



MINI PROJECT REPORT
ON
“GYMSTER : Personal Fitness Management”

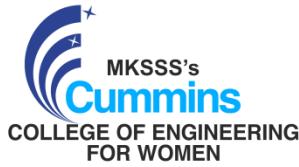
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MKSSS's CUMMINS COLLEGE OF ENGINEERING FOR WOMEN,
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2023 – 2024



DEPARTMENT OF INFORMATION TECHNOLOGY

Certificate

This is to certify that,

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have successfully completed the Mini Project entitled "**GYMSTER : Personal Fitness Management**", under my guidance in partial fulfillment of the requirement for the Database Management Laboratory second year in Department of Information Technology of Savitribai Phule Pune University during the Academic Year 2023 – 2024

Date :

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ACKNOWLEDGMENT

We have taken efforts in this project. However, it would not have been possible without the kind support and valuable inputs from our teachers and guides. I would like to extend my sincere thanks to all of them.

I am highly indebted to prof. Makarand Velankar and Prof. Prajakta Deshpande for their guidance and constant supervision as well as for providing necessary information regarding the project and also for their support in completing the project.

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ABSTRACT

GYMSTER: Personal Fitness Management is an integrated web application designed to streamline fitness center operations, member management, and personalized fitness planning. The project encompasses various functionalities, including member registration, login authentication for members, trainers, and administrators, along with access control mechanisms. The system provides a dedicated dashboard for trainers to manage member activities, assign workout plans, and track progress. Additionally, members can access their personalized workout plans, update health-related information, and communicate with trainers seamlessly through the platform. The application also facilitates the upload and management of meal plans for members, enhancing the overall fitness journey experience. With GYMSTER, users can efficiently manage their fitness goals, track progress, and collaborate with trainers for optimal results.

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1. INTRODUCTION

GYMSTER is an all-encompassing web application tailored for modern fitness centers and individual fitness enthusiasts. With a focus on user-centric design, GYMSTER aims to revolutionize the fitness journey by simplifying management tasks and enhancing member-trainer collaboration. Whether you're a fitness center administrator, a dedicated trainer, or a fitness-conscious member, GYMSTER provides a tailored experience to meet your needs.

The application kicks off with a robust registration and authentication system, ensuring a secure and personalized experience for each user. Members, trainers, and administrators can effortlessly log in to access their respective dashboards, uniquely tailored to their roles and requirements.

For trainers, GYMSTER offers a dedicated workspace to manage member activities effectively. Trainers can not only assign personalized workout plans but also curate and assign meal plans tailored to individual member needs. This feature ensures that members receive comprehensive guidance, covering both fitness routines and dietary plans. Additionally, trainers can share valuable fitness tips and insights directly on the homepage, fostering a community-driven environment and providing ongoing motivation to members.

Members benefit from personalized workout and meal plans accessible through their dashboards. They can update health-related information, track their progress, and engage in direct communication with their trainers, creating a collaborative and supportive fitness journey.

The platform further enhances meal planning by allowing members to upload and manage their meal plans, promoting healthy eating habits that complement their fitness routines.

Administrators can efficiently manage users, trainers, and membership plans through an administrative dashboard. They can also access analytics and reporting tools to monitor system usage, member engagement, and overall performance.

In essence, GYMSTER: Personal Fitness Management is more than just a fitness application; it's a holistic solution empowering users to manage their fitness goals effectively, track progress, and collaborate with fitness professionals for optimal results. With GYMSTER, achieving fitness milestones becomes a streamlined and rewarding experience for everyone involved.

2. SCOPE

The scope of GYMSTER: Personal Fitness Management is tailored to deliver a comprehensive fitness management platform. Here's the refined scope of the project:

1. User Authentication and Access Control:

- Secure registration and login mechanisms for members, trainers, and administrators.
- Role-based access control to ensure appropriate data access and management capabilities for each user type.

2. Member Management:

- Member registration and profile management.
- Personalized dashboard for members to view and update their health-related information.
- Access to personalized workout plans and assigned meal plans curated by trainers.
- Direct communication channel between members and their respective trainers for guidance and support.

3. Trainer Management:

- Dedicated dashboard for trainers to manage member activities, assign personalized workout plans, and curate meal plans.
- Ability for trainers to post fitness tips and insights on the homepage for member engagement and motivation.
- Tools for trainers to monitor member progress and adjust plans accordingly for optimal results.

4. Meal Plan Management:

- Feature for members to upload, manage, and follow their meal plans assigned by trainers.
- Integration with nutritional databases to offer meal recommendations, track dietary intake, and ensure meal plans align with fitness goals.

5. Progress Tracking and Reporting:

- Tools for members and trainers to monitor and track fitness progress over time.
- Reporting capabilities to generate summaries, insights, and progress reports to evaluate achievements and adjust plans as needed.

6. Administrative Tools:

- Administrative dashboard for adding new trainers to the system.
- Capability for administrators to keep track of member registrations, memberships, and basic member details.

3.FUNCTIONAL REQUIREMENTS OF THE SYSTEM

User Authentication and Access Control:

- Implement user registration with secure storage of personal and health-related details.
- Develop a login system with secure authentication methods.
- Implement role-based access control to manage user permissions effectively.

Member Management:

- Create a member registration form to capture personal and health-related details.
- Develop a personalized dashboard for members to manage profiles, workout plans, and meal plans.
- Enable a direct communication channel between members and trainers.

Trainer Management:

- Develop a trainer registration form to capture trainer details.
- Provide a dashboard for trainers to manage member activities, assign workout and meal plans, and monitor progress.
- Enable trainers to post fitness tips and insights on the homepage.

Meal Plan Management:

- Enable Trainer to upload, manage, and assign meal plans to trainers.

Progress Tracking and Reporting:

- Develop tools for tracking and monitoring fitness progress for members and trainers.
- Implement reporting capabilities to generate summaries and insights for progress evaluation.

Administrative Tools:

- Create an administrative dashboard for adding, editing, or removing trainers.
- Enable administrators to track member registrations and basic details.

3.1 POSSIBLE USERS OF THE SYSTEM WITH PREVILEGES:

1. Members:

-Privileges:

- Register and create a personal profile.
- Access and update personal and health-related information.
- View and follow personalized workout plans and meal plans.

