardio.	Lobia's Salad with mix Veggies

Get Your Diet according to your health condition

weight loss

WEEK 1

	BREAKFAST	LUNCH	DINNER
MONDAY	2 Eggs & Bacon	Big salad with romaine lettuce	Rotisserie chicken with sliced apple
TUESDAY	Green Smoothie (Kale & Kiwi)	Grilled chicken strips & asparagus.	Grilled tuna with celery
WEDNESDAY	2 Eggs & Bacon	Mixed veggies & strip steak	Grilled chicken with a side of mixed berries
THURSDAY	Fresh strawberries & bananas.	Tuna salad with an apple.	Grilled steak & mashed cauliflower.
FRIDAY	Sausage & sautéed broccoli	Hamburger patty & spinach.	Salmon & avocado
SATURDAY	2 Eggs & Bacon	Steamed vegetables & grilled chicken.	Grilled shrimp salad with romaine lettuce & spinach.
SUNDAY	Paleo Pancakes with Strawberries or Blueberries	Pork chops & sweet potatoes.	Beef burger patty with steamed vegetables

Get Your Diet according to your health condition

Normal

DAYS	Breakfast	Lunch	Dinner
SUNDAY	Oats + Milk + Chips (Banana)	Julief rice + Chicken + Steamed Vegetable (Dessert: Ice cream)	Fruit salad (tomato + broccoli) + chicken
MONDAY	Bread + egg sauce/peanut butter + tea/green tea	Beans + corn (grape fruit)	Anutulu,ulun + soup of choice + meat of choice (dessert + chocolate)
TUESDAY	Yamari/boiled yam/boiled potatoes + fish sauce/vegetable stew	Semovita/semolina/wheat + soup of choice + meat of choice	Beans + garri (grape fruit)
WEDNESDAY	Cereal (golden mornicorn flakes, etc.) + Pine apple fruit salad	Wheatmeal + soup of choice + meat of choice	Boiled corn + chicken/meat/fish (stake)
THURSDAY	Rice + stew (banga stew/vegetable stew (papapa)	Beans potage/ (water melon)	Coconut rice + meat of choice (grapes)
FRIDAY	Salad with pancakes + milk/yoghurt (mango)	Pounded yam + soup of choice + meat of choice (santit)	Pepper soup
SATURDAY	Moi moi/kana/kwai + pap/koko/takamul/giviko (water melon)	Snacks/sandwich + zobo drink/yoghurt/milk/ blended fruit juice	Pounded yam (in moderate quantity) + any soup of choice



PushUps



Squates



Crunches



Standing Crunches



Chest



High Knee



Jumping Jack



Jumprop



Rowing Machine

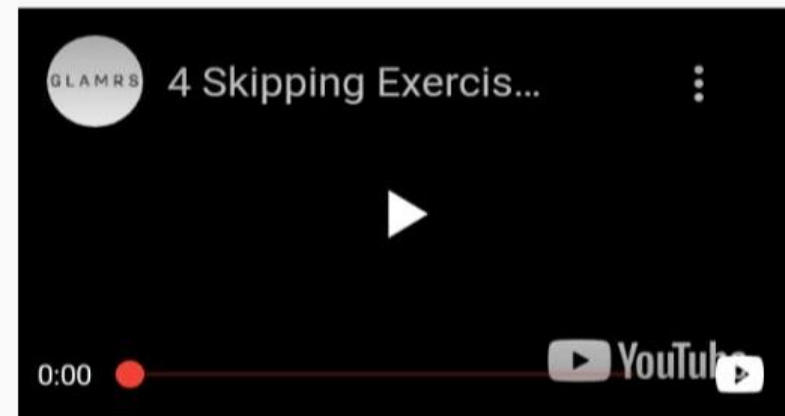


Russion Twist

FitOFast



JumpProp





raj



PROFILE



BMI CALCULATOR



WORKOUT



Chat



DIET CHART



REVIEW



Dev

FitOFast

Dev



hello listen

hiiii

Type a message.....



FitOFast

Enter Your View

SUBMIT

CONCLUSION

- Healthy living is a combination of many things, including good nutrition, regular exercise and a positive attitude.
- Taking care of your body and feeling pride in your accomplishment can improve both your physical and mental health.
- We are providing a healthy life to the people who are not satisfied with their health.

REFERENCES

- www.javatpoint.com
- www.tutorialspoint.com
- [Wikipedia](#)
- [YouTube videos](#)

Thank You...