



SRI KRISHNA COLLEGE OF TECHNOLOGY
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KOVAIPUDUR, COIMBATORE 641042



**GYM TRAINER AND PROGRESS TRACKER
APPLICATIONA PROJECT REPORT**

Submitted by

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in partial fulfilment for the award of the degree

Of

BACHELOR OF TECHNOLOGY

IN

Computer Science & Engineering

JULY - 2024

GYM TRAINER AND PROGRESS TRACKER

APPLICATIONA PROJECT REPORT

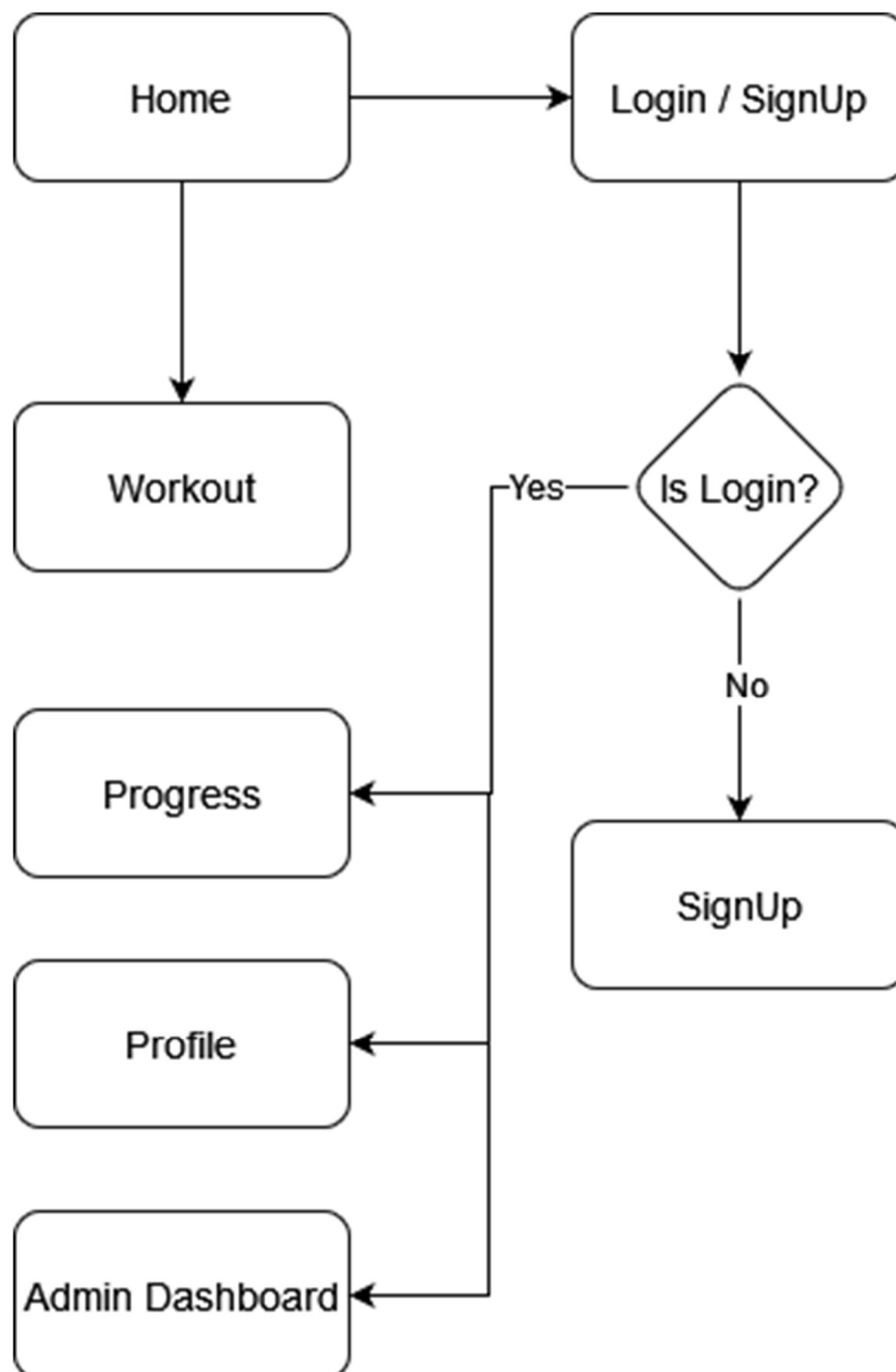
INTRODUCTION:

In today's fast-paced world, maintaining a consistent fitness routine and tracking physical progress can be challenging. To address this, we present the Gym Trainer and Progress Tracker Application, a comprehensive web-based solution designed to assist users in managing workouts, tracking progress, and achieving fitness goals. This application serves as a virtual fitness companion, providing access to various workout programs, a progress dashboard, and personalized profiles.

