##### FIT-O-CRACY

**A PROJECT REPORT**

**ABSTRACT**

FIT-O-CRACY is a free website which is based on “Fitness as a lifestyle theme”. It is used to provide the appropriate diet suggestions, nutrient's requirement and workout plans which are flexible for the implementation of user. It will take input of user's height weight and age and then it will calculate the BODY mass index (BMI) and then it will identify the BMI Status and body type. It also has the diet and workout plans.

Awareness about physical fitness exercise and health is essential for everyone. The aim of this project was to analyze the impact of fitness awareness on physical fitness and healthy habits of the visitors in our website. A sample size of few volunteers whom we asked to test the credibility of our website was selected. Few comprehensive sessions of physical fitness awareness were conducted. Standardized physical fitness measurements of various workout routines of all participants were recorded before and after the awareness programs. Descriptive statistics were used to explore the test variables. We also personally contact the volunteers to test the effects of awareness programs on fitness exercise and health of visitors. It was revealed that Physical fitness awareness had significant and positive effects on volunteer's mental and physical health.

This way FIT-O-CRACY has come to existence from all the efforts.

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**Chapter-1: Project description and outline**

Our team wanted to make a free website which can be used to provide the appropriate diet suggestions, nutrient’s requirement and workout plans which are flexible for the implementation of user and it would take input of user’s height, weight and age and then it will calculate the BODY mass index (BMI) and then it will identify the BMI Status and body type. It should also have the diet and workout plans.

**Chapter-2: Related work investigation**

We have contacted and tried to dig out the professional people such as gym trainers, dieticians to get the scenario about how the things are going around the fitness & health related world and also the end users who face the problems in maintaining both the consistency in fitness journey and following the diets strictly such that they can be able to control their body to enjoy the beauty of life with a healthy body and mind.

We have surfed the internet enough so that we can know the issues that end user or a new fitness enthusiast of the future is going to face while googling stuffs. We reviewed the literature on physical activity and health with particular reference to the benefits derivable by engaging in regular physical activity and also each team member implemented it in our lifestyle by improving our daily diet and introducing regular exercises in our routine.

**Chapter-3: Requirement Artifacts**

Hardware Requirements:

Processor: Minimum 1 GHz; Recommended 2GHz or more.

Ethernet connection (LAN) OR a wireless adapter (Wi-Fi)

Hard Drive: Minimum 32 GB; Recommended 64 GB or more.

Memory (RAM): Minimum 1 GB; Recommended 4 GB or above.

Sound card w/speakers

Recommended Software:

OS: Windows 7 or newer OR mac OS X or higher OR Ubuntu

Browser: Google Chrome, Mozilla Firefox, Microsoft Edge, Safari for PC and Google Chrome for Android Smartphones and Apple devices.

NOTE: The experience would be best with the latest versions of the software. Functionality might be limited with the older software and OS versions.

Other important software may include:

Java, Adobe Flash Player, Adobe Reader

Data requirements: Weight and height

NOTE: For proper look & feel and functions to work properly, please remove any script blocking and the ad blocker and similar stuff as the website is not collecting any of the user’s confidential/personal data as of now without any consent.

**Chapter-4: Design methodology and its novelty**

The website is based on the theme “fitness as lifestyle” and hence the project is based on the same theme. It aims to help fitness enthusiasts to kickstart their journey with basic knowledge about the nutrients.

It has BMI calculator function which also has chart about the range of BMI for different weights and heights. Also, it has a general diet to kickstart the journey.

The UI of the website is dynamic and user-friendly. It doesn’t have any ads or unnecessary recommendation and also, it’s free of cost.

The website is fluid along with the basic and core features along with some of the authentic link (about reference articles) for the people to verify and personalize things as per their requirement.

**Chapter-5: Technical Implementations and Analysis**

The website is based on the front-end based UI. Most of the stuff is handled offline till now.

Technical coding stuff are handled in JavaScript mostly.

The data for diet and workout recommendations is on user’s end and not collected yet for processing to improve the website.

The design of the webpages are unique and are purely focused for user’s benefit other than any commercial benefit.

**Chapter-6: Project Outcome and Applicability**

We successfully created our website named FIT-O-CRACY which is a website just like how we visioned and is based on “Fitness as a lifestyle theme”.

The aim of this project was to analyze the impact of fitness awareness on physical fitness and healthy habits of the visitors in our website. A sample size of few volunteers whom we asked to test the credibility of our website was selected. Few comprehensive sessions of physical fitness awareness were conducted. Standardized physical fitness measurements of various workout routines of all participants were recorded before and after the awareness programs. Descriptive statistics were used to explore the test variables. We also personally contact the volunteers to test the effects of awareness programs on fitness exercise and health of visitors.

**Chapter-7: Conclusions and Recommendation**

By implementation of personalized diet and workout routines recommended by our website, users revealed that Physical fitness awareness had significant and positive effects on their mental and physical health.

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

**Recommendation and Future Enhancements -**

1. Login and user credentials
2. Yoga and Pranayama related content inclusion in video format
3. And other improvements and optimizations on Back-end.

**FIT-O-CRACY RELATED WORK & RESEARCH**

The team has worked throughout the project to get the statistical as well as the practical information about fitness and diet related problems from both the end user and the experts in the respective fields to consolidate the ground reality which led us to make FIT-O-CRACY.

We have contacted and tried to dig out the professional people such as gym trainers, dieticians to get the scenario about how the things are going around the fitness & health related world and also the end users who face the problems in maintaining both the consistency in fitness journey and following the diets strictly such that they can be able to control their body to enjoy the beauty of life with a healthy body and mind.

We have surfed the internet enough so that we can know the issues that end user or a new fitness enthusiast of the future is going to face while googling stuffs. We reviewed the literature on physical activity and health with particular reference to the benefits derivable by engaging in regular physical activity and also each team member implemented it in our lifestyle by improving our daily diet and introducing regular exercises in our routine.

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