2. Trainers

Privileges:

- Register and create a professional profile.
- Access and manage member activities.
- Assign personalized workout and meal plans to members.
- Monitor member progress and adjust plans accordingly.
- Post fitness tips and insights on the homepage.

3. Administrators:

Privileges:

- Manage user accounts, including adding, editing, or removing trainers.
- Monitor member registrations and basic member details.

4. TECHNOLOGIES USED

4.1 Back-end technology:

Python

Description:

Python is a high-level, interpreted programming language known for its simplicity and versatility. It's particularly well-suited for server-side web development. With Python, we can create dynamic web applications, handle server-side logic, and connect seamlessly with databases.

4.2 Database:

MySQL

Description:

MySQL is an open-source Relational Database Management System (RDBMS) that uses Structured Query Language (SQL). Known for its speed, reliability, and ease of use, MySQL is commonly used with Python for web applications to manage and access data efficiently.

4.3 Front-end:

i. HTML

Description:

Hypertext Markup Language (HTML) is the standard markup language for creating web pages and applications. In our project, we used HTML to structure the content and layout of the webpages, creating a responsive design.

ii. CSS

Description:

Cascading Style Sheets (CSS) is a stylesheet language used to define the visual presentation and layout of web pages. With CSS, we defined the styles and formatting of our project's webpages, ensuring consistency and adaptability across different devices and screen sizes.

iii. JavaScript

Description:

JavaScript is a dynamic programming language that adds interactivity to web pages. Integrated with HTML, JavaScript allowed us to implement client-side form validations, ensuring faster form processing by validating inputs such as names, passwords, emails, and mobile numbers directly on the client's browser.

5.System Overview

1.about.html

This page offers detailed information about Gymster, outlining its mission, values, and the services it provides. It gives users an understanding of the gym's approach to personal fitness management.

2.add_trainer.html

A dedicated page where the admin can input details of new trainers joining Gymster. It includes fields for trainer qualifications, specializations, and contact information.

3.admin_dash.html

The administrative dashboard where the admin can manage various aspects of the platform. It provides options to add trainers, view user data, and monitor the overall system health.



Fig 5.1 admin dashboard flow

4.blog.html

Here, users can read articles and posts written by trainers. The blog covers topics like workout tips, nutrition advice, and updates from the fitness world, enhancing user engagement and knowledge.

5.class.html

This page displays the schedule for different fitness classes and training sessions. It lists the timings, trainers, and types of workouts offered under various membership plans.

6.contact.html

Provides users with Gymster's contact details, including phone numbers, email addresses, and physical address. It also includes a contact form for users to send inquiries or feedback.

7.index.html

The main landing page of Gymster, featuring an overview of the platform's offerings. It serves as the gateway to other sections like registration, login, and membership plans.

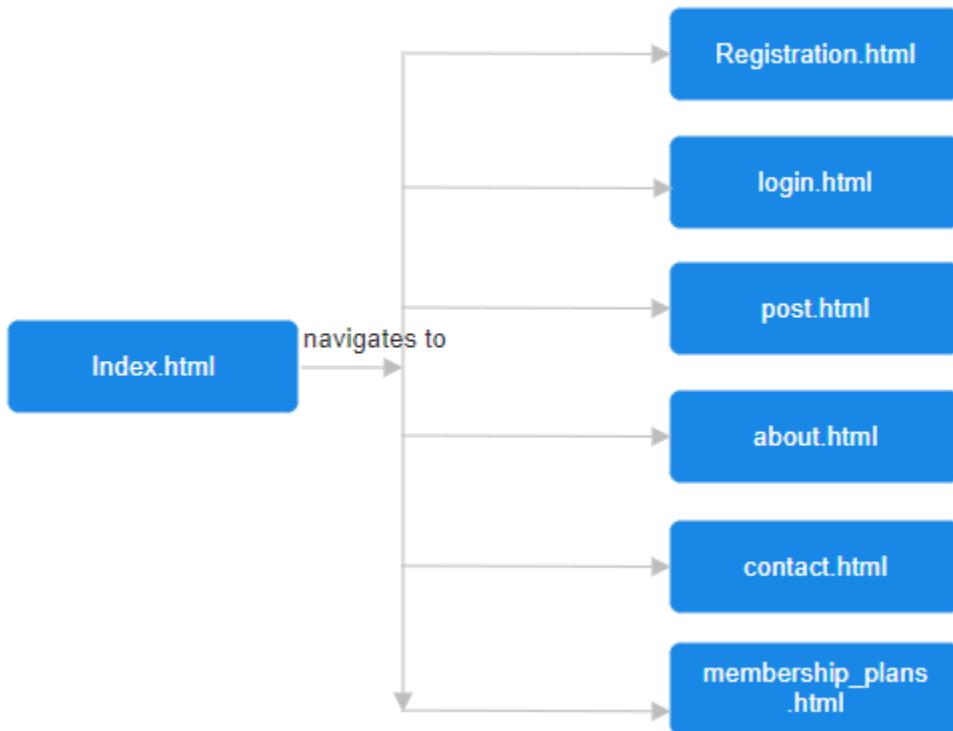


Fig 5.2 index.html workflow

8.login.html

A secure login portal where users can access their respective dashboards based on their roles—member, trainer, or admin. It ensures personalized user experiences.

