HEALTH AND FITNESS MANAGEMENT

SUBMITTED BY

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ABSTRACT

The project is to develop a website "**HEALTH AND FITNESS MANAGEMENT SYSTEM**". This project mainly points out and visualize the need of fitness and health for the human well being and for a healthy and fit life in database. This is a website which helps the users (those who looks for health fitness) to visualize for acquiring the aim of health and fitness by pointing out achieving their goals, food chart, daily exercises, yoga class and so on.

The Health and Fitness Management System eliminate most of the limitations of the existing system. Hence there by, admin will get full access to the user needs and goals just by sitting and viewing the website from there home ground. Different people have different opinion, views about their health and fitness. So by this website through Admin and users interface users get easy access to their goals.

Admin provides the complete detailing from beginning (Admission) to their goals by specifying the regular exercises, food chart, fat burning, gaining muscles, cross workout, weight lifting, monthly wages, work time everything. So by that, user can have any enquiring regarding the health and fitness in the website itself. Every enquiring will be detailed by the admin.

SYSTEM ANALYSIS

Existing System

The Manual system is time consuming and also it is very costly. Because it involves a lot of paper works. The details regarding gym members were manually written and recorded. The instructor cannot reach out to each and everybody regarding exercise patterns, diet plans etc. If a person needs admission in their gym, he/she must visit the gym directly. In the case in of the existing system, the person has to write his or her details on an admission from the gym at the time of admissions. It also difficult to maintain and more man power is needed. User can enter at any time with website but now existing system doesn't allows that. User should come directly. Updating the system in also very complicated process in the existing system.

Proposed system

The smart gym management is a user-friendly application. This automated system makes all functionally easier for both employees and customers. Users can discuss and clear all their doubts about fitness, workout and diets with their trainers at any time. Do not have to go directly to take admission. You can make this very simple in you home without any expense. It help the user to know about the fee payments. It shall also enable the user to update their details. In this proposed system users can view all the services and packages available in the gym fitness center, then they can view and choose one from that as per their needs.

MODULES

1. **Admin**
2. **User**

Admin

Gym manager can login to his web application after entering his username and password. Gym manager control the overall functionalities. He can View the specific Goal/Services and he can manage the Goal/Services(add service, delete service, updated current goals/services). He can View the request specific Goal of user and approving the user for desired purpose. Also he can prepare and show user exercise pattern, food chart, timing and Monthly fee.

Main activities of admin are:

❑ Login

❑ View users

❑ Add packages and manage the Packages

❑ Training plan

❑ Add product and manage the product

❑ View product payment details

❑ View package payment details

❑ Add trainers details

❑ chat

❑ Feedback

User

To continue as a user, they must register to the website with their valid name, email id, password, phone number, address, place, pin code. He can view the Goals/Service, Monthly fee according to the user goal. User can enquire about goal (slim fit, body building, cross fit, weight list etc), food chart. Also he can add the feedback's and interact with the admin using chat box.

Main activities in user module are:

- ❑ Register/ login

- ❑ View Packages and add payment

- ❑ View training plans

- ❑ chat

- ❑ Add feedback

- ❑ View product details and add payment

- ❑ View trainer details