

# **STAY FIT**

## **A MINI PROJECT REPORT**

*Submitted by*

### **NAME OF THE CANDIDATE(S)(Reg.nos)**

**GAURAV THADANI <<RA1511008010491>>**

**TARUN SINGHANI <<RA1511008010604>>**

**VATSAL BHATIA <<RA1511008010450>>**

**NIKHIL PURI <<RA1511008010476>>**

**ADITYA SINHA <<RA1511008010627>>**

*in partial fulfillment for the award of the degree*

*of*

***Bachelor of Technology***

**IN**

**INFORMATION TECHNOLOGY**



**SRM Institute of Science and Technology**

**KATTANKULATHUR**

**JAN-2018-APR 2018**

# **SOME PERFORMANCE ASPECTS CONSIDERATIONS IN STAY FIT ANDROID APP**

**IT1049- MINOR PROJECT REPORT**

*Submitted by*

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**SRM Institute of Science and Technology**

**KATTANKULATHUR  
APRIL 2018**

# SRM Institute of Science and Technology

## BONAFIDE CERTIFICATE

Certified that this project report “.....  
.....”

Is                      the                      bonafide                      work                      of  
“.....  
.....  
.....  
.....  
.....”

who carried out the project work under my supervision.

**SIGNATURE**

**GUIDE Name**

**SIGNATURE**

**HEAD OF THE DEPARTMENT**  
**Information Technology**

INTERNAL EXAMINER

## **DECLARATION**

I .....(Name of the Student with Reg. No.) studying in III year B.Tech Information Technology program at, SRM University, Kattankulathur, Chennai, hereby declare that this project is an original work of mine and I have not verbatim copied / duplicated any material from sources like internet or from print media, excepting some vital company information / statistics and data that is provided by the company itself.

Signature of the Student

Date:

Place:

## ACKNOWLEDGEMENT

The success and the final outcome of this project required guidance and assistance from different sources and we feel extremely fortunate to have got this all along the completion of our project. Whatever we have done is largely due to such guidance and assistance and we would not forget to thank them.

We express our sincere thanks to the Head of the Department, Department of Information Technology, Dr.G.Vadivu, for all the help and infrastructure provided to us to complete this project successfully and his valuable guidance.

We owe our profound gratitude to our project guide **DR .D.PREETHA**, who took keen interest in our project work and guided us all along, till the completion of our project work by providing all the necessary information for developing a good system.

We are thankful to and fortunate enough to get constant encouragement, support and guidance from all the Teaching staff of the Department of Information Technology which helped us in successfully completing our minor project work. Also, we would like to extend our sincere regards to all the non-teaching staff of the department of Information Technology for their timely support.

**Name and Reg. No .**

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**Chapters** – The chapters may be broadly divided into (i) Introductory chapter, (ii) Requirement Analysis work (iii) Design (iv) Implementation (V) Testing and (VI) Conclusion.



# **INTRODUCTION**

**This is actually an Android Application which provides an fitness methodologies and all fitness related exercises, videos , fitness merchandises. In the previous and existing applications we can able to see that those apps can provide only daily exercises and not much than that. But now in our applications we are able to niche a shelter for videos , images ,merchandises etc . all into one application.**

**The project we have undertaken named “Stay Fit”. It is android application that is handy and easy to use for any user having this application. We found that before us, there was no application available in the market which can create the diet-plan for user. So we decided to take it as a challenge.Besides a diet plan we are provide an all in one application.**

**The project we have undertaken named “Stay Fit”. It is android application that is handy and easy to use for any user having this application. We found that before us, there was no application available in the market which can create the diet-plan for user. So we decided to take it as a challenge.Besides a diet plan we are provide an all in one application.Our application would be totally different from other previous versions of applications on google play store . Being an Android application we have to face a lot of challenges which are totally different in all the aspects and needs of the user. None can find yoga and gymnasium in the same place and we as a team have build such an app where a user can get everything related to his fitness.Any user having android mobile or any other android device can use this application and can utilize its numerous features.**

