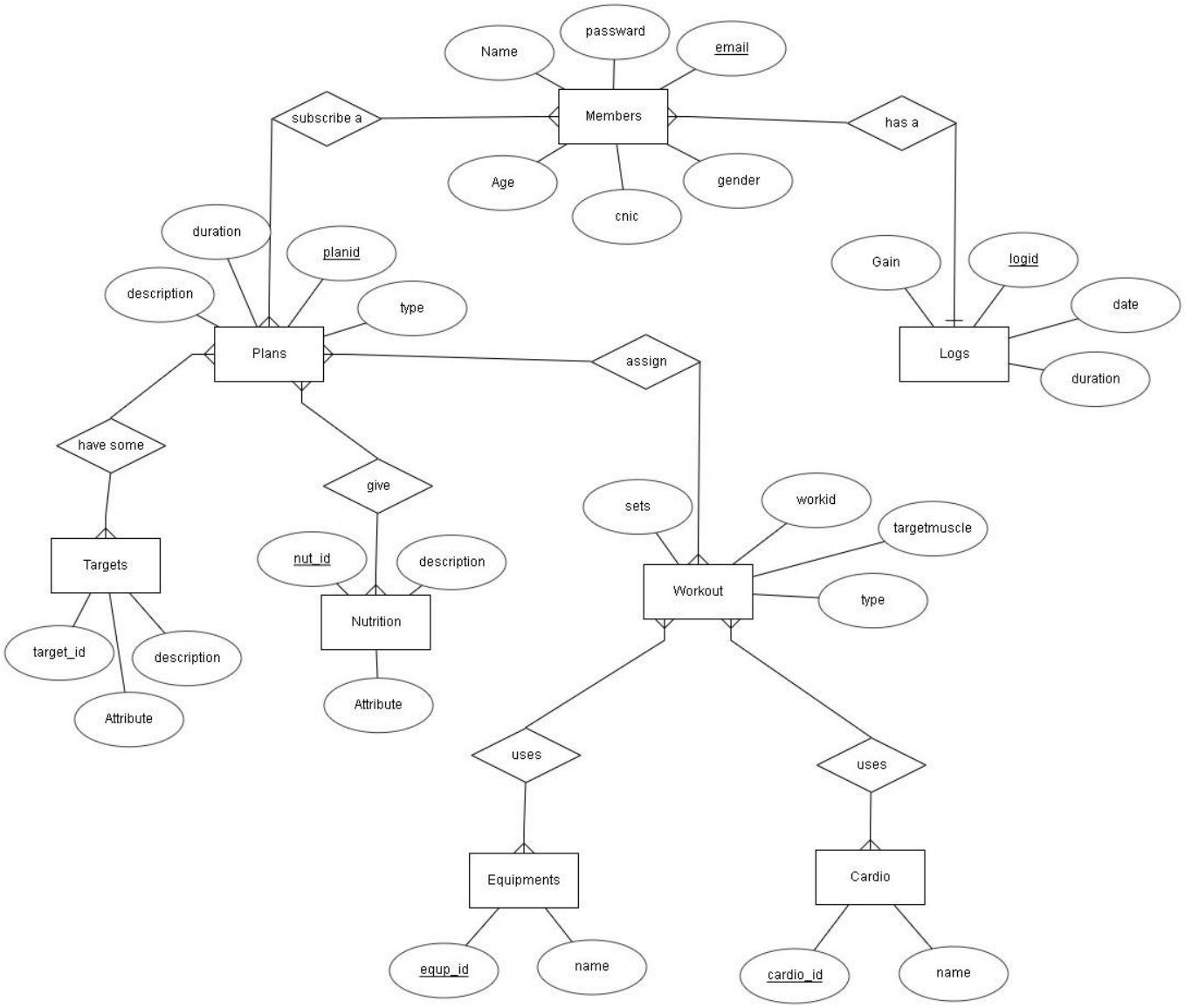
ENTITY RELATIONSHIP DIAGRAM



RELATIONAL SCHEMA

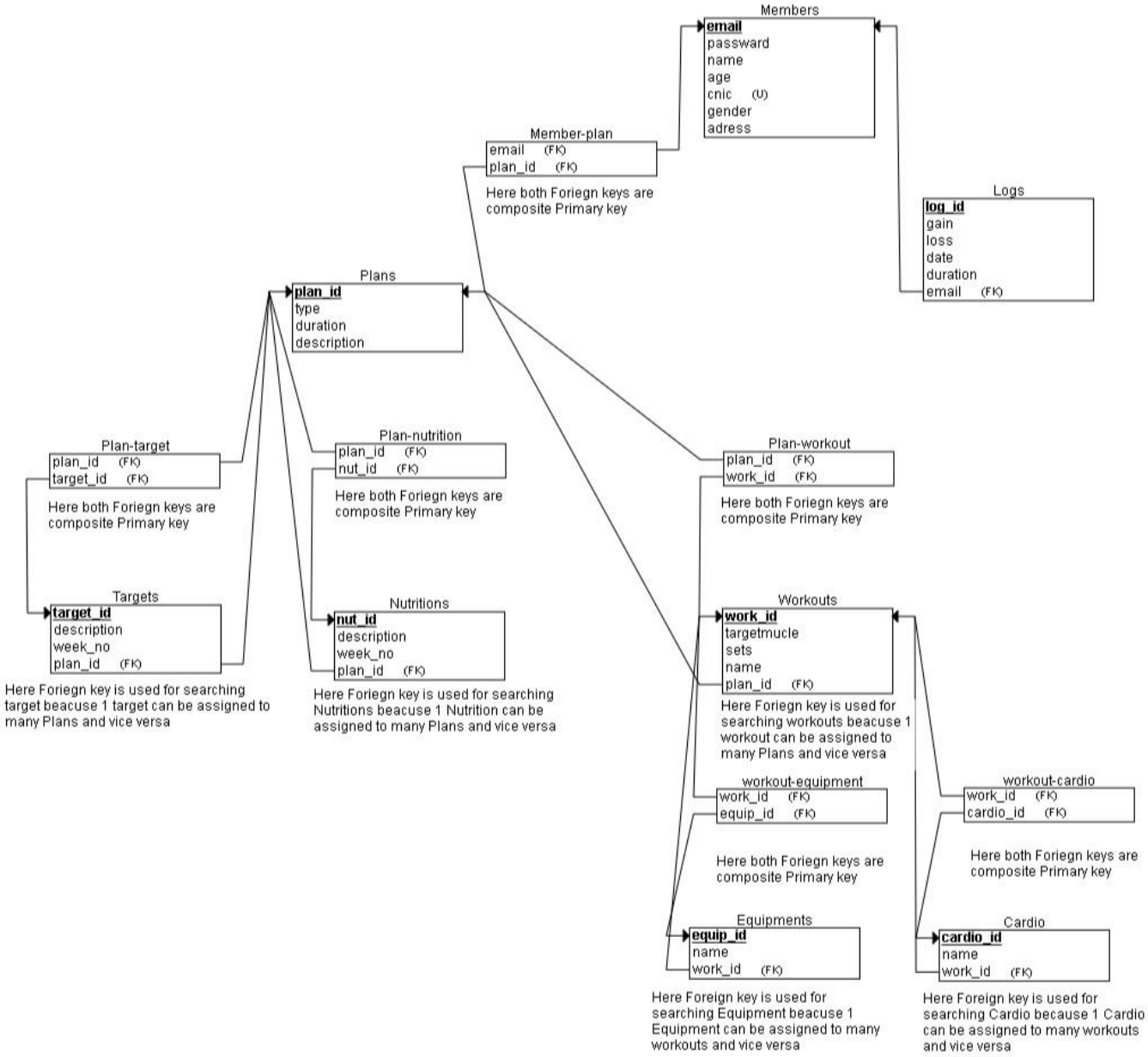


TABLE DESCRIPTION

Tables:

Members:

In member table, we store information related to user. Here, Email is **Primary Key** of Members table. Member table additionally stores password, name, age, cnic, gender and Address of the registered User.

Attributes/Constraints:

email VARCHARNOT NULL **PRIMARY KEY**

password VARCHAR NOT NULL name

VARCHAR NOT NULL age INT NOT NULL

cnic INT NOT NULL gender VARCHAR NOT

NULL adress VARCHAR NOT NULL

UNIQUE (cnic)

Logs:

In Logs table, we store information related to user daily workout. Here, Log_id is **Primary Key** of Logs table. Logs table additionally stores user's daily workout routine.

It stores attributes like weight gain, loss, body's BMI, Today's date, duration of workout and a **foreign key** email.

A Member can have many logs maintained. So, the members have **one to many relation** with the Logs table.

Attributes/Constraints:

log_id INT NOT NULL **PRIMARY KEY** gain

INT NOT NULL loss INT NOT NULL BMI

INT NOT NULL log_date DATE NOT NULL

duration VARCHAR NOT NULL email

VARCHAR NOT NULL **FOREIGN KEY**

Plans:

