

```

//server database, username, password
mysql_connect('localhost','root','') or die('Cannot connect to server.');
```

//database name

```
mysql_select_db('members') or die('Cannot connect to database.');
```

//update user score everytime it increases

```
//function cardio_points(){
//mysql_query("UPDATE `users` SET `` = " WHERE `user_id` = '$user_id'");
```

//manual inputs to store and stores the information in a .csv file

```
function inputData($cardio_points, $user_id){
    global $user_data;
    $cardio_points = $user_data['cardio_points'] + $cardio_points;
    $cardio_points = round($cardio_points);
    echo 'Your user score is now: ' . $cardio_points;

    mysql_query("UPDATE `users` SET `cardio_points` = " . $cardio_points . " WHERE
`user_id` = " . (int)$user_id);

    //create and store manually inputted data into a .csv file

    //move .csv file to user_data folder
}

//returns user tips
function daily_tips($result){
    $result = date('w');
    //echo $result;
    if($result == 0){
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$random = rand(1,3);
switch ($random){
    case 1:
        $result = 'Find a smart and motivated training partner.';
        break;
    case 2:
        $result = 'Schedule exact times for all workouts.';
        break;
    case 3:
        $result = 'Keep a food and training log, and learn from it!';
        break;
}
}
if($result == 1){
    $random = rand(1,3);
    switch ($random){
        case 1:
            $result = 'Don\'t train in pain. Pain is your body\'s way of telling
you that something\'s wrong. Listen and act upon these messages!';
            break;
        case 2:
            $result = 'Frame goals around behaviors rather than outcomes.';
            break;
        case 3:
            $result = 'Continue doing what works. (Many times we tend to
discontinue doing things which have worked in the past.)';
            break;
        }
    }
}

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if($result == 2){
    $random = rand(1,3);
    switch ($random){
        case 1:
            $result = 'Identify and fortify weak links. This could refer to
habit patterns, muscle groups, motor qualities, etc.';
            break;
        case 2:
            $result = 'In most things, the truth tends to be in the middle
(rather than the extremes.)';
            break;
        case 3:
            $result = 'If you\'re under 40, hold your stretches for 30
seconds. If you\'re over 40, hold them for 60 seconds.';
            break;
    }
}

if($result == 3){
    $random = rand(1,3);
    switch ($random){
        case 1:
            $result = 'Count your repetitions backward.';
            break;
        case 2:
            $result = 'Exhale forcefully at the top of the movement when
you do abdominal crunches.';
            break;
        case 3:
            $result = 'If you don\'t like an exercise, start doing it. \'You are
probably avoiding it because you are weak at it.\'';

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                                break;
                            }
                        }
                    if($result == 4){
                        $random = rand(1,3);
                        switch ($random){
                            case 1:
                                $result = 'Use dumbbells, barbells, and machines in that order.';
                                break;
                            case 2:
                                $result = 'Keep your weight workouts under an hour.';
                                break;
                            case 3:
                                $result = 'Ensure your morning is seamless and quick.';
                                break;
                        }
                    }
                }
                if($result == 5){
                    $random = rand(1,3);
                    switch ($random){
                        case 1:
                            $result = 'Envision waking up early, working out and enjoying
it.';
                            break;
                        case 2:
                            $result = 'To maximize your workout, good form is a must.';
                            break;
                        case 3:

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        $result = 'We\'re all capable of much more than we think.
Believe yourself and you can accomplish it.';

        break;

    }

}

if($result == 6){
    $random = rand(1,3);
    switch ($random){
        case 1:
            $result = 'Do more work in the same amount of time (workout
to workout) and muscle will grow.';

            break;

        case 2:
            $result = 'In resistance training, we tend to focus too much on
what to lift and not enough on how or why. Think about it.';

            break;

        case 3:
            $result = 'Try going outside an hour a day, even if its just sitting
in the park or walking around.';

            break;

    }

}

return $result;
}

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```
//stores user score
```

