**hibernate.cfg.xml**

<?xml version=*'1.0'* encoding=*'utf-8'*?>

<!DOCTYPE hibernate-configuration PUBLIC "-//Hibernate/Hibernate Configuration DTD//EN"

"http://hibernate.sourceforge.net/hibernate-configuration-3.0.dtd">

<hibernate-configuration>

<session-factory>

<property name=*"hibernate.connection.driver\_class"*>com.mysql.jdbc.Driver</property>

<property name=*"hibernate.connection.url"*>jdbc:mysql://localhost:3306/gymtracking</property>

<property name=*"hibernate.connection.username"*>GymTracking</property>

<property name=*"hibernate.connection.password"*>gym1234</property>

<property name=*"show\_sql"*>true</property>

<property name=*"dialect"*>org.hibernate.dialect.MySQLDialect</property>

<property name=*"hibernate.hbm2ddl.auto"*>update</property>

<!-- Mapping files -->

<mapping resource=*"Activity.hbm.xml"*/>

<mapping resource=*"User.hbm.xml"*/>

</session-factory>

</hibernate-configuration>

**User.hbm.xml**

<?xml version=*"1.0"*?>

<!DOCTYPE hibernate-mapping PUBLIC "-//Hibernate/Hibernate Mapping DTD 3.0//EN"

"http://hibernate.sourceforge.net/hibernate-mapping-3.0.dtd">

<hibernate-mapping>

<class name=*"com.hit.model.User"* table=*"USERS"*>

<id name=*"userName"* type=*"java.lang.String"*>

<column name=*"USER\_NAME"* />

</id>

<property name=*"password"* type=*"java.lang.String"*>

<column name=*"PASSWORD"* />

</property>

<property name=*"weight"* type=*"int"*>

<column name=*"WEIGHT"* />

</property>

<property name=*"height"* type=*"int"*>

<column name=*"HEIGHT"* />

</property>

</class>

</hibernate-mapping>

**Activity.hbm.xml**

<?xml version=*"1.0"*?>

<!DOCTYPE hibernate-mapping PUBLIC "-//Hibernate/Hibernate Mapping DTD 3.0//EN"

"http://hibernate.sourceforge.net/hibernate-mapping-3.0.dtd">

<hibernate-mapping>

<class name=*"com.hit.model.Activity"* table=*"ACTIVITY"*>

<id name=*"activityId"* type=*"int"*>

<column name=*"ACTIVITY\_ID"* />

<generator class=*"increment"*></generator>

</id>

<property name=*"userName"* type=*"java.lang.String"*>

<column name=*"USER\_NAME"* />

</property>

<property name=*"activityName"* type=*"java.lang.String"*>

<column name=*"ACTIVITY\_NAME"* />

</property>

<property name=*"trainingDay"* type=*"java.lang.String"*>

<column name=*"TRAINING\_DAY"* />

</property>

<property name=*"numberOfSets"* type=*"int"*>

<column name=*"NUMBERS\_OF\_SETS"* />

</property>

<property name=*"numberOfReps"* type=*"int"*>

<column name=*"NUMBERS\_OF\_REPS"* />

</property>

</class>

</hibernate-mapping>

**com.hit.model  
User.java**

**package** com.hit.model;

/\*\*

\* User class represent user properties.

\*/

**public** **class** User {

**private** String userName;

**private** String password;

**private** **int** weight;

**private** **int** height;

/\*\*

\* default C'tor

\*/

**public** User() {

}

/\*\*

\* C'tor that initialize this class members with given values.

\* **@param** userName represent user name.

\* **@param** password represent password for user.

\* **@param** weight represent weight for user.

\* **@param** height represent height for user.

\*/

**public** User(String userName, String password, **int** weight, **int** height){

setUserName(userName);

setPassword(password);

setWeight(weight);

setHeight(height);

}

/\*\*

\* Get user name.

\* **@return** user name.

\*/

**public** String getUserName() {

**return** userName;

}

/\*\*

\* set user name.

\* **@param** userName to set.

\*/

**public** **void** setUserName(String userName) {

**this**.userName = userName;

}

/\*\*

\* Get password.

\* **@return** password of user.

\*/

**public** String getPassword() {

**return** password;

}

/\*\*

\* Set password.

\* **@param** password to set.

\*/

**public** **void** setPassword(String password) {

**this**.password = password;

}

/\*\*

\* Get weight.

\* **@return** weight of user.

\*/

**public** **int** getWeight() {

**return** weight;

}

/\*\*

\* Set weight.

\* **@param** weight to set.

\*/

**public** **void** setWeight(**int** weight) {

**this**.weight = weight;

}

/\*\*

\* Get height.

\* **@return** height of user.

\*/

**public** **int** getHeight() {

**return** height;

}

/\*\*

\* Set height.

\* **@param** height of set.

\*/

**public** **void** setHeight(**int** height) {

**this**.height = height;

}

@Override

**public** String toString() {

**return** "User [userName=" + userName + ", password=" + password +

", weight=" + weight + ", height=" + height + "]" ;

}

}

**Activity.java**

**package** com.hit.model;

/\*\*

\* User class represent user properties.

\*/

**public** **class** Activity {

**private** String userName;

**private** **int** activityId;

**private** String activityName;

**private** String trainingDay;

**private** **int** numberOfSets;

**private** **int** numberOfReps;

/\*\*

\* default C'tor

\*/

**public** Activity() {

}

/\*\*

\* C'tor that initialize this class members with given values.