**This project delivers source code and user manual. Also when it suppose to be installed in a device, the necessary instructions can be referred from the user manual.**

# Requirement Analysis work

## 1.HARDWARE



Screen Size (in cm)

**11.93 cm (4.7)**

Display Resolution

**960 x 540 Pixels**

## CONNECTIVITY

GSM

CDMA

3G/WCDMA

WIFI

BLUETOOTH

GPS:--A-GPS/GPS-GLONASS

STEP COUNTER SENSOR,COMPASS

AND ACCELEROMETER

Processor Speed

**1.3 Ghz**

Processor Cores

**Quad Core**

RAM

**1 GB**

Internal Memory

**8 GB**

## **2.SOFTWARE**



**OS Version**

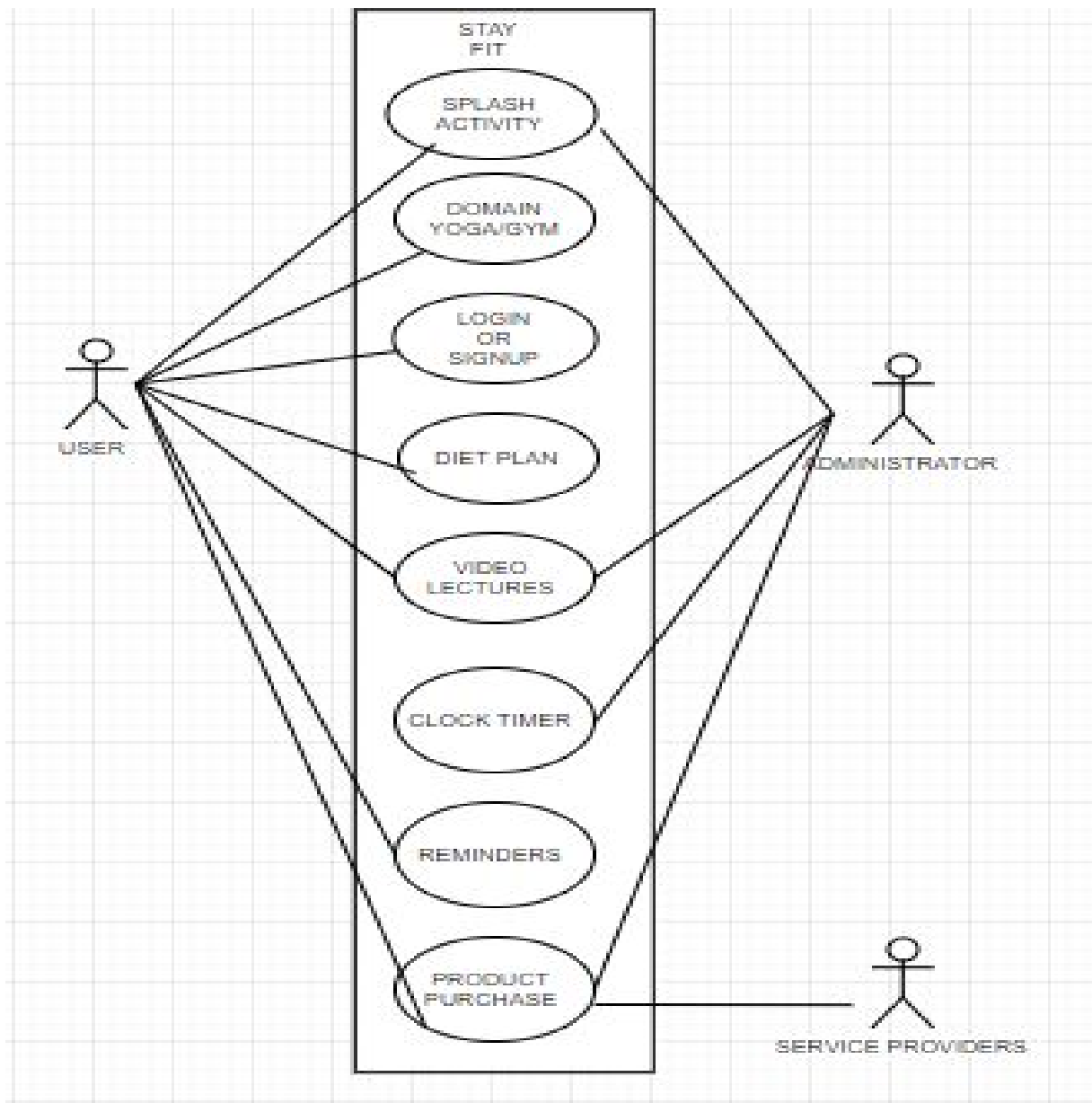
**Android Lollipop 5.0**

**Application ide --- Android Studio**

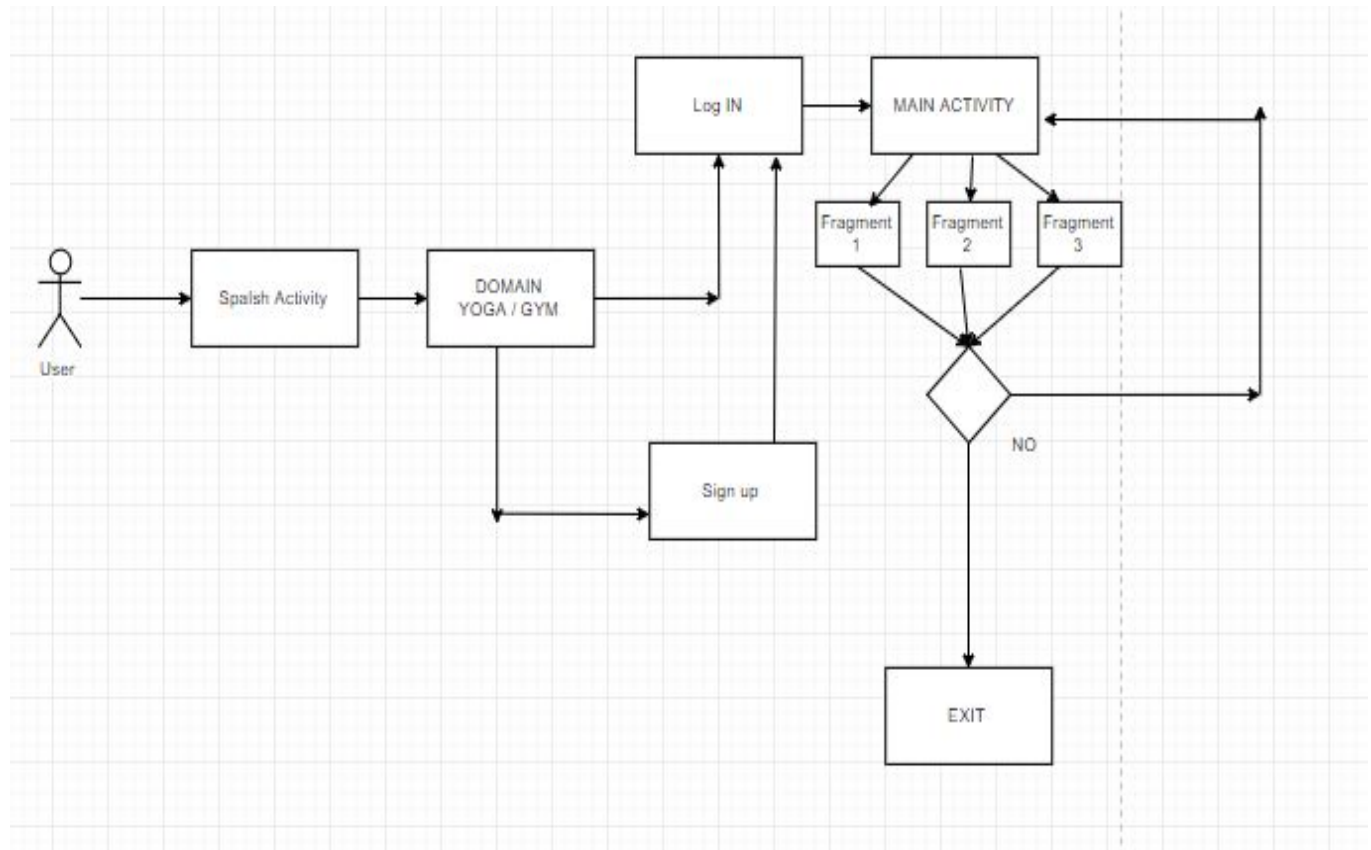
**RAM--- MInimum 4GB (MAX -- 16)**

# DESIGN

## 1.USE CASE DIAGRAM



## 2.BLOCK DIAGRAM



# IMPLEMENTATION

1. We categorize the users in different domains.
2. We provide videos for better learning and training.
3. Diet chart will be provided for all the users.
4. Push notifications and reminders for daily diet and exercise.
5. Use of embedded system for the calculation of heart beat rate and calories.

# **SCREENSHOTS**

## **DESCRIPTION OF ACTIVITIES**

ACTIVITY 1: The very first activity is a flash screen that will appear for 2-3 seconds describing the name of the application and logo

ACTIVITY 2: The second activity provides an option for the user to either log in through facebook or log in locally through the account already created.

ACTIVITY 3: If the user selects local login then another activity that opens is the login page which allows the user to enter its username and password in order to login if his/her account is already created

ACTIVITY 4: If the account is not created then click on New User option which directs the user to a sign up page where he/she has to enter all the information required by the fields respectively including username, password, phone number. Here for the phone number confirmation a specific OTP is send to the specified mobile number, that OTP has to be entered in the provided field and if it is matching then the sign up will be successfully completed.

ACTIVITY 5: This particular activity opens the navigation bar that provides various options to the user to either select gym training or yoga aasans based on that further navigation of

activities is done. In this window user can see his/her profile and contact information as well.

ACTIVITY 6: If the user selects yoga option then this activity is displayed. Here a list of yoga asanas are provided. Now based on the user selection, the entire description of asanas is displayed along with the attached youtube videos in order to guide the users.

ACTIVITY 7: This activity is displayed if the user selects gym option. It shows a list of categories of exercises that the user can do for each body part. It also takes height and weight of the user as input.

ACTIVITY 8: Now clicking on either of the category under gym, this activity is displayed. It shows the entire week plan of the user starting from day 1 to day 7. The exercises provided on each day are based on user selection of category.

ACTIVITY 9 : This activity actually contains various card views with detailed exercise description along with the time needed to do the exercise. This activity too contains the timer. On clicking any card view the timer starts and on getting finished a whistle is heard to the user.

