

**ONLINE FITNESS WEB APPLICATION FOR
HEALTHY LIFE AND PHYSICAL FITNESS**

MINI PROJECT REPORT

Submitted by

MIKE GLADSON L (18EUCS071)

NITHISH KUMAR S(18EUCS073)

PRANESH M (18EUCS080)

in partial fulfillment of the requirements for the award of the

degree of

BACHELOR OF ENGINEERING

in

COMPUTER SCIENCE AND ENGINEERING

**SRI KRISHNA COLLEGE OF ENGINEERING AND TECHNOLOGY
COIMBATORE**

(An Autonomous Institution)



ANNA UNIVERSITY: CHENNAI

DECEMBER 2020

**SRI KRISHNA COLLEGE OF ENGINEERING AND
TECHNOLOGY**

(An Autonomous Institution)

(Approved by AICTE and Affiliated to Anna University, Chennai) ACCREDITED BY
NAAC WITH “A” GRADE

BONAFIDE CERTIFICATE

Certified that this mini project report titled “ **ONLINE FITNESS WEB
APPLICATION FOR HEALTHY LIFE AND PHYSICAL FITNESS**” is
the bonafide work of

“**MIKE GLADSON L(18EUCS071), NITHISH KUMAR
S(18EUCS073), PRANESH M(18EUCS080)**” who carried out the mini
project work under my supervision.

SIGNATURE

Dr. K. SASI KALA RANI M.E., Ph.D.
HEAD OF THE DEPARTMENT

SIGNATURE

Mr. N. KARTHIKEYAN, M.E.,(Ph.D))
SUPERVISOR,
ASSISTANT PROFESSOR.

Department of Computer Science and Engineering

**Sri Krishna College of Engineering and Technology Kuniamuthur,
Coimbatore.**

**This Mini Project report is submitted for Autonomous Mini Project Viva-Voce
examination held on**

INTERNAL EXAMINER

EXTERNAL EXAMINER

ACKNOWLEDGEMENT

We express our sincere thanks to the management and **Dr. J. JANET M.E., Ph.D.**, Principal, Sri Krishna College of Engineering and Technology, Coimbatore for providing us the facilities to carry out this mini project work.

We are thankful to **Dr. K. SASI KALA RANI M.E., Ph.D.**, Professor and Head, Department of Computer Science and Engineering, for her continuous evaluation and comments given during the course of the mini project work.

We express our deep sense of gratitude to our supervisor **N. KARTHIKEYAN, M.E., (Ph. D.)** Assistant Professor, Department of Computer science and Engineering for her valuable advice, guidance and support during the course of our mini project work.

We would also like to thank our mini project coordinator **Mrs. N. SARANYA M.E.**, Assistant Professor, Department of Computer science and Engineering for helping us in completing our mini project work.

We express our heartfelt sense of gratitude and thanks to our beloved parents, family and friends who have helped during the mini project course.

ABSTRACT

Currently, there are lot of people who face health issues because of being unfit. Nowadays, there is no time for people to concentrate in their health. They don't even spend time to keep their body healthy and fit. Many people eat junk foods and other fast foods which is unhealthy and it leads to obesity. People realize that they are unhealthy and unfit only after they become obese. As they become obese and addicted to unhealthy food, they become lazy and they have less energy. So they face difficulties in finding resources that can improve their health by following proper diet and physical activity. In order to find a solution to this problem, we have come up with a user friendly website on fitness and diet. Our solution contains videos regarding fitness, diet programs, and list of physical activities that the user can follow according to their wish, finding trainers, body mass index, contest and challenges to improve their fitness level which further improves their body health. User can select videos, diets and challenges in which they are interested and follow it with consistency to lead a healthy life. User can select a trainer and follow their instructions.

TABLE OF CONTENTS

CHAPTER NO	TITLE	PAGE NO
1	INTRODUCTION	1
	1.1 Overview	1
	1.2 Existing system	1
	1.3 Proposed system	5
	1.3.1 Advantages	5
2	REQUIREMENTS	6
	2.1 Tool Requirements	6
	2.1.1 Tools used	6
	2.1.2 Minimum requirements	6
	2.2 Functional requirements	6
3	MODULES DESCRIPTION	8
	3.1 Interface Module	8
	3.1.1 User Features	8
	3.2 MySQL Module	9
4	DESIGN OF PROPOSED SYSTEM	10
	4.1 Objective of the new system	10
	4.2 Technology used	10

4.3	System Architecture	13
-----	---------------------	----

5	IMPLEMENTATON	14
----------	----------------------	-----------

5.1	Front End	14
-----	-----------	----

5.1.1	Features	14
-------	----------	----

5.2	Front End Code	14
-----	----------------	----

5.3	Back End	18
-----	----------	----

5.4	Data Base Code	19
-----	----------------	----

6	TESTING	39
	6.1 Introduction	39
	6.2 Test Results & Report	39
	6.3 Test Case	40
7	SCREENSHOTS	76
	7.1 Login Page	76
	7.2 Video Tutorials	77
	7.3 Challenges	79
	7.4 Diet Programs	80
8	CONCLUSION AND FUTURE WORK	43
	8.1 Conclusion	82
	8.2 Future work	82
9	REFERENCES	84

CHAPTER 1

INTRODUCTION

1.1 OVERVIEW

Our website is online representative of fitness society. It is more user friendly which gives great website experience. Website focuses on developing healthy lifestyle for users. We have brought all the resources together for various physical activities. Our resources include videos, diet programs, challenges and selection of trainers. Our aim is to bring interest among users about their physical activities which leads to good health. Our website targets different kinds of users to perform different physical activities like jogging, gymming, cardio, and yoga etc. We have designed our page layouts by going through complete study of likes and dislikes of users. The design also brings out personal preferences. Since usability is closely related to design, everything needs to be viewed through user's perspective. There are different websites available for specific fitness activity. Our website brings all physical activities under one source. So user finds it easy to compare or relate or change their fitness routine. We have provided different kinds of trainers from different regions to communicate with the users according to their needs. This project projects a new website that satisfies our day to day wants, concerning to physical activities. We focused on improving lifestyles of users by leading a healthy life and proper diet.

For designing we used HTML, CSS, Bootstrap and java scripting. For connection with database, PHP was used for backend. Our backend is connected to MySQL database. XAMPP server is used to run backend and database.

1.2 EXISTING SYSTEM

- There are separate websites for each function such as video tutorials, diet programs, fitness challenges etc.
- Examples : www.fitnessblender.com , www.shape.com etc
- There are separate websites for calling of home trainers.

- Examples: trainer.instafitness.com, www.customizeyourtrainer.cometc
- There is a separate website for yoga and meditation.
- Examples: www.yogainternational.com, www.doyogawithme.com
- There are no integrated websites which provides all services and functions under one roof.

1.3 PROPOSED SYSTEM

Our idea is to create a web application that will help and support users to be healthy and fit. This application will contain various tutorial videos such as weight gain, weight loss, cardio workouts, gym workouts for men and women, yoga for beginners and intermediate, online meditation etc., in a single roof with improved User Interface. In addition to this, we also create a transparent list that contains the details of personal Gym Trainers/Coaches who are available for personal coaching/training. There will be separate diet program videos that are categorized separately for veg and non-veg. There will be a special diet programs to maintain their physique. There are different kind of Challenges which are available for users to participate. These are created specifically to bring interest and continuity among users on their workouts. It provides space to create challenges and competitions. It provides platform to compete and win prizes.

ADVANTAGE OF THE PROPOSED SYSTEM

- Providing various tutorial videos according to the categories that the user is interested.
- Creating transparent list of personal trainers/coaches.
- Separate diet programs are categorized for the kids ,men ,women and aged people.
- BMI calculator is also added as a new feature so that the user can calculate his/her body mass index(BMI).

CHAPTER-2

REQUIREMENTS

2.1 TOOL REQUIREMENTS

2.1.1 TOOLS USED

- Front End : VISUAL STUDIO(HTML,CSS, Bootstrap, Javascript)
- Back End : MySQL DATABASE
- Backend Server : XAMPP
- Operating System : Windows 7/8/10, Linux(UBUNTU)

2.1.2 MINIMUM REQUIREMENTS OF THE SYSTEM

- Processor : 64-bit Dual Core Processor
- RAM : 4 GB
- Storage : 256GB
- OS : Windows

2.2 FUNCTIONAL REQUIREMENTS

- Function to display trainers list.
- Function to display user's Body Mass Index.
- Function to display workout videos.
- Function to display diet programs.
- Function to list Challenges.
- Function to send mail.

CHAPTER 3

MODULES DESCRIPTION

3.1 INTERFACE MODULE

In this module ,adopted for the design and implementation of the project includes: Design the project requirements, Selection of appropriate technology and Implementation of modules.

3.1.1 USER FEATURES

- Users can view the videos through guidance module.
- User can view the diet programs through diet module.
- User will be able to find trainers through trainer module.
- User can calculate BMI through BMI module.
- User can view list of challenges through challenges module.
- User can register a trainer through trainer register module.
- User can contact admin to resolve queries through “contact us” module.

3.2 MySQL MODULE:

This module explains the basic structure of the client server. One or more devices (Clients) connect to a server through a specific network. Every client can make a request from the graphical user interface (GUI) on their screens and the server will produce the desired output, as long as both ends understand the instruction .Without getting too technical ,the main processes taking place in a MySQL environment are the same ,which are: MySQL creates a database for storing and manipulating data, defining the relationship of each table. Clients can make requests by typing specific SQL statements on MySQL. The server application will respond with the requested information and it will appear on the client's side.

CHAPTER-4

DESIGN OF PROPOSED SYSTEM

4.1 Objective of the New System:

- Our main goal is to create a single web application that contains all tutorials such as weight gain , weight loss , cardio workouts , leg workouts , hand workouts for men and women , yoga for beginners and intermediate , online meditation , cycling , swimming , etc in a single roof with improved User Interface.
- In addition to this, we also create a transparent list that contains the details of personal Gym Trainers/Coaches who are available for personal coaching/training.
- Also we add motivational videos by various persons which will be very inspiring which will boost up energy for entire day.
- There will be separate diet program videos that are categorized separately for the kids , men and women and aged people.
- In case of aged people , they have to follow a special diet if he/she has high blood pressure , cholesterol ,blood sugar level . So that, there will be a special diet programs to maintain these criterias.

4.2 TECHNOLOGY USED:

1.XAMPP SERVER

XAMPP is a free and open-source cross-platform web server solution stack package developed by Apache Friends, consisting mainly of the Apache HTTP Server, MariaDB database, and interpreters for scripts written in the PHP and Perl programming languages. Since most actual web server deployments use the same components as XAMPP, it makes transitioning from a local test server to a live server possible.

XAMPP is regularly updated to the latest releases of Apache, MariaDB, PHP and Perl. It also comes with a number of other modules including OpenSSL, phpMyAdmin, MediaWiki, Joomla, WordPress and more. Self-contained, multiple instances of XAMPP can exist on a single computer.

MYSQL

MySQL is an open-source relational database management system (RDBMS). Its name is a combination of "My", the name of co-founder Michael Widenius's daughter and "SQL", the abbreviation for Structured Query Language. A relational database organizes data into one or more data tables in which data types may be related to each other; these relations help structure the data. SQL is a language programmers use to create, modify and extract data from the relational database, as well as control user access to the database. In addition to relational databases and SQL, an RDBMS like MySQL works with an operating system to implement a relational database in a computer's storage system, manages users, allows for network access and facilitates testing database integrity and creation of backups.

MySQL is free and open-source software under the terms of the GNU General Public License, and is also available under a variety of proprietary licenses. MySQL was owned and sponsored by the Swedish company MySQL AB, which was bought by Sun Microsystems (now Oracle Corporation). In 2010, when Oracle acquired Sun, Widenius forked the open-source MySQL project to create MariaDB.

