

BASAVARAJESWARI GROUP OF INSTITUTIONS

Ballari Institute of Technology & Management

AUTONOMOUS INSTITUTE UNDER VISVESVARAYA TECHNOLOGICAL UNIVERSITY JNANA SANGAMA,
BELAGAVI 590018

INTERNSHIP

Report On

CUSTOM WORKOUT PLANNING

Submitted in partial fulfillment of the requirements for the award of degree of

Bachelor of Engineering

In

ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING

Submitted by

KARUTURI NANDINI

3BR22AI078

Internship Carried Out

By

EZ TRAININGS & TECHNOLOGIES PVT.LTD

HYDERABAD

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Asst. Prof, AIML

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BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT

NACC Accredited Institution*

(Recognized by Govt. of Karnataka, approved by AICTE, New Delhi & Affiliated to
Visvesvaraya Technological University, Belagavi)

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2023-2024

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**DEPARTMENT OF
ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING**

CERTIFICATE

This is to certify that the Internship entitled “**CUSTOM WORKOUT PLANNING**” has been successfully completed by **KARUTURI NANDINI** bearing USN **3BR22AI078** a bonafide student of Ballari Institute of Technology and Management, Ballari. For the partial fulfillment of the requirements for the **Bachelor's Degree in ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING** of the VISVESVARAYA TECHNOLOGICAL UNIVERSITY, Belagavi during the academic year 2023-2024.

**Signature of Internship Co-
Ordinator**

Mohammad Thoseef D

Asst. prof, AIML

Reddy Santosh Kumar

Asst. prof, AIML

Signature of HOD

Dr B.M. Vidyavathi
Prof. and HOD(AIML)

DECLARATION

IKARUTURI NANDINI , second year student of Computer Science and Engineering, Ballari Institute of Technology, Ballari, declare that Internship entitled **C U S T O M W O R K O U T P L A N N I N G** is a part of Internship Training successfully carried out by **EZ TECHNOLOGIES & TRAININGS PVT.LTD**

,Hyderabad at “**BITM,BALLARI**”. This report is submitted in partial fulfillment of the requirements for the award of the degree, Bachelor of Engineering in Artificial Intelligence and Machine Learning of the Visvesvaraya Technological University, Belagavi.

Date :

Place :

Signature of the Student

ACKNOWLEDGEMENT

The satisfactions that a company the successful completion of my internship on “**CUSTOM WORKOUT PLANNING**” would be incomplete without the mention of people who made it possible, whose noble gesture, affection, guidance, encouragement and support crowned my efforts with success. It is my privilege to express my gratitude and respect to all those who inspired me in the completion of my internship.

I am grateful to our respective coordinator “ **MOHAMMAD THOSSEFF(Asst.prof,AI ML) , REDDY SANTOSH KUMAR(Asst.prof,AI ML)**” for his noble gesture, support co-ordination and valuable suggestions givento me in the completion of Internship.

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CHAPTER-1

COMPANY PROFILE

Company Name : EZ Trainings and Technologies Pvt. Ltd.

Introduction:

EZ Trainings and Technologies Pvt. Ltd. is a dynamic and innovative organization dedicated to providing comprehensive training solutions and expert development services. Established with a vision to bridge the gap between academic learning and industry requirements, we specialize in college trainings for students, focusing on preparing them for successful placements. Additionally, we excel in undertaking development projects, leveraging cutting-edge technologies to bring ideas to life.

Mission:

Our mission is to empower the next generation of professionals by imparting relevant skills and knowledge through specialized training programs. We strive to be a catalyst in the career growth of students and contribute to the technological advancement of businesses through our development projects.

Services:

College Trainings:

- Tailored training programs designed to enhance the employability of students.
- Industry-aligned curriculum covering technical and soft skills.
- Placement assistance and career guidance.

Development Projects:

- End-to-end development services, from ideation to execution.
- Expertise in diverse technologies and frameworks.
- Custom solutions to meet specific business needs.

