FITNESS GUIDE

BATCH : C5

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INTRODUCTION

▶ Fitness Guide is a Web application which helps you to maintain proper health depending on your BMI.

▶ Proper health can be given by providing proper diet and by performing appropriate workouts.

▶ This app uses your BMI(Body Mass Index) and will provide the diet and workouts accordingly.

PROBLEM STATEMENT

- All of us want to become healthy and fit but we either do not get enough time or we lack the motivation to achieve this desire of ours. We the Team Fitness Guide, decided to find a solution to this problem.

PROPOSED SOLUTION

▶ This web application takes the height and weight and gives you the BMI(Body Mass Index) and according to the BMI of the individual, one is given the proper diet to maintain normal BMI and the appropriate workouts to maintain the normal BMI. This process differs from one person to another based on their BMI value(Low, Medium, High).

▶ Our Web app performs information collection, diagnosis, treatment.

TECHNOLOGIES USED

TOOLS USED

Front End

- HTML5

- CSS3

- Bootstrap

Backend

- PHP

- MySQL
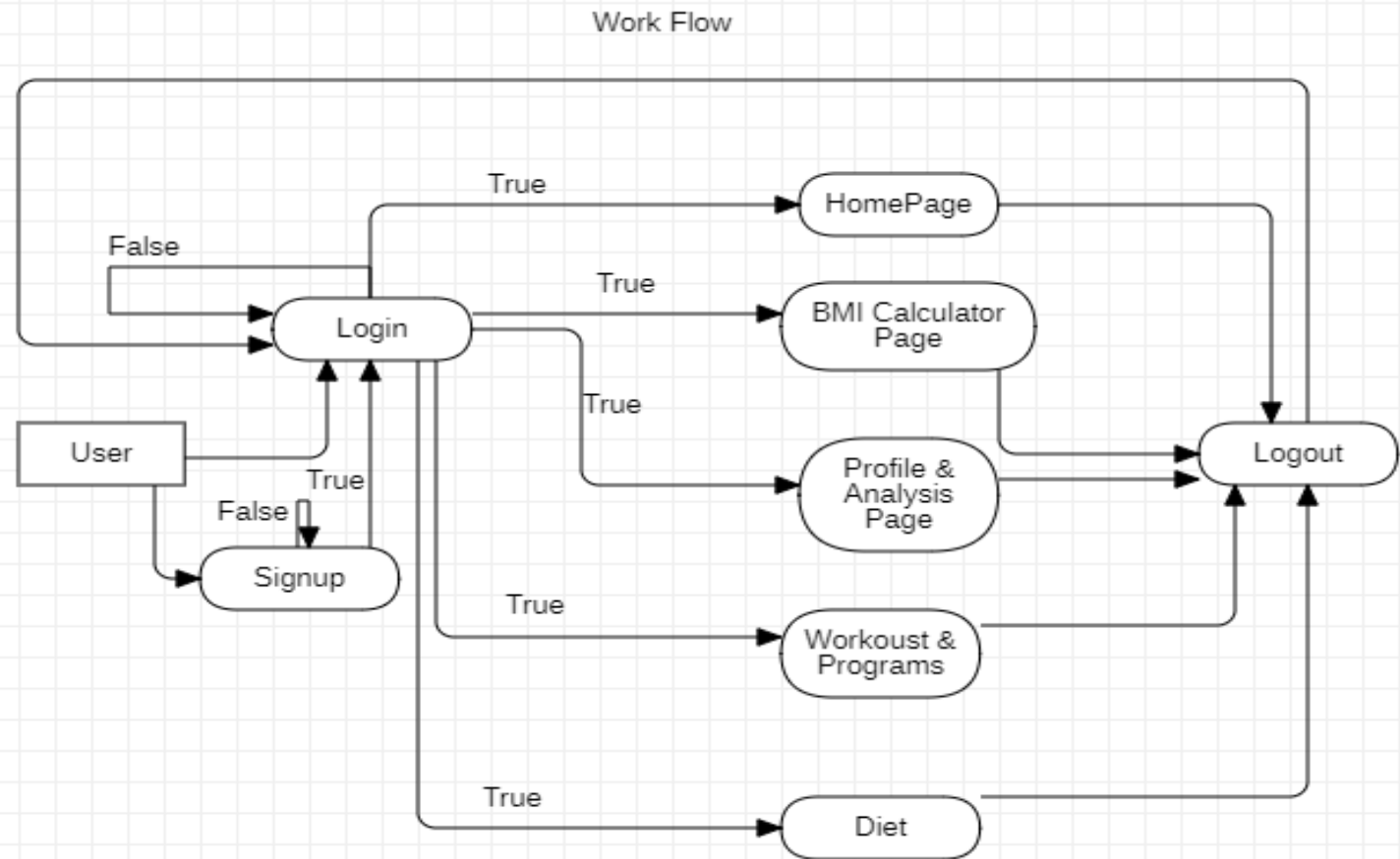
Web Server
XAMPP Server 7.4.10 - Apache Web server and MySQL server

