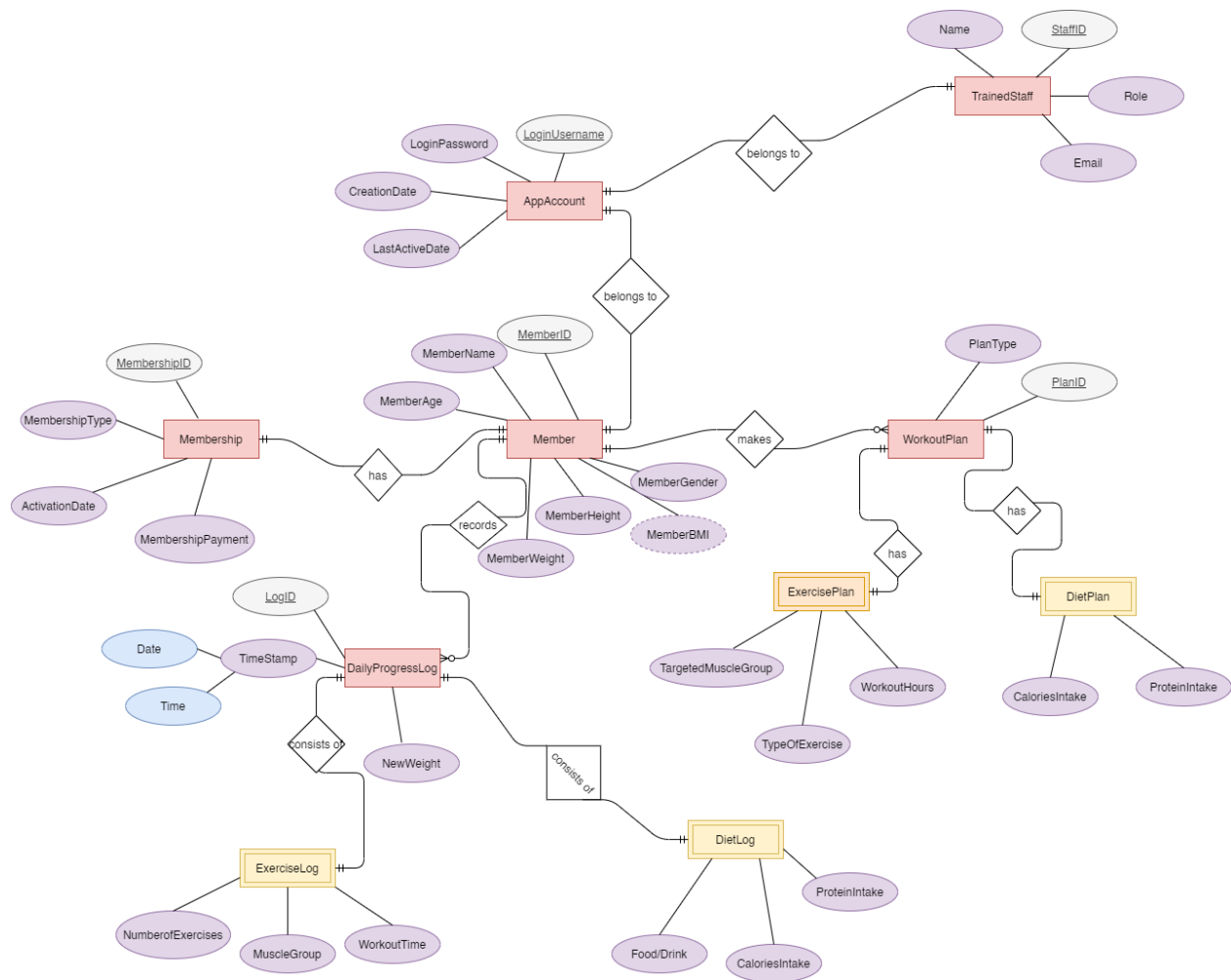




## **Database System Project**

Rabbia Sajjad (i18-0422)  
Section-JK

# Entity-Relationship Diagram



## Tables

### 1. **ApplicationAccount:**

(LoginUsername, MemberName, MemberAge, MemberWeight, MemberHeight, MemberHeight, MemberGender, LoginUsername)