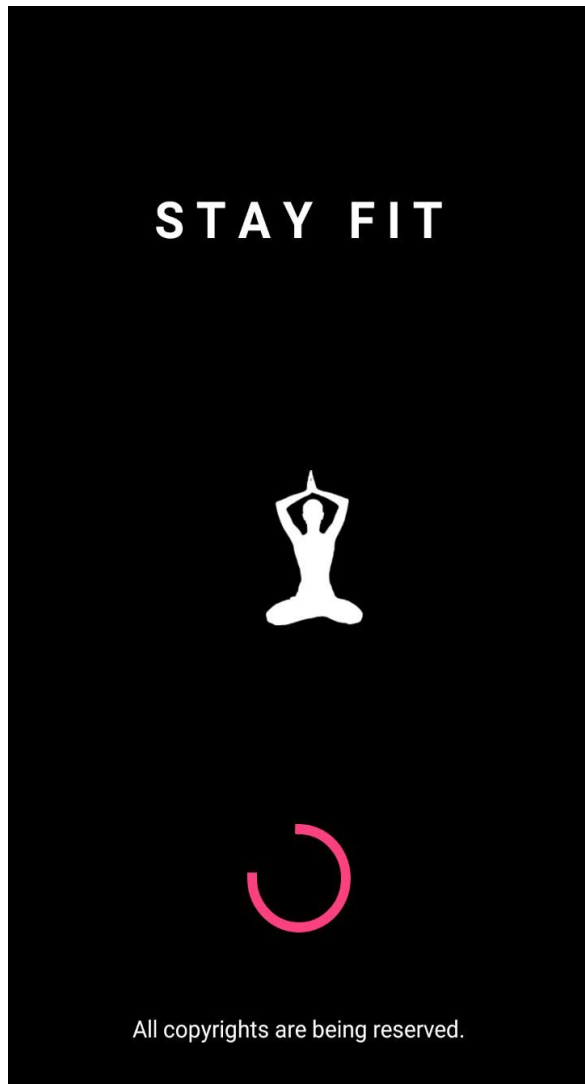
ACTIVITY 10: This activity actually contains various yoga asanas (postures) and on clicking on any one of them will lead to the detailed description of the asanas and the corresponding video related to it.



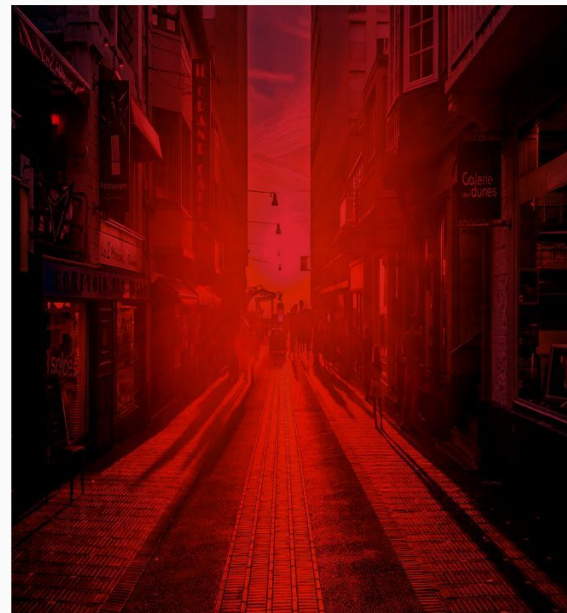
ACTIVITY 11: This activity actually helps in providing the user to hire/find a best personalised trainer .Reasons to hire a personalised experienced trainer

- 1.It's educational
2. They help perfect form
- 3.help you set realistic goals
- 4.is ideal for those who are training for a specific event
- 5.They can help you with unique requirements

ACTIVITY 12: This activity contains the developer profile information .The users can see their profile and can contact them through email or social group page at Github or LinkedIn etc. The users can also rate the developers work at PlayStore.



1




## Make the best of StayFit!


Sign in with your existing account, or  
create a new one.


LOGIN WITH US

LOGIN WITH  
FACEBOOK

2



 gaurav


 .....


Login


SignUp


[Forgot Password?](#)