Plan tables stores All plans that are available to members. Plan has Plan_id as **Primary key.** Type attribute stores the type of plan. A plan may be loss/gain. Description states the plan. What is offered in the plan? Duration is workout Duration which is a integer value.

Attributes/Constraints:

plan_id INT NOT NULL **PRIMARY KEY**

type VARCHAR NOT NULL description

VARCHAR NOT NULL, duration

VARCHAR NOT NULL **Member_plan:**

This table is link table between member and plan. Member and Plan has **Many to Many Relationships**. One member can subscribe to multiple plans and A single plan is available to many members and vice versa.

Attributes/Constraints:

email VARCHAR NOT NULL **PRIMARY KEY**

plan_id INT NOT NULL **PRIMARY KEY**

Targets:

Target tables has all the targets set for the user. Here target_id is **Primary Key**. Target also have its description and no of weeks for the target.

This table has an attribute plan id which is **foreign key**, which is used for retrieval of data.

Attributes/Constraints:

target_id INT NOT NULL **PRIMAY KEY**

description VARCHAR NOT NULL plan_id

INT NOT NULL **FOREIGN KEY**

week_no VARCHAR NOT NULL

Nutritions:

Nutrition tables has all the Nutrition/diet set for the user according to a specific plan. Here nut_id is **Primary Key**. Nutrition also has its description and no of weeks for the target.

This table has an attribute plan id which is **foreign key**, which is used for retrieval of data.

