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A U T O N O M O U S
K A N J I R A P P A L Y

FITNOVA

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ABSTRACT

FitNova

FitNova is an online fitness training platform that integrates multiple health and wellness services into a unified digital ecosystem, offering personalized workout programs, live fitness classes, pre-recorded training videos, structured diet plans, and a built-in fitness product store. The platform supports user-centric fitness journeys through category-based workout libraries (Yoga, HIIT, Strength), level-based training sessions (Beginner, Intermediate, Advanced), rule-based diet suggestions, live Zoom classes, and trainer-guided programs. FitNova accommodates three main user groups—end users, certified trainers, and administrators—within a structured environment that ensures smooth class scheduling, personalized training, secure purchases, and continuous progress monitoring.

FitNova operates through four core modules that work together to deliver a seamless experience. The **Admin Management** module handles user and trainer monitoring, class scheduling, product inventory updates, and website content control. The **User Personalized Fitness Services** module manages profile setup, fitness goals, workout access, nutrition suggestions, and progress tracking. The **Trainer Program Management** module enables trainers to manage sessions, upload materials, interact with users, and monitor their development. The **Fitness Product Store** module supports browsing, purchasing, payments, and real-time delivery tracking—collectively ensuring a complete and efficient fitness ecosystem.

FitNova also provides comprehensive **reports and deliverables**, including user progress reports (BMI trends, workout history, consistency score), trainer performance reports (session attendance, user feedback, program completion rates), admin activity logs, product sales and revenue reports, stock and inventory summaries, and class participation analytics. These insights support informed decision-making and enhance overall platform efficiency.