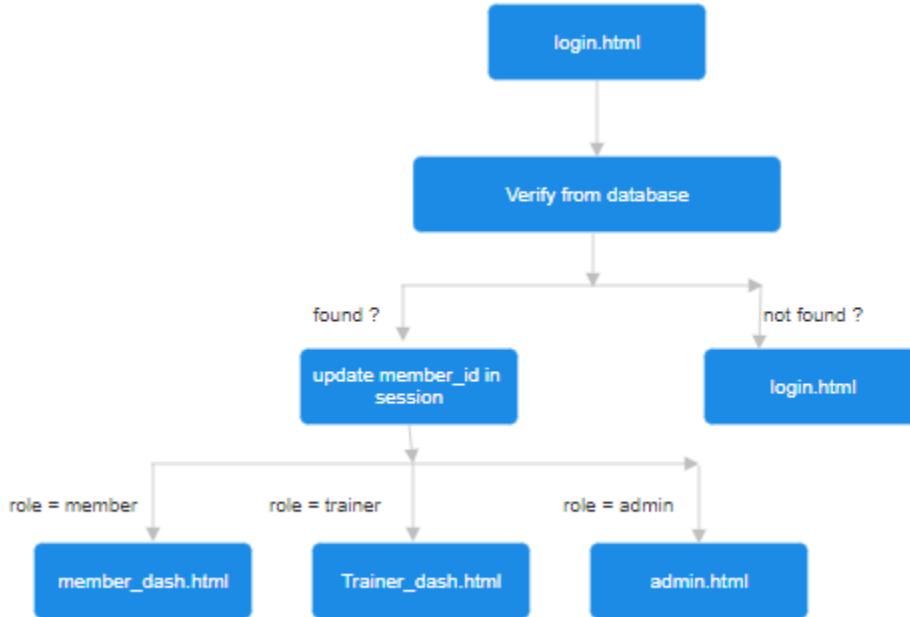


Fig 5.3 login page flow

9.member_dash.html

The dashboard designed for members to manage their profiles, track fitness progress, view assigned meal plans, and access trainer details. It offers a holistic view of their fitness journey.

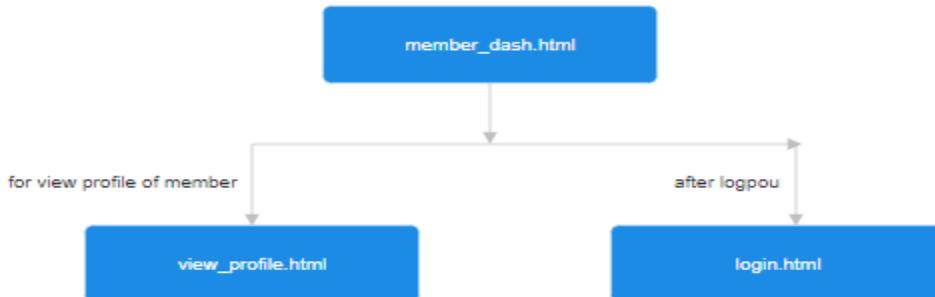


Fig 5.4 member_dash workflow

10.membership_plans.html

Lists the various membership plans Gymster offers, detailing their features, benefits, and pricing. Users can compare plans to choose one that suits their needs.

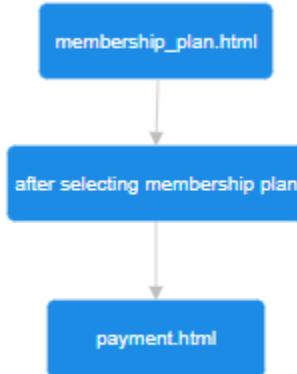


Fig 5.5 membership_plans flow

11.Payment.html

A secure payment gateway for users to complete membership transactions. It supports various payment methods, ensuring a smooth checkout process.

12.posts.html

A feed displaying the latest posts from trainers. Users can read, like, and share these posts, fostering community engagement and knowledge-sharing.

13.profile.html

Allows members and trainers to view and edit their profiles. It includes personal details, fitness goals, past achievements, and other relevant information.

14.Registration.html

The registration form where new users can sign up to become Gymster members. After registration, they can proceed to select a suitable membership plan.



Fig 5.6 registration page flow

15.trainer_dash.html

The trainer's dashboard provides tools for assigning workouts to members, uploading meal plans, and viewing member profiles. It streamlines trainer-member interactions.

16.trainer_member.html

A specialized page within the trainer dashboard where trainers can allocate specific workout activities to individual members, keeping track of their progress.

17.Workout_plan.html

A page dedicated to trainers for uploading and managing workout plans. They can create customized plans for members based on their fitness goals and requirements.