Attributes/Constraints:

nut_id INT NOT NULL **PRIMARY KEY**

description VARCHAR NOT NULL plan_id

INT NOT NULL **FOREIGN KEY**

week_no VARCHAR NOT NULL

Workouts:

Workouts have all defined workouts. Work_id is **Primary Key** of this table.

Workouts are designed according to plan. This table has attributes like Target muscle which shows which body muscle is targeted.

This table has an attribute plan id which is **foreign key**, which is used for retrieval of data.

Attributes/Constraints:

work_id INT NOT NULL **PRIMARY KEY**

name varchar NOT NULL targetmucle

varchar NOT NULL plan_id INT NOT

NULL **FOREIGN KEY** sets INT NOT

NULL

Equipments:

Equipment has all defined workouts. euip_id is **Primary Key** of this table.

Equipment is allocated according to workout. This table has attributes like Equipment name which shows name of Equipment.

This table has an attribute work id which is **foreign key**, which is used for retrieval of data.

Attributes/Constraints:

equip_id INT NOT NULL **PRIMARY KEY**

ename varchar NOT NULL work_id INT

NOT NULL **FOREIGN KEY**

Cardio:

Cardio has all defined workouts. Cardio _id is **Primary Key** of this table.

Cardio includes exercises use for Workout. This table has attributes like Cardio name which shows name of Cardio.

This table has an attribute work id which is **foreign key**, which is used for retrieval of data.

Attributes/Constraints:

cardio_id INT NOT NULL **PRIMARY KEY**

cname varchar(20) NOT NULL work_id INT

NOT NULL **FOREIGN KEY**

Plan_target:

Plan target is link between Plans and targets. This link is **Many to Many**.

Because One plan can have many targets and One target can be assigned to many plans and vice versa.

Attributes/Constraints:

plan_id INT NOT NULL **PRIMARY KEY** target_id

INT NOT NULL **PRIMARY KEY** **Plan_nutrition:**

Plan nutritions is link between nutritions and targets. This link is **Many to Many**.

Because One Plan can have many Nutrition and One Nutrition can be assigned to many plans and vice versa.

Attributes/Constraints:

plan_id INT NOT NULL **PRIMARY KEY**

nut_id INT NOT NULL **PRIMARY KEY**

Plan_workout:

Plan workout is link between workouts and Plans. This link is **Many to Many**.

Because One Plan can have many workouts and One workout can be assigned to many plans and vice versa.

Attributes/Constraints:

plan_id INT NOT NULL **PRIMARY KEY**

work_id INT NOT NULL **PRIMARY KEY**

workout_equipment:

Workout workout is link between workouts and Equipment's. This link is **Many to Many**.

Because One workout can have many equipment's and One equipment can be assigned to many workouts and vice versa.

Attributes/Constraints:

work_id INT NOT NULL **PRIMARY KEY**

equip_id INT NOT NULL **PRIMARY KEY**

workout_cardio:

Workout Cardio is link between workouts and Cardio. This link is **Many to Many**.

Because One workout can have many Cardio Exercises and One Cardio Exercise can be assigned to many workouts and vice versa.

Attributes/Constraints:

work_id INT NOT NULL **PRIMARY KEY** cardio_id

INT NOT NULL **PRIMARY KEY SCREEN SHOTS**

OF INTERFACE

Home Page(index.html):

FitMe

Home SignIn SignUp Contact About

FitMe- The Online Fitness App

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts, healthy recipes and informative articles, as well as one of the most positive communities on the web, you will have everything you need to reach your personal fitness goals for free!

Read More

Get more with low-cost training programs and advanced features.

If you want more guidance or additional tools to get the most out of all the content available, we also have low-cost, professionally developed programs and meal plans to follow, and a monthly membership that adds extra, exclusive workout videos, monthly workout challenges, and a growing list of advanced features for planning and tracking your workouts.

Features

Workout Plans

Create and subscribe to workout plan of your choice

Nutrition

A nutrition diet along with the workout.