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function add_cardio_points($cardio_points, $user_id){
    global $user_data;
    $cardio_points = $user_data['cardio_points'] + $cardio_points;
    $cardio_points = round($cardio_points);
}

```

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        echo 'Your user score is now: ' . $cardio_points;

        mysql_query("UPDATE `users` SET `cardio_points` = '" . $cardio_points . "' WHERE
`user_id` = " . (int)$user_id);
    }

    //upload file, generate name, update user database with path of image
    function uploadDeviceData($user_id, $file_temp, $file_extn){
        $file_path = './user_data/files/' . $_FILES['activity_file']['name'];

        move_uploaded_file($file_temp,
"~./user_data/files/" . "{$_FILES['activity_file']['name']}");

        //insert to database

        mysql_query("UPDATE `users` SET `user_file` = '" . mysql_real_escape_string($file_path)
. "' WHERE `user_id` = " . (int)$user_id);
    }

    //checks if user is admin
    //NOTE: if changing type, need to also change 'admin_protect()' in general.php
    function has_access($user_id, $type){
        $user_id = (int)$user_id;
        $type = (int)$type;

        return (mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE
`user_id` = $user_id AND `type` = $type"), 0) == 1) ? true : false;
    }

    //recover password or username by email
    function recover($mode, $email){

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        //sanitize the data to prevent injection
        $mode = sanitize($mode);
        $email = sanitize($email);

        $user_data = user_data(user_id_from_email($email), 'user_id', 'first_name',
'username');

        if($mode == 'username'){

            //recover username

            email($email, 'Your username', "Hello " . $user_data['first_name'] . ",\n\nYour
username is: " . $user_data['username'] . "\n\n-something");
        }else if($mode == 'password'){

            //recover password

            $generated_password = substr(md5(rand(999, 9999999)), 0, 8);
            change_password($user_data['user_id'], $generated_password);

            //force user to update new password after temporary password
            update_user($user_data['user_id'], array('password_recover' => '1'));

            email($email, 'Your password recovery', "Hello " . $user_data['first_name'] .
",\n\nYour new password is: " . $generated_password . "\n\n-something");
        }
    }

    //update user information
    function accountSettings($user_id, $update_data){
        $update = array();

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//checks every element in array is valid
array_walk($update_data, 'array_sanitize');

foreach($update_data as $field=>$data){
    $update[] = '"' . $field . '" = \' . $data . '\'';
}

//for testing only
//print_r($update);
//die();

mysql_query("UPDATE `users` SET " . implode(', ', $update) . " WHERE `user_id` =
$user_id");
}

//activating the account through email
function activate($email, $email_code){
    $email = mysql_real_escape_string($email);
    $email_code = mysql_real_escape_string($email_code);

    //check if email codes match
    if(mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE `email` =
'$email' AND `email_code` = '$email_code' AND `active` = 0"), 0) == 1){

        //query to update user active status
        mysql_query("UPDATE `users` SET `active` = 1 WHERE `email` = '$email'");
        return true;
    }else{
        return false;
    }
}

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}

//change user password
function change_password($user_id, $password){
    //sanitize the data
    $user_id = (int)$user_id;
    $password = md5($password);

    mysql_query("UPDATE `users` SET `password` = '$password', `password_recover` = 0
WHERE `user_id` = $user_id");
}

//store the amount of active users
function user_count(){
    return mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE
`active` = 1"), 0);
}

//register new user data
function registerUser($register_data){

    //for testing only
    //print_r($register_data);
    //die();

    //checks every element in array is valid
    array_walk($register_data, 'array_sanitize');
    $register_data['password'] = md5($register_data['password']);
}

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$fields = '' . implode('`', array_keys($register_data)) . '`';  
$data = '\' . implode('\', \'', $register_data) . '\'';
```

```
//for testing only  
//echo $data;  
//echo $fields;  
//die();
```

```
mysql_query("INSERT INTO `users` ($fields) VALUES ($data)");
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//needs to change link and url to whatever link you are using
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```
//send email of verification code  
//email($register_data['email'], 'Activate your account', "  