6.ER Diagram

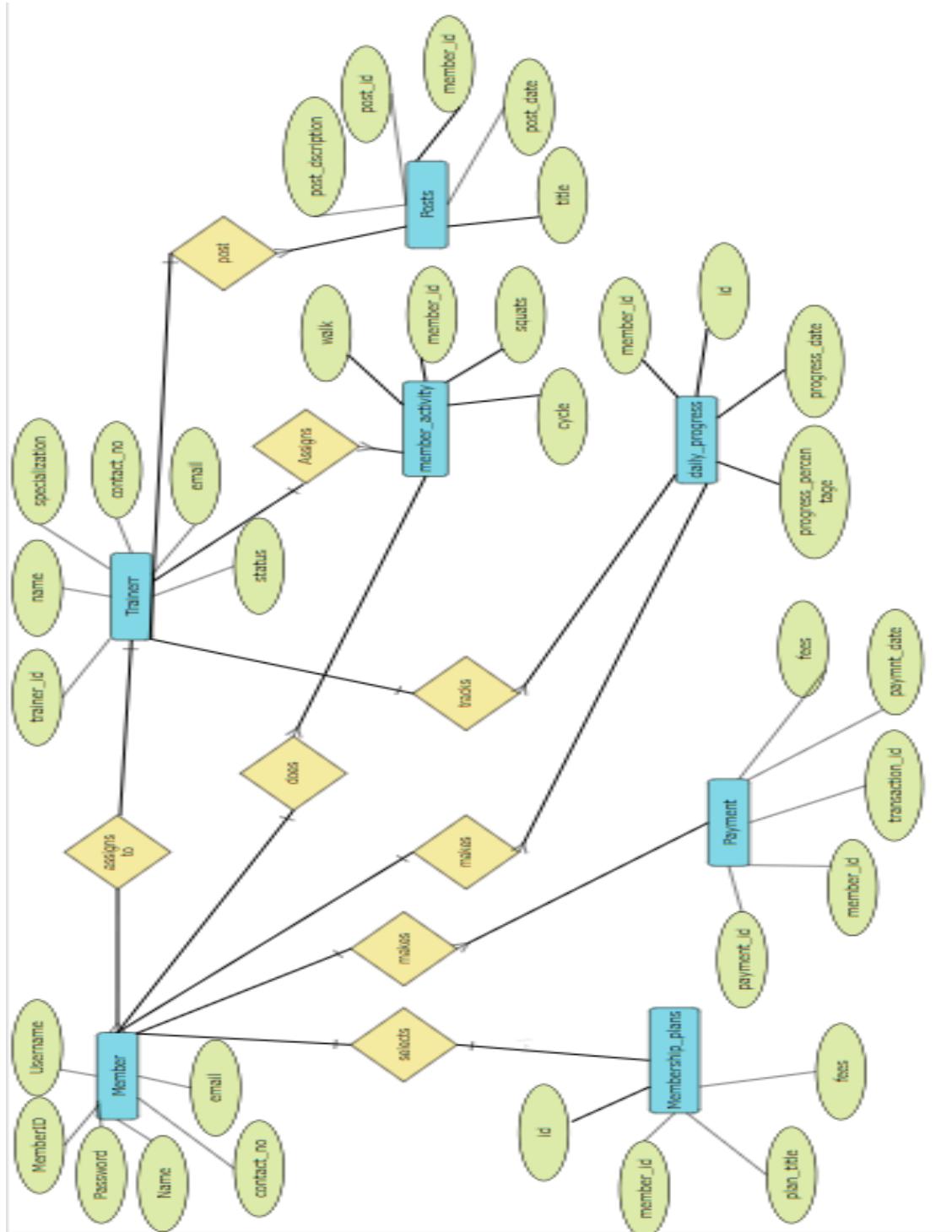


Fig. 6.1 : ER diagram

7.NORMALIZATION OF TABLES

1. member Table

- All columns depend on the primary key `member_id`.
- There are no repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table appears to be in Third Normal Form (3NF).

2. member_plans Table

- All columns depend on the primary key `id`.
- There are no repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table also appears to be in Third Normal Form (3NF).

3. member_trainer Table

- All columns depend on the primary key `member_trainer_id`.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is also in Third Normal Form (3NF).

4. payment Table

- All columns depend on the primary key `payment_id`.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is in Third Normal Form (3NF).

5. posts Table

- All columns depend on the primary key `post_id`.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is also in Third Normal Form (3NF).

6. trainer Table

- All columns depend on the primary key `trainer_id`.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is in Third Normal Form (3NF).

7. member_activities Table

- All columns depend on the primary key member_id.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is in Third Normal Form (3NF).

8. daily_progress Table

- The primary key id uniquely identifies each record.
- member_id is a foreign key referencing the member table.
- progress_date and progress_percentage depend on the primary key id.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is in Third Normal Form (3NF).

9. member_progress Table

- The primary key id uniquely identifies each record.
- member_id is a foreign key referencing the member table.
- progress_date and progress depend on the primary key id.
- No repeating groups.
- No partial dependencies.
- No transitive dependencies.

This table is in Third Normal Form (3NF).

Table 7.1 Normalization

Table Name	Normalized Form
member	3NF
member_plans	3NF
member_trainer	3NF
payment	3NF
posts	3NF
trainer	3NF
member_activities	3NF
member_progress	3NF
daily_progress	3NF

8.DATA DICTIONARY

Table 8.1 : member

Column Name	Optional	Format	Length	Description
member_id	No	INT	11	Member user id (PRIMARY KEY)
username	No	VARCHAR	50	Member username
password	No	VARCHAR	255	Member password
first_name	No	VARCHAR	50	Member's first name
last_name	No	VARCHAR	50	Member's last name
date_of_birth	No	DATE	-	Member's date of birth
gender	No	ENUM	-	Member's gender (Male, Female, Other)
email	Yes	VARCHAR	100	Member's email address
phone_number	Yes	VARCHAR	20	Member's phone number
address	Yes	VARCHAR	255	Member's address
blood_group	Yes	ENUM	-	Member's blood group
has_heart_problem	Yes	TINYINT	1	Indicator for heart problem (0 or 1)
has_hypertension	Yes	TINYINT	1	Indicator for hypertension (0 or 1)
has_diabetes	Yes	TINYINT	1	Indicator for diabetes (0 or 1)
has_breathing_problem	Yes	TINYINT	1	Indicator for breathing problem (0 or 1)
has_hernia	Yes	TINYINT	1	Indicator for hernia (0 or 1)
has_fracture_dislocation	Yes	TINYINT	1	Indicator for fracture/dislocation (0 or 1)
has_back_pain	Yes	TINYINT	1	Indicator for back pain (0 or 1)

has_knee_problem	Yes	TINYINT	1	Indicator for knee problem (0 or 1)
has_recent_surgery	Yes	TINYINT	1	Indicator for recent surgery (0 or 1)
recent_surgery_details	Yes	TEXT	-	Details of recent surgery
weight	Yes	DECIMAL	5,2	Member's weight
height	Yes	DECIMAL	5,2	Member's height
photo	Yes	VARCHAR	255	Member's photo URL or path
status	Yes	VARCHAR	50	Member status (active, inactive)

Table 8.2 member_plans

Column Name	Optional	Format	Length	Description
id	No	INT	11	Plan id (PRIMARY KEY)
member_id	No	INT	11	Member user id (FOREIGN KEY)
plan_title	No	VARCHAR	255	Plan title
fees	No	DECIMAL	10,2	Plan fees

Table 8.3 : member_trainer

Column Name	Optional	Format	Length	Description
member_trainer_id	No	INT	11	Assignment id (PRIMARY KEY)
member_id	No	INT	11	Member user id (FOREIGN KEY)
trainer_id	No	INT	11	Trainer id (FOREIGN KEY)
assignment_date	No	DATE	-	Assignment date

Table 8.4 : payment

Column Name	Optional	Format	Length	Description
payment_id	No	INT	11	Payment id (PRIMARY KEY)
member_id	No	INT	11	Member user id (FOREIGN KEY)
transaction_id	No	VARCHAR	50	Transaction id
payment_date	No	DATE	-	Payment date
fees	No	DECIMAL	10,2	Payment fees

Table 8.5 : posts

Column Name	Optional	Format	Length	Description
post_id	No	INT	11	Post id (PRIMARY KEY)
member_id	No	INT	11	Member user id (FOREIGN KEY)
post_description	No	TEXT	-	Post description
post_date	No	TIMESTAMP	-	Post date
title	No	VARCHAR	255	Post title

Table 8.6 : trainer

Column Name	Optional	Format	Length	Description
trainer_id	No	INT	11	Trainer id (PRIMARY KEY)
name	No	VARCHAR	255	Trainer's name
specialization	No	VARCHAR	255	Trainer's specialization
contact_number	Yes	VARCHAR	20	Trainer's contact number
email	Yes	VARCHAR	255	Trainer's email address
status	No	ENUM	-	Trainer status (active, inactive)