Built using modern web technologies like React.js and Material-UI, the application focuses on user experience with features such as a home page overview, secure login and signup, a detailed workout section with instructional guides, and a robust progress tracking system. It empowers users by guiding them through exercises and tracking progress over time, helping them stay motivated and on track. The application also includes an admin dashboard for managing user roles and content, offering a holistic approach to fitness management.

OBJECTIVE:

The **Gym Trainer and Progress Tracker Application** aims to provide users with a comprehensive platform to manage their fitness routines and track their progress. The primary objective is to offer detailed workout programs, complete with visual aids and instructions, ensuring exercises are performed correctly and safely. Additionally, users can log workouts, monitor progress, and visualize achievements through intuitive dashboards. The platform features secure access and personalized profiles for tracking fitness metrics. An admin dashboard allows for user account and content management. Utilizing modern web technologies, the application ensures a seamless experience across various devices, supporting users in their fitness journey and helping them achieve their goals.

USER FLOW CHART:

USER MODULES:



Navigation Bar



Exercise is the key to a **Healthy Lifestyle**

Regular exercise is a crucial component of a healthy lifestyle.

It has numerous benefits for physical and mental health, including reducing the risk of chronic diseases, improving cardiovascular function, enhancing mood, reducing stress, and promoting better sleep.



Benefits of **Exercise**

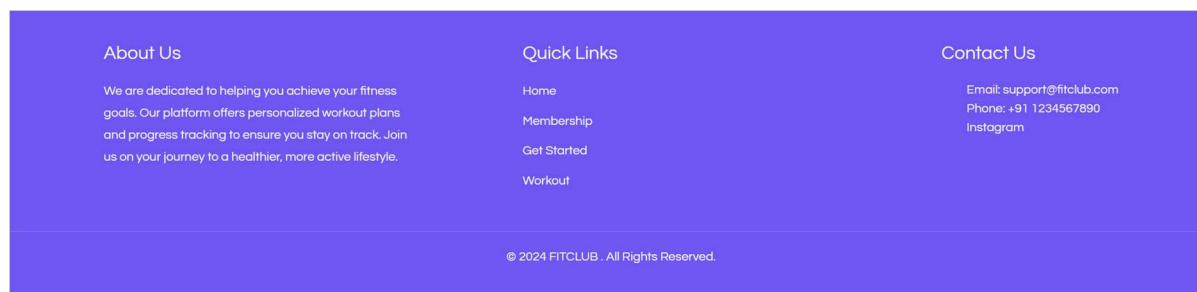
Exercise is essential for maintaining a healthy body and mind, and can improve quality of life in numerous ways.