PHPMYADMIN FOR DATABASE

PhpMyAdmin is a free software tool written in PHP, intended to handle the administration of MySQL over the Web. phpMyAdmin supports a wide range of operations on MySQL and MariaDB. Frequently used operations (managing databases, tables, columns, relations, indexes, users, permissions, etc) can be performed via the user interface, while you still have the ability to directly execute any SQL statement. phpMyAdmin comes with a wide range of documentation and users are welcome to update our wiki pages to share ideas and howtos for various operations. The phpMyAdmin team will try to help you if you face any problem; you can use a variety of support channels to get help.

phpMyAdmin is also very deeply documented in a book written by one of the developers – Mastering phpMyAdmin for Effective MySQL Management, which is available in English and Spanish.

phpMyAdmin is a mature project with a stable and flexible code base; you can find out more about the project and its history and the awards it earned. When the project turned 15, we published a celebration page.

The phpMyAdmin project is a member of Software Freedom Conservancy. SFC is a not-for-profit organization that helps promote, improve, develop, and defend Free, Libre, and Open Source Software (FLOSS) projects.

FEATURES

Intuitive web interface

Support for most MySQL features:

- browse and drop databases, tables, views, fields and indexes.
- create, copy, drop, rename and alter databases, tables, fields and indexes.
- manage stored procedures and triggers.
- Import data from CSV and SQL.

4.3SYSTEM ARCHITECTURE

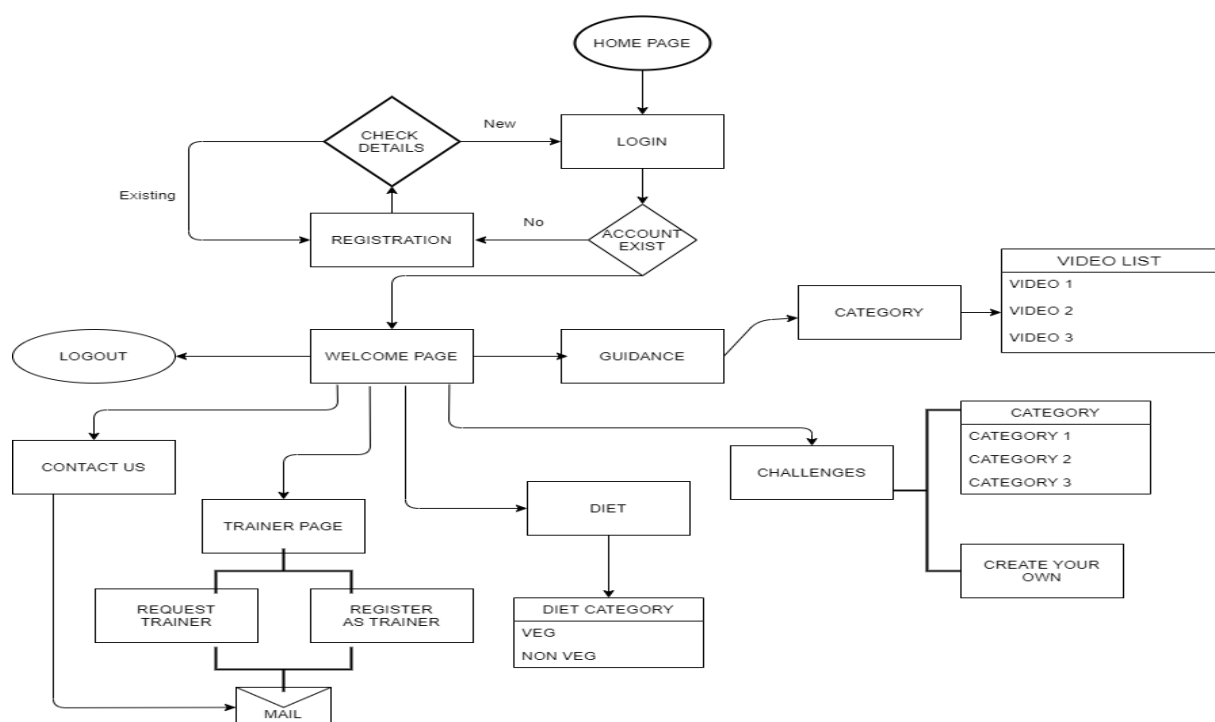


FIG. 4.3.1 FLOWCHAT OF OUR FITNESS WEB APPLICATION

CHAPTER 5

IMPLEMENTATION

5.1 FRONT END

- HTML
- CSS
- Bootstrap
- Java Script

5.1.1 FEATURES

This FitnessHub Web Application contains Body Mass Index calculation page where the user can calculate his/her Body Mass Index accordingly. According to their Body Mass Index, the remarks is displayed on the screen so that the user can know that they are fit or not.

The user is provided with videos guidance and video tutorials for their home workout and daily yoga. These videos are categorized separately with separate pages for the user's convenience like yoga videos, gym videos, yoga tutorials etc.

There are contest & challenges in which the user can enroll and finish the given task and complete the challenges day by day. The user can also create their own challenges in which they are comfortable and complete it. Many challenges such as yoga challenges, abs challenges, shoulder challenges, arm challenges, leg challenges etc. There will be weekly challenges and monthly challenges with different durations so that user can select according to different time.

There is also different diet programs for veg ad non veg foods. User can choose the diet programs from the list which is suitable for them to take. User also can create their own diet which is suitable for them in order to gain or lose weight.

There is also a query form in which user can send their queries and problems to the admin. It consist of name, mobile number, email, message box in which the user can type and send it.

5.2 FRONT END CODE

5.2.1 HOME PAGE CODE:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>FitnessHub</title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Montserrat:400,400i,700,700i,600,600i">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Alegreya+Sans">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Aleo">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-light navbar-expand-lg fixed-top bg-white clean-navbar">

<div class="container"><a class="navbar-brand logo" style="font-family: Aleo, serif;color:
rgba(221,190,26,0.9);">FitnessHub</a>

<button data-toggle="collapse" class="navbar-toggler" data-target="#navcol-1">

<span class="sr-only">Toggle navigation</span>

<span class="navbar-toggler-icon"></span>

</button>

<button class="btn btn-primary" type="button" style="background-color:
rgb(192,169,50);padding-left: 10px;margin-left: 755px;">
```



```
<a href="login.html">LOGIN</a>

</button>

<div class="collapse navbar-collapse"
      id="navcol-1">

<ul class="nav navbar-nav ml-auto"></ul>

</div>

</div>

</nav>

<main class="page">

<section class="clean-block slider">

<div class="container">

<div class="block-heading">

<p style="font-family: Aleo, serif;font-size: 22px;color: rgb(0,0,0);">ALL NEW FITNESS
WEBSITE</p>

</div>

<div class="carousel slide" data-ride="carousel" id="carousel-1">

<div class="carousel-inner" role="listbox">

<div class="carousel-item active"></div>

<div class="carousel-item"></div>

<div class="carousel-item"></div>

</div>

<div><a class="carousel-control-prev" href="#carousel-1" role="button" data-slide="prev">

<span class="carousel-control-prev-icon"></span><span class="sr-
only">Previous</span></a>

<a class="carousel-control-next" href="#carousel-1" role="button"
      data-slide="next"><span class="carousel-control-next-icon"></span>
```

```
<span class="sr-only">Next</span></a></div>
<ol class="carousel-indicators">
<li data-target="#carousel-1" data-slide-to="0" class="active"></li>
<li data-target="#carousel-1" data-slide-to="1"></li>
<li data-target="#carousel-1" data-slide-to="2"></li>
</ol>
</div>
</div>
</section>
</main>
<footer class="page-footer dark">
<div class="footer-copyright">
<p>FitnessHub © 2020 Copyright&nbsp;</p>
</div>
</footer>
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>
<script
src="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.js"></script>
<script src="assets/js/script.min.js"></script>
</body>

</html>
```

5.2.2 LOGIN PAGE:

```
<!DOCTYPE html>
```

```
<html>
```

```
<head>
```

```
<meta charset="utf-8">
```

```
<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">
```

```
<title>FitnessHub</title>
```

```
<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">
```

```
<link rel="stylesheet"
```

```
href="https://fonts.googleapis.com/css?family=Montserrat:400,400i,700,700i,600,600i">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Alegreya+Sans">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Aleo">
```

```
<link rel="stylesheet"
```

```
href="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.css">
```

```
<link rel="stylesheet" href="assets/css/styles.min.css">
```

```
</head>
```

```
<body>
```

```
<nav class="navbar navbar-light navbar-expand-lg fixed-top bg-white clean-navbar">
```

```
<div class="container"><a class="navbar-brand logo" style="font-family: Aleo, serif;color:
rgba(221,190,26,0.9);">FitnessHub</a>
```

```
<button data-toggle="collapse" class="navbar-toggler" data-target="#navcol-1">
```

```
<span class="sr-only">Toggle navigation</span>
```

```
<span class="navbar-toggler-icon"></span>
```

</button>

<button class="btn btn-primary" type="button" style="background-color: rgb(192,169,50);padding-left: 10px;margin-left: 755px;">

LOGIN

</button>

<div class="collapse navbar-collapse" id="navcol-1">

<ul class="nav navbar-nav ml-auto">

</div>

</div>

</nav>

<main class="page">

<section class="clean-block slider">

<div class="container">

<div class="block-heading">

<p style="font-family: Aleo, serif;font-size: 22px;color: rgb(0,0,0);">ALL NEW FITNESS WEBSITE</p>

</div>

<div class="carousel slide" data-ride="carousel" id="carousel-1">

<div class="carousel-inner" role="listbox">

<div class="carousel-item active"></div>

<div class="carousel-item"></div>

<div class="carousel-item"></div>

</div>

<div>

Previous

Next</div>

<ol class="carousel-indicators">

<li data-target="#carousel-1" data-slide-to="0" class="active">

<li data-target="#carousel-1" data-slide-to="1">

<li data-target="#carousel-1" data-slide-to="2">

</div>

</div>

</section>

</main>

<footer class="page-footer dark">

<div class="footer-copyright">

<p>FitnessHub © 2020 Copyright </p>

</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.js"></script>

<script src="assets/js/script.min.js"></script>

</body>

</html>

5.2.3 REGISTRATION PAGE:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>FITNESS HUB REGISTRATION </title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Montserrat:400,400i,700,700i,600,600i">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-light navbar-expand-lg fixed-top bg-white clean-navbar">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgba(220,203,49,0.9);">FitnessHub</a><button data-toggle="collapse" class="navbar-
toggler" data-target="#navcol-1"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>

<div

class="collapse navbar-collapse" id="navcol-1">

<ul class="nav navbar-nav ml-auto"></ul>

</div>

</div>

</nav>

<main class="page registration-page">

<section class="clean-block clean-form dark">

<div class="container">

<div class="block-heading">
```

```
<h1>USER SIGNUP</h1>

</div>

<form action="signupdb.php" method="POST">

<div class="form-group"><label for="name">Name</label><input class="form-control item"
type="text" name="username" id="name"></div>

<div class="form-group"><label for="Mobile Number">Mobile Number</label><input
class="form-control item" type="tel" name="mobilenumber" ></div>

<div class="form-group"><label for="email">Email</label><input class="form-control"
type="email" name="email"></div>

<div class="form-group"><label for="password">Password</label><input class="form-
control" type="password" name="password"></div>

<button class="btn btn-primary btn-block" type="submit" name="submitbutton"
style="background-color: rgb(177,151,56);">Sign Up</button></form>

</div>

</section>

</main>

<footer class="page-footer dark">

<div class="footer-copyright">

<p>© 2020 Copyright FitnessHub</p>

</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script
src="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.js"></scrip
t>

<script src="assets/js/script.min.js"></script>

</body>

</html>
```

5.2.4 WELCOME PAGE:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>FITNESS BUDDY</title>

<link rel="stylesheet" href="assets2/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Montserrat:400,700">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Kaushan+Script">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Droid+Serif:400,700,400italic,700italic">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Roboto+Slab:400,100,300,700">