Health

Best workouts for better Health

Healthy Recepies

We will provide best health recepies

Experts

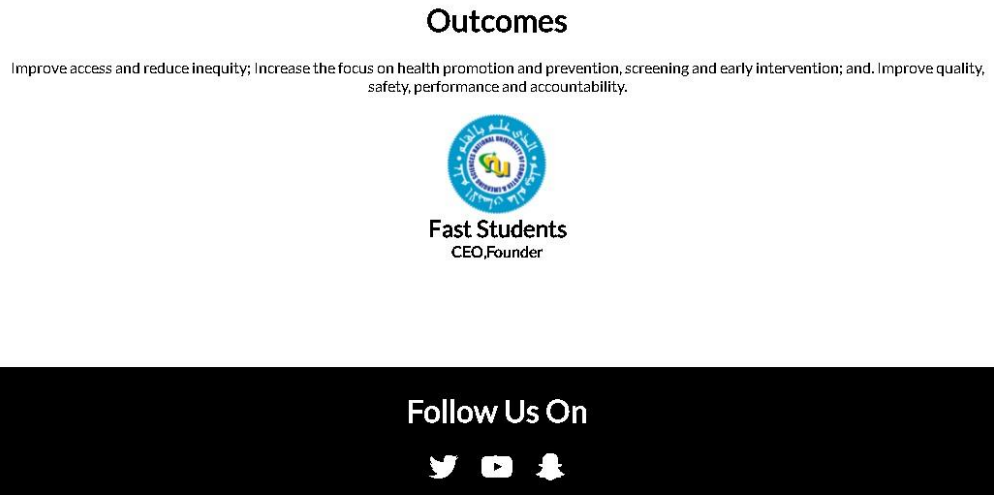
Contact to hundreds of Expert Online

Community

We are linked with thousands of health clubs and professionals

STOP WISHING! START DOING

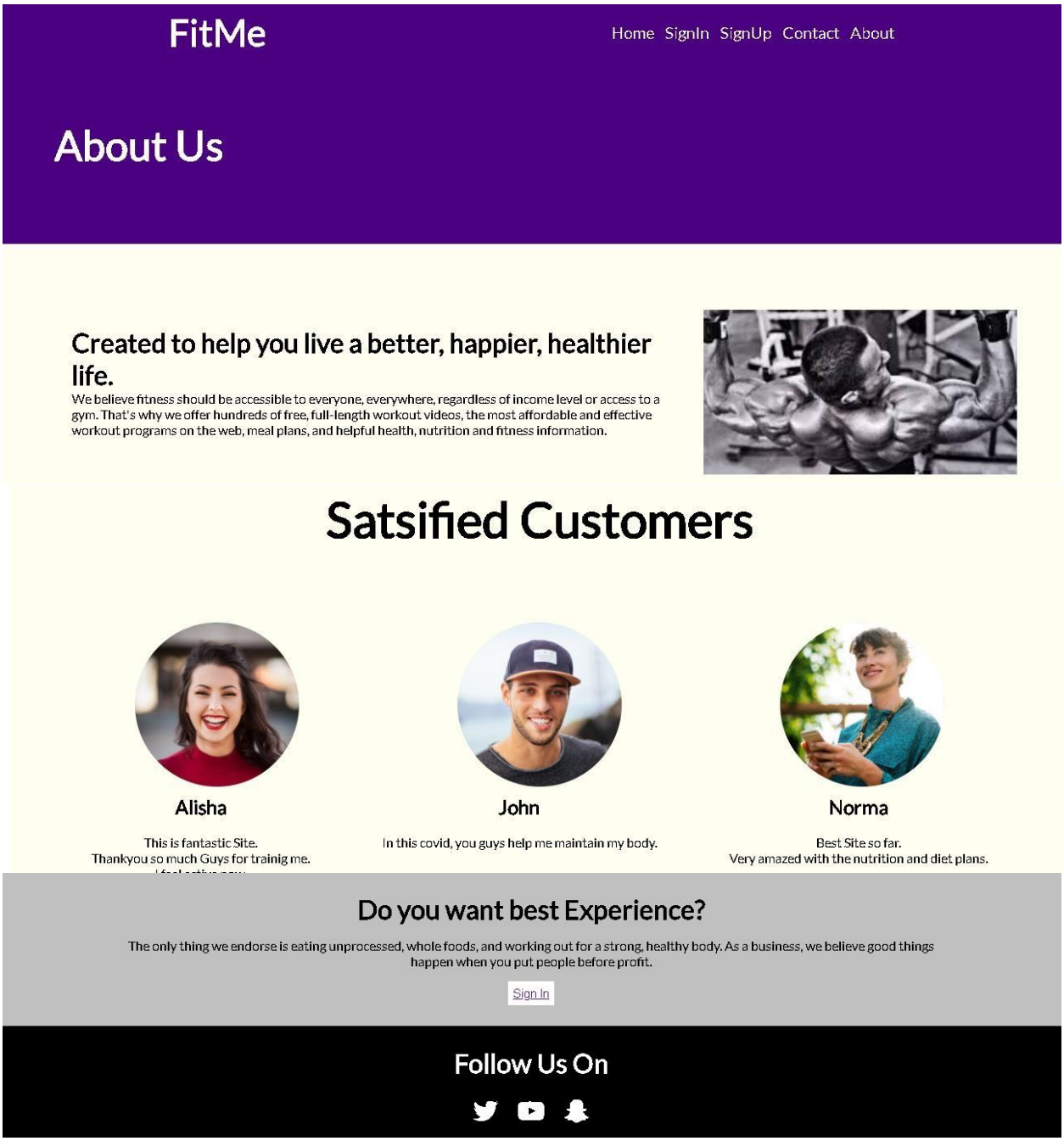
Sign Up



Home page description:

The home page was made using simple html5 and CSS. There are no inputs or forms taken in this page. This is only made as a page to appeal to potential member for the fitness app. On the top of the page there are hyperlinks to the other web pages such as the sign in and signup page. All the features of the app are also displayed on this page to show the qualities to anyone interested.