Table 8.7: member_activities

Column Name	Optional	Format	Length	Description
member_id	No	INT	11	Member ID (PRIMARY KEY)
daily_warm_ups	No	tinyint	1	Indicator for daily warm-ups (0 or 1)
marching_spot_jogging	No	tinyint	1	Indicator for marching/spot jogging (0 or 1)
wall_push_ups	No	tinyint	1	Indicator for wall push-ups (0 or 1)
squats	No	tinyint	1	Indicator for squats (0 or 1)
mic_chest_press_seated_row	No	tinyint	1	Indicator for mic chest press/seated row (0 or 1)

mic_leg_press	No	tinyint	1	Indicator for mic leg press (0 or 1)
cycle	No	tinyint	1	Indicator for cycling (0 or 1)
stretch_walk	No	tinyint	1	Indicator for stretch walking (0 or 1)
bench_up_down_step	No	tinyint	1	Indicator for bench up-down step (0 or 1)
db_shoulder_press_triceps_biceps	No	tinyint	1	Indicator for db shoulder press/triceps biceps (0 or 1)
walker	No	tinyint	1	Indicator for walker (0 or 1)
kicks	No	tinyint	1	Indicator for kicks (0 or 1)
crunches_hip_raises	No	tinyint	1	Indicator for crunches/hip raises (0 or 1)
cycling_reverse_cycling	No	tinyint	1	Indicator for cycling/reverse cycling (0 or 1)
reverse_curl	No	tinyint	1	Indicator for reverse curl (0 or 1)
single_leg_up_down	No	tinyint	1	Indicator for single leg up-down (0 or 1)
suryanamaskar	No	tinyint	1	Indicator for suryanamaskar (0 or 1)
stretches_shavasana	No	tinyint	1	Indicator for stretches/shavasana (0 or 1)

Table 8.8 : daily_progress

Column Name	Optional	Format	Length	Description
id	No	INT	11	Progress ID (PRIMARY KEY)
member_id	No	INT	11	Member ID (FOREIGN KEY)
progress_date	No	DATE	-	Date of progress
progress_percentage	No	INT	-	Progress percentage achieved

Table 8.9 member_progress

Column Name	Optional	Format	Length	Description
id	No	INT	11	Progress ID (PRIMARY KEY)
member_id	No	INT	11	Member ID (FOREIGN KEY)
progress_date	No	DATE	-	Date of progress
progress	No	INT	-	Specific progress value

9. BUSINESS LOGIC IMPLEMENTED

The business logic implemented in the GYMSTER: Personal Fitness Management system encompasses the core functionalities that drive the system's operations and user interactions. Here's the breakdown of the business logic based on the previously outlined functional requirements:

1. User Authentication and Access Control:

Secure registration, login, and password recovery/reset mechanisms ensure only authenticated users can access the system. Role-based access control assigns specific data access and management capabilities to different user roles.

2. Member Management:

The system captures and stores member personal and health-related details during registration. A personalized dashboard enables members to manage their profiles, workout plans, and meal plans. A direct communication channel facilitates seamless interaction between members and trainers.

3. Trainer Management:

Trainers can register, create a professional profile, and manage member activities through a dedicated dashboard. They can assign personalized workout and meal plans to members, monitor progress, and communicate directly with members. The system also allows trainers to post fitness tips on the homepage.

4. Meal Plan Management:

Members can upload, manage, and follow their assigned meal plans. Integration with nutritional databases ensures meal recommendations align with fitness goals and dietary needs.

5. Progress Tracking and Reporting:

Tools and interfaces enable members and trainers to track and monitor fitness progress over time. Reporting capabilities generate summaries, insights, and reports to evaluate achievements and make necessary adjustments to plans.

6. Administrative Tools:

An administrative dashboard allows administrators to manage user accounts, including adding, editing, or removing trainers. They can also monitor member registrations and basic member details, ensuring effective system management.

10. TESTING

Table 10.2: Testing Documents

Field Name	Validations	Description
Username	Accepts a valid E-mail ID	Input field for Email
Password	Accepts a password of minimum length of 8 characters and maximum of 20 characters which stores it in an encrypted format	Input field for Password
Mobile number	Accepts a 10 digit mobile number in donor as well as recipient form	Input field for Phone Number
E-mail ID	Accepts a valid e-mail address in donor as well as recipient form (format: --@--)	Input field for Email
Submit button	If any field in the form is not filled then an error will be displayed	Button to submit the form
First name	Accepts letters only, minimum length of 2 and maximum of 50 characters	Input field for First Name
Last name	Accepts letters only, minimum length of 2 and maximum of 50 characters	Input field for Last Name
Address	Minimum length of 5 and maximum of 100 characters	Input field for Address
Date of Birth	Not specified, but likely requires a valid date	Input field for Date of Birth
Gender	Selection of one from 'Male', 'Female', 'Other'	Dropdown for Gender selection

Weight	Accepts values between 30 and 300	Input field for Weight (kg)
Height	Accepts values between 50 and 300	Input field for Height (cm)
Blood Group	Selection from a predefined list of blood groups	Dropdown for Blood Group selection
History of Health Conditions	Multiple checkboxes for various health conditions	Checkboxes for health condition history
Detail About Health Issue	Minimum length of 10 and maximum of 500 characters	Textarea for additional health details (If any)