<link rel="stylesheet" href="https://use.fontawesome.com/releases/v5.12.0/css/all.css">

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">

<link rel="stylesheet" href="assets2/fonts/fontawesome5-overrides.min.css">

<link rel="stylesheet" href="assets2/css/styles.min.css">

</head>

<body id="page-top">

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-dark" id="mainNav">

<div class="container"><a class="navbar-brand" href="#page-top" style="font-family: Lato,
sans-serif;font-size: 32px;">Fitnesshub</a><button data-toggle="collapse" data-
target="#navbarResponsive" class="navbar-toggler navbar-toggler-right" type="button" data-
toogle="collapse"

        aria-controls="navbarResponsive" aria-expanded="false" aria-label="Toggle
navigation"><i class="fa fa-bars"></i></button>

<div class="collapse navbar-collapse" id="navbarResponsive">

<ul class="nav navbar-nav ml-auto text-uppercase">

<li class="nav-item" role="presentation"><a class="nav-link js-scroll-trigger"
href="#services">how it works</a></li>
```



```
<li class="nav-item" role="presentation"><a class="nav-link js-scroll-trigger" href="#portfolio">guidance</a></li>
```

```
<li class="nav-item" role="presentation"><a class="nav-link js-scroll-trigger" href="#about">challenges</a></li>
```

```
<li class="nav-item" role="presentation"><a class="nav-link js-scroll-trigger" href="#team">diet</a></li>
```

```
<li class="nav-item" role="presentation"><a class="nav-link js-scroll-trigger" href="#contact">FIND YOUR TRAINER</a></li>
```

```
</ul>
```

```
</div>
```

```
</div>
```

```
</nav>
```

```
<header class="masthead" style="background-image:url('assets2/img/victor-freitas-WvDYdXDzkhs-unsplash.jpg');">
```

```
<div class="container">
```

```
<div class="intro-text">
```

```
<p style="font-size: 30px;">Welcome!</p>
```

```
<div class="intro-lead-in"><span></span></div>
```

```
<div class="intro-heading text-uppercase"><span>Be fit,be healthy</span></div><a class="btn btn-primary btn-xl text-uppercase js-scroll-trigger" role="button" href="bmicalculator.html">calculate bmi</a></div>
```

```
</div>
```

```
</header>
```

```
<section id="services">
```

```
<div class="container">
```

```
<div class="row">
```

```
<div class="col-lg-12 text-center">
```

```
<h2 class="text-uppercase section-heading">how it works</h2>
```

```
<h3 class="text-muted section-subheading">overview</h3>
```

```
</div>
```

</div>

<div class="row text-center">

<div class="col-md-4"><i class="fa fa-circle fa-stack-2x text-primary"></i><i class="fa fa-laptop fa-stack-1x fa-inverse"></i>

<h4 class="section-heading">Guidance& Videos</h4>

<p class="text-muted">Videos and tutorials for each and every workouts categorized separately for weight loss and weight gain for leading a healthy life from home.</p>

</div>

<div class="col-md-4"><i class="fa fa-circle fa-stack-2x text-primary"></i><i class="fas fa-medal fa-stack-1x fa-inverse"></i>

<h4 class="section-heading">Contest & Challenges</h4>

<p class="text-muted">Many Fitness challenges are designed to work every major muscle group in your body. This structure of these fitness plans gives you opportunity to improve your body shapes.</p>

</div>

<div class="col-md-4"><i class="fa fa-circle fa-stack-2x text-primary"></i><i class="fas fa-heart fa-stack-1x fa-inverse"></i>

<h4 class="section-heading">Diet Plans</h4>

<p class="text-muted">Learn about diet plans, and get tips for choosing a weight loss program or weight gain program, pros and cons of various plans, safe ways to eat food and make your own healthy and strength body.</p>

</div>

</div>

</div>

</section>

<section id="portfolio" class="bg-light">

<div class="container">

<div class="row">

<div class="col-lg-12 text-center">

<h2 class="text-uppercase section-heading">Guidance</h2>

<h3 class="section-subheading text-muted">Video tutorials</h3>

</div>

</div>

<div class="row">

<div class="col-sm-6 col-md-4 portfolio-item">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>Yoga</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

<div class="col-sm-6 col-md-4 portfolio-item">

<a class="portfolio-link" data-toggle="modal" href="/video list
template/yogavideolist.html">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>Gymming</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

<div class="col-sm-6 col-md-4 portfolio-item">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>Cardio</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

<div class="col-sm-6 col-md-4 portfolio-item">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>calisthenics</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

<div class="col-sm-6 col-md-4 portfolio-item">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>Home Workouts</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

<div class="col-sm-6 col-md-4 portfolio-item">

<div class="portfolio-hover"></div>

<div class="portfolio-caption">

<h4>Mindfulness</h4>

<p class="text-muted">Tutorials</p>

</div>

</div>

</div>

</div>

</section>

<section id="about">

<div class="container">

<div class="row">

<div class="col-lg-12 text-center">

<h2 class="text-uppercase">Challenges</h2>

<h3 class="text-muted section-subheading">Take a Challenge</h3>

</div>

</div>

<div class="row">

<div class="col-lg-12">

<ul class="list-group timeline">

<li class="list-group-item">

<div class="timeline-image"></div>

<div class="timeline-panel">

<div class="timeline-heading">

<h4>1st</h4>

<h4 class="subheading">Participate</h4>

</div>

<div class="timeline-body">

<p class="text-muted">Participate in any number of challenges and workout daily to burn fat! Start workout and complete your daily challenge within the given period of time.</p>

</div>

</div>

<li class="list-group-item timeline-inverted">

<div class="timeline-image"></div>

```
<div class="timeline-panel">
<div class="timeline-heading">
<h4>2nd</h4>
<h4 class="subheading">ongoing&nbsp;</h4>
</div>
<div class="timeline-body">
<p class="text-muted">Display the ongoing Challenges and the improvement
statistics!&nbsp;</p>
</div>
</div>
</li>
<li class="list-group-item">
<div class="timeline-image"></div>
<div class="timeline-panel">
<div class="timeline-heading">
<h4>3rd</h4>
<h4 class="subheading">Finished Ones</h4>
</div>
<div class="timeline-body">
<p class="text-muted">Displays the finished challenges and a complete report of the user
workouts in the particular callenge!</p>
</div>
</div>
</li>
<li class="list-group-item timeline-inverted">
<div class="timeline-image"></div>
<div class="timeline-panel">
<div class="timeline-heading">
```

<h4>4th</h4>

<h4 class="subheading">Create your own </h4>

</div>

<div class="timeline-body">

<p class="text-muted">Create your own challenge which is comfortable for you!</p>

</div>

</div>

<li class="list-group-item timeline-inverted">

<div class="timeline-image"><button class="btn btn-primary" type="button" style="width: 105px; min-width: 3px; height: 58px; margin: 15px; margin-top: 42px; min-height: 4px; background-color: rgb(171,161,124); margin-right: 17px;">Challenge someone</button></div>

</div>

</div>

</div>

</section>

<section id="team" class="bg-light">

<div class="container">

<div class="row">

<div class="col-sm-4">

<div class="team-member">

<h4>Veg</h4>

<p class="text-muted">diet program</p>

</div>

</div>

```
<div class="col-sm-4">
```

```
<div class="team-member">
```

```
<h4><a href="#">Non-Veg</a></h4>
```

```
<p class="text-muted">diet program</p>
```

```
</div>
```

```
</div>
```

```
<div class="col-sm-4">
```

```
<div class="team-member">
```

```
<h4><a href="#">Fasting</a></h4>
```

```
<p class="text-muted">diet program</p>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</div><button class="btn btn-primary" type="button" style="margin:
```

```
0px;margin-left: 714px;"><a href="homepage.html">LOGOUT</a></button></section>
```

```
<section id="contact" style="background-image:url('assets2/img/map-image.png');">
```

```
<div class="container">
```

```
<div class="row">
```

```
<div class="col-lg-12 text-center">
```

```
<h2 class="text-uppercase section-heading">Contact Us</h2>
```

```
<h3 class="section-subheading text-muted">For any Query</h3>
```

```
</div>
```

```
</div>
```

```
<div class="site-section bg-light contact-sec" id="contact-section">
```

```
<div class="container">
```

```
<div class="row">
```

```
<div class="col-lg-7 mb-5" >
```

```
<form action="https://formspring.io/f/mzbnkvoyl" method="POST" >
```



```
<div class="form-group row">
  <div class="col-md-6 mb-4 mb-lg-0">
    <h4> Send Message..</h4>
  </div>
</div>

<div class="form-group row">
  <div class="col-md-6 mb-4 mb-lg-0">
    <input type="text" class="form-control" name="name" placeholder="Your Name" required>
  </div>
  <div class="col-md-6 mb-4 mb-lg-0">
    <input type="text" class="form-control" name="mobile" placeholder="Your Mobile No"
    required>
  </div>
</div>

<div class="form-group row">
  <div class="col-md-12">
    <input type="email" class="form-control" name="email" placeholder="Email Address"
    required>
  </div>
</div>

<div class="form-group row">
  <div class="col-md-12">
    <textarea class="form-control" name="message" placeholder="Write your message."
    cols="30" rows="5"></textarea>
  </div>
</div>

<div class="form-group row">
  <div class="col-md-6 mr-auto">
```

<input type="submit" name="submit" class="btn btn-block btn-primary text-white" value="Send Message">

</div>

</div>

</form>

</div>

</div>

</section>

<footer>

<div class="container">

<div class="row">

<div class="col-md-4">Copyright ©FitnessHub 2020</div>

<div class="col-md-4">

<ul class="list-inline social-buttons">

<li class="list-inline-item"><i class="fa fa-twitter"></i>

<li class="list-inline-item"><i class="fa fa-facebook"></i>

<li class="list-inline-item"><i class="fa fa-linkedin"></i>

</div>

<div class="col-md-4">

<ul class="list-inline quicklinks">

<li class="list-inline-item">Privacy Policy

<li class="list-inline-item">Terms of Use

</div>

</div>

</div>

```
</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery-
easing/1.4.1/jquery.easing.min.js"></script>

<script src="assets2/js/script.min.js"></script>

</body>

</html>
```

5.2.5 BMI CALCULATOR

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>BMI Calculator</title>

<link rel="stylesheet" href="assetsbmi/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Montserrat:400,700">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Kaushan+Script">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Droid+Serif:400,700,400italic,700italic">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Roboto+Slab:400,100,300,700">

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">

<link rel="stylesheet" href="bmical.js">

<script>

    function calculateBmi() {
```

```

var weight = document.bmiForm.weight.value
    var height = document.bmiForm.height.value
if(weight > 0 && height > 0){
    var finalBmi = weight/(height/100*height/100)
document.bmiForm.bmi.value = finalBmi
if(finalBmi< 18.5){
document.bmiForm.meaning.value = "That you are too thin."
    }
if(finalBmi> 18.5 &&finalBmi< 25){
document.bmiForm.meaning.value = "That you are healthy."
    }
if(finalBmi> 25){
document.bmiForm.meaning.value = "That you have overweight."
    }
    }
else{
alert("Please Fill in everything correctly")
    }
    }
</script>
</head>

<body id="page-top">
<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-dark" id="mainNav">
<div class="container"><a class="navbar-brand" href="#page-top">FitnessHub</a><button
data-toggle="collapse" data-target="#navbarResponsive" class="navbar-toggler navbar-
toggler-right" type="button" data-toogle="collapse" aria-controls="navbarResponsive" aria-
expanded="false"