Locations: Hyderabad | Delhi NCR

At EZ Trainings and Technologies Pvt. Ltd., we believe in transforming potential into excellence

Internship Program on Python for BE-3rd Sem students

Student Name: KARUTURI NANDINI

USN No: 3BR22AI078 Branch: AIMI

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Day	DATE	Content Covered	Signature of the faculty in-charge
1	15.04.24	Introduction to python, conditional and control statements, check for leap year, prime no., GCD ,LCM	
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3	17.04.24	Pattern programs	
4	18.04.24	Funtions datatypes	
5	19.04.24	List, program based on list	
6	20.04.24	Strings and based programs, recursion and based programs	
7	22.04.24	Oops concept	
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10	25.04.24	Linked lists	
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ABSTRACT

- ✓ The Custom Workout Planning System is a Python-based application that offers users a range of tools to manage their fitness routines effectively.
- ✓ It allows users to provide personal details, view pre-defined workout plans, process payments for premium memberships, track progress, leave feedback, set workout goals, and more.
- ✓ Upon execution, the system checks for the existence of essential files storing user data and workout plans.
- ✓ If these files are not present, the system initializes them with default content.
- ✓ The system presents users with a menu of options, including providing personal details, displaying workout plans, processing payments, viewing membership details, tracking progress, updating progress, leaving feedback, setting workout goals, and exiting the system.
- ✓ Users can input their personal details, which are then saved to a file.
- ✓ They can also view pre-defined workout plans, process payments for premium memberships, view membership details, and track their progress.
- ✓ Additionally, users have the option to leave feedback, set workout goals, and update their daily progress.
- ✓ The system handles user inputs, performs appropriate actions based on the selected menu option, and provides feedback to the user regarding the success of their actions.
- ✓ Overall, the Custom Workout Planning System aims to streamline fitness management tasks, providing users with a comprehensive set of tools to enhance their workout routines and overall fitness journey.

CHAPTER 4

INTRODUCTION OF THE PROJECT

- In the modern era of health consciousness and fitness awareness, individuals often seek structured approaches to manage their workout routines efficiently. This Python-based application aims to address these challenges by providing users with a user-friendly interface to manage various aspects of their fitness journey.
- The Custom Workout Planning System encompasses a range of functionalities, including:
 - Personal Details Management: Users can input their personal information such as name, gender, and age, which are then securely stored for future reference.
 - Workout Plans Display: Pre-defined workout plans are readily accessible, allowing users to choose routines tailored to their fitness goals and preferences
 - .Membership Management: Users have the option to process payments for premium memberships, granting access to exclusive features and benefits within the system
 - .Progress Tracking: The system enables users to track their fitness progress over time, facilitating a better understanding of their achievements and areas for improvement.
 - Feedback Mechanism: Users can provide feedback on their experiences, enabling continuous refinement and enhancement of the system's functionalities.
 - Goal Setting: Users can set personalized workout goals, empowering them to stay motivated and focused on their fitness objectives.
- The Custom Workout Planning System prioritizes user convenience, providing a seamless experience for individuals at various stages of their fitness journey. Whether users are beginners seeking guidance or seasoned fitness enthusiasts striving for optimization, this system serves as a valuable companion in their quest for health and wellness.
- By combining intuitive design with practical features, the Custom Workout Planning System aims to empower users to take control of their fitness endeavors, fostering a sustainable and rewarding lifestyle centered around physical well-being.

CHAPTER 5

MODULE DESCRIPTION

1.Importing Libraries:

1. Imports necessary libraries including os and Streamlit.

2.Sample Workout Plans:

1. Defines sample workout plans for different days of the week.

3.Get Personal Details and Goals:

1. Functionality to set workout goals and provide personal details.

4.Display Workout Plans:

1. Functionality to display predefined workout plans.

5.Process Payments:

1. Functionality to process membership payments.

6.View Membership Details:

1. Functionality to view personal and membership details.

7.Update Progress:

1. Functionality to update workout progress.

8.Track Progress:

1. Functionality to track and view workout progress.

9.Leave Feedback:

1. Functionality to leave feedback.

10.Main Function:

1. Controls the flow of the application based on user choices.

File Handling:

- Utilizes file handling to store personal details, workout goals, membership information, workout progress, and feedback.