3



 USERNAME

 PASSWORD

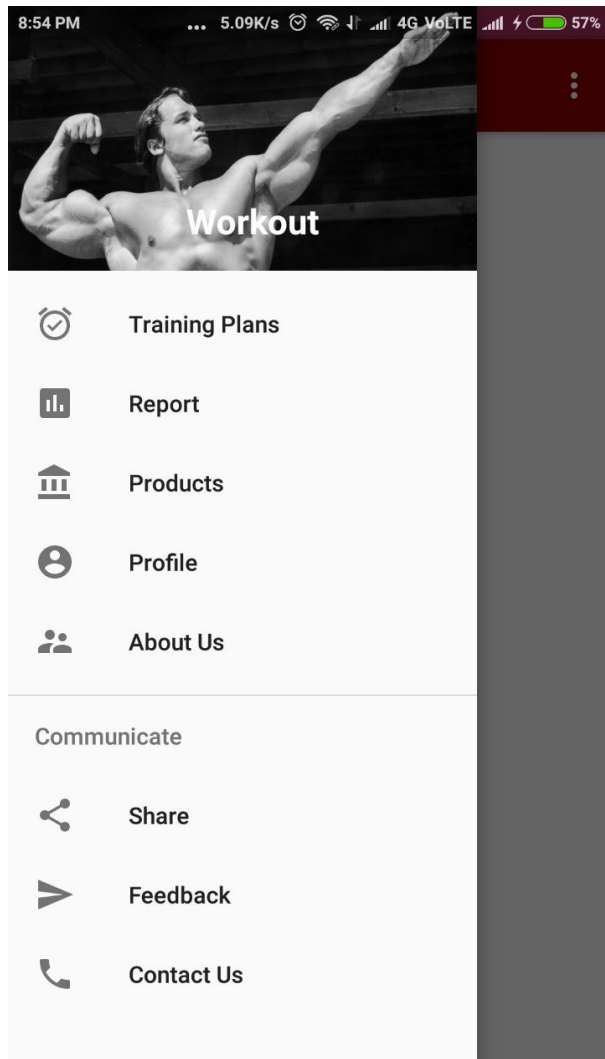
 PHONE NUMBER

 VERIFY CODE

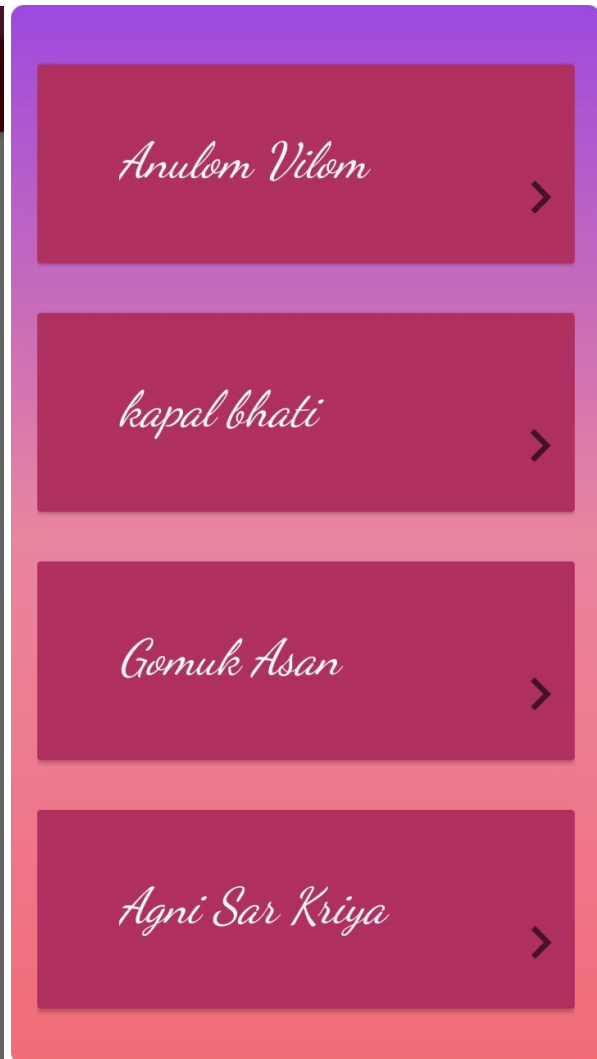
Send Otp

Register

