**SYNOPSIS**

* **Title**
* **Title of the project**

**Sculpture**

* **Investigators**

**Student: Saksham Sharma**

**Guide: Ms. Aastha Sood (Trainer)**

* **Introduction**
* **Research Problem**
* **This application provides you with all the necessary calculated figures, on your day-to-day food consumption which is totally based on what and how much macros you should be consuming, along with the measured activities, which will calculate how much calories you are burning and how much you should be consuming as per the requirements. This application covers all the essential aspects one has to cover on the way through their fitness journey.**
* **Research Question**
* **How easy is to access our physical report on daily bases. And keeping a track of the only parameters you need to achive your goals on your fitness journey.**
* **How can we provide proficent tracking details to the user.**
* **Objective**

**The main objective of this application is to automate the existing methods of putting entries in a fitness journal and most importantly give accurate measurements that one user looks up to and rely on.**

* **Methodology**
* **Place of Study**

**Hoping Minds (Mohali, India)**

* **Setting of Study**

**Hoping Minds is an academy or training institute that provides education in different IT fields like full stack, cyber security, data science etc.**

* **Period of Study**

**Six Months Training**

* **Study Design**

**Study is basically Full Stack Web Development, both backend and frontend which includes studying various technologies HTML, CSS, JavaScript, Java, Apache, MongoDB and Node JS**

* **Study Tools and Techniques and intervention**

**Java(Swig)**

**Sql**

**Data Collection Methods**

* **Checked with various fitness enthusiasts and noted the loop holes or the issues they were facing with the application they have been tracking their fitness parameters.**
* **Surveyed throught all the gym members, about the requirements they needed to be added .**
* **Experimented and through 9 years of experience in the fitness industry made the calculations and the tips and tricks mentioned.**
* **Easy and to use interface which makes it the most user friendly application available out there.**
* **Data Management**

**Store data in Excel Sheets and then have used various data warehousing and data mining techniques. Operations on data to be performed using MySQL or Apache**

* **Data Analysis**

**After storing data in Excel Sheets, data cleansing is done and then data has been analyzed using various graphs and pie charts**

**-References**

**-Youtube**

**-Git**

**-Geeksforgeeks**

**-Udemy**