### 2. **Membership:**

(MembershipID, MembershipType, ActivationDate, MembershipPayment)

### 3. **Member:**

(MemberID, MemberName, MemberAge, MemberWeight, MemberHeight, MemberHeight, MemberGender, MembershipID, LoginUsername)

### 4. **WorkoutPlan:**

(PlanID, PlanType, MemberID)

### 5. **TrainedStaff:**

( StaffID, StaffName, StaffRole , StaffEmail , StaffUsername)

### 6. **DailyProgressLog:** (*Weak Entity*)

(LogID, Logdate, Logtime, newWeight, memberID)

### 7. **ExerciseLog:** (*Weak Entity*)

(TypeOfExercise, muscleGroup, workoutTime)

### 8. **DietLog:** (*Weak Entity*)

( Food, CaloriesIntake, ProteinIntake)

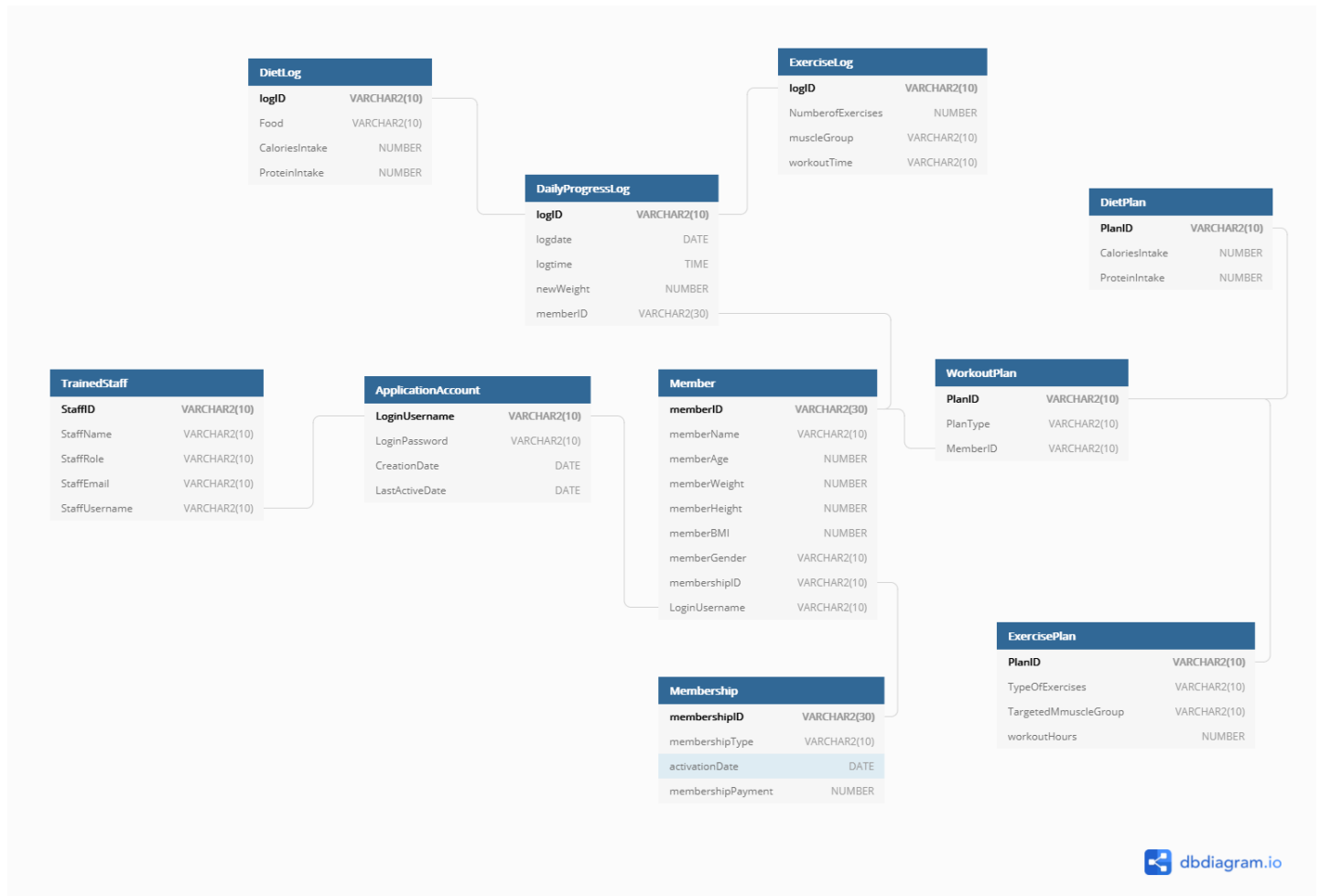
### 9. **ExercisePlan:** (*Weak Entity*)