MODULES

- Login
- Signup
- Homepage
- BMI calculator
- Profile & Analysis
- Workouts & Programs
- Diet
- Logout

Workflow

Testing & Results

Testing Of BMI Calculator

Reflection in DataBase

Reflection in Diet page

Reflection in Workouts & Analysis page

DIET PLANS

Diet For BMI > 23

	Cereals	Fruits	Vegetables	Pulses	Dairy Products	Spices	Drinks	Flesh Foods
To be consumed	Wheat, Brown rice, Brown bread, Oatmeal, Quinoa, Barley, Pulses	Black currant, Peach, Apple, Pear, Papaya, Orange, Lemon, Guava, Kiwi, Pomegranate,	Green leafy vegetables like Spinach, Green onions, Carrots, Beetroots, Tomatoes, Radish, Okra, Cabbage, Broccoli, Cauliflower, Mushroom, Zucchini, Pumpkin, Beans, Cucumber, Garlic, Ginger.	Green gram, Redlentil, pigeon pea, Kidney beans, black beans and mostly lentils are good for obesity	Skimmed milk, Buttermilk, Cottage cheese	Fenugreek, Pepper, Cloves, Mint, Turmeric, Cinnamon, Mustard, Coriander Parsley	Green tea, homemade vegetable juices, coconut water, Herbal tea	Lean meat chicken, Salmon, Egg white
To be avoided	White rice, White flour, White bread, Pasta	Mango, Banana,Litchi	Potatoes, Sweet potato	Black gram, dried and frozen pulses	Butter, Cheese, coconut milk	–	Beverages such as soda, cold drinks, alcohol, Energy drinks, Fruit syrups	Red meat and Processed meat

Early-Morning

EXCERCISE VIDEOS

Workouts For BMI>23

LEVEL 1   LEVEL 2   LEVEL 3   LEVEL 4

Level 1   Level 2   Level 3   Level 4

Challenge

Reflection in Profile & Analysis page

FitnessGuide   BMI Calculator   Profile & Analysis   Workouts & Programs   Diet   Signout