11. SCREEN SHOTS

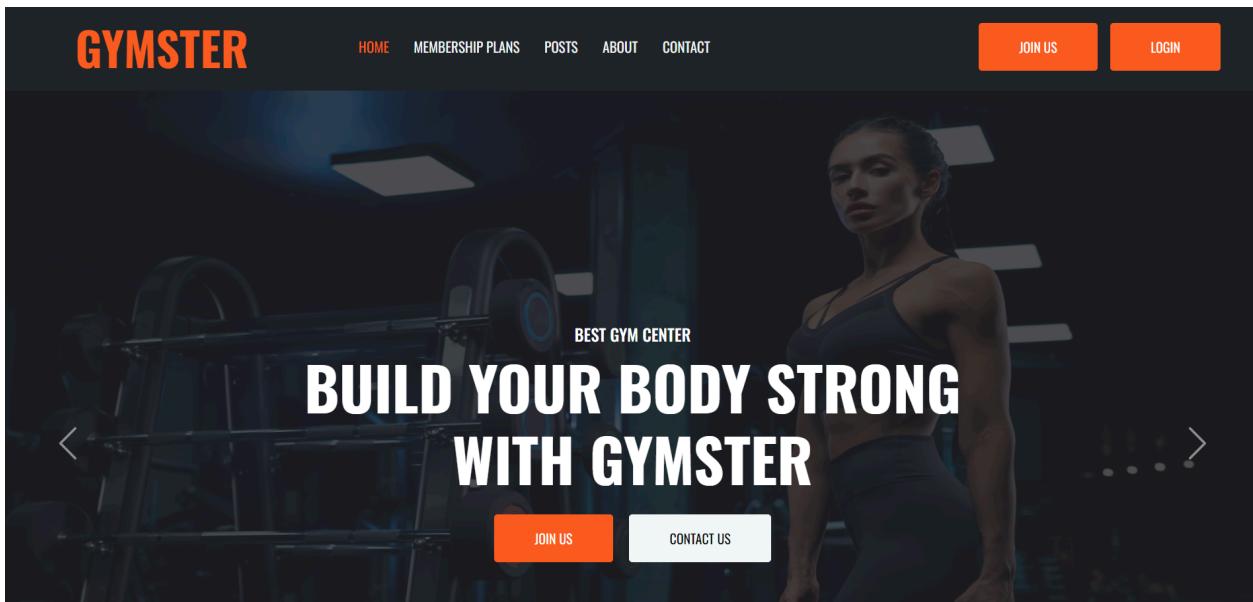


Fig.11.1 home page

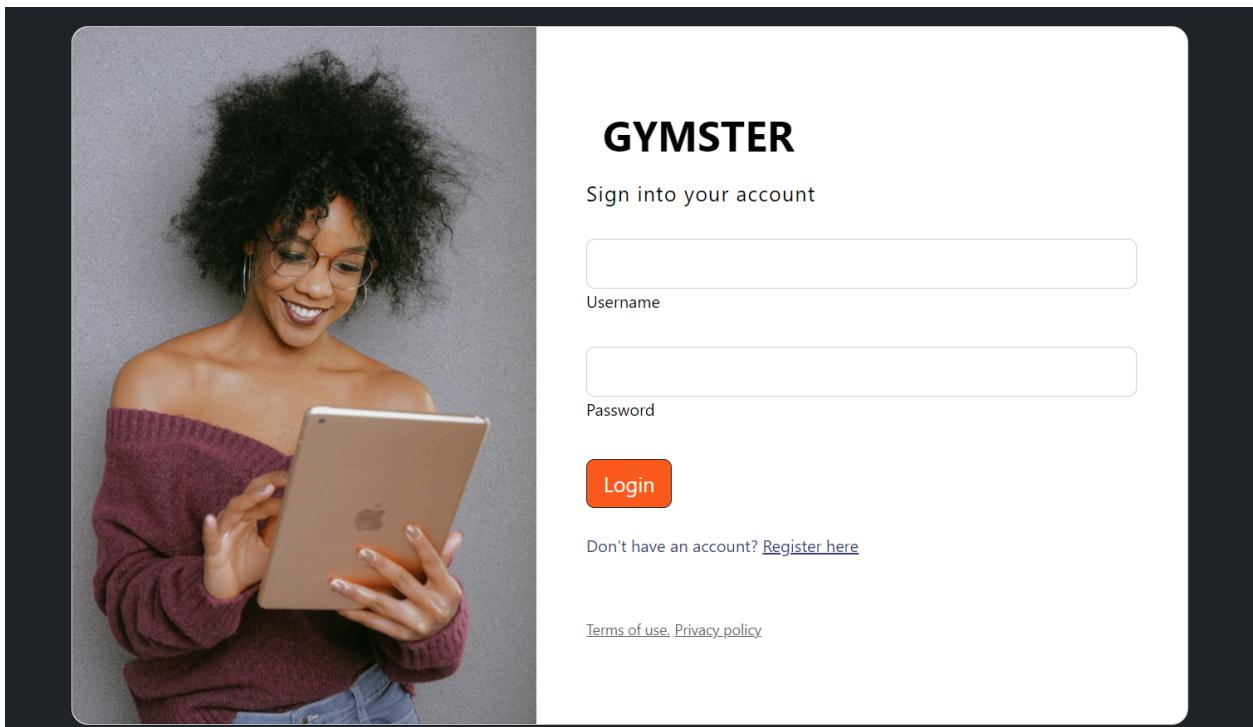


Fig 11.2 login

The screenshot shows the GYMSTER website's registration page. At the top, there is a navigation bar with links for HOME, MEMBERSHIP PLANS, POSTS, ABOUT, and CONTACT. On the far right of the navigation bar is an orange 'LOGIN' button. The main title 'Registration Form' is centered above the input fields. The form includes fields for First name (Sanika), Last name (Paware), Address (Baya Karve Hostel, PUne), Email (sanika@gmail.com), Phone (7888064894), Username (sanika12), and Password (.....). There is also a placeholder for a profile picture.

Fig 11.3 registration form

The screenshot shows the 'Personal Details' section of the GYMSTER website. It includes fields for Date of Birth (12-08-2004), Gender (Female), Weight (kg) (53), Height (cm) (156), and Blood Group (B+). Below these, there is a section for 'History of Health Conditions' with several checkboxes. Some are checked (History of Heart Problem, Fracture dislocation) while others are unchecked (Hypertension/Hypotension, Diabetes/Thyroid, Hernia, Back joint/muscle pain, Knee problem). A large text area labeled 'Detail About Health Issue (If any)' contains the text 'Appendix Surgery'.