(TypeOfExercise, TargetedMuscleGroup, workoutHours)

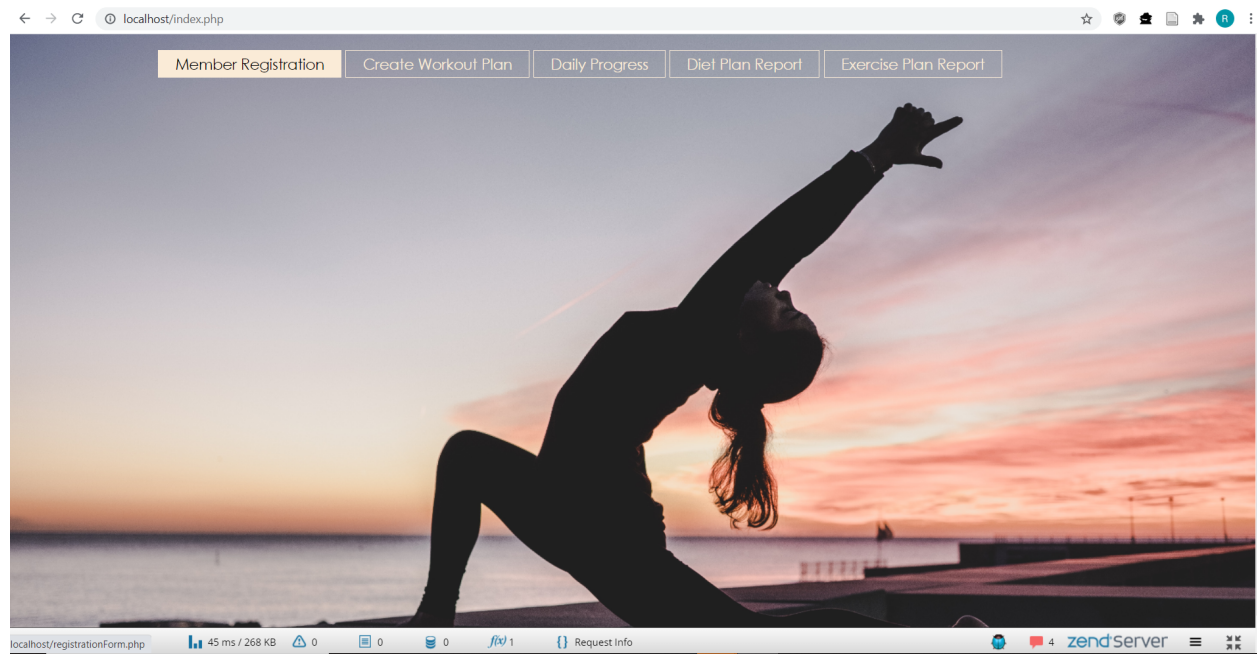
### 10. **DietPlan:** (*Weak Entity*)