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YOUR PROGRESS GRAPH

X-Axis:Month   Y-Axis:BMI value range

CanvasJS Trial

2: 27.24

CanvasJS.com

Add your plans

akhilpavansai74@gmail.com

Today ◀ ▶ March 2021 ▼   Print Week **Month** Agenda ▼

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	Mar 1	2	3	4	5	6
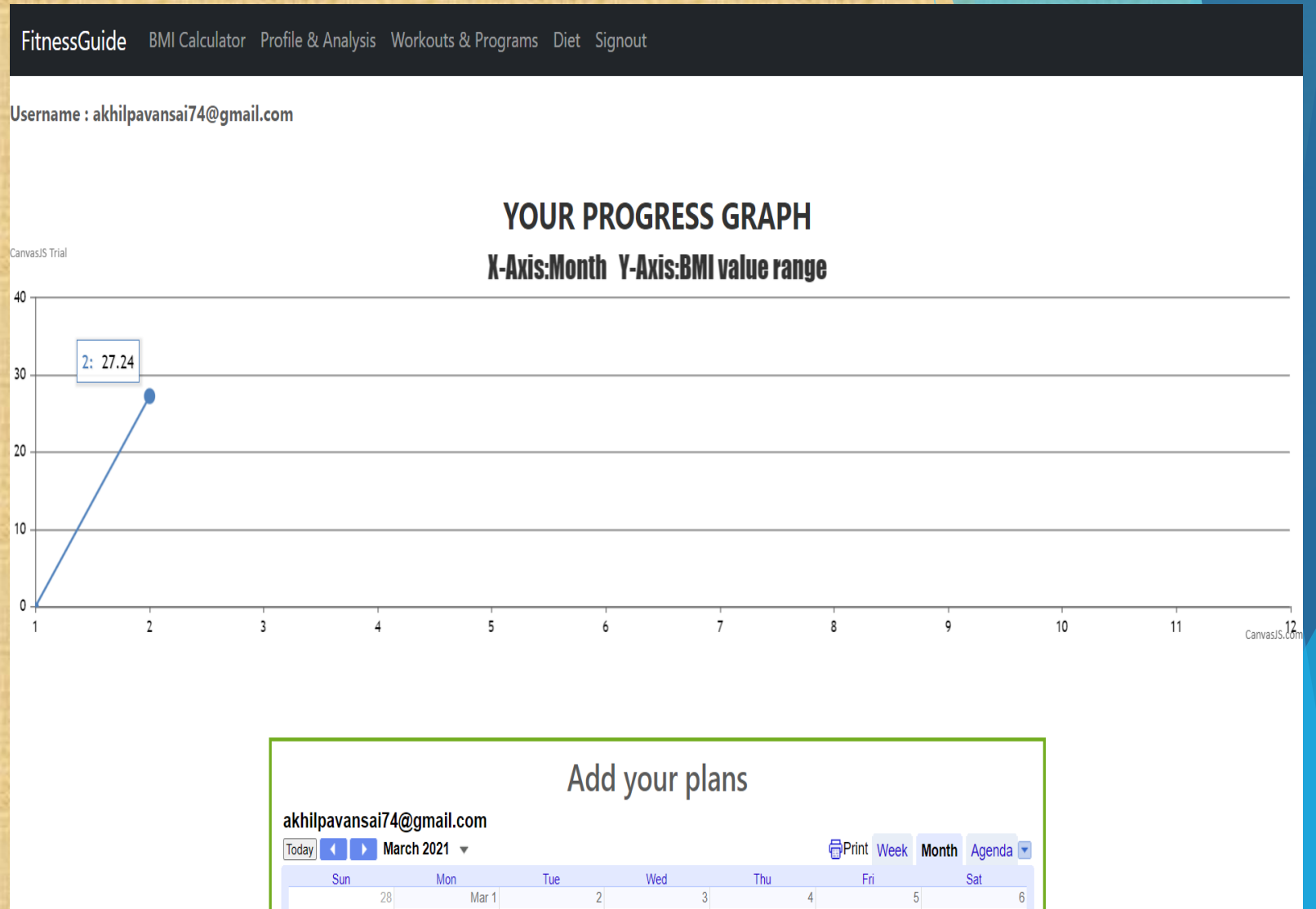
FUTURE ENHANCEMENT

▶ Add the features like day to day streak maintenance in workout.

▶ Live streaming functions.

▶ Differentiated and Target Group Oriented Training.

▶ Add articles about fitness and health.

▶ Add features like collections such as Sofa workouts, Sandbag workouts, sports & de-stress collections etc and recipes.

CONCLUSION

- Our application can help the user to even get proper diet based on his BMI condition.

- We at Fitness Guide take you through a collective journey of fitness, endurance and wellness, that may be rare to find in other places.

- The objective of this project is to share our experience with rolling out a health and fitness web application.

REFERENCES

- https://learn.shayhowe.com/html-css/

- https://learn.shayhowe.com/advanced-html-css/complex-selectors/

- https://www.w3schools.com/js/

- https://getbootstrap.com/

- https://www.apachefriends.org/

Thank You

Github link : https://github.com/M-Akhil-pavan-   sai/FinalMini