Usage:

- Users interact with the application via a web interface, selecting options from a sidebar menu.

CHAPTER-6

ALGORITHM

1. Start:

- ✓ Import necessary libraries (os and streamlit).
- ✓ Define the sample workout plans.

2. Define Functions:

- ✓ `get_personal_details_and_goals()` : Function to collect user's personal details and workout goals.
- ✓ `display_workout_plans()` : Function to display workout plans.
- ✓ `process_payments()` : Function to process payments for different membership packages.
- ✓ `view_membership_details()` : Function to view membership details.
- ✓ `update_progress()` : Function to update user's workout progress.
- ✓ `track_progress()` : Function to track user's workout progress.
- ✓ `leave_feedback()` : Function to collect user feedback.
- ✓ `main()` : Main function to run the application.

3. File Creation:

- ✓ Check if certain files exist, and if not, create them.

4. Create Streamlit Interface:

- ✓ Set the title of the application.
- ✓ Display a sidebar with options for different functionalities.

5. Functionality Handling:

- ✓ Based on the user's choice from the sidebar, call the corresponding function.

6. Execution:

- ✓ Ensure the `main()` function runs when the script is executed.

7. Stop:

- ✓ End of the script.

This structured approach helps in understanding the flow of the code and the purpose of each component.

CHAPTER-7

OUTPUTS:

Deploy

×

Select an option:

Set Workout Goals and Provide ...

Set Workout Goals and Provide Pers...

Display Workout Plans

Process Payments

View Membership Details

Update Progress

Track Progress

Leave Feedback

Custom Workout Planning System

Set Workout Goals:

☒ Build Muscle

☐ Lose Weight

☐ Increase Endurance

Save Goals

Workout goals saved successfully.

Enter Personal Details:

Enter your name:

Sreeja

Select your gender:

Female

Enter your age:

19.99

Select membership status:

☒ Active

☐ Inactive

Select membership type:

Standard

Save Personal Details

Workout Plans:

Monday:

- Squats: 3 sets of 10 reps
- Bench Press: 3 sets of 10 reps
- Pull-ups: 3 sets of 8 reps

Wednesday:

- Deadlifts: 3 sets of 8 reps
- Military Press: 3 sets of 10 reps
- Bent-over Rows: 3 sets of 10 reps

Friday:

- Lunges: 3 sets of 12 reps (each leg)
- Dumbbell Flyes: 3 sets of 10 reps
- Lat Pulldowns: 3 sets of 10 reps

Custom Workout Planning System

Select your package:

Standard

Process Payment

Amount to be paid: \$100

Processing payment of \$100 for Standard package.

Confirm Payment

Custom Workout Planning System

> Membership Details:

Name: xyz
Gender: Male
Age: 25.0
Name: xyz
Gender: Male
Age: 22.0
Name: xtq
Gender: Male
Age: 23.0
Name: xtq
Gender: Male
Age: 23.0
Name: xtq
Gender: Male
Age: 23.0
Name: sreeja
Gender: Female
Age: 20.0

Custom Workout Planning System

Enter your name:

sreeja

Enter your progress:

good

Save Progress

Progress saved successfully.



Custom Workout Planning System

Enter your name:

sreeja

sreeja's Progress:

fdgdbfsghfreas

fdgdbfsghfreas

good

good

Custom Workout Planning System

Enter your name:

sreeja

Leave your feedback here:

satisfied with these given workouts

Submit Feedback

Thank you for your feedback!

CHAPTER-8

CONCLUSION:

Custom workout planning can be highly beneficial for individuals aiming to achieve specific fitness goals. By tailoring a workout routine to suit an individual's unique needs, preferences, and capabilities, it increases the likelihood of adherence and success. The conclusion might emphasize the importance of consistency, proper form, and gradual progression in any workout plan. Additionally, it could highlight the significance of regularly reassessing goals and adjusting the workout plan accordingly to ensure continued progress and avoid plateaus. Ultimately, the conclusion would emphasize that while custom workout planning requires effort and dedication, the results in terms of improved fitness, health, and overall well-being are well worth it.

CHAPTER-9

REFERENCES

- <https://chat.openai.com/>