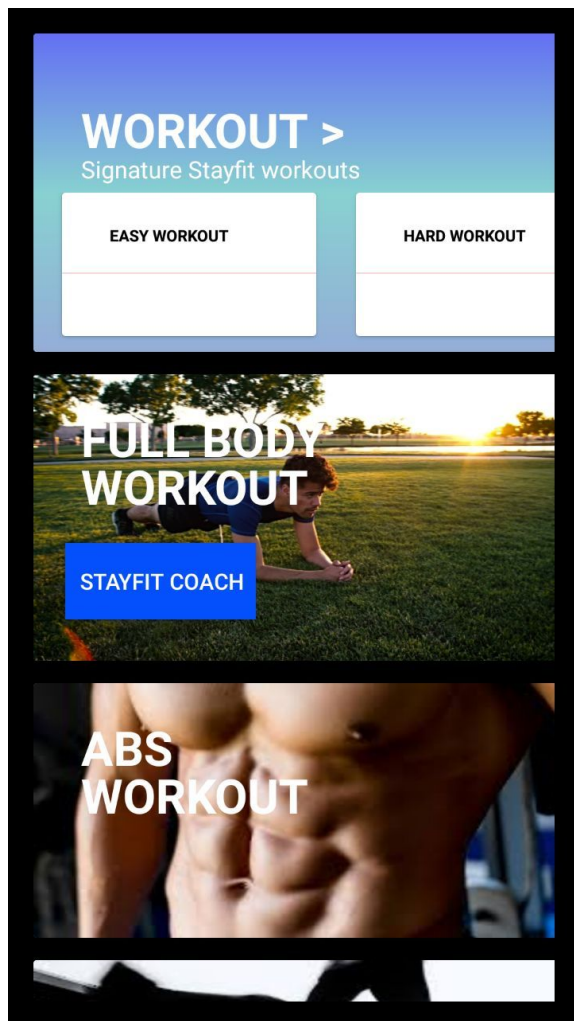
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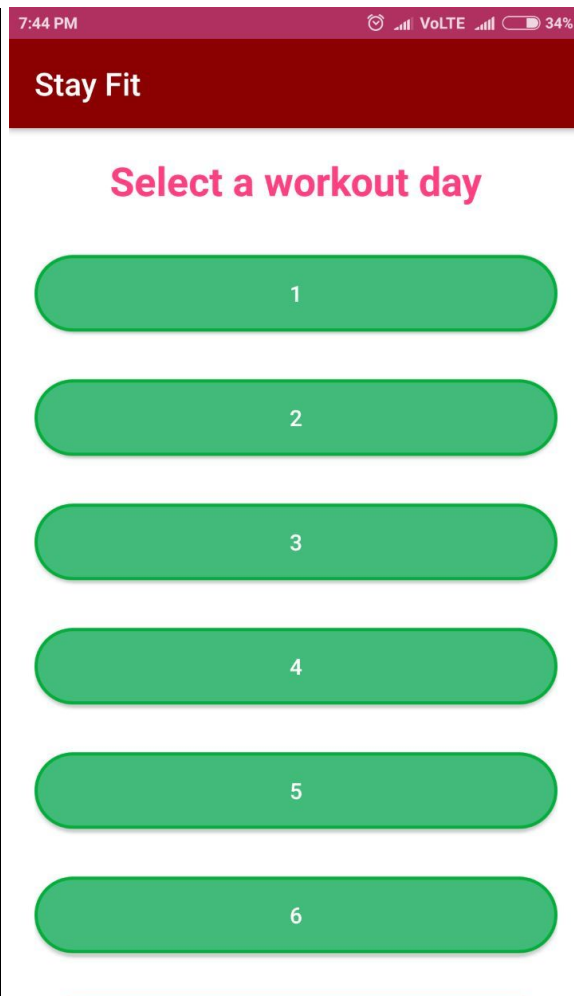
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