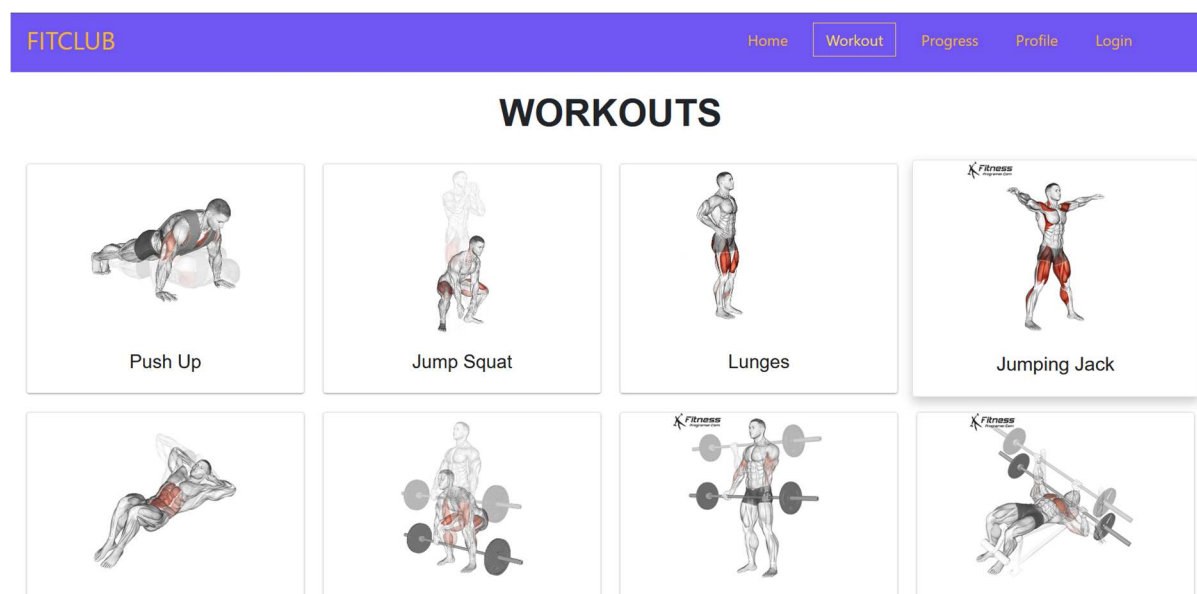
Premium **Subscription plan**

Health & Fitness is a popular exercise tracking app that offers a premium subscription service. The premium version includes advanced nutrient tracking, customized goals and advice, and exclusive content.

