

# Exercise Tracker Web App

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*Date: 28<sup>th</sup> feb 2023*

*Submitted to:*

*Sir Riyaz Ahmed*

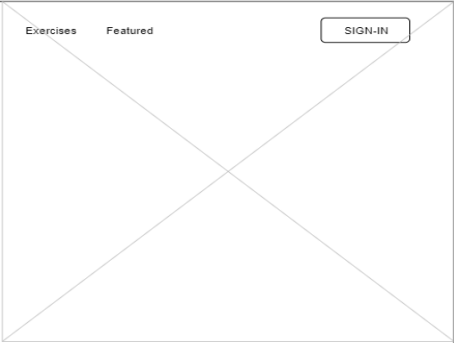
*Contour Software Company, Karachi.*



# Track Your Activity

Get your achievements and let us keep you on track

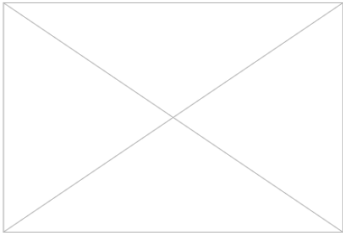
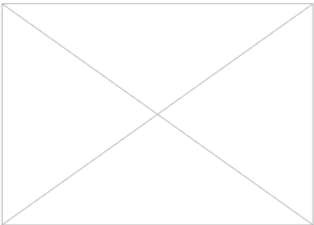
Get Started



# Set Your Goals

Goals can help you to do that because you now have an end in mind, and you just have to figure out the means to do it.

Set my goals



# Measure Your Performance

Tracking the consistency of your runs and workouts allow you to gain an better understanding of your goals.

Check My Activity

## How we help you to be a champion

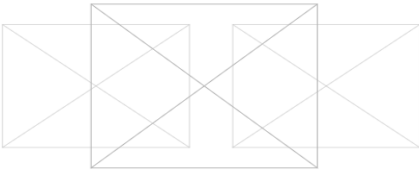
Winners are not born but forged with hard work

Lorem ipsum is simply dummy text of the printing and typesetting industry. Lorem ipsum has been the industry's standard dummy text ever since the 1500 s, when an unknown printer took a gallery of type and scrambled it to make a type specime book. It has

# What champions says about us

Tracking the consistency of your runs and workouts allow you to gain an better understanding of your goals.

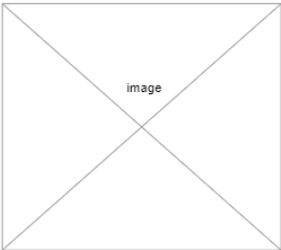
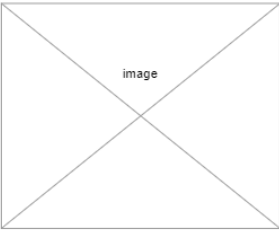
name  
caption



# Exercises

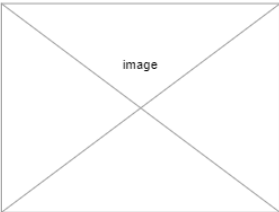
## Run

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.



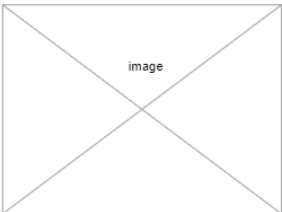
## Swim

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.