Fig 11.4 personal details

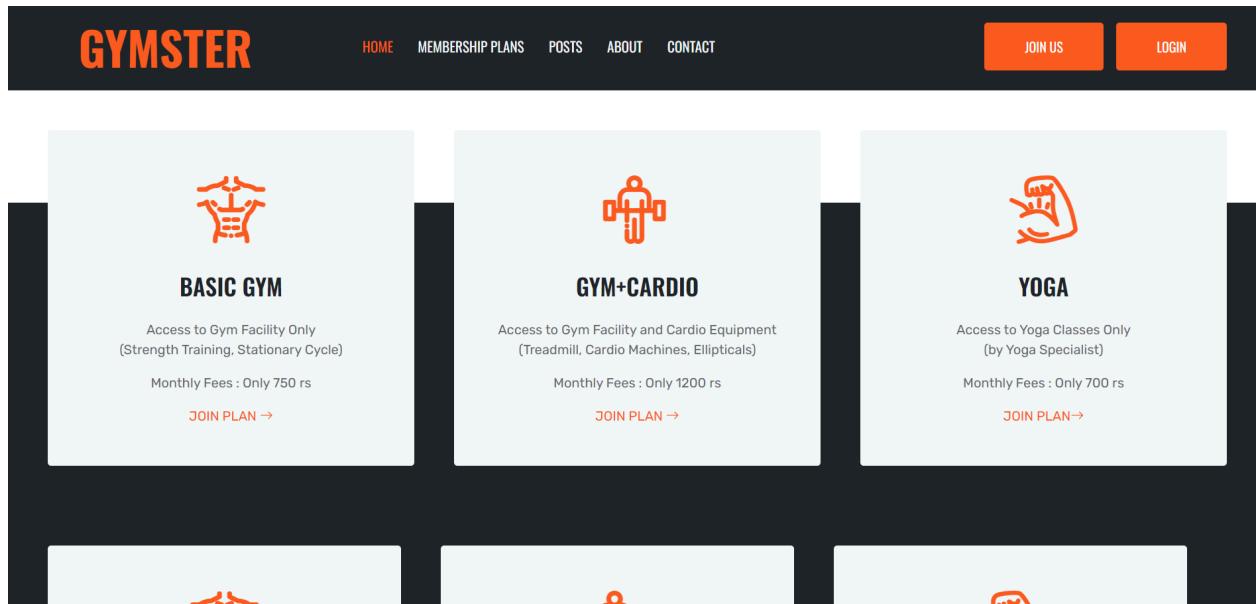


Fig 11.5 membership_plans

The screenshot shows the Gymster website's payment page for a user named Sanika Paware. The page has a dark header with the Gymster logo and navigation links (HOME, MEMBERSHIP PLANS, POSTS, ABOUT, CONTACT, JOIN US, LOGIN).

User Information

Name: Sanika Paware
 Phone Number: 7888064894
 Email: sanika@gmail.com
 Membership Plan: Basic Gym
 Fees: 750.00
 Current Date: 2024-04-21
 Make Payment on mobile no 7888064894

Enter Transaction ID:

Select Photo:
 Choose File No file chosen

PROCEED

Fig 11.6 payment

The Member Dashboard is titled "GYMSTER". It features a navigation bar with links to HOME, MEMBERSHIP PLANS, POSTS, ABOUT, CONTACT, PROFILE, and LOG OUT. The main content area is divided into two sections: "Assigned Activities" and "Meal Plan".

Assigned Activities: A list of exercises with checkboxes. Checked items include: daily warm ups, marching spot jogging, wall push ups, squats, sit up leg press, stretch walk, bench up down step, walker, kicks, crunches hip raises, reverse curl, and single leg up down. A progress bar at the bottom shows 25%. A "CALCULATE PROGRESS" button is present.

Meal Plan: Titled "WEIGHT LOSS MEAL PLAN". It includes sections for BREAKFAST, LUNCH, SNACKS, and DINNER, each listing meal options with their calorie counts. A "REFRESHES" section is also shown. At the bottom, a "TOTAL CALORIES" summary is provided.

Fig 11.7 member_dash

The Trainer Dashboard is titled "GYMSTER". It features a navigation bar with links to HOME, MEMBERSHIP PLANS, POSTS, ABOUT, CONTACT, PROFILE, and LOG OUT. The main content area is titled "Trainer Dashboard" and displays a table of client profiles.

Name	Status	Workout Plan	Meal Plan	Progress	Profiles
Sanika Paware pawaresanika@gmail.com	Inactive	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>
Arya Paware@6 aryapatil@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>	50%	<input type="button" value="VIEW"/>
Sakshi Lohar sakshi@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>
Dipika Kale dipika@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>
Vedanti Pawar shital@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>
Shital Pawar shitalpawar@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>
Mansi Khandare mansi@gmail.com	Inactive	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>	100%	<input type="button" value="VIEW"/>
Prasad Paware prasad@gmail.com	Active	ASSIGN ACTIVITIES	Choose File <input type="button" value="UPLOAD"/>		<input type="button" value="VIEW"/>

Fig 11.8 Trainer_dash

Add Trainer

Name

Select Specialization

Phone

Email

Username

Password

SUBMIT

Fig 11.9 Add trainer

The screenshot shows the GYMSTER website's homepage. At the top, there is a dark header bar with the word "GYMSTER" in orange. Below the header, there is a navigation menu with links: HOME, MEMBERSHIP PLANS, POSTS, ABOUT, and CONTACT. To the right of the menu are two orange buttons: "JOIN US" and "LOGIN". The main content area has a title "HEALTH TIPS FROM TRAINERS" and a large heading "LATEST POST". There are three posts displayed in a grid:

- UPWAS NUTRITION DELIGHTS !**
21 APRIL 2024
Fruits, Dairy, Nuts & Grains! Stay energized with fruits, dairy for protein, and nuts/seeds for healthy fats during Upwas. Include whole grains and veggies for a balanced meal, spiced with rock salt and cumin. Hydrate with water, teas, and juices!
Posted by: John Doe
- BALANCED UPWAS DIET !**
21 APRIL 2024
Mix fruits, dairy, grains, and veggies for a nutrient-rich meal. Explore sabudana dishes, fruit salads, and yogurt-based recipes. Hydrate with water and herbal teas. Enjoy a nourishing Upwas experience.
Posted by: Sophia Brown
- TASTY UPWAS IDEAS !**
21 APRIL 2024
Try sabudana khichdi, fruit salads, and yogurt dips! Enhance flavors with spices like ginger and pepper. Stay refreshed with herbal teas and fruit juices. dont eat fried chips !
Posted by: Jane Smith

