FitForge - Your Ultimate Fitness Companion App

Pranav Parab	23107049
Yash Wadekar	23107064
Bhumika Nikam	23107009
Riya Naikwadi	23107038

Project Guide
Prof.Harsha Zope

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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.
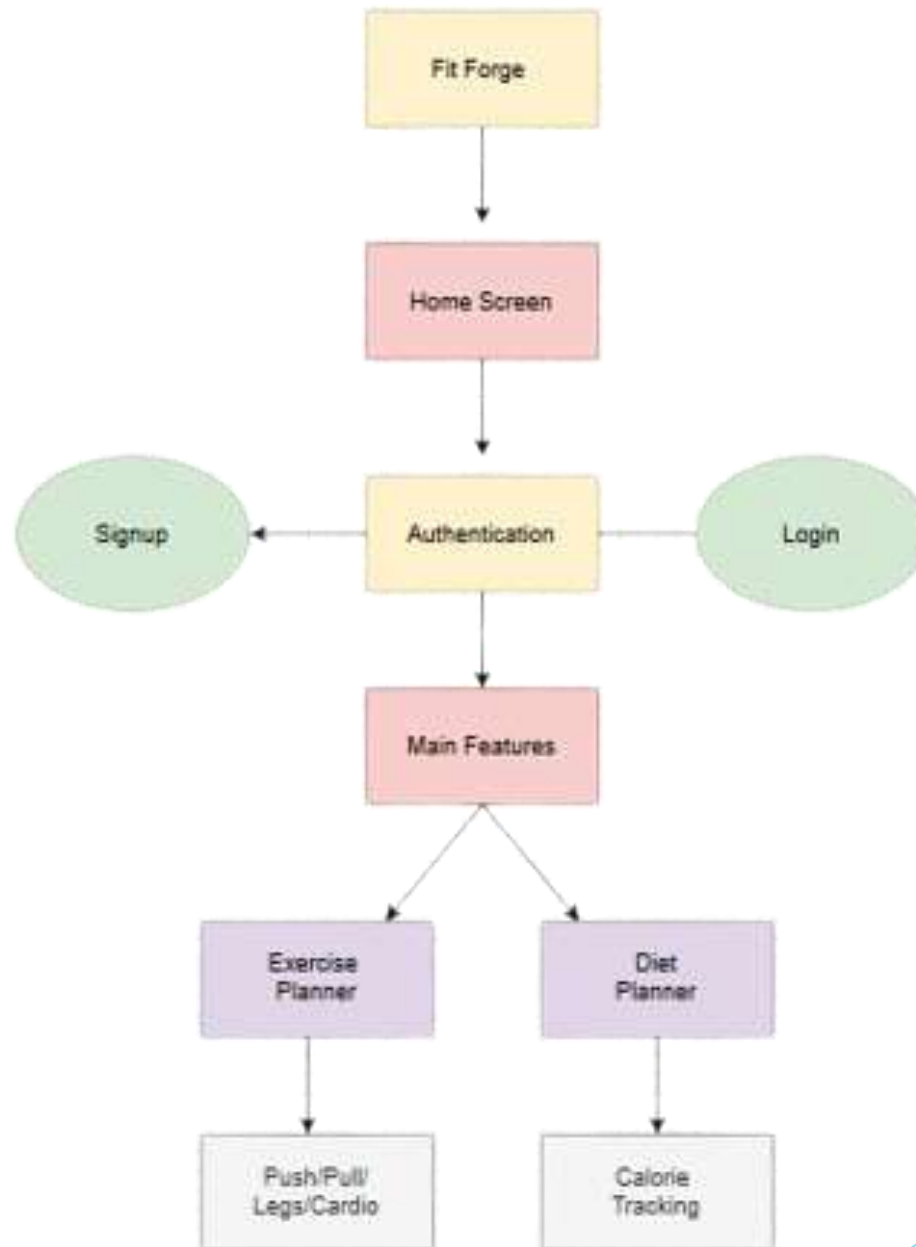
6. Technology Stack

Front End :

- Python

Back End :

- MySQL for DataBase

7. Block Diagram

System Statistics

👥 Total Users	🛡 Total Admins	📋 Total Diet Plans
15	**2**	**31**

Diet Plans Distribution

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

Manage Users

ID	Username	Email	Age	Weight (kg)
1	Pranav	pranav@gmail.com	-	-
6	Girish	girish@gmail.com	-	-
7	Shreya	shreya@gmail.com	19	49.00
8	priya	priya@gmail.com	-	-
10	Pranav	pranavgmail.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	pranavgparab@gmail.com	-	-
22	Priya	priyabugade143@gmail.com	-	-
23	Arav	palsulearav934@gmail.com	19	53.00
24	girish	parabgirish24.8@gmail.com	50	70.00

Edit User   Delete User   Add New User

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...!!