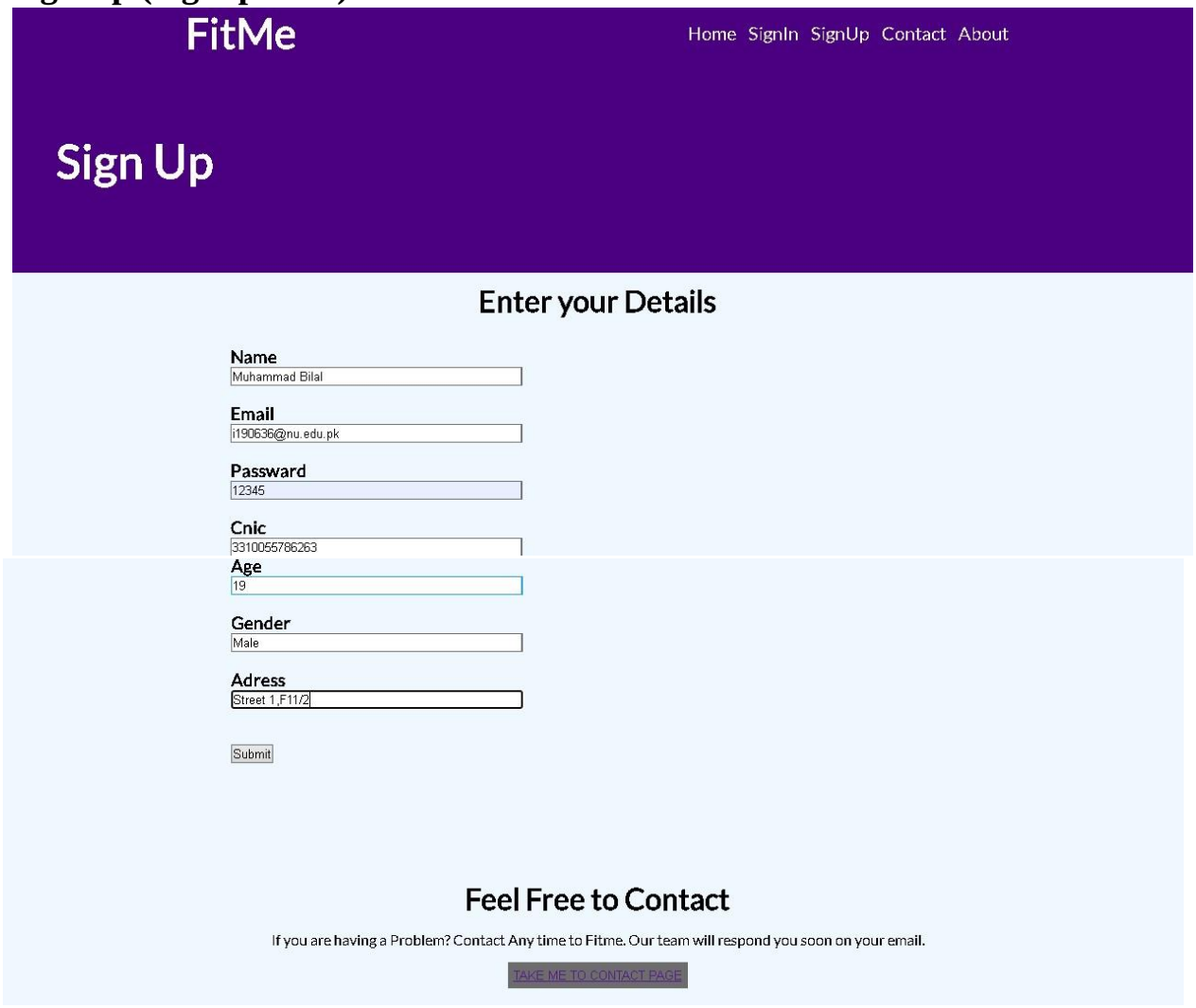
About Page (About.html):



About page description:

This site shows the goals and reason for making this fitness platform. This also includes reviews of different kinds of people who have used this application.

Sign Up (Signup.html):



Description of Sign-Up Page:

This is the starting page for a member to sign up. Here the user is asked his/her information. The user then presses the submit button which then executes the insert query for the member's table on next page. The it moves on to the next page which is Select Type pages.

This data is sent onto the next page named as Select Type (Signupcomplete.php).

Select Type (Signupcomplete.php):

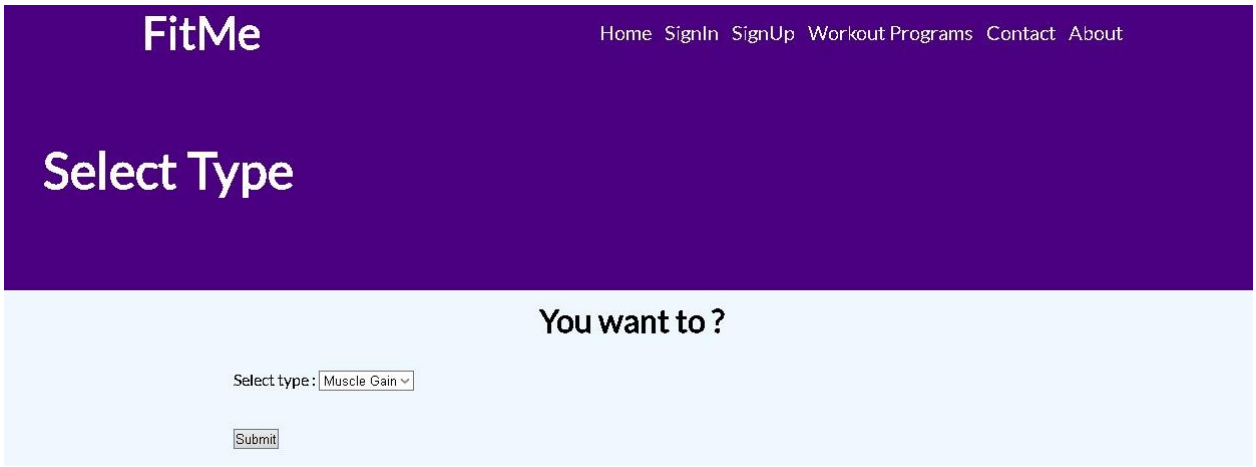
Execution of Php Query for member data insertion:

```
SQL> insert into members values('i190636@nu.edu.pk','12345','Muhammad Bilal',19,3310055786263,'Male','Street 1,F11/2');

1 row created.

SQL> select * from members;

EMAIL                          PASSWARD             NAME
------------------------------ -------------------- --------------------
       AGE       CNIC GENDER ADRESS
---------- ---------- ------ ------------------------------
i190636@nu.edu.pk              12345                Muhammad Bilal
        19 3.3101E+12 Male   Street 1,F11/2
```