Fig 11.10 Posts

Name	Specialization	Contact Number	Email	Edit
John Doe	Basic Gym	1234567890	john.doe@example.com	ACTIVE
Jane Smith	Gym and Cardio	9876543210	jane.smith@example.com	ACTIVE
Michael Johnson	Yoga	5551234567	michael.johnson@example.com	ACTIVE
Sarah Davis	Zumba	7778889990	sarah.davis@example.com	INACTIVE
David Wilson	Gym and Zumba	4445556660	david.wilson@example.com	ACTIVE
Sophia Brown	Gym and Yoga	1112223330	sophia.brown@example.com	ACTIVE
Emma Miller	Gym and Cardio and Yoga	6667778880	emma.miller@example.com	INACTIVE
Matthew Jones	Gym and Cardio and Zumba	9990001110	matthew.jones@example.com	ACTIVE
Olivia Wilson	Full Access	3334445550	olivia.wilson@example.com	ACTIVE

11.11 Admin_dash

Profile



Name: Sanika Paware
 Date of Birth: 2004-08-12
 Gender: Female
 Email: sanika@gmail.com
 Phone Number: 7888064894
 Address: Baya Karve Hostel, PUne
 Height: 156.00
 Weight: 53.00
 Diseases: Heart Problem, Fracture/Dislocation,
 Surgery Details: Appendix Surgery

11.12 View profile

CLASS SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM - 8.00AM POWER LIFTING JOHN DEO	8.00AM - 10.00AM BODY BUILDING JAMES TAYLOR	10.00AM - 12.00PM CARDIO PROGRAM JACK SPARROW	12.00PM - 2.00PM WEIGHT LOOSE ROBERT SMITH			
2.00PM - 4.00PM FITNESS PROGRAM ADAM PHILLIPS	4.00PM - 6.00PM CROSSFIT CLASS JAMES ALIEN	6.00PM - 8.00PM MUSCLE BUILDING PETTER JOHN	8.00PM - 10.00PM YOGA CLASS JESSY REO			

Fig 11.13 classes



ABOUT US

WELCOME TO GYMSTER

"Transform your body, energize your mind, and unleash your potential at Gymster!"

At Gymster, we believe that fitness is not just a hobby but a way of life. Our mission is to provide a welcoming and inclusive environment for individuals of all fitness levels to achieve their health and wellness goals. Our state-of-the-art facilities are equipped with the latest fitness equipment and staffed with knowledgeable trainers who are dedicated to helping you succeed on your fitness journey. Whether you're looking to lose weight, build muscle, improve flexibility, or simply lead a healthier lifestyle, Gymster is here to support you every step of the way..

[ABOUT US](#) [WHY CHOOSE US](#)

At Gymster, we pride ourselves on a holistic approach to fitness, prioritizing both physical strength and mental well-being. Our certified trainers craft personalized workout plans, tailored to individual goals. With top-notch facilities and a supportive community, we offer an environment where members flourish. From advanced equipment to group classes and wellness workshops, Gymster is your go-to for a balanced lifestyle./p>

Fig 11.14 about us

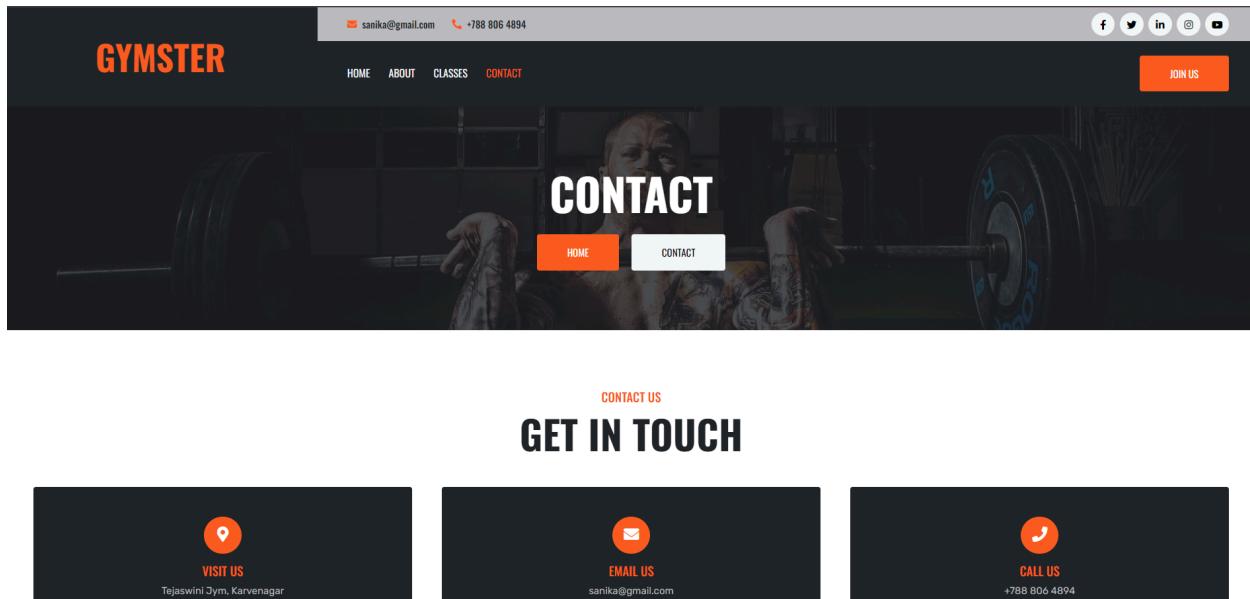


Fig 11.15 Contact



Fig 11.16 Footer

CONCLUSION

In conclusion, the GYMSTER: Personal Fitness Management system is designed with a robust set of functionalities and business logic to provide a comprehensive solution for fitness management. The system caters to the diverse needs of its users, including members, trainers, and administrators, by offering personalized experiences, effective collaboration tools, and efficient administrative capabilities.

Key features such as secure user authentication, personalized member and trainer management, meal plan management, progress tracking, and reporting are implemented to ensure seamless interaction and effective fitness goal tracking. Additionally, administrative tools enable efficient system management, allowing administrators to oversee user accounts and monitor system performance.

Overall, GYMSTER aims to streamline fitness management processes, enhance member-trainer collaboration, and provide valuable insights for achieving fitness goals. With its user-centric design and robust business logic, the system offers a tailored fitness management experience that promotes engagement, motivation, and success in fitness journeys.

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