```

```
aria-label="Toggle navigation"><i class="fa fa-bars"></i></button>
<div class="collapse navbar-collapse" id="navbarResponsive">
<button class="btn"><a href="welcome.html">Back</a></button>
</div>
</div>
</nav>

<header class="masthead" style="background-image:url('assetsbmi/img/istockphoto-
1187601872-612x612.jpg');">

<div class="container">
<div class="intro-text">
<form name="bmiForm">
<label style="color: #e6b301;">Your Weight(kg):</label>
<input type="text" name="weight" size="10"><br />
<label style="color: #e6b301;">Your Height(cm): </label>
<input type="text" name="height" size="10"><br />
<button type="submit" onClick="calculateBmi()">Calculate BMI</button><br />
<label style="color: #e6b301;">Your BMI: </label>
<input type="text" name="bmi" size="10" value=""><br />
<label style="color: #e6b301;">This Means: </label>
<input type="text" name="meaning" size="25" value=""><br />

<button type="reset">Reset</button>
</form>
</div>
</div>
</header>
<footer>
<div class="container">
```

```
<div class="row">
```

```
<div class="col-md-4"><span class="copyright">Copyright&nbsp;© Brand  
2020</span></div>
```

```
<div class="col-md-4">
```

```
<ul class="list-inline social-buttons">
```

```
<li class="list-inline-item"><a href="#"><i class="fa fa-twitter"></i></a></li>
```

```
<li class="list-inline-item"><a href="#"><i class="fa fa-facebook"></i></a></li>
```

```
<li class="list-inline-item"><a href="#"><i class="fa fa-linkedin"></i></a></li>
```

```
</ul>
```

```
</div>
```

```
<div class="col-md-4">
```

```
<ul class="list-inline quicklinks">
```

```
<li class="list-inline-item"><a href="#">Privacy Policy</a></li>
```

```
<li class="list-inline-item"><a href="#">Terms of Use</a></li>
```

```
</ul>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</footer>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-  
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery-  
easing/1.4.1/jquery.easing.min.js"></script>
```

```
<script src="assetsbmi/js/script.min.js"></script>
```

```
</body>
```

```
</html>
```

5.2.6 CHALLENGE CATEGORY:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>Challenge Category</title>

<link rel="stylesheet" href="assetschallengecat/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">

<link rel="stylesheet" href="assetschallengecat/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgb(215,207,19);">FitnessHub</a><button data-toggle="collapse" class="navbar-toggler"
data-target="#navbarNav"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>

<div
      class="collapse navbar-collapse" id="navbarNav">

<ul class="nav navbar-nav ml-auto">

<li class="nav-item" role="presentation"></li>

</ul>
```

</div>

</div>

</nav>

<main class="page projects-page">

<section class="portfolio-block projects-cards"><input type="search" style="width: 346px;margin-left: 554px;"><button class="btnbtn-primary border rounded-0" type="button" style="width: 113px;height: 39px;margin-top: -5px;">Search</button>

<div class="container" style="width: 995px;height: 868px;max-width: 983px;">

<div class="heading">

<h2>Challenges category</h2>

</div>

<div class="row">

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Yoga</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Gymming</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Cardio</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Calisthenics</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Home Workouts</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Mindfulness</h6>

<p class="text-muted card-text">Challenges</p>

</div>

</div>

</div>

</div>

</div>

</section>

</main>

<footer class="page-footer">

<div class="container">

<div class="links"></div>

<div class="social-icons"><i class="icon ion-social-facebook"></i><i class="icon ion-social-instagram-outline"></i><i class="icon ion-social-twitter"></i></div>

</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>
<script src="assetschallengecat/js/script.min.js"></script>
</body>
</html>
```

5.2.7 CHALLENGES:

```
<!DOCTYPE html>
<html>

<head>
<meta charset="utf-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">
<title>Projects - Brand</title>
<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">
<link rel="stylesheet" href="assets/css/styles.min.css">
</head>

<body>

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgb(229,221,27);">FitnessHub</a><button data-toggle="collapse" class="navbar-toggler"
data-target="#navbarNav"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>

<div
```

```
class="collapse navbar-collapse" id="navbarNav">
<ul class="nav navbar-nav ml-auto"></ul>
</div>
</div>
</nav>
<main class="page projects-page">
<section class="portfolio-block projects-cards">
<div class="container">
<div class="heading">
<h2>Challenges</h2>
</div>
<div class="row">
<div class="col-md-6 col-lg-4">
<div class="card border-0"><a href="#"></a>
<div class="card-body">
<h6><a href="/abs challenge/abscallenge.html">Ab Challenge</a></h6>
<p class="text-muted card-text">Burn your stomach fat.</p>
</div>
</div>
</div>
<div class="col-md-6 col-lg-4">
<div class="card border-0"><a href="#"></a>
<div class="card-body">
<h6><a href="#">30-Day Flat Abs</a></h6>
<p class="text-muted card-text">Burn fat in 30 days.</p>
```

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Exercise -a-Day Challenge</h6>

<p class="text-muted card-text">1 hour exercise daily for fat burn.</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>From Walking to Running</h6>

<p class="text-muted card-text">Walking make a perfect day.</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Squat and Plank Challenge</h6>

<p class="text-muted card-text">Plank everyday.</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Leg Lift challenge</h6>

<p class="text-muted card-text">Lift leg .</p>

</div>

</div>

</div>

</div>

</div>

<div class="row">

<div class="col"><button class="btn btn-primary" type="button" style="margin-left: 445px;background-color: rgb(198,192,34);">CREATE</button></div>

</div>

</section>

</main>

<footer class="page-footer">

<div class="container">

<div class="links"></div>

<div class="social-icons"><i class="icon ion-social-facebook"></i><i class="icon ion-social-instagram-outline"></i><i class="icon ion-social-twitter"></i></div>

</div>

</footer>

```

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>

<script src="assets/js/script.min.js"></script>

</body>

</html>

```

5.2.8 ABS CHALLENGES:

```

<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>ads challenge</title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Montserrat:400,700">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Kaushan+Script">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Droid+Serif:400,700,400italic,700italic">

<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Roboto+Slab:400,100,300,700">

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">

</head>

<body id="page-top">

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-dark" id="mainNav">

<div class="container"><a class="navbar-brand" href="#page-top" style="font-family:
Montserrat, sans-serif;">FitnessHub</a><button data-toggle="collapse" data-
target="#navbarResponsive" class="navbar-toggler navbar-toggler-right" type="button" data-
toogle="collapse"

aria-controls="navbarResponsive" aria-expanded="false" aria-label="Toggle
navigation"><i class="fa fa-bars"></i></button>

<div class="collapse navbar-collapse" id="navbarResponsive">

```

<ul class="nav navbar-nav ml-auto text-uppercase">

</div>

</div>

</nav>

<header class="masthead" style="background-image:url('assets/img/901abdb0-3179-4e5a-aea2-5165159ad6db_06-24-2016-up-for-a-throw-down-socreate-summer-fitness-challenge1.jpg');">

<div class="container">

<div class="intro-text">

<h1>Ab Challenge</h1>

<p>
Dead bugLie on your back with your arms extended towards the ceiling and your legs raised with your knees bent at a 90° angle. Simultaneously lower your

right leg, straightening it as you do, and left arm towards the ground, until they are just above the floor, then bring them back up and repeat with the opposite limbs.

Sit-up

Lie on your back with your legs bent at the knees and your feet on the floor. Use your core muscles to lift your torso off the ground until it is vertical, then lower back to the start.

Russian twist

Sit on the floor with your legs bent at the knees and feet held just above the ground. Lean back so your upper body is at a 45° angle to the floor. Link your hands together in front of your chest then twist your torso from side to side.

Leg raise

Lie on your back. Keeping your legs as straight as you can, raise them until the soles of your feet are facing the ceiling. Lower slowly back to the start.

Mountain climber

From a press-up position, bring one knee up to your chest at pace, then the other. Continue, alternating knees.

Walking plank

From a plank position supported by your forearms, move one hand at a time to get up into a press-up position, then drop back onto your forearms one arm at a time.

30-Day Abs ChallengeDay 1Exercises Dead bug, sit-up, Russian

twist Time 30sec eachDay

2Exercises Dead bug, sit-up, Russian

twist Time 40sec eachDay

3Exercises Dead bug, sit-up, Russian

twist Time 50sec

eachDay 4Exercises Dead bug, sit-up, Russian

twist Time 60sec eachDay

5Exercise High

knees Sets 5 Time 40sec sp;Rest 20secDay

6Exercises Dead bug, sit-up, Russian

twist Time 60sec eachDay 7RestDay

8Exercises Dead bug, sit-up, Russian twist, leg

raise Time 30sec

eachDay 9Exercises Dead bug, sit-up, Russian twist, leg

raise Time 40sec eachDay

10Exercises Dead bug, sit-up, Russian twist, leg

raise Time 50sec

eachDay 11Exercises Dead bug, sit-up, Russian twist, leg

raise Time 60sec eachDay

12Exercise Frogger Sets 5 Time 40sec Rest 20secDay

13Exercises Dead bug, sit-up, Russian twist, leg

raise Time 60sec eachDay 14RestDay

15Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers Time 30sec

eachDay 16Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers Time 40sec eachDay

17Exercises Dead bug, sit-up, Russian twist, leg raise,

mountain climbers Time 50sec eachDay

18Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers Time 60sec eachDay

19Exercise Tuck

jump Sets 5 Time 40sec sp;Rest 20secDay 20Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers Time 60sec

eachDay 21RestDay 22Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank Time 30sec
eachDay 23Exercises Dead bug, sit-up,

Russian twist, leg raise, mountain climbers, walking plank Time 40sec eachDay
24Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank Time 50sec

eachDay 25Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank Time 60sec eachDay
26Exercise Burpee Sets 5 Time 40sec Rest 20secDay

27Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank Time 60sec eachDay
28RestDay 29Exercises High knees, frogger, tuck

jump,
burpee Rounds 3 Time 40sec
 Rest 20secDay 30Exercises Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking

plank Rounds 2 Time 60sec
each

</p>

</div>

</div>

</header>

<footer>

<div class="container">

<div class="row">

<div class="col-md-4">Copyright © Brand
2020</div>

<div class="col-md-4">

<ul class="list-inline social-buttons">

<li class="list-inline-item"><i class="fa fa-twitter"></i>

<li class="list-inline-item"><i class="fa fa-facebook"></i>

<li class="list-inline-item"><i class="fa fa-linkedin"></i>

</div>

</div>

```
</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery-easing/1.4.1/jquery.easing.min.js"></script>

<script src="assets/js/script.min.js"></script>

</body>

</html>
```

5.2.9 YOGA VIDEO LIST:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>video</title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgb(235,228,53);">FitnessHub</a><button data-toggle="collapse" class="navbar-toggler"
data-target="#navbarNav"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>

<div
```

```
class="collapse navbar-collapse" id="navbarNav">
<ul class="nav navbar-nav ml-auto">
<li class="nav-item" role="presentation"></li>
</ul>
</div>
</div>
</nav>
<main class="page projects-page">
<section class="portfolio-block projects-cards">
<div class="container">
<div class="heading">
<h2>YOGA</h2>
</div>
<div class="row">
<div class="col-md-6 col-lg-4">
<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/m756Gz8de4M" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>
<div class="card-body">
<h6><a href="#">yoga for beginners</a></h6>
</div>
</div>
</div>
<div class="col-md-6 col-lg-4">
<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/kS4YA1z8fsc" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>
<div class="card-body">
<h6><a href="#">step by step surya namaskar</a></h6>
```

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/Wj0Egd0AcJ8" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>

<div class="card-body">

<h6>morning yoga workout</h6>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/iwPsbH5yFc4" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>

<div class="card-body">

<h6>yoga to reduce neck pain</h6>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/YGjVOTfQRX4" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>

<div class="card-body">

<h6>full yoga asanas</h6>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/we0q2hojlxg" frameborder="0" allow="accelerometer;
autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe>

<div class="card-body">

<h6>yoga for headaches</h6>

</div>

</div>

</div>

</div>

</div>

</section>

</main>

<footer class="page-footer">

<div class="container">

<div class="links"></div>

<div class="social-icons"><i class="icon ion-social-facebook"></i><i class="icon ion-social-instagram-outline"></i><i class="icon
ion-social-twitter"></i></div>

</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>

<script src="assets/js/script.min.js"></script>

</body>

</html>

5.2.10 GYMMING VIDEO LIST:

```
<!DOCTYPE html>
<html>

<head>
<meta charset="utf-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">
<title>video</title>
<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">
<link rel="stylesheet" href="assets/css/styles.min.css">
</head>
<body>
<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">
<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgb(235,228,53);">FitnessHub</a><button data-toggle="collapse" class="navbar-toggler"
data-target="#navbarNav"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>
<div
class="collapse navbar-collapse" id="navbarNav">
<ul class="nav navbar-nav ml-auto">
<li class="nav-item" role="presentation"></li>
</ul>
</div>
</div>
</nav>
<main class="page projects-page">
<section class="portfolio-block projects-cards">
```

```
<div class="container">
<div class="heading">
<h2>GYMMING</h2>
</div>
<div class="row">
<div class="col-md-6 col-lg-4">
<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/tamUJ23i33k" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>
<div class="card-body">
<h6><a href="#">No gym-workout from home</a></h6>
</div>
</div>
</div>
<div class="col-md-6 col-lg-4">
<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/8NxgPYStTs4" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>
<div class="card-body">
<h6><a href="#">pushups in home</a></h6>
</div>
</div>
</div>
<div class="col-md-6 col-lg-4">
<div class="card border-0"><iframe width="300" height="180"
src="https://www.youtube.com/embed/KJqhifu0-2Y" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-
picture" allowfullscreen></iframe>
<div class="card-body">
<h6><a href="#">dumpbell workout</a></h6>
```


</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"

src="https://www.youtube.com/embed/RSudLMPrjgc" frameborder="0"

allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

<div class="card-body">

<h6>home workouts</h6>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"

src="https://www.youtube.com/embed/ukg9JD4c8I8" frameborder="0"

allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

<div class="card-body">

<h6>abs workout</h6>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0"><iframe width="300" height="180"

src="https://www.youtube.com/embed/syP-6C7UYUY" frameborder="0"

allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

<div class="card-body">

<h6>shoulder workouts</h6>

</div>

</div>

```

</div>
</div>
</div>
</section>
</main>
<footer class="page-footer">
<div class="container">
<div class="links"></div>
<div class="social-icons"><a href="#"><i class="icon ion-social-facebook"></i></a><a
href="#"><i class="icon ion-social-instagram-outline"></i></a><a href="#"><i class="icon
ion-social-twitter"></i></a></div>
</div>
</footer>
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>
<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>
<script src="assets/js/script.min.js"></script>
</body>
</html>

```

5.2.11 TRAINER REGISTRATION:

```

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">
<title>TRAINER REGISTRATION</title>
<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">
<link rel="stylesheet"
href="https://fonts.googleapis.com/css?family=Montserrat:400,400i,700,700i,600,600i">

```

```
<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-light navbar-expand-lg fixed-top bg-white clean-navbar">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgba(221,214,47,0.9);">FitnessHub</a>

<div class="collapse navbar-collapse" id="navcol-1">

<ul class="nav navbar-nav ml-auto"></ul>

</div>

</div>

</nav>

<main class="page registration-page">

<section class="clean-block clean-form dark">

<div class="container">

<div class="block-heading">

<h1>TRAINER SIGNUP</h1>

</div>

<form action="https://formspree.io/f/mzbkvoyl" method="POST" style="margin-bottom:
5px;margin-top: -2px;">

<div class="form-group"><label for="name">Name</label><input class="form-control item"
name="name" type="text" id="name"></div>

<div class="form-group"><label for="password">Email</label><input class="form-control"
name="email" type="email"></div>

<div class="form-group"><label for="email">Mobile Number</label><input class="form-
control" name="mobile" type="tel"></div>

<div class="form-group"><label for="category">Category</label><input
name="category"><select class="form-control"><optgroup label="This is a group"><option
value="1" selected="">Gym</option><option
value="2">Yoga</option></optgroup></select></div>

<div
```

```
class="form-group"><label>Experience(in Year)</label><input class="form-control"
name="experience" type="number"></div>
```

```
<div class="form-group"><label>Location</label><input class="form-control"
name="location" type="text"></div>
```

```
<div class="form-group"><label>Work Place Name</label><input class="form-control"
name="workplacename" type="text"></div>
```

```
<div class="form-group"><label>About You</label><input name="aboutyou"><textarea
class="form-control"></textarea></div>
```

```
<div class="form-group"><label>Paste Link</label><input class="form-control"
name="link" type="text"></div><button class="btn btn-primary" type="button"
style="margin: 4px;margin-left: 167px;height: 38px;background-color:
rgb(125,128,131);">Read me</button><button class="btn btn-primary btn-block"
```

```
type="submit" name="registraionbutton" style="background-color:
rgb(204,187,38);">REGISTER</button></form>
```

```
</div>
```

```
</section>
```

```
</main>
```

```
<footer class="page-footer dark">
```

```
<div class="footer-copyright">
```

```
<p>© 2018 Copyright FitnessHub</p>
```

```
</div>
```

```
</footer>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-
bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>
```

```
<script
src="https://cdnjs.cloudflare.com/ajax/libs/baguettebox.js/1.10.0/baguetteBox.min.js"></scrip
t>
```

```
<script src="assets/js/script.min.js"></script>
```

```
</body>
```

```
</html>
```

5.2.12 TRAINER REQUIREMENT FROM:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>Hire me - Brand</title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=David+Libre">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">

<div class="container"><a class="navbar-brand logo" href="#" style="opacity: 1;font-size:
31px;font-family: 'David Libre', serif;color: rgb(234,213,26);">FitnessHub</a><button data-
toggle="collapse" class="navbar-toggler" data-target="#navbarNav"><span class="sr-
only">Toggle navigation</span><span class="navbar-toggler-icon"></span></button>

<div

      class="collapse navbar-collapse" id="navbarNav">

<ul class="nav navbar-nav ml-auto">

<li class="nav-item" role="presentation"></li>

</ul>

</div>

</div>

</nav>
```

```

<main class="page hire-me-page">
<section class="portfolio-block hire-me">
<div class="container">
<div class="heading">
<h2>Trainer requirement form</h2>
</div>
<form>
<div class="form-group"><label for="subject">Category</label><select class="form-
control"><optgroup label="This is a group"><option value="12" selected="">Gym
Trainer</option><option value="13">Yoga Trainer</option></optgroup></select></div>
<div
      class="form-group"><label for="email">Number of Days</label><input
class="form-control" type="number"></div>
<div class="form-group"><label for="message">Reason</label><textarea class="form-
control" id="message" placeholder="Enter reason for requirement of personal
trainer"></textarea></div>
<div class="form-row" style="width: 561px;min-width: 0px;max-width: 7px;">
<div class="col"><button class="btn btn-primary" type="button" style="height: 40px;margin:
4px;margin-right: 10px;margin-left: 213px;background-color:
rgb(181,167,93);">SUBMIT</button></div>
</div>
</form>
</div>
</section>
</main>
<footer class="page-footer">
<div class="container">
<div class="links"></div>
<p>FitnessHub&nbsp; 2020</p>
<div class="social-icons"><a href="#"><i class="icon ion-social-facebook"></i></a><a
href="#"><i class="icon ion-social-instagram-outline"></i></a><a href="#"><i class="icon
ion-social-twitter"></i></a></div>

```

```
</div>

</footer>

<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>

<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>

<script src="assets/js/script.min.js"></script>

</body>

</html>
```

5.2.13 DIET PROGRAM:

```
<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">

<title>Veg Diet Program </title>

<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">

<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Lato:300,400,700">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/ionicons/2.0.1/css/ionicons.min.css">

<link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/css/pikaday.min.css">

<link rel="stylesheet" href="assets/css/styles.min.css">

</head>

<body>

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-white portfolio-navbar
gradient">

<div class="container"><a class="navbar-brand logo" href="#" style="color:
rgb(208,197,98);">FitnessHub</a><button data-toggle="collapse" class="navbar-toggler"
data-target="#navbarNav"><span class="sr-only">Toggle navigation</span><span
class="navbar-toggler-icon"></span></button>
```

```
<div
    class="collapse navbar-collapse" id="navbarNav">
<ul class="nav navbar-nav ml-auto">
<li class="nav-item" role="presentation"></li>
</ul>
</div>
</div>
</nav>
<main class="page projects-page">
<section class="portfolio-block projects-cards"><input class="border rounded-0"
type="search" style="margin-left: 589px;width: 237px;"><button class="btn btn-primary
border rounded-0" type="button">SEARCH</button>
<div class="container">
<div class="heading">
<h2>Diet program</h2>
</div>
<div class="row">
<div class="col-md-6 col-lg-4">
<div class="card border-0"><a href="#"></a>
<div class="card-body">
<h6><a href="/diet template/index.html">Fruitarian Diet</a></h6>
<p class="text-muted card-text">diet</p>
</div>
</div>
</div>
<div class="col-md-6 col-lg-4">
<div class="card border-0"><a href="#"></a>
```


<div class="card-body">

<h6>LactoVegetarianism</h6>

<p class="text-muted card-text">diet.</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Vegan Diet</h6>

<p class="text-muted card-text">vegetables rich in fibre</p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

<div class="card-body">

<h6>Plant Based Diet</h6>

<p class="text-muted card-text"> Green plants rich in proteins </p>

</div>

</div>

</div>

<div class="col-md-6 col-lg-4">

<div class="card border-0">

```
<div class="card-body">
```

```
<h6><a href="#">Eat-Clean Diet</a></h6>
```

```
<p class="text-muted card-text">Nuts and seeds</p>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="col-md-6 col-lg-4">
```

```
<div class="card border-0"><a href="#"></a>
```

```
<div class="card-body">
```

```
<h6><a href="#">High Protien Diet</a></h6>
```

```
<p class="text-muted card-text">protein rich foods</p>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="row">
```

```
<div class="col"><button class="btn btn-primary" type="button" style="width: 89px; height:
39px; margin: 1px; margin-top: 26px; margin-right: 3px; margin-left: 438px; min-width:
8px; background-color: rgb(170,151,50);">CREATE</button></div>
```

```
</div>
```

```
</section>
```

```
</main>
```

```
<footer class="page-footer">
```

```
<div class="container">
```

```
<div class="links"></div>
```

```
<div class="social-icons"><a href="#"><i class="icon ion-social-facebook"></i></a><a href="#"><i class="icon ion-social-instagram-outline"></i></a><a href="#"><i class="icon ion-social-twitter"></i></a></div>
```

```
</div>
```

```
</footer>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/twitter-bootstrap/4.4.1/js/bootstrap.bundle.min.js"></script>
```

```
<script src="https://cdnjs.cloudflare.com/ajax/libs/pikaday/1.6.1/pikaday.min.js"></script>
```

```
<script src="assets/js/script.min.js"></script>
```

```
</body>
```

```
</html>
```

5.2.14 VEG DIET PROGRAM:

```
<!DOCTYPE html>
```

```
<html>
```

```
<head>
```

```
<meta charset="utf-8">
```

```
<meta name="viewport" content="width=device-width, initial-scale=1.0, shrink-to-fit=no">
```

```
<title>Home - Brand</title>
```

```
<link rel="stylesheet" href="assets/bootstrap/css/bootstrap.min.css">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Montserrat:400,700">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Kaushan+Script">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Droid+Serif:400,700,400italic,700italic">
```

```
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Roboto+Slab:400,100,300,700">
```

```
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
```

```
</head>
```

```

<body id="page-top">

<nav class="navbar navbar-dark navbar-expand-lg fixed-top bg-dark" id="mainNav">

<div class="container"><a class="navbar-brand" href="#page-top" style="font-family:
Montserrat, sans-serif;">FitnessHub</a><button data-toggle="collapse" data-
target="#navbarResponsive" class="navbar-toggler navbar-toggler-right" type="button" data-
toggle="collapse"

aria-controls="navbarResponsive" aria-expanded="false" aria-label="Toggle
navigation"><i class="fa fa-bars"></i></button>

<div class="collapse navbar-collapse" id="navbarResponsive">

<ul class="nav navbar-nav ml-auto text-uppercase"></ul>

</div>

</div>

</nav>

<header class="masthead" style="background-image: url('assets/img/how-to-follow-your-
diet-plans1.jpg');filter: brightness(99%);">

<div class="container">

<div class="intro-text" style="filter: blur(0px) brightness(92%);">

<h1>FRUITARIAN DIET</h1>

<p class="text-justify"><br>Plant-based diets may help you lose weight.&nbsp;<a
href="https://www.healthline.com/nutrition/vegan-vs-vegetarian">Vegetarianism and
veganism</a>&nbsp;are the most popular versions, which restrict animal products for health,
ethical,

and environmental reasons.However, more flexible plant-based diets also exist,
such as the flexitarian diet, which is a plant-based diet that allows eating animal products in
moderation.<br><br><strong>How it works:</strong>&nbsp;There

are many types of vegetarianism, but most involve eliminating all meat, poultry,
and fish. Some vegetarians may likewise avoid eggs and dairy.The vegan diet takes it a step
further by restricting all animal products, as well as animal-derived

products like dairy, gelatin, honey, whey, casein, and albumin.There are no clear-
cut rules for the&nbsp;<a href="https://www.healthline.com/nutrition/flexitarian-diet-
guide">flexitarian diet</a>, as it's a lifestyle change rather

than a diet. It encourages eating mostly fruits, vegetables, legumes, and whole
grains but allows for protein and animal products in moderation, making it a popular
alternative.Many of the restricted food groups are high in calories,

```

so limiting them may aid weight loss.