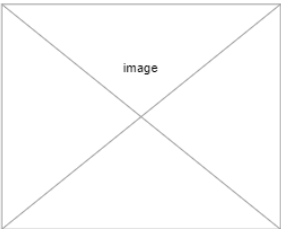
## Walk

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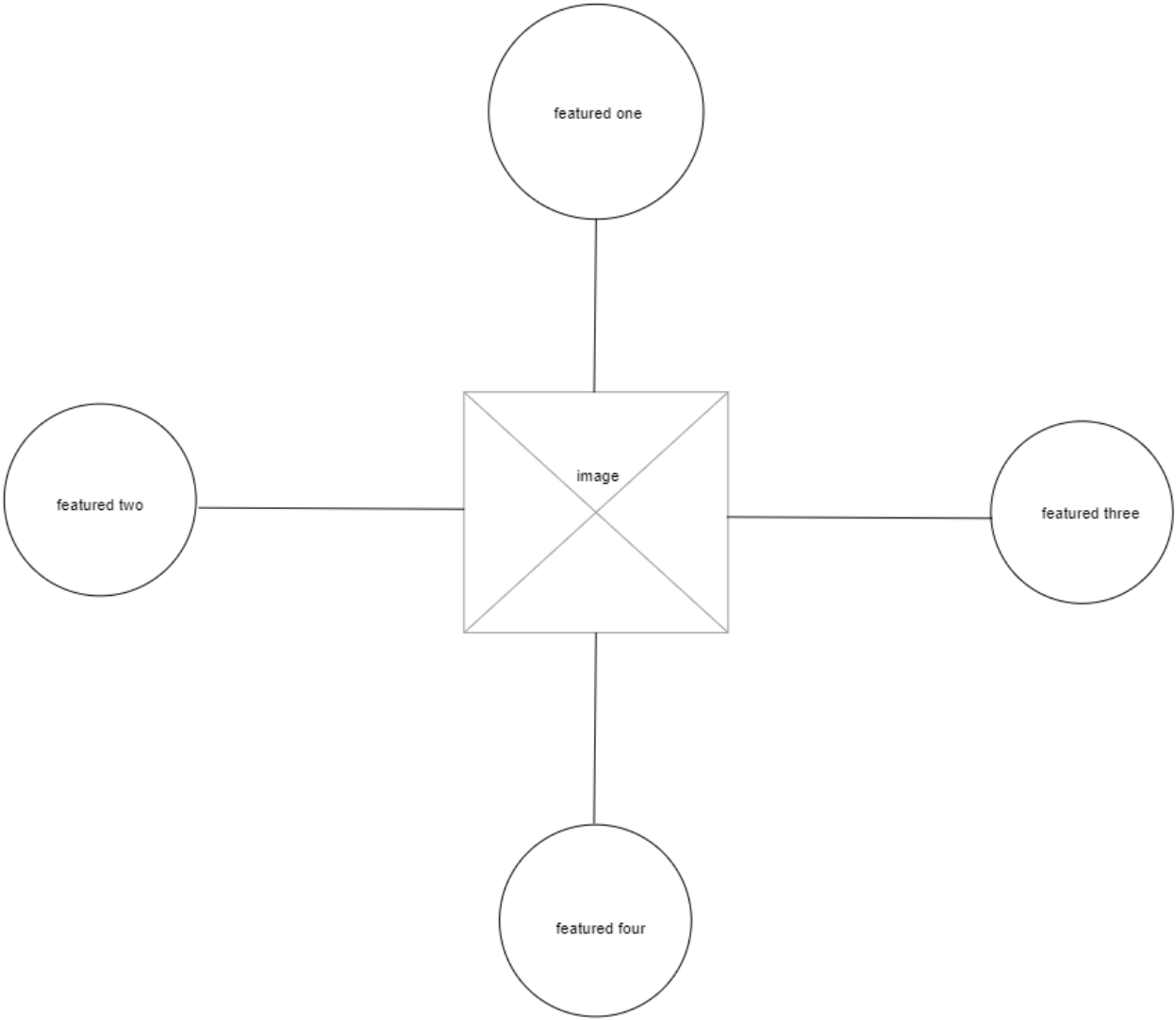
## Bicycle ride

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.



## Hike

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# LOG IN

don't have an account yet ?  
please click to [SIGNUP](#)

# SIGN UP

Already have an account?  
please click to [LOGIN](#)

## Dashboard

Fitness

Dashboard

Add New

Activities

Calendar

Profile

Settting

Logout

Hi Qaiser, Good Evening

image banner

SET GOALS AND  
MOTIVATE YOUR  
SELF  

Create Goal

<

October 2014

>

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

Activity Details					
S:NO	Description	Type	Duration	Date	Actions
01	The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move	swiming	30 min	25th Feb 2023	<div><div></div><div></div><div></div></div>
02	Life is like riding a bicycle.	bicycle	20 min	26th Feb 2023	<div><div></div><div></div><div></div></div>
03	Everywhere is walking distance if you have the time.	walk	60 min	27th Feb 2023	<div><div></div><div></div><div></div></div>



Dashboard



Add New



Activities



Calendar



Profile



Setting



Logout

## Add New Task

Name

Activity Type



Duration



Date



Description

Add

Fitness

Dashboard

Add New

Activities

Calendar

Profile

Setting

Logout

Activities List

Name

30 min

Type: 

Swimming

The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move.

Today 02/2023

Name

30 min

Type: 

Bicycle

Life is like riding a bicycle. It never gets easier, you just go faster

Yesterday 02/2023

Name

30 min

Type: 

Walking

All truly great thoughts are conceived by walking. Nothing great was ever achieved without enthusiasm

Monday 02/2023

Name

30 min

Type: 

Hike

We don't stop hiking because we grow old, we grow old because we stop hiking

Thursday 02/2023

Name

30 min

Type: 

Ride

The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move.

Sunday 02/2023

Name

30 min

Type: 

Running

The more your body cries out as a sweat,more physically and mentally fit you are.

Friday 02/2023

Today Back Next

August 2022

Month Week Day Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	01	02	03	04	05	06
07	08	09	10	11	12	13
		sleep +2 more	video upload			
14	15	16	17	18	19	20
play game						
21	22	23	24	25	26	27
			watch money heist			
28	29	30	31	01	02	03





Fitness



Dashboard



Add New



Activities



Calendar



Profile



Setting



Logout

## Profile

Update Profile



Qaiser Hussain





merndeveloper01@gmail.com





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 Dashboard

 Add New

 Activities

 Calendar

 Profile

 Setting

 Logout

### Dark / Light Mode



### Font Style

- ☐ Verdana
- ☐ Helvetica
- ☐ Roboto

### Icons Color

