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# Fitness Website

Web Technology Project (UE19CS204)



**Section: C**

**Project by:**

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Github Link: <https://github.com/HariRaagavTR/fitcorp>

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# Abstract

**A simple website** designed to give the user instructions on certain diets and exercises to keep their bodies fit. Some examples:

- **Muscle-Building**  
Exercises for developing muscles in our body.
- **Yoga**  
Most of the asanas that keep our body as fit as it can be.
- **Food Diets**  
Provides a simple diet to either increase/decrease/maintain body weight.

# Project Description

## Home Page

The main page where most of the functionalities like a BMI calculator, workout videos, yoga and muscle building instructions, etc. come under.

## About Page

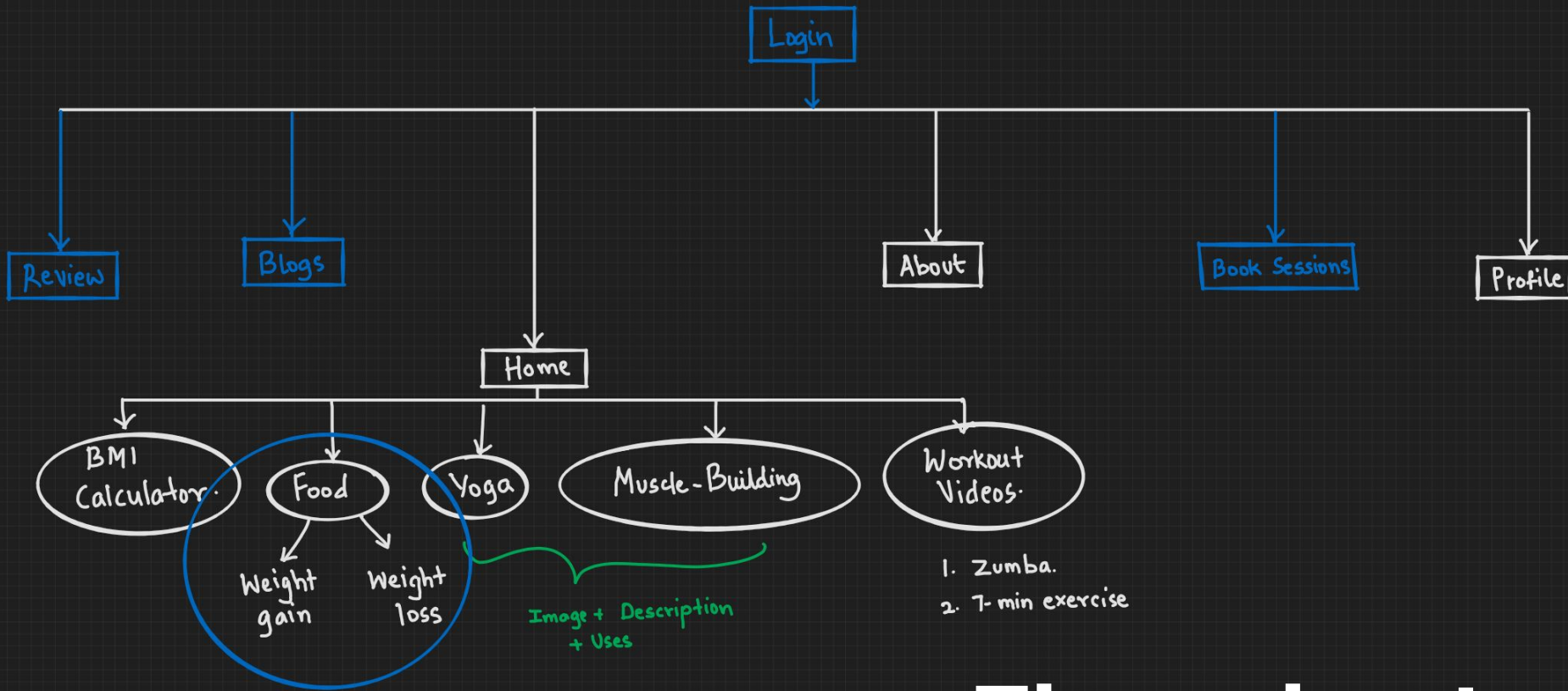
A page that displays what the website is about.

## Login Page

A page for the user to login.

## Profile Page

A page that displays the details of the user.



# Flowchart

**Note:** The "Review" page, "Blogs" page, and "Book Sessions" page could be added at the end if we have time.

# Technologies Used

## Server End

Node.js  
Express.js

[Used standard node.js  
modules]

## Database

MongoDB

**Additional Module Used**  
mongoose

## Front End

React.js  
HTML  
CSS

[Used standard react.js  
modules]

# Contributions

## → Hari Raagav T R

- 1. Complete Login System:** Including sign-in, sign-up, sign-out. User can access all the pages only if logged-in.
- 2. BMI Calculator** (Home page)
- 3. Overall Website Functionality**

## → K Keerthana

- 1. Yoga Asanas** (Home page)
- 2. Muscle Building** (Home page)

## → Keerthi Joshi K

- 1. Workout Videos** (Home page)
- 2. About Page**



THANK  
YOU