Select Type description:

In this page the user selects the type of plan he/she wants to do. After pressing the submit button the type selected is stored and moved on to the next page. Which is the Select Plan page.

This data is sent onto the next page named as Select Plan(selectplan.php).

Select Plan(selectplan.php):

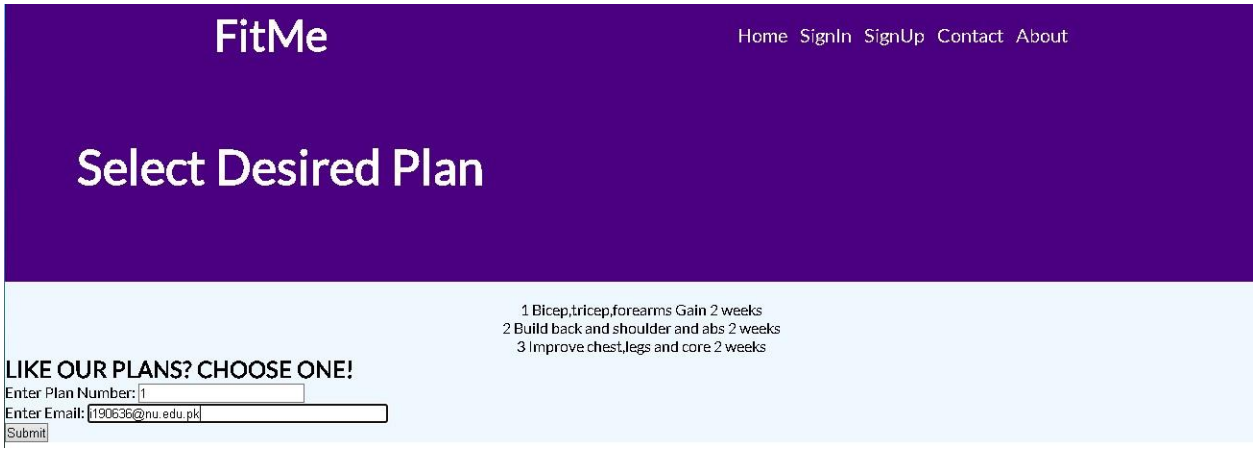
Execution of Php query to display Plans:

```
SQL>  select plan_id,description,duration
  2  from plans
  3  where type='gain';

   PLAN_ID DESCRIPTION
---------- --------------------------------------------------
DURATION
--------------------
         1  Bicep,tricep,forearms Gain
2 weeks

         2 Build back and shoulder and abs
2 weeks

         3 Improve chest,legs and core
2 weeks
```



Select Plan Description:

In this page the user selects the type of plan he/she wants to do. After pressing the submit button the type selected is stored and moved on to the next page. Which is the Select Plan page.

This data is sent onto the next page named as See Plans/Nutrition/Workout (display.php).

See Plans/Nutrition/Workout (display.php):

Execution of Php query to see targets/nutrition/workouts:

```
SQL> select target_id,description,week_no
  2  from targets
  3  where plan_id = 1;

 TARGET_ID DESCRIPTION                                          WEEK_NO
---------- -------------------------------------------------- ---------------
         1 2 days bicep/tricep,1 day rest,3 days forearms     week 1
         2 2 bicep, 2 days tricep, 2 days forearms                 week 2

SQL>
```

FitMe

Home SignIn SignUp Contact About Enter Logs New Plan

See Your Plans/ Nutrition / Workout

Targets

Target Number : 1
Description : 2 days bicep/tricep,1 day rest,3 days forearms
Week No : week 1

Target Number : 2
Description : 2 bicep, 2 days tricep, 2 days forearms
Week No : week 2

