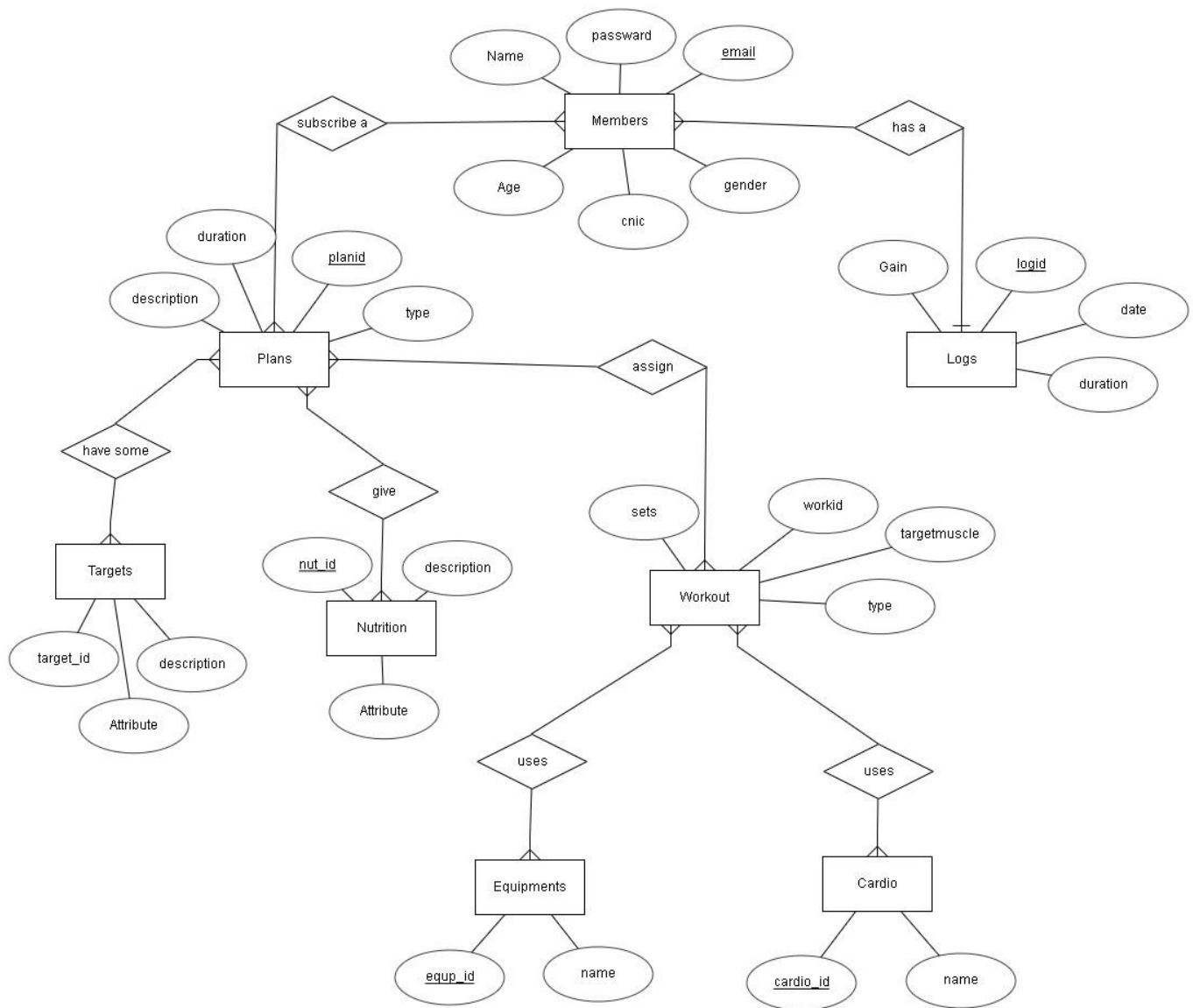


ENTITY RELATIONSHIP DIAGRAM



RELATIONAL SCHEMA

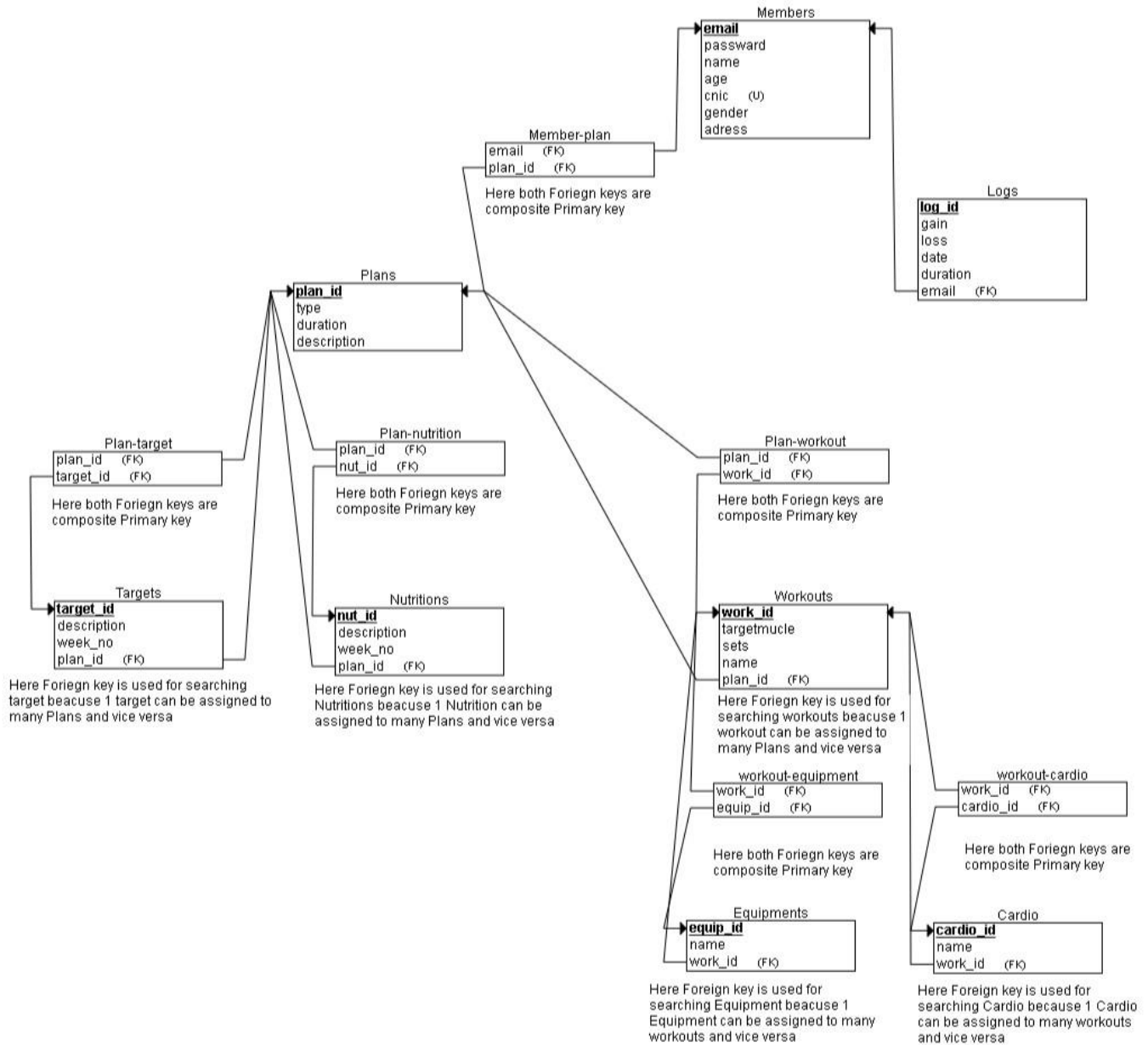


TABLE DESCRIPTION

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 VARCHAR NOT 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- 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](#)

Outcomes

Improve access and reduce inequity; Increase the focus on health promotion and prevention, screening and early intervention; and. Improve quality, safety, performance and accountability.



Fast Students
CEO, Founder

Follow Us On



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 Us

Created to help you live a better, happier, healthier life.

We believe fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why we offer hundreds of free, full-length workout videos, the most affordable and effective workout programs on the web, meal plans, and helpful health, nutrition and fitness information.



Satsified Customers



Alisha

This is fantastic Site.
Thankyou so much Guys for trainig me.
(I feel better now)



John

In this covid, you guys help me maintain my body.



Norma

Best Site.so far.
Very amazed with the nutrition and diet plans.

Do you want best Experience?

The only thing we endorse is eating unprocessed, whole foods, and working out for a strong, healthy body. As a business, we believe good things happen when you put people before profit.

[Sign In](#)

Follow Us On



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):

FitMe

Home SignIn SignUp Contact About

Sign Up

Enter your Details

Name

Muhammad Bilal

Email

i190636@nu.edu.pk

Password

12345

Cnic

3310055786263

Age

19

Gender

Male

Address

Street 1,F11/2

Submit

Feel Free to Contact

If you are having a Problem? Contact Any time to Fitme. Our team will respond you soon on your email.

[TAKE ME TO CONTACT PAGE](#)

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 | PASSWORD | NAME |
|-------------------|----------|----------------|
| i190636@nu.edu.pk | 12345 | Muhammad Bilal |

| AGE | CNIC | GENDER | ADDRESS |
|-----|------------|--------|----------------|
| 19 | 3.3101E+12 | Male | Street 1,F11/2 |

FitMe[Home](#) [SignIn](#) [SignUp](#) [Workout Programs](#) [Contact](#) [About](#)

Select Type

You want to ?

Select type:

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 |

FitMe

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[SignIn](#)
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[About](#)

Select Desired Plan

LIKE OUR PLANS? CHOOSE ONE!