(CaloriesIntake, ProteinIntake)

# Database Schema Diagram



## Interface Screenshots



This screenshot displays the 'Registration' form within the application. The browser's address bar shows 'localhost/registrationForm.php'. The form is titled 'Registration' and is set against a background with blue and purple gradients. It contains the following fields and controls:

- Member ID:** A text input field with the placeholder 'Enter ID'.
- Full Name:** A text input field with the placeholder 'Enter your name'.
- Username:** A text input field with the placeholder 'Enter your username'.
- Password:** A text input field with the placeholder 'Enter your Password'.
- Confirm Password:** A text input field with the placeholder 'Re-enter your Password'.
- Age:** A text input field with the placeholder 'Enter your age'.
- Weight:** A text input field with the placeholder 'Enter your weight'.
- Height:** A text input field with the placeholder 'Enter your height'.
- Gender:** Radio buttons for 'Male' and 'Female'.
- Membership Type:** A text input field with the placeholder 'Membership Type'.
- Membership Payment:** A text input field with the placeholder 'Membership Payment'.
- Date:** A text input field with the placeholder 'Date'.

A large 'Register' button is positioned at the bottom of the form. The 'zendserver' logo is visible in the bottom right corner of the page.

localhost/workoutForm.php

### Workout Form

<b>Member ID</b> <input type="text" value="Enter your Member ID"/>	<b>Plan ID</b> <input type="text" value="Enter Plan ID"/>
<b>Targeted Muscle Group</b> <input type="text" value="Targeted Muscle Group.."/>	<b>Number of Exercises</b> <input type="text" value="Number of Exercises.."/>
<b>Workout Hours</b> <input type="text" value="Workout Hours"/>	<b>Calories Intake</b> <input type="text" value="Calories Intake"/>
<b>Protein Intake</b> <input type="text" value="Protein Intake"/>	
<b>Plan Type</b> <input type="radio"/> Flexibility <input type="radio"/> Balance <input type="radio"/> Strength	
<input type="button" value="Create Workout Plan"/>	

zendServer

localhost/logForm.php

### Daily Progress Form

<b>Log ID</b> <input type="text" value="Enter Log ID"/>	<b>Member ID</b> <input type="text" value="Enter your Member ID"/>
<b>Updated Weight</b> <input type="text" value="Updated Weight"/>	<b>Targeted Muscle Group</b> <input type="text" value="Targeted Muscle Group.."/>
<b>Type of Exercise</b> <input type="text" value="Number of Exercises.."/>	<b>Workout Hours</b> <input type="text" value="Workout Hours"/>
<b>Food</b> <input type="text" value="Food Intake"/>	<b>Calories Intake</b> <input type="text" value="Calories Intake"/>
<b>Protein Intake</b> <input type="text" value="Protein Intake"/>	<b>Date</b> <input type="text" value="Date"/>
<b>Local Time</b> <input type="text" value="Local Time"/>	
<input type="button" value="Record Progress"/>	

zendServer

localhost/ExercisePlanReport.php

### Exercise Plan Report

Plan ID	p1
Plan Type	
Member ID	m1
Type of Exercise	10
Targeted Muscle Group	arms
Workout Hours	5

Plan ID	p2
Plan Type	on
Member ID	m1
Type of Exercise	10
Targeted Muscle Group	arms
Workout Hours	5

200 ExercisePlanReport.php 31 ms / 274 KB 0 2 fiv 5 Request Info zendserver

localhost/DietPlanReport.php

### Diet Plan Report

Plan ID	p1
Plan Type	
Member ID	m1
Calories Intake	200
Proteins Intake	200

Plan ID	p2
Plan Type	on
Member ID	m1
Calories Intake	100
Proteins Intake	200

200 DietPlanReport.php 36 ms / 276 KB 0 2 fiv 5 Request Info zendserver