



PARSHWANATH CHARITABLE TRUST'S

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Department of Computer Science and Engineering

Data Science



FitForge - Your Ultimate Fitness Companion App

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Project Guide
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1. Introduction

1. Problem Identified :

- Many fitness apps lack personalization, proper guidance, and integrated tracking for both workouts and nutrition.

2. Solution Proposed :

- FitForge addresses these issues by offering personalized plans, Secured OTP login, Virtual Coaching and Progress tracking all in one app.

2. Objectives

1. Ensure secure and personalized user access through Sign-up, Sign-in, and OTP verification.
2. Provide real-time fitness support via Virtual Coaching for improved workout experiences.
3. Offer customizable diet plans to meet diverse nutritional needs and fitness goals.
4. Enable users to track their fitness and nutrition progress with detailed analytics.

3. Scope

The scope of *FitForge* includes:

1. Implement secure authentication and OTP-based security.
2. Develop a virtual coaching system for live or AI-based support.
3. Design flexible meal planning tools with nutritional tracking.
4. Create detailed progress tracking features with charts and milestones.

4. Feature /Functionality

1. User Sign-up/Sign-In and Secure Login: Secure account creation and login to track progress and access personalized fitness plans.
2. OTP Verification: Adds an extra layer of security during login and sensitive actions through one-time passwords.
3. Virtual Coaching: Access to real-time coaching sessions or AI-guided fitness advice for personalized workout support.
4. Customizable Diet Plans: Adjustable meal plans based on dietary preferences and goals, with nutritional tracking.
5. Progress Tracking: Log workouts and meals, monitor improvements over time, and stay motivated with detailed charts.

5. Outcome of Project

1. Functional Fitness Tracker :
 - A fully functional where users can create a profile, set goals, access workout plans, and track their nutrition and fitness progress.
2. Intuitive User Interface:
 - A clean, easy-to-navigate interface that allows users to quickly access all features, from tutorials to diet plans and progress tracking.
3. Improved Fitness and Health Outcomes:
 - It will help users stay consistent with their workouts and nutrition, improving their overall fitness.
4. Scalable and Adaptable Design:
 - This will ensure that FitForge remains relevant and continues to meet the evolving needs of users.

6. Technology Stack

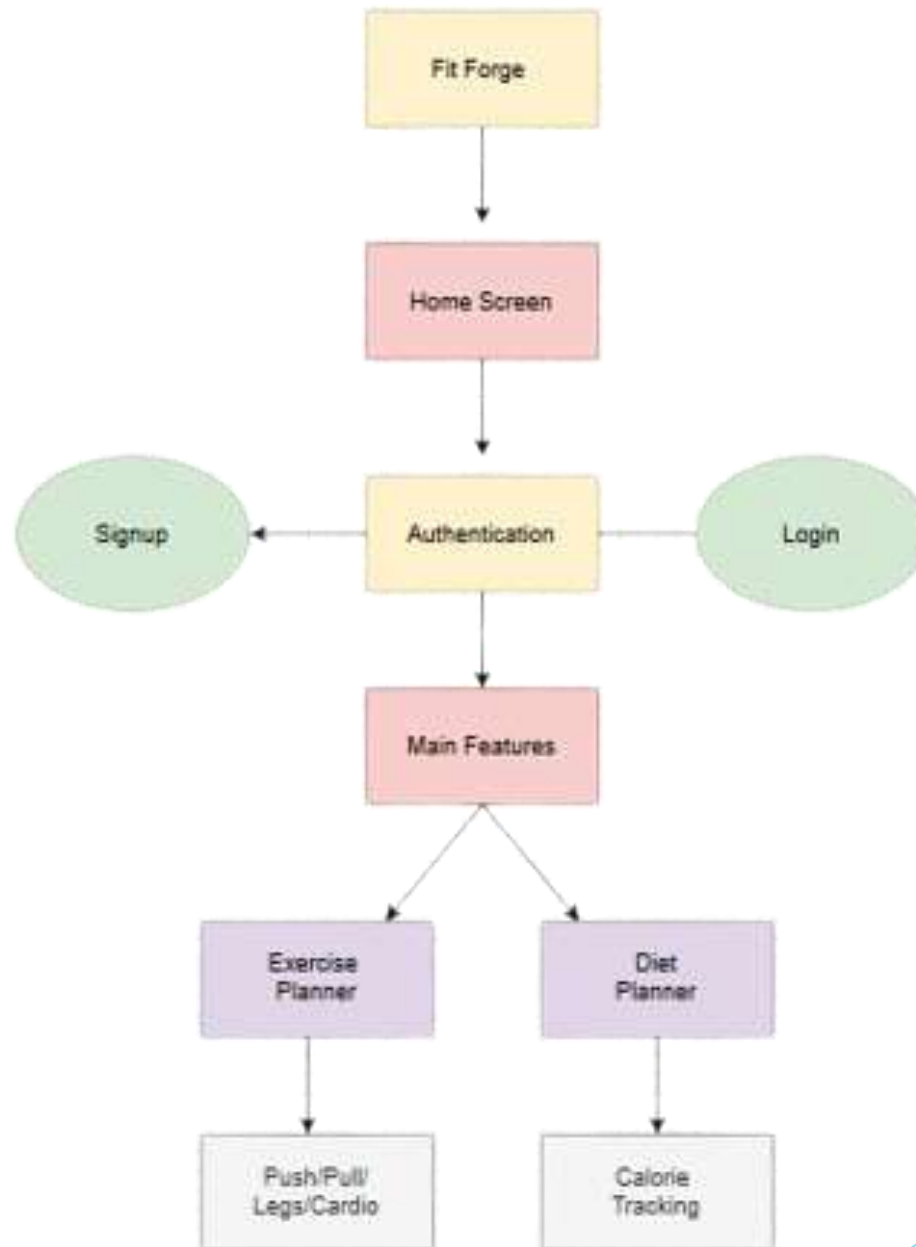
Front End :