Enter Plan Number:

Enter Email:

Submit

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

Diet

Nutrition Type : 1
Description : broccoli,beef,pats, eggs,potato
Week No : week 1

Nutrition Type : 2
Description : fish,chicken,omlet
Week No : week 2

EQUIPMENTS USED AGAINST WORKOUT

Dumbels Barbell Curl
Rod Preacher
Rod Close grip bar
Machine Butterfly
Rope Hammer Curl

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):



The screenshot shows the 'FitMe' Sign In page. The header is purple with the 'FitMe' logo and navigation links: Home, SignIn, SignUp, Contact, and About. The main heading 'Sign In' is also in white on the purple background. Below this, the section 'Enter your Details' is on a light blue background. It contains two input fields: 'Email' with the value 'i190636@nu.edu.pk' and 'Password' with the value '12345'. A 'Submit' button is at the bottom.

FitMe Home SignIn SignUp Contact About

Sign In

Enter your Details

Email
i190636@nu.edu.pk

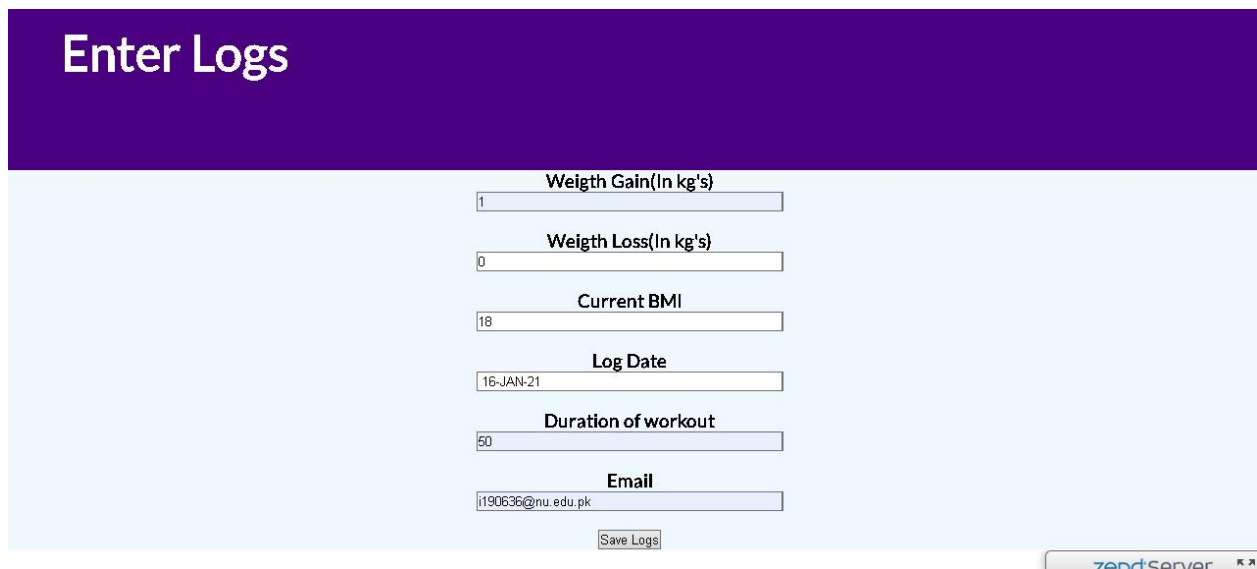
Password
12345

Submit

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):



The screenshot shows the 'FitMe' Enter Logs page. The header is purple with the 'FitMe' logo and navigation links: Home, SignIn, SignUp, Contact, and About. The main heading 'Enter Logs' is also in white on the purple background. Below this, the section 'Enter Logs' is on a light blue background. It contains several input fields: 'Weighth Gain(In kg's)' with the value '1', 'Weigth Loss(In kg's)' with the value '0', 'Current BMI' with the value '18', 'Log Date' with the value '16-JAN-21', 'Duration of workout' with the value '50', and 'Email' with the value 'i190636@nu.edu.pk'. A 'Save Logs' button is at the bottom. A 'zendServer' logo is visible in the bottom right corner.

FitMe Home SignIn SignUp Contact About

Enter Logs

Weighth Gain(In kg's)
1

Weigth Loss(In kg's)
0

Current BMI
18

Log Date
16-JAN-21

Duration of workout
50

Email
i190636@nu.edu.pk

Save Logs

zendServer

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):

FitMe[Home](#) [SignIn](#) [SignUp](#) [Contact](#) [About](#) [New Plan](#) [Display Logs](#)

Displaying Logs

Confirm your email

Display Logs

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:

Confirm your email

Next Log:

Log Number: 1
Gain :1
Loss : 0
Date: 16-JAN-21
Duration: 50

Next Log:

Log Number: 2
Gain :5
Loss : 0
Date: 17-JAN-21
Duration: 40

[Back to Home](#)

THE END