Weight
loss: Research shows that plant-based diets are effective for weight loss (7Trusted Source, </p>
<div>
</div>
</div>
</header>
<footer>
<div class="container">
<div class="row">
<div class="col-md-4">Copyright © Brand
2020</div>
<div class="col-md-4">
<ul class="list-inline social-buttons">


```
$username = $_POST['email'];
$pass = $_POST['password'];

if (empty($_POST['email']) || empty($_POST['password']))
{
    echo '<script type="text/javascript">alert("Invalid!...") </script>';
    header('location:logint61.html');
}
else
{
    $query = "SELECT * FROM signup WHERE email ='$username' AND
password='$pass'";
    $result = mysqli_query($con, $query);

    if (mysqli_fetch_array($result)>0)
    {
        echo '<script type="text/javascript">alert("login success") </script>';

    }
    else
    {
        echo '<script type="text/javascript">alert("Wrong password!") </script>';
    }
}
?>
```

REGISTRATION DB:

```
<?php
```

```
session_start();
```

```
    $con = mysqli_connect('localhost', 'root', '');
```

```
mysqli_select_db($con,'miniproject');
```

```
    if(isset($_POST["submitbutton"]))
```

```
    {
```

```
        $name = $_POST['username'];
```

```
        $password = $_POST['password'];
```

```
        $mobile = $_POST['mobilenumber'];
```

```
        $email = $_POST['email'];
```

```
        $s = "SELECT * FROM signup WHERE name ='$name'";
```

```
        $result = mysqli_query($con, $s);
```

```
        $num = mysqli_num_rows($result);
```

```
        if ($num==1) {
```

```
            echo '<script type="text/javascript">alert("Username already exist")</script>';
```

```
        }
```

```
    else{
```

```
        $reg = "INSERT INTO signup (name,email,mobile,password)
```

```
            VALUES ('$name', '$email', '$mobile', '$password')";
```

```
mysqli_query($con, $reg);
```

```
        echo $mobile;
```

```
        echo '<script type="text/javascript">alert("registration success") </script>';
```

```
    exit();
```


DATABASE TABLE FETCHING :

```
<?php
$con=mysqli_connect('localhost','root','');
mysqli_select_db($con,'miniproject') or die(mysqli_error($con));
$sql="SELECT * FROM signup";
$records=mysqli_query($con,$sql);
?>

<html>
<head>
    <title>trainer list</title>
    <style>
        button[type=submit]:hover{
            background: blue;
            opacity: 0.7;
        }
        .but{
            width: 10%;
        }
        body {
            background: url('https://www.google.com/url?sa=i&url=http%3A%2F%2Fclipart-
library.com%2Ffitness-animated-
cliparts.html&psig=AOvVaw3Rn_WOMl3WvUYKI9wH9DpM&ust=1607606927597000
&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMiHhNOAwe0CFQAAAAAdAAAA
ABAD');
            background-repeat: no-repeat;

            background-position: center center;
            background-attachment: fixed;
            -webkit-background-size: cover;
            -moz-background-size: cover;
            -o-background-size: cover;
            background-size: cover;
        }
    </style>
</head>
<body>
```

```
button[type=submit]
{
    width: 100%;
    box-sizing: border-box;
    padding: 10px 0;
    margin-top: 30px;
    outline: none;
    border: none;
    background: grey;
    opacity: 0.7;
    border-radius: 20px;
    font-size: 20px;
    color: black;
}
button[type=submit]:hover{
    background: blue;
    opacity: 0.7;
}

</style>
```

```
</head>
```

```
<body>
```

```
<table width="1350px" border="1" cellpadding="1" cellspacing="1">
```

```
<tr>
```

```
<b>
```

```
<th>TRAINER NAME</th>
```

```
<th>EMAIL</th>
```

```
<th>CATEGORY</th>
```

```
<th>WORKPLACE</th>
```

```
<th>LOCATION</th>
```

```
<th>EXPERIENCE</th>
```

```
<?php
```

```
while ($reg=mysqli_fetch_assoc($records)) {
```

```
    echo "<tr>";
```

```
        echo "<td>".$reg['tainername']."</td>";

echo "<td>".$reg['email']."</td>";
        echo "<td>".$reg['category']."</td>";
        echo "<td>".$reg['workplace']."</td>";
        echo "<td>".$reg['location']."</td>";
        echo "<td>".$reg['experience']."</td>";
        echo "</tr>";
    }
    ?>
</table>
    <div class="but">
<a href="admin.html">
<button type ="Submit" value="submit">BACK</button></a>
</div>
</body>
</html>
```

CHAPTER 6

TESTING

6.1 INTRODUCTION

Software testing is a critical element of software quality assurance and represents the ultimate review of specification, design and coding. In fact, testing is the one step in the software engineering process that could be viewed as destructive rather than constructive. A strategy for software testing integrates software test case design methods into a well-planned series of steps that result in the successful construction of software. Testing is the set of activities that can be planned in advance and conducted systematically. The underlying motivation of program testing is to affirm software quality with methods that can economically and effectively apply to both strategic to both large and small-scale systems.

6.2 TEST RESULTS AND REPORT

Test report is needed to reflect testing results in a formal way, which gives an opportunity to estimate testing result quickly. It is a document that records data obtained from an Evaluation experiment in an organization manner, describe the environmental or operating conditions, and shows the comparison of test results with objectives. Have shown the test case, test input, expected output, actual output and finally found the results and the test result was quite successful. The application is satisfied by the user. Usability testing examines the following feature of the app.

6.3 TEST CASE

First, the web application is being tested to check whether the user information are entered correctly and cross checked by login. Login module is being tested by entering different kinds of inputs. Contact us module is being tested by entering random inputs. Stability and integration of the inputs are tested by switching over different pages. Trainer modules is being tested by entering details and cross verified by fetching details from database. All the interface testing is verified and the website is running successfully.

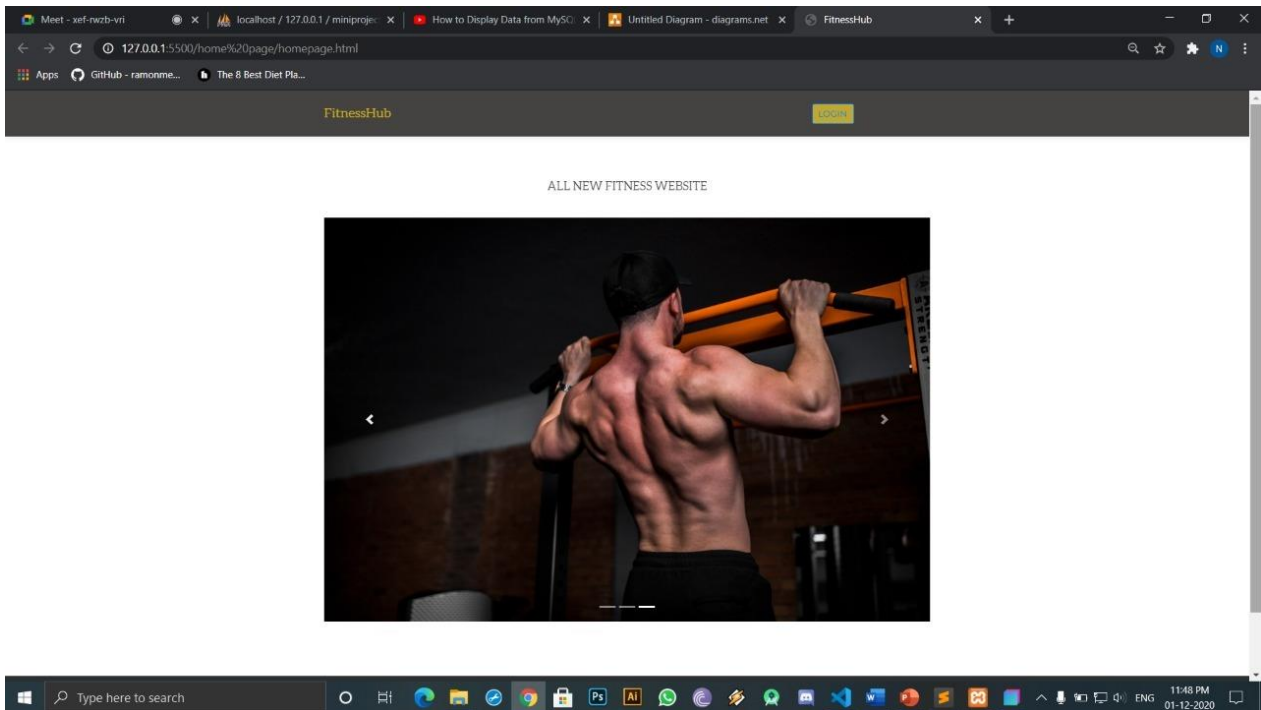
TABLE 6.1

TEST	TEST DESCRIPTION	EXPECTED RESULT	TEST RESULT
1	Test the signup page by leaving cells or a particular cell empty.	Popup message is shown.	Pass
2	Test the website by entering user details in signup page.	Correct user details are stored in the database.	Pass
3	Test the login page by leaving cells or a particular cell empty.	Popup message is shown.	Pass
4	Test the website by entering the user details which are valid in login page.	Popup message is shown.	Pass

