# FREEDOM INTERNATIONAL SCHOOL

# 33, Sector IV, HSR Layout, Bengaluru, Karnataka 560102

SCHOOL CODE: 45175 AFFILIATION NUMBER: 830183

# COMPUTER SCIENCE PROJECT

**FlexZone**

**SUBMITTED BY**

Navneeth, Anurag and Nishanth

Class XI A

**Under the guidance of Ms. SUMITA TYAGI**

**PGT- COMPUTER SCIENCE**

**Vice Principal Principal**

**Ms. Clara David Ms. Sneha Rai**

**Freedom International School Freedom International School**

**Bangalore Bangalore**



# FREEDOM INTERNATIONAL SCHOOL

# 33, Sector IV, HSR Layout, Bengaluru, Karnataka 560102

SCHOOL CODE: 45175 AFFILIATION NUMBER:830183

**CERTIFICATE**

This is to certify that the Computer Science Project Report entitled

**FlexZone,**

was carried out by **Navneeth, Anurag and Nishanth** of Class **XI**, Roll No. **27, 8 , 29**, students of

FREEDOM INTERNATIONAL SCHOOL in partial fulfilment of the Computer Science Practical Examinations prescribed by the CBSE during the Academic Year 2023-2024.

I certify that this project has been done by him/her with his/her own effort with the guidance of the teacher.

**Signature of the Teacher In-Charge Signature of the Principal Ms. Sumita Tyagi Ms. Sneha Rai**

**Name of the Examiners Signature with date**



I would like to express my special thanks and gratitude to my teacher and project guide Ms. Sumita Tyagi who gave me the opportunity to work on this project. A lot of research was involved which helped me in learning more about the topic and discovering many new things. This has been an important learning experience.

My sincere thanks to Ms. Sneha Rai, our principal, for her coordination in extending every possible support for the completion of this project.

I also thank my parents for their motivation and support.

Last but not least, I would like to thank all those who had helped directly or indirectly towards the completion of this project.

|  |  |  |
| --- | --- | --- |
| **Serial No.** | **Contents** | **Page No.** |
| 1. | Project Description | 5 |
| 2. | Requirements | 6 |
| 3. | Source code | 7 |
| 4. | Output Screenshots |  |
| 5. | Future Scope |  |
| 6. | References |  |

Flex zone is an easy-to-use app that helps you to become healthier and keep your body in shape. It is an app that helps the user to improve their health and keep a track of their progress throughout their fitness journey. It helps in keeping track of your sugar levels by generating a graph with respect to your sugar levels over the past year. It provides you with workouts and a description on how to perform them depending upon the muscle group you want to train with or without any equipment. It helps in calculating your body mass index and can also generate a health score depending upon the number of calories that you burnt and the number of steps you have walked/ran throughout your day. Hence this app, Flexzone, is going to play a huge role in your fitness journey.

1. Tkinter
2. Pillow module
3. CustomTkinter module
4. Matplotlib module
5. Tkcalendar module

Paste your source code

Put two screenshots of output on one page.

The following enhancements can be easily added, to make this software even more useful:

1. Add workout videos
2. Create user profiles that saves all progress and information
3. Add more workouts for different parts of the muscles
4. Improve the looks of the user interface like adding smoother transitions between different windows of the app
5. Suggest a workout routine for a user depending upon body mass index, health score and age, and much more…
6. <https://www.youtube.com/@Codemycom>
7. <https://musclewiki.com>
8. <https://www.youtube.com>