- Python

Back End :

- MySQL for DataBase

7. Block Diagram



Welcome Back

Login to Your Account

Email

Password

Login

Don't have an account? [Sign Up](#)

[Back](#)

Create Account

Join FitForge Today

Username

Email

Password

Sign Up

Already have an account? [Login](#)

[Back](#)



Exercise Plans

Custom workout routines for your goals

[Get Started](#)

Diet Plans

Personalized nutrition for your fitness journey

[Get Started](#)

My Plans

View your saved exercise and diet plans

[View](#)

Virtual Coach

Get expert guidance and feedback

[Start Session](#)

System Statistics

[Back](#) **Total Users****15****Total Admins****2****Total Diet Plans****31**

Diet Plans Distribution

Diet Type	Count	Percentage
Weight Loss	14	45.2%
Maintenance	9	29.0%
Muscle Gain	8	25.8%

[Close](#)

FitForge Admin

[Manage Users](#) [View All Plans](#)

Manage Users

View, edit and manage all users

[Go to Users](#)

All Plans

View all diet and exercise plans

[View Plans](#)

Statistics

View system statistics and analytics

[View Stats](#)

[Exit](#)

[Logout](#)

Manage Users

[Back](#)

ID	Username	Email	Age	Weight (kg)
1	Pranav	pranav@gmail.com	-	-
6	Girish	qirish@gmail.com	-	-
7	Shreya	shreya@gmail.com	19	49.00
8	priya	priya@gmail.com	-	-
10	Pranav	pranav@gmail.com	-	-
11	Sujal	sujal@gmail.com	-	-
12	Raj	raj@gmail.com	-	-
13	xyz	xyz@gmail.com	-	-
16	Pranav	pranav1@gmail.com	-	-
17	Priya	priya123@gmail.com	-	-
18	arav	arav@gmail.com	-	-
21	Pranav	pranavqparab@gmail.com	-	-
22	Priya	priyabugade143@gmail.com	-	-
23	Arav	palsulearav934@gmail.com	19	53.00
24	qirish	parabqirish24.8@gmail.com	50	70.00

[Edit User](#)[Delete User](#)[Add New User](#)

Virtual Coaching

 Home

Your Virtual Coach

Coach Alex [21:39]:
Welcome to your virtual coaching session!

I'm Coach Alex, your AI-powered fitness assistant. I'm here to guide you through your fitness journey with personalized advice and real-time feedback.

How can I help you today?

Quick Resources

Form Check

Progress Tips

Motivation

 Start Video Call

Ask Your Coach

Send

Back

All Diet Plans

[Back](#)

Plan ID	User	Diet Type	Created At
31	girish	Weight Loss	2025-04-27 13:05
30	Pranav	Muscle Gain	2025-04-27 00:36
29	Pranav	Maintenance	2025-04-26 13:38
28	Pranav	Weight Loss	2025-04-26 13:12
27	Pranav	Muscle Gain	2025-04-24 14:57
26	Pranav	Weight Loss	2025-04-22 21:56
25	Pranav	Weight Loss	2025-04-20 21:49
24	Priya	Maintenance	2025-04-02 13:23
23	Pranav	Weight Loss	2025-04-02 11:35
22	Pranav	Muscle Gain	2025-04-02 10:23
21	Pranav	Weight Loss	2025-04-02 10:23
20	xyz	Maintenance	2025-04-02 09:53
19	Sujal	Muscle Gain	2025-04-01 22:43
18	Pranav	Weight Loss	2025-04-01 22:28
2	Pranav	Weight Loss	2025-04-01 22:24
3	Pranav	Weight Loss	2025-04-01 22:24
4	Pranav	Maintenance	2025-04-01 22:24
5	Pranav	Maintenance	2025-04-01 22:24
6	Pranav	Maintenance	2025-04-01 22:24
7	priya	Maintenance	2025-04-01 22:24
8	Pranav	Maintenance	2025-04-01 22:24
9	Pranav	Muscle Gain	2025-04-01 22:24
10	Pranav	Weight Loss	2025-04-01 22:24
11	Pranav	Weight Loss	2025-04-01 22:24
12	Pranav	Weight Loss	2025-04-01 22:24
13	Pranav	Muscle Gain	2025-04-01 22:24
14	Pranav	Maintenance	2025-04-01 22:24

[View Selected Plan](#)

Thank You...!!