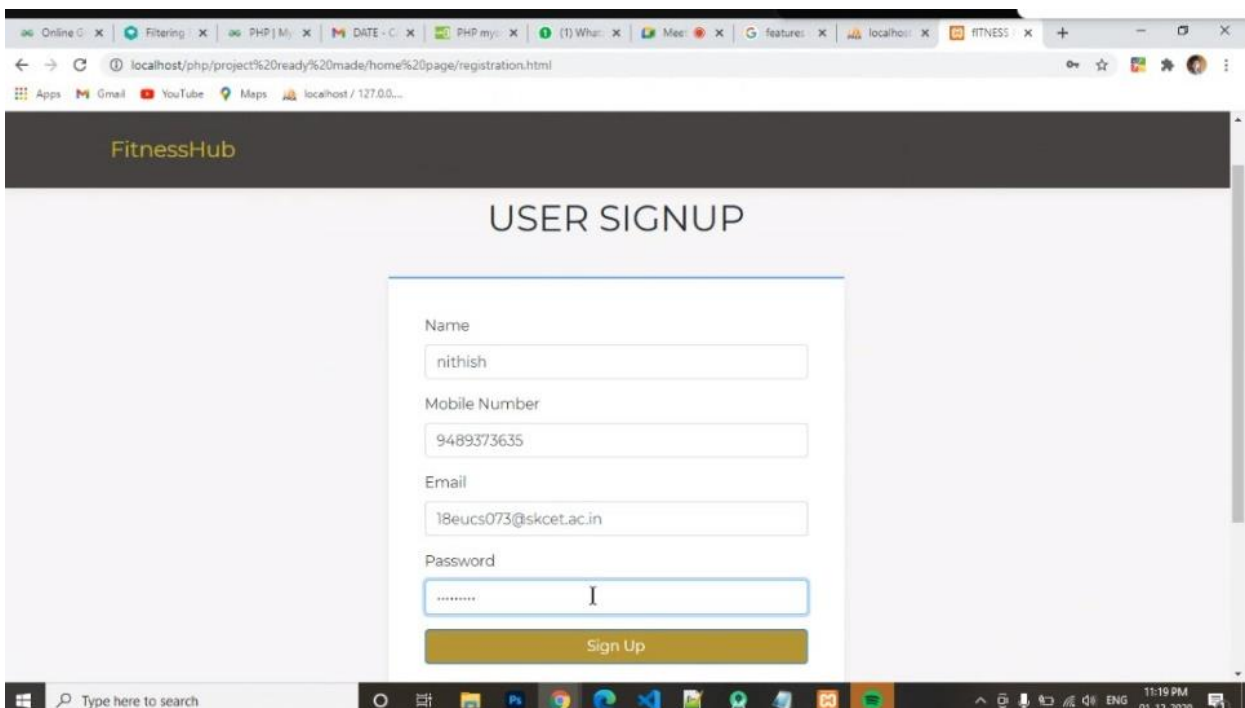
5	Test the website by entering the user details which are invalid in login page.	Popup message is shown.	Pass
6	Test the website by entering details on BMI calculator.	Valid Results are to be shown.	Pass
7	Test the application by entering details in trainer registration page.	Trainer details are reflected in database.	Pass
8	Test the website by playing the videos and its features.	Video is played and features work properly.	Pass
9	Test the website whether the challenges are listed properly.	Displays list of Challenges.	Pass
10	Test the trainer module by entering various inputs.	Redirection to other pages .	Pass
11	Test the application by entering queries in contact us form.	Mail is sent to admin.	Pass