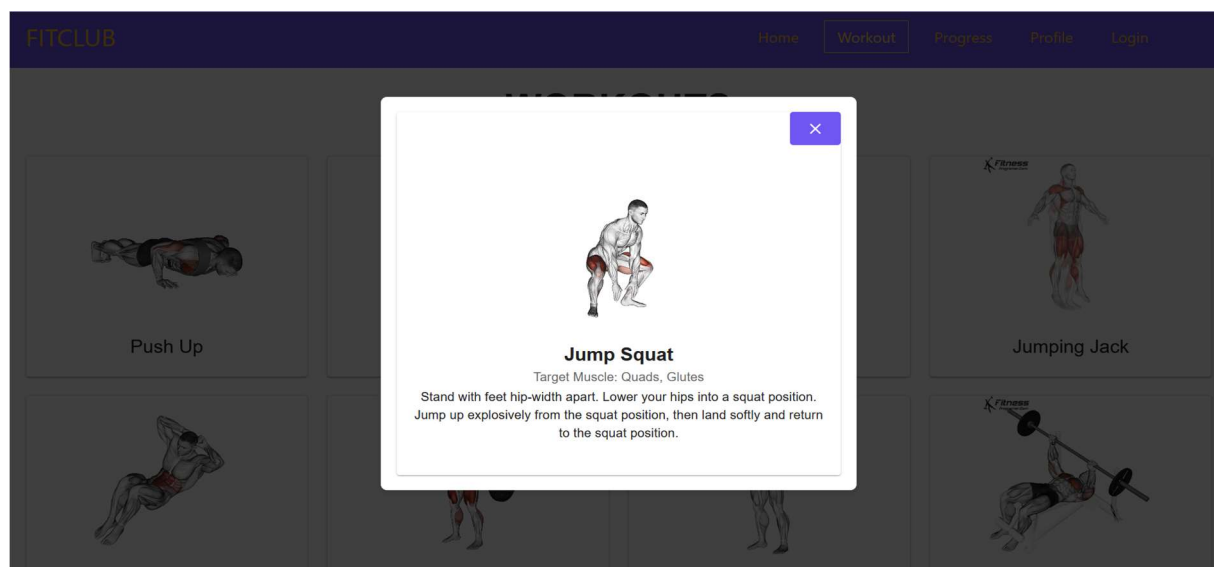
Home Page



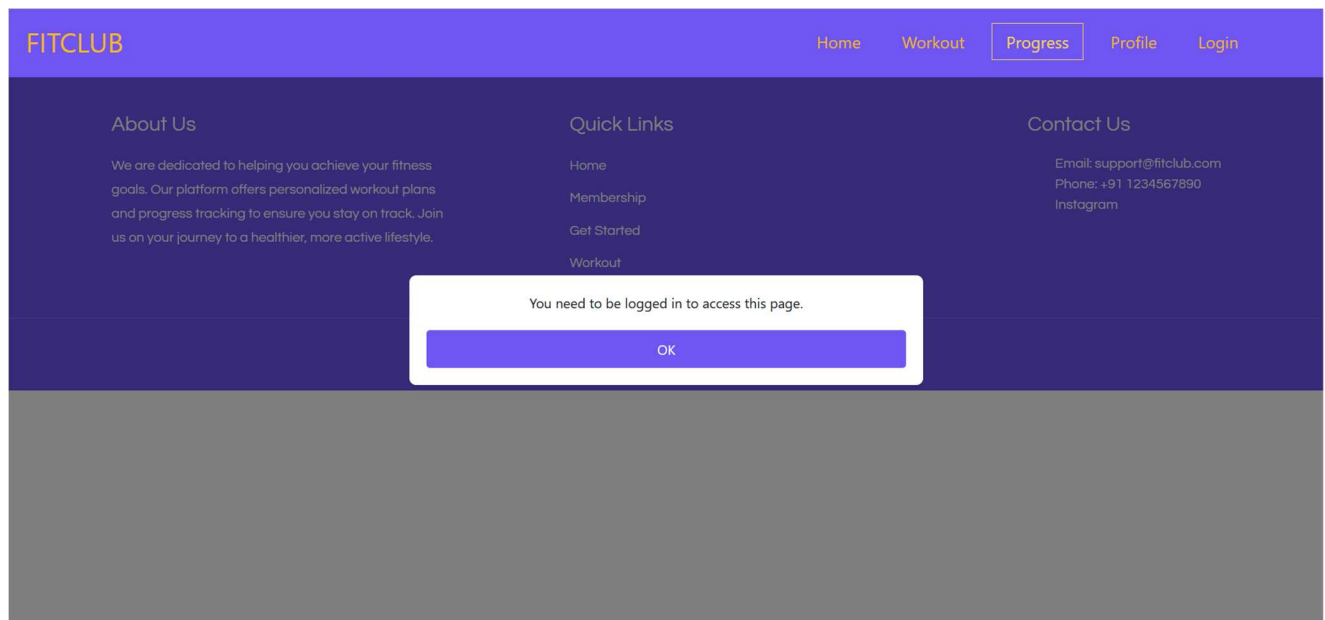
Footer



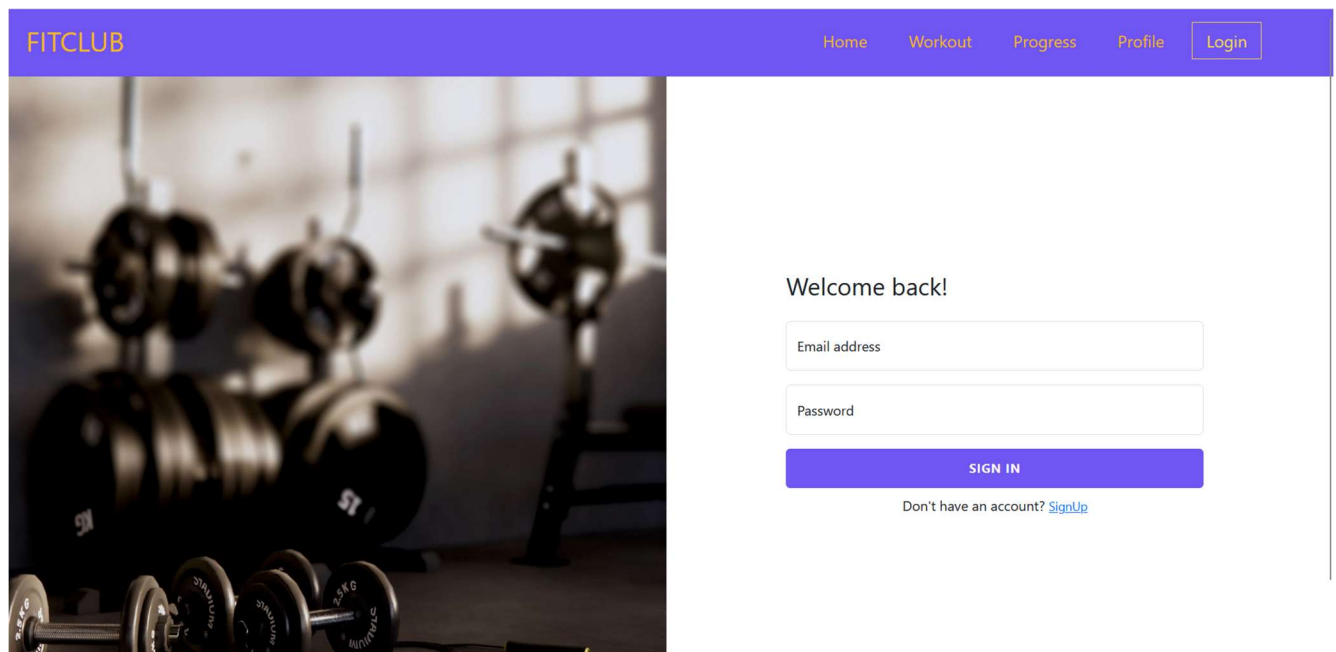
Workout Page



WorkoutModal Component




PrivateModal Component



Login Page

FITCLUB

HomeWorkoutProgressProfileLogin



Create your account

Full Name

Email address

Phone Number

Password

SIGN UP

Already have an account? [Login](#)