//Hello " . $register_data['first_name'] . ",\n\nYou need to active your account, use the  
link below to activate your account:\n\nhttp://se1.engr.rutgers.edu/~13group12/activate.php?email=" .  
$register_data['email'] . "&email_code=" . $register_data['email_code'] . "\n\nwhoever");  
}
```

```
//retrieves user data for usage  
function user_data($user_id){  
    $data = array();  
    //remove characters from the id, prevents sql injection  
    $user_id = (int)$user_id;  
  
    $func_num_args = func_num_args();  
    $func_get_args = func_get_args();  
  
    //for testing only
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//print_r($func_get_args);

if($func_num_args > 1){
    unset($func_get_args[0]);

    $fields = '' . implode(',', '', $func_get_args) . '';
    $data = mysql_fetch_assoc(mysql_query("SELECT $fields FROM `users` WHERE
`user_id` = $user_id"));

    //return data in array
    return $data;
}
}

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//sorts the leader in cardio_points
function leader_list($user_id) {

    $sql = "SELECT * FROM `users` ORDER BY `cardio_points` DESC";
    $result = mysql_query($sql);

    $i = 1;

    echo "<table>

    <tr><th colspan= \"5\">Top 5
Leaders</th></tr><tr><th>Number</th><th>Username</th><th>Age</th><th>Cardio
Points</th><th>Gender</th></tr>";

    while ($row = mysql_fetch_array($result)) {
        //printf("Name: %s Score: %s", $row["username"], $row["cardio_points"]);
    }
}

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        echo '<tr><td>' . $i . '</td><td>' . $row["username"] . '</td><td>' .
$row["age"] . '</td><td>' . $row["cardio_points"] . '</td><td>' . $row["gender"] . '</td></tr>';

        $i++;

        if($i == 6){
            break;
        }
    }

    echo "</table>";

    return $result;

}

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//checks if the user is logged in
function logged_in(){
    return (isset($_SESSION['user_id'])) ? true : false;
}

//checks if user exists
function user_exists($username){
    //removes unnecessary keys, prevents sql injection
    $username = sanitize($username);

    //checks if user is in database From table
    $query = mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE `username` =
'$username'");

    return(mysql_result($query, 0) == 1) ? true : false;
}

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//checks if user email exists
function email_exists($email){
    //removes unnecessary keys, prevents sql injection
    $email = sanitize($email);
    //checks if user is in database From table
    return(mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE
`email` = '$email'", 0) == 1) ? true : false;
}

function user_active($username){
    //removes unnecessary keys, prevents sql injection
    $username = sanitize($username);
    //checks if user is in database
    return(mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE
`username` = '$username' AND `active` = 1"), 0) == 1) ? true : false;
}

function user_id_from_username($username){
    $username = sanitize($username);
    return mysql_result(mysql_query("SELECT `user_id` FROM `users` WHERE `username` =
'$username'", 0, 'user_id'));
}

function user_id_from_email($email){
    $email = sanitize($email);
    return mysql_result(mysql_query("SELECT `user_id` FROM `users` WHERE `email` =
'$email'", 0, 'user_id'));
}

function login($username, $password){

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$user_id = user_id_from_username($username);

//secure the password and username
$username = sanitize($username);

//convert password
$password = md5($password);

return (mysql_result(mysql_query("SELECT COUNT(`user_id`) FROM `users` WHERE
`username` = '$username' AND `password` = '$password'"), 0) == 1) ? $user_id : false;
}

//prevent register page to appear when logged in
function logged_in_redirect(){
    if(logged_in() === true){
        header('Location: home.php');
        exit();
    }
}

//redirect user if not logged in
function protect_page(){
    if(logged_in() === false){
        header('Location: protected.php');
        exit();
    }
}

//keeps users away from page if not an admin
//NOTE: if changing type, need to change 'is_admin()' in users.php

```

```

function admin_protect(){
    global $user_data;

    if(has_access($user_data['user_id'], 3) === false){
        header('Location: index.php');
        exit();
    }
}

//loop through elements to prevent sql injections
//NOTE: must have & sign before $item
//strips tags off first, then turns into html code
function array_sanitiz($item){
    $item = htmlentities(strip_tags(mysql_real_escape_string($item)));
}

//removes escape characters to prevent sql injections
function sanitize($data){
    return htmlentities(strip_tags(mysql_real_escape_string($data)));
}

//report error from array in a list
function output_errors($errors){
    return '<ul><li>' . implode('</li><li>', $errors) . '</li></ul>';
}

```