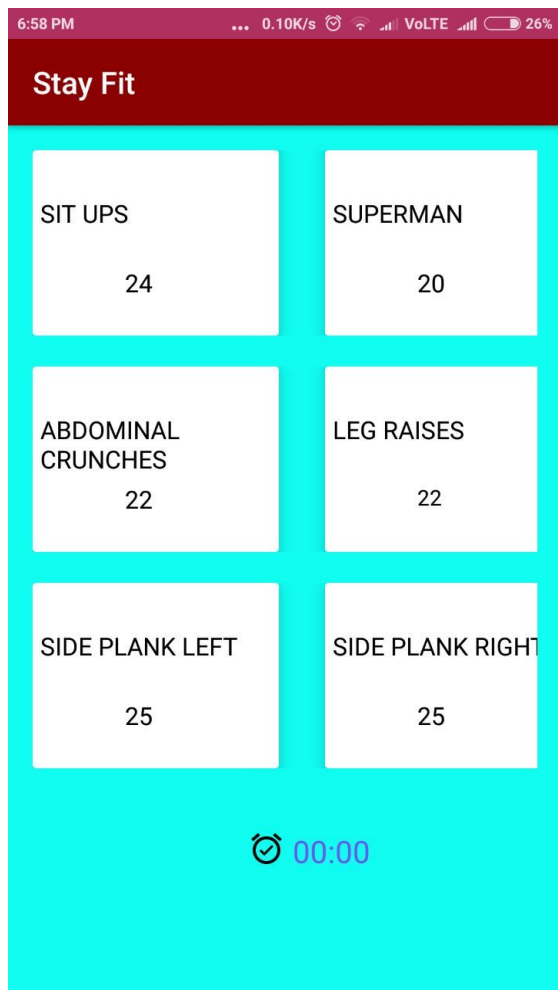
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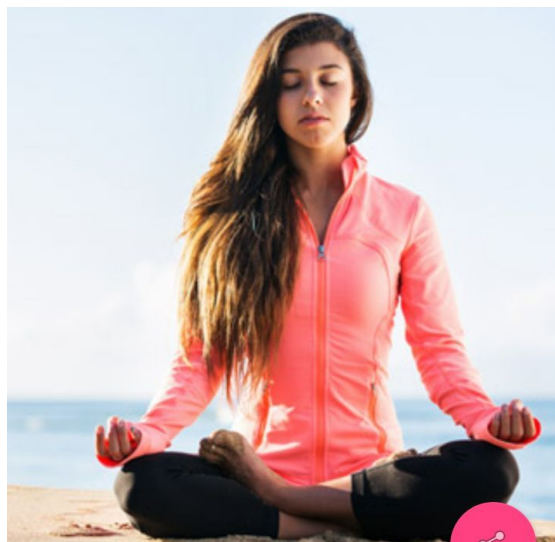
7