CHAPTER-7

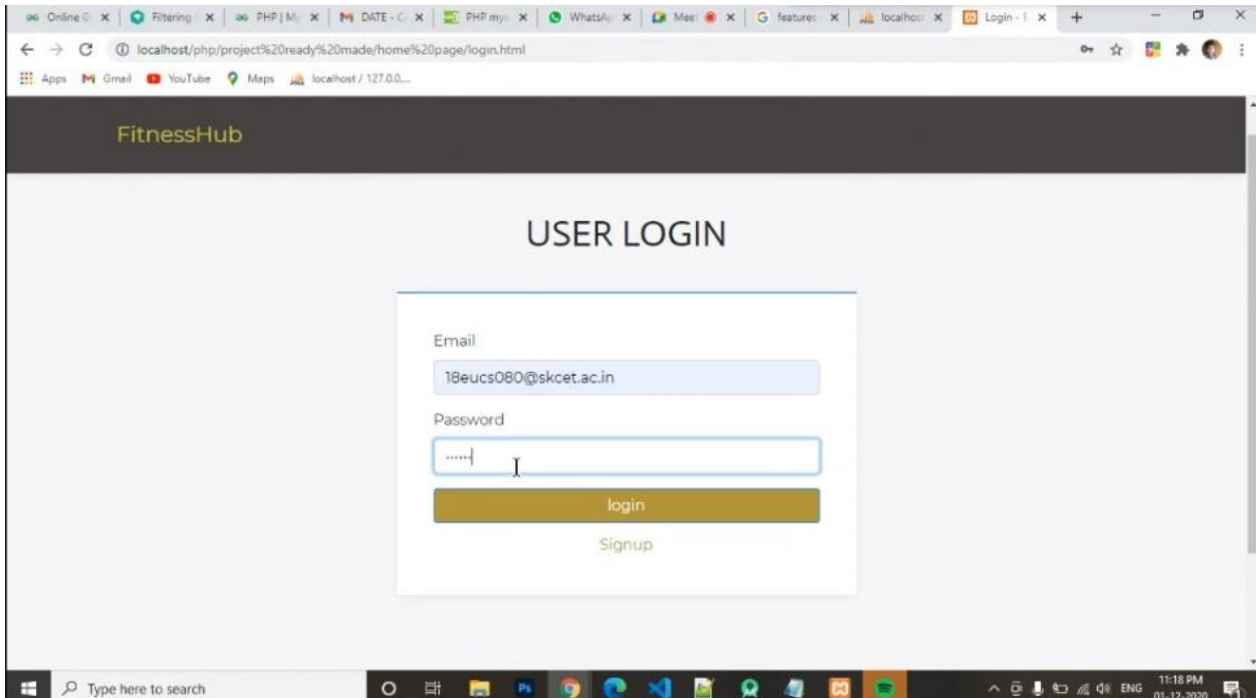
SCREENSHOTS



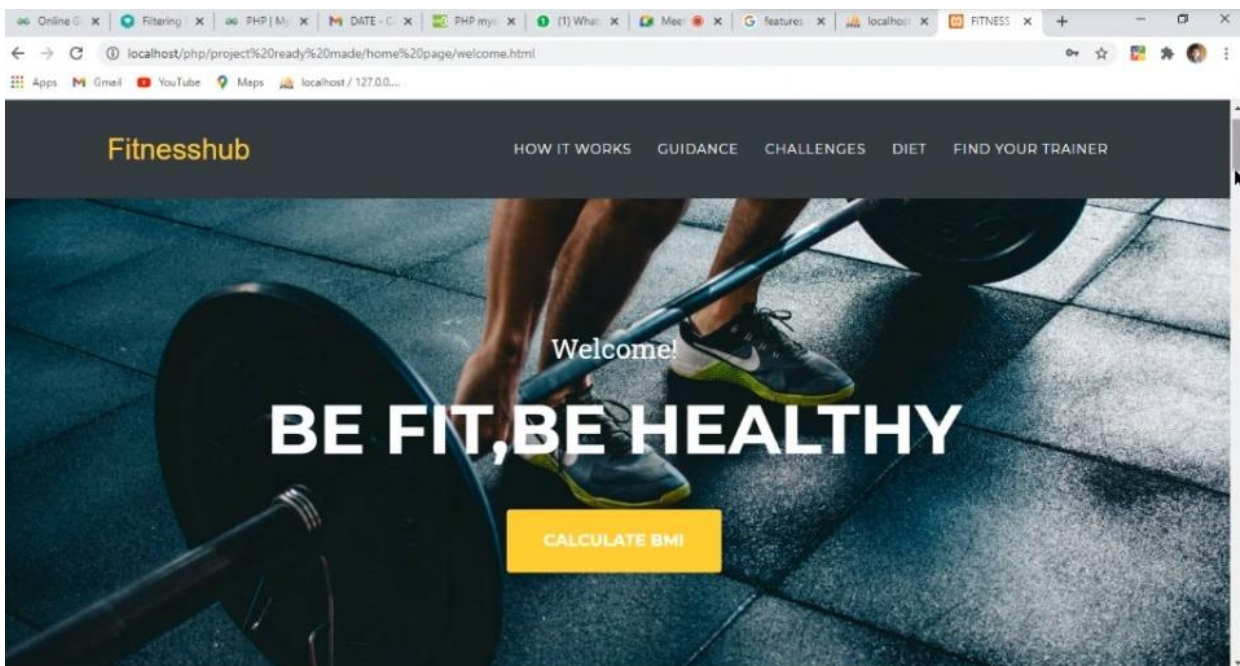
7.1 FRONT PAGE



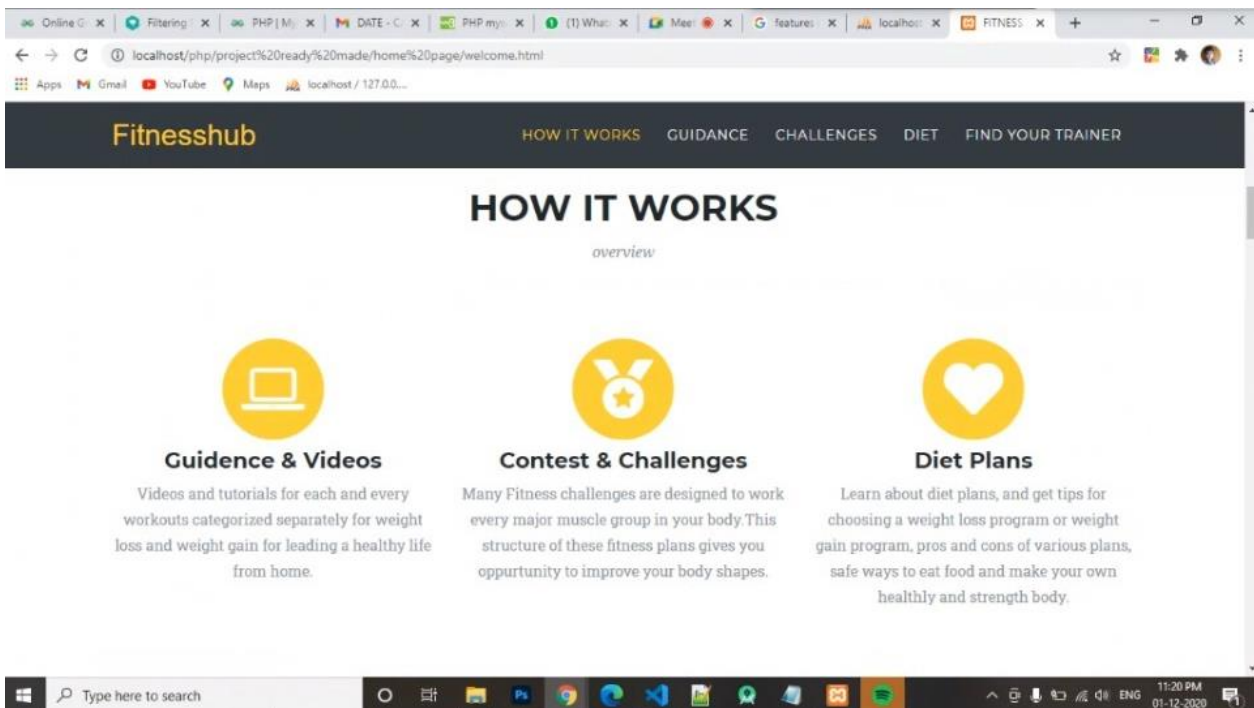
7.2 SIGNUP PAGE



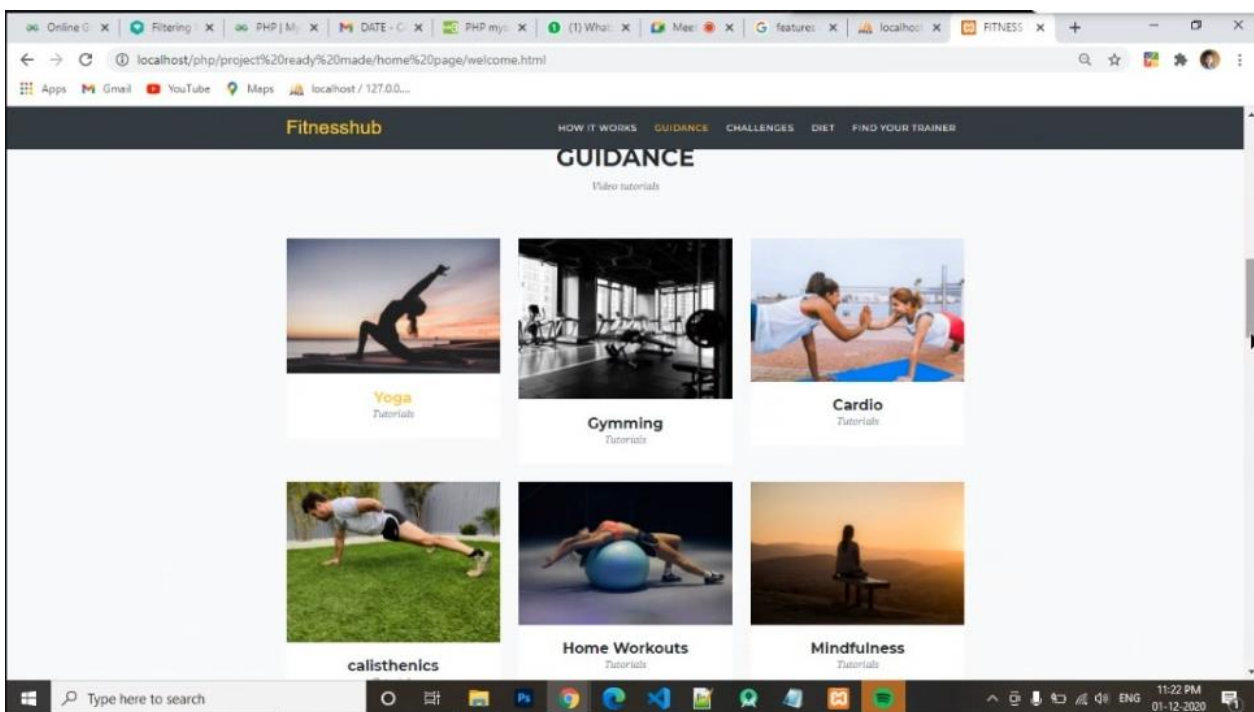
7.3 LOGIN PAGE



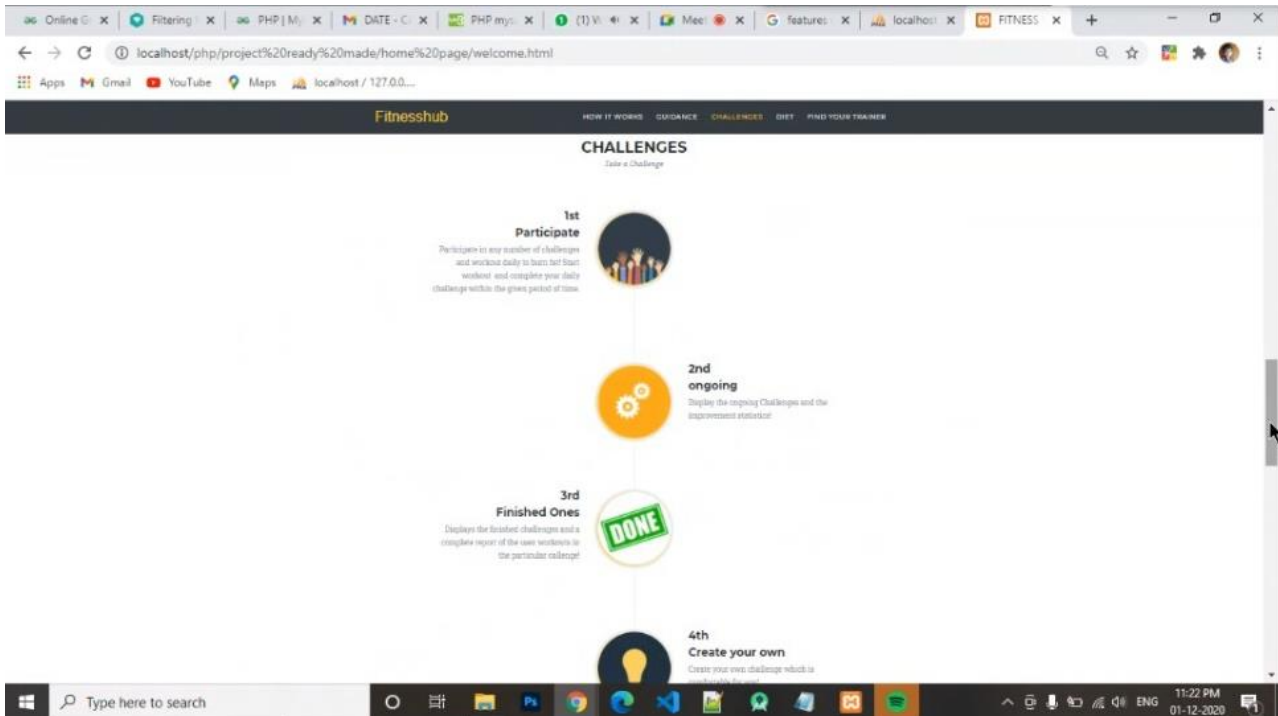
7.4 HOMEPAGE



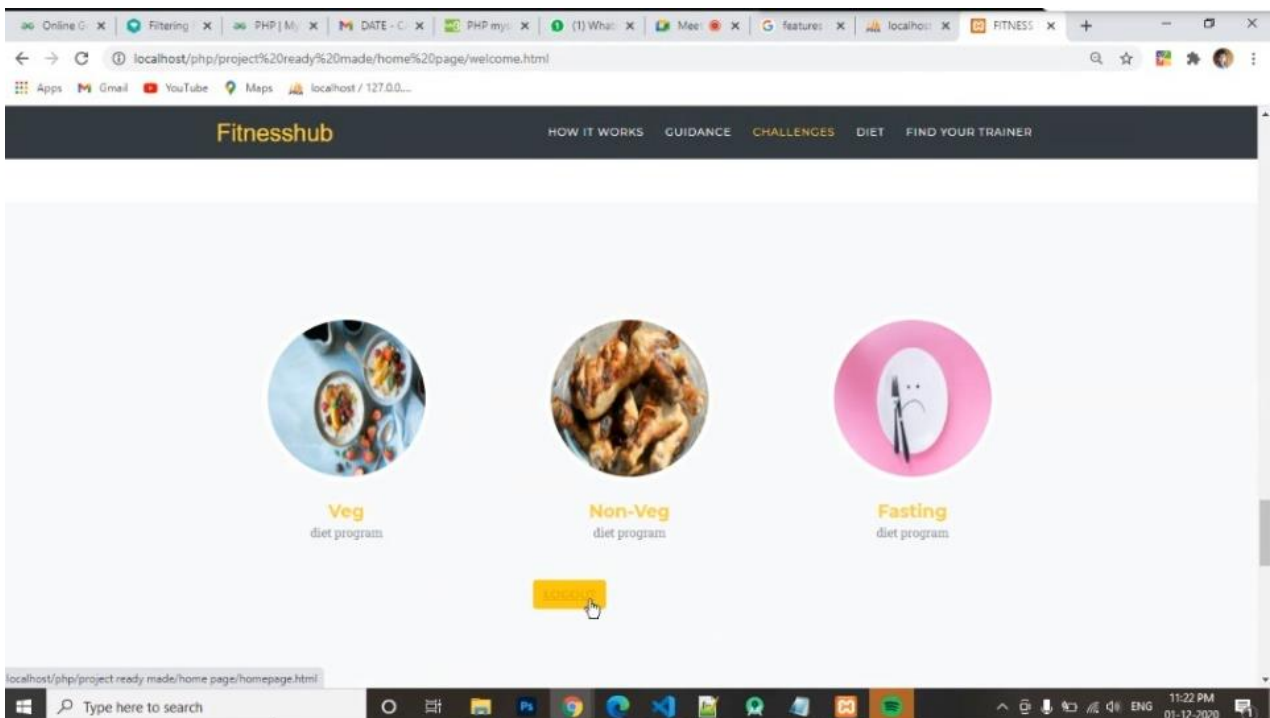
7.5 GUIDANCE



7.6 VIDEO CATEGORIES



7.7 CONTESTS AND CHALLENGES



7.8 DIET PROGRAMS

Online G x Filtering x PHP | M x DATE - C x PHP mys x (1) What x Mees x features x localhost x FITNESS x

localhost/php/project%20ready%20made/home%20page/welcome.html

Apps Gmail YouTube Maps localhost / 127.0.0...

Fitnesshub HOW IT WORKS GUIDANCE CHALLENGES DIET FIND YOUR TRAINER

CONTACT US

For any Query

Send Message..

Your Name Your Mobile No

Email Address

Write your message

Send Message

Type here to search

11:23 PM 01-12-2020

7.9 QUERY FORM

Online G x Filtering x PHP | M x DATE - C x PHP mys x WhatsApp x Mees x features x localhost x TRAINER x

localhost/php/project%20ready%20made/trainerregisternew/trainerregistrationnew.html

Apps Gmail YouTube Maps localhost / 127.0.0...

FitnessHub

TRAINER SIGNUP

Name

Email

Mobile Number

Category

Cym

Experience(in Year)

Location

Work Place Name

REGISTER

Type here to search

11:38 PM 01-12-2020

7.10 TRAINER REGISTRATION PAGE

FitnessHub

TRAINER REQUIREMENT FORM

Category: Gym Trainer

Number of Days:

Reason: Enter reason for requirement of personal trainer

SUBMIT

7.11 TRAINER REQUIREMENT FORM

Showing rows 0 - 4 (5 total, Query took 0.0005 seconds)

SELECT * FROM 'signup'

name	email	mobile	password
nithish	snkcoo2000@gmail.com	2147483647	abcdelgh
sdjbsdkllgysdf	18eucs073@skcet.ac.in	2147483647	oooooooooooooooooooo
pranesh	18eucs073@gmail.com	2147483647	abbbbbb
nithu_snk	snkcoo2000@gmail.com	9489373635	zzzzzzzzzzzzzzzzzzzz
viky	vikyviky@gmail.com	9488373635	vickvicky

DB TABLE:

CHAPTER-8

CONCLUSION & FUTURE WORK

8.1 CONCLUSION:

The web application is developed based on the technology stack which were discussed. The dataset which we have included in the firebase database is to give full support to the users to be more healthy and fit. In this study, a basic upto date application is designed for the user's fitness. It consists various fitness videos according to the categories that the users are interested. It also contains various challenges and it will be very helpful for the users to be fit and healthy in their daily life. Trainers are also included in the application for proper guidance of the users. A BMI calculator is also included for the users. Diet plans are also included for the users to follow. Thus this web application is greatly useful for the fitness of the users so that they can lead a healthy life.

8.2 FUTURE SCOPE:

- The challenges will be more organized and it will be step by step so that they are more easy for the users to follow.
- The application will include a calorie tracker and that can be done using iot devices and bands similar to google fit app.
- Chat with trainer modules by users will be added as a new feature.
- The user interface of the application will be more interactive and advanced using react js.
- The web application will also be implemented as a mobile application.
- Another new feature is that the user can follow a specific organization which they choose and a surfing area is included.

- The users can buy and sell fitness goods in the application itself.
- The users can upload their own fitness videos and share them to other users so that the application is more interactive.

REFERENCES

- [1]. www.w3schools.com –referred for HTML, CSS, SQL and JavaScript
- [2]. www.tutorialspoint.com–referred for HTML, CSS, SQL and JavaScript
- [3]. www.javatpoint.com–referred for HTML, CSS, SQL and JavaScript
- [4]. www.codecademy.com–referred for HTML, CSS, SQL and JavaScript
- [5]. www.html.com-referred for HTML
- [6]. www.javascript.info-referred for JavaScript
- [7]. www.websitesetup.org-referred for website template
- [8]. www.tutorialrepublic.com-referred for HTML forms
- [9]. www.mdbootstrap.com-referred for Bootstrap
- [10]. www.learn-php.org-referred for PHP
- [11]. www.phppoint.com-referred for PHP