Workouts

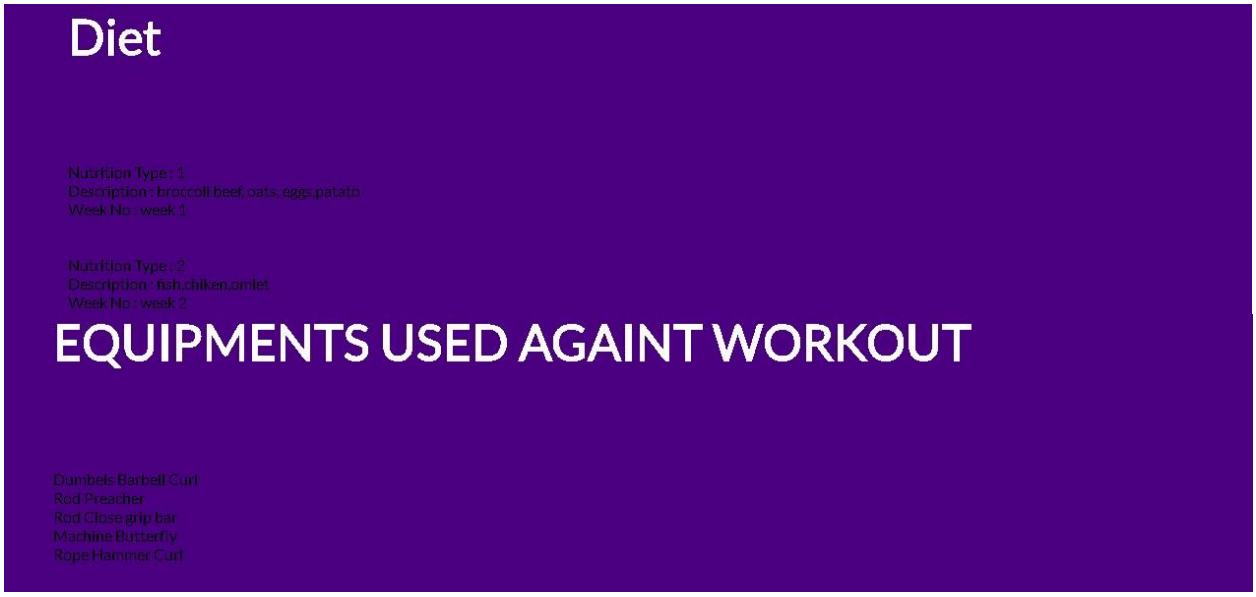
Workout Type : 1
Name : Barbell Curl
Target Muscle : Bicep
Sets : 3

Workout Type : 2
Name : Preacher
Target Muscle : Bicep
Sets : 3

Workout Type : 3
Name : Close grip bar
Target Muscle : Tricep
Sets : 3

Workout Type : 4
Name : Butterfly
Target Muscle : Back
Sets : 4

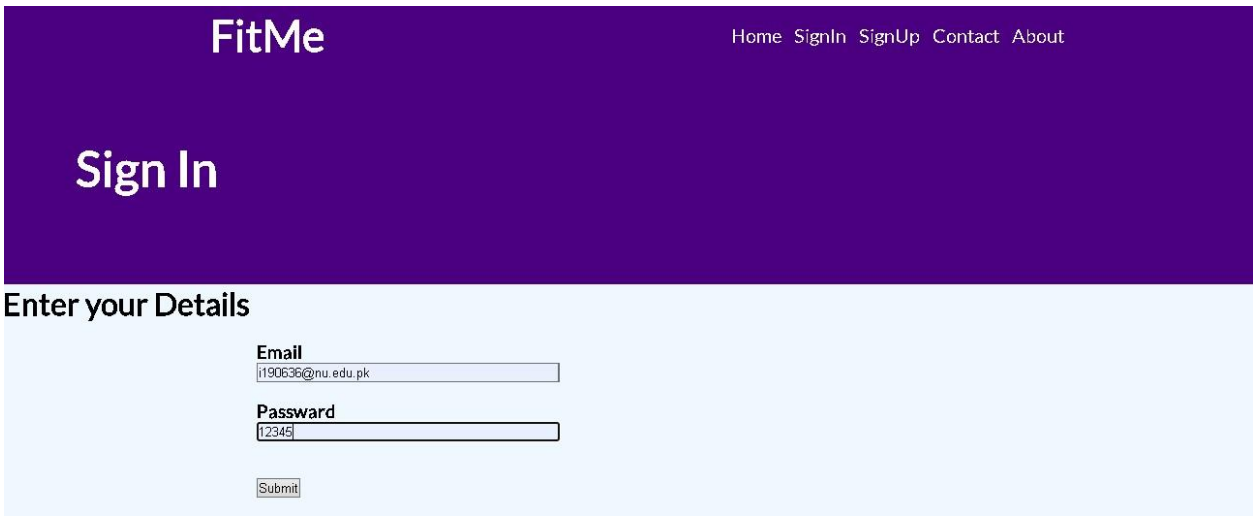
Workout Type : 5
Name : Hammer Curl
Target Muscle : Forearm
Sets : 3



Description of Workout:

In this page the user is shown his/her targets, nutrition and workouts for the plan. The outputs are displayed weekly for the users and then after this they are given some options. They can either go to Enter Logs or select a new plan in the top part of the page. If they select the new plan option, they will be taken back to the select type page where they will repeat the process of selecting plan.