Signup Page

FITCLUB

HomeWorkoutProgressProfileLogin

PROGRESS TRACKER

Exercise Name

Sets

Repetitions

ADD EXERCISE

Dead-Lift

Sets: 4

Reps: 4

✓ ✎ 🗑

Push ups

Sets: 4

Reps: 15

✓ ✎ 🗑

DELETE ALL

Progress Page

FITCLUB

HomeWorkoutProgress**Profile**Login

J

John Doe
ID: 123456

CHANGE PROFILE PICTURE

PROFILE SETTINGS

PROGRESS TRACKING

ACHIEVEMENTS

Profile Settings

First Name

John

Last Name

Doe

Age

28

Height

175 cm

Weight

75 kg

Blood Group

O+

Medical Condition

None

Date of Joining

01-01-2023

Phone Number

(123) 456-7890

Email Address

john.doe@example.com

City

New York

Country

USA

UPDATE

Profile Page

Admin Dashboard

⚙️

User Control

👤

My Profile

🚪

Logout

User Control Panel

First Name

Last Name

Email

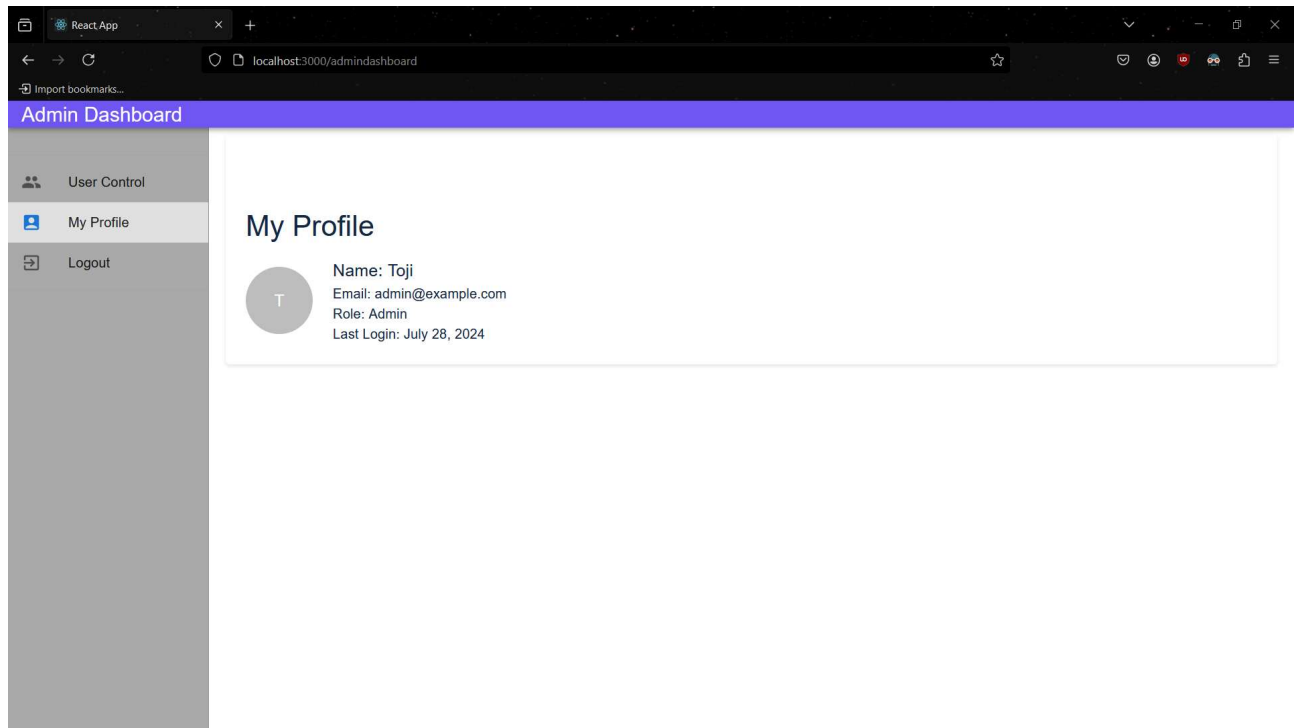
Role

CREATE NEW USER

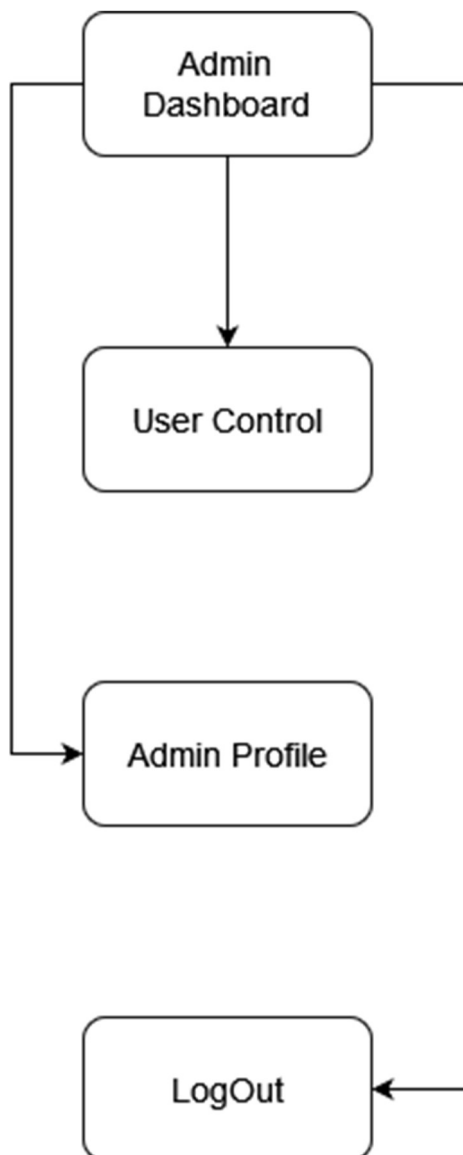
USER LIST

First Name	Last Name	Email	Role	Actions
Eugene	Stepnov	eugene.stepnov@example.com	admin	<div><div></div><div></div></div>

Admin Dashboard Page



Admin Dashboard Page

ADMIN CHART:

ADMIN MODULES:

Admin Dashboard

User Control

My Profile

Logout

User Control Panel

First Name



Last Name

Email

Role

CREATE NEW USER

USER LIST

First Name	Last Name	Email	Role	Actions
Eugene	Stepnov	eugene.stepnov@example.com	admin	 

Admin Dashboard Page

Admin Dashboard

User Control

My Profile

Logout

My Profile

T

Name: Toji

Email: admin@example.com

Role: Admin

Last Login: July 28, 2024

Admin Profile Page

CONCLUSION:

The **Gym Trainer and Progress Tracker Application** represents a significant step forward in fitness management and personal training solutions. By integrating comprehensive workout programs, detailed progress tracking, and user-friendly interfaces, the application empowers users to take control of their fitness journeys. The project showcases a thoughtful blend of technology and user-centric design, making it accessible and beneficial to a wide range of users, from beginners to advanced athletes.

Through its robust feature set, including an admin dashboard, secure login, and personalized user profiles, the application ensures a secure and customizable experience. The use of modern web technologies like React.js and MUI, along with a consistent and appealing design, enhances usability and engagement.

Overall, this project not only demonstrates technical proficiency but also a deep understanding of the needs and challenges faced by fitness enthusiasts. It stands as a valuable tool for anyone looking to improve their physical health and track their progress effectively. The **Gym Trainer and Progress Tracker Application** sets the foundation for future developments and enhancements, aiming to continuously support and motivate users in achieving their fitness goals.