8

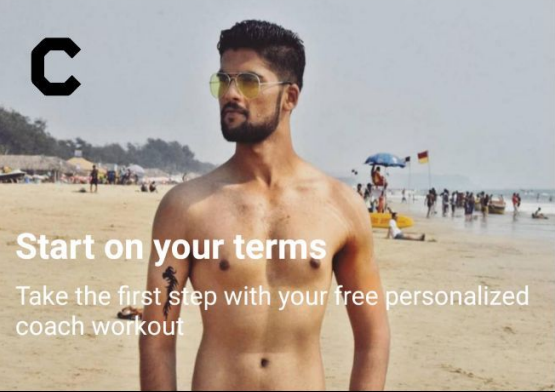


9



When you do pranayama 80 percent of the toxins in our body are released through the outgoing breath. Regular practice of Kapal Bhati pranayama detoxifies all the systems in our body. And the obvious sign of a healthy body is a shining forehead.” Kapal Bhati literally translates to ‘the shining forehead’ and this is exactly what happens with regular practice of this pranayama. A forehead that glows not just from outside but also an intellect that becomes sharp and refined.

10



**Start on your terms**  
Take the first step with your free personalized coach workout


**WHAT IS THE COACH?**

- 👉 Your weekly training plan for maximum progress
- 👉 For everyone,men and women,beginners and pros
- 👉 Unlock all 900+ training variations for long-term progress
- 👉 For everyone,men and women,beginners and pros


GET YOUR COACH


11

CORE DEVELOPERS




GAURAV








TARUN



EMBEDED SYSTEMS

VATSAL ADITYA NIKHIL

RATE US

12