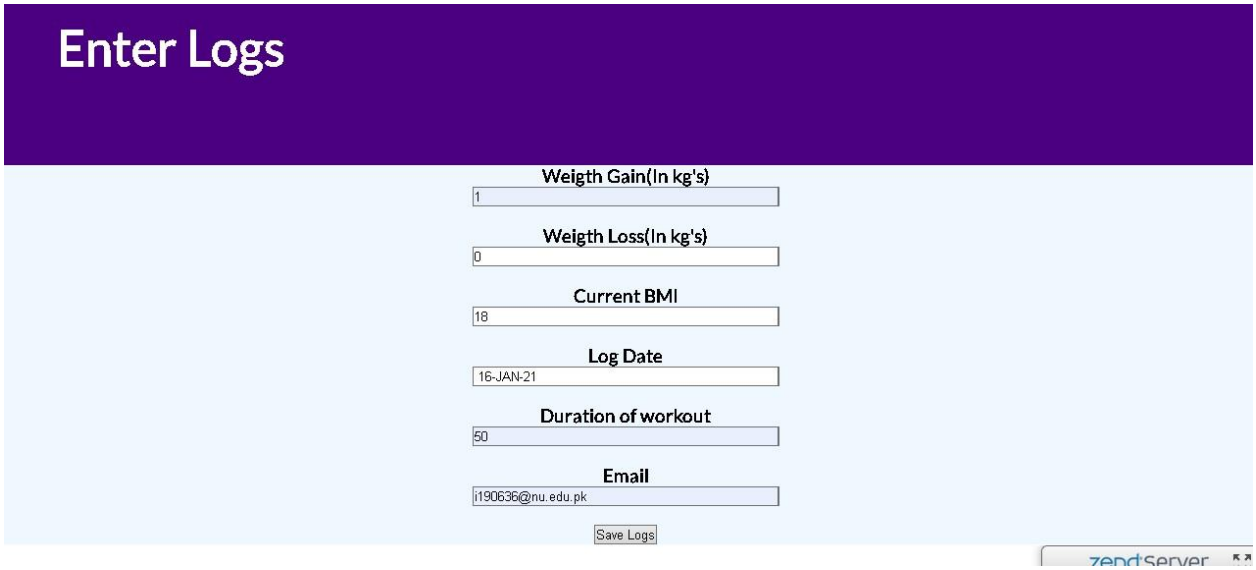
Sign In page (signin.html):



Description of Sign In:

Here we take email and password for an already existing member. We check whether they exist or not through email validation and then we take them to their display workouts page where they are shown their workouts according to the plans selected.

Logs Page (enterlogs.php):



Description Logs:

Here the user enters his/her log for the day. The values are taken and stored in the Logs table.

Execution of Query in same page:

```
SQL> insert into logs(gain,loss,bmi,log_date,duration,email) values(1,0,18,'16-JAN-21','50','i190636@nu.edu.pk');

1 row created.

SQL> select * from logs;

    LOG_ID       GAIN       LOSS        BMI LOG_DATE  DURATION
---------- ---------- ---------- ---------- --------- --------------------
EMAIL
------------------------------
         1          1          0         18 16-JAN-21 50
i190636@nu.edu.pk
```

Display Logs (displaylogs.php):

Description of Display Logs:

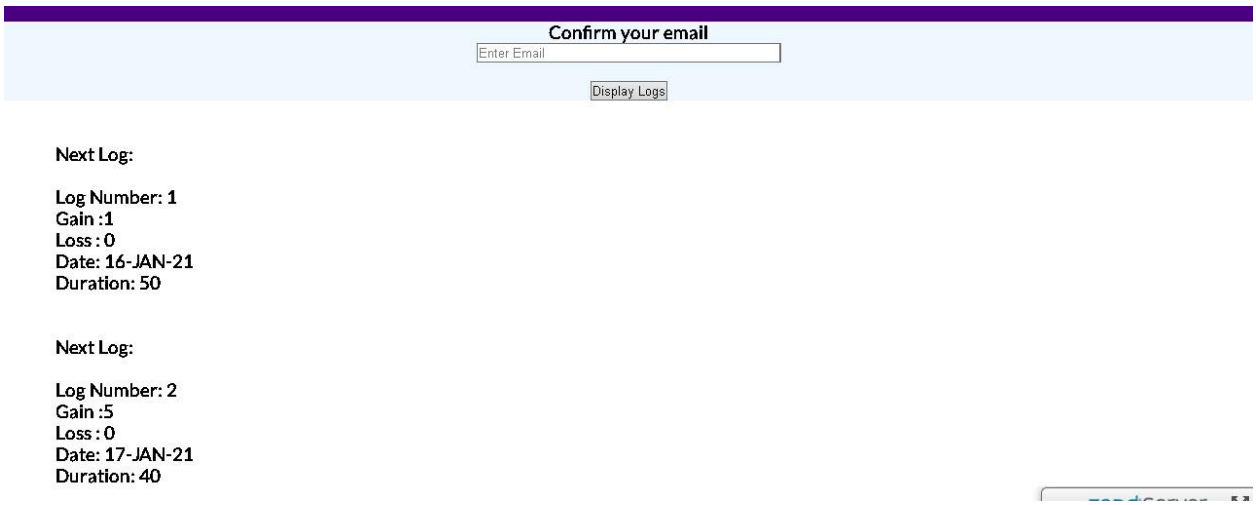
In this page the user enters their email so that their logs can be displayed. They are then showed all their logs entered to date.

Query Executed Against this page:

```
SQL> select * from logs where email='i190636@nu.edu.pk';

    LOG_ID       GAIN       LOSS        BMI LOG_DATE  DURATION
---------- ---------- ---------- ---------- --------- --------------------
EMAIL
------------------------------
         1          1          0         18 16-JAN-21 50
i190636@nu.edu.pk
```

Result of Query:



THE END