\* **@param** userName represent user name.

\* **@param** activityName represent activity name.

\* **@param** trainingDay represent training day.

\* **@param** numbrtOfSets represent number of sets for activity.

\* **@param** numberOfReps represent number of repeats for activity.

\*/

**public** Activity(String userName, String activityName, String trainingDay, **int** numbrtOfSets, **int** numberOfReps) {

setUserName(userName);

setActivityName(activityName);

setTrainingDay(trainingDay);

setNumberOfSets(numbrtOfSets);

setNumberOfReps(numberOfReps);

}

/\*\*

\* Get username.

\* **@return** username.

\*/

**public** String getUserName() {

**return** userName;

}

/\*\*

\* Set username.

\* **@param** userName to set.

\*/

**public** **void** setUserName(String userName) {

**this**.userName = userName;

}

/\*\*

\* Get activity id.

\* **@return** activity id.

\*/

**public** **int** getActivityId() {

**return** activityId;

}

/\*\*

\* Set activity id.

\* **@param** activityId to set.

\*/

**public** **void** setActivityId(**int** activityId) {

**this**.activityId = activityId;

}

/\*\*

\* Get activity name.

\* **@return** activity name.

\*/

**public** String getActivityName() {

**return** activityName;

}

/\*\*

\* Set activity name.

\* **@param** activityName to set.

\*/

**public** **void** setActivityName(String activityName) {

**this**.activityName = activityName;

}

/\*\*

\* Get Training Day.

\* **@param** trainingDay.

\*/

**public** String getTrainingDay() {

**return** trainingDay;

}

/\*\*

\* Set Training Day.

\* **@param** trainingDay to set.

\*/

**public** **void** setTrainingDay(String trainingDay) {

**this**.trainingDay = trainingDay;

}

/\*\*

\* Get number of sets.

\* **@return** number of activity sets.

\*/

**public** **int** getNumberOfSets() {

**return** numberOfSets;

}

/\*\*

\* Set number of sets.

\* **@param** numberOfSets to set.

\*/

**public** **void** setNumberOfSets(**int** numberOfSets) {

**this**.numberOfSets = numberOfSets;

}

/\*\*

\* Get number of repeats.

\* **@return** number of activity repeats.

\*/

**public** **int** getNumberOfReps() {

**return** numberOfReps;

}

/\*\*

\* Set number of repeats.

\* **@param** numberOfSets to set.

\*/

**public** **void** setNumberOfReps(**int** numberOfReps) {

**this**.numberOfReps = numberOfReps;

}

@Override

**public** String toString() {

**return** "User [UserName="+ userName +" ,activityId=" + activityId + " ,activityName=" + activityName +

", numberOfSets=" + numberOfSets + ", numberOfReps=" + numberOfReps + "]" ;

}

}

**ExceptionGymDAO.java**

**package** com.hit.model;

/\*\*

\* Class that represent exception that belong to this project.

\*/

**public** **class** ExceptionGymDAO **extends** Exception {

/\*\*

\* Default serial version id.

\*/

**private** **static** **final** **long** ***serialVersionUID*** = 1L;

/\*\*

\* Method that send a message that describe the exception to the user.

\* **@param** message is a string that represent the exception that occurred.

\*/

**public** ExceptionGymDAO(String message) {

**super**("GymDAO Exception: " + message);

}

/\*\*

\* An exception wrapper for the Hibernate framework.

\* **@param** message is a string that represent the exception that has just occured.

\* **@param** cause is a Throwable that represent error stack.

\*/

**public** ExceptionGymDAO(String message,Throwable cause) {

**super**("GymDAO Exception: " + message, cause);

}

}

**IGymDAO.java**

**package** com.hit.model;

**import** java.util.List;

/\*\*

\* IGymDAO is a interface represent the methods for User and Activity.

\*/

**public** **interface** IGymDAO {

/\*\*

\* User API function

\*/

/\*\*

\* Add user for DataBase(User table).

\* **@param** userToAdd represent user to add to user table.

\* **@return** if user was added successfully.

\* **@throws** ExceptionGymDAO if adding failed.

\*/

**public** **boolean** addUser(User userToAdd) **throws** ExceptionGymDAO;

/\*\*

\* Delete user from the DataBase(User table).

\* **@param** UserNameToDelete represent user that we want to delete.

\* **@return** if user was deleted successfully.

\* **@throws** ExceptionGymDAO if delete failed.

\*/

**public** **boolean** deleteUser(User UserNameToDelete) **throws** ExceptionGymDAO;

/\*\*

\* Update user password,weight and height in the DataBase(User table).

\* **@param** userToUpdate represent User that we want to update his password,weight and height.

\* **@param** passwordToChange represent String with new password.

\* **@param** weightToChange represent int with new weight.

\* **@param** heightToChange represent int with new height.

\* **@return** if user's data was updated successfully.

\* **@throws** ExceptionGymDAO if update failed.

\*/

**public** **boolean** updateUser(User userToUpdate,String passwordToChange,**int** weightToChange,**int** heightToChange) **throws** ExceptionGymDAO;

/\*\*

\* Update password password in the DataBase(User table).

\* **@param** userToUpdate represent User that we want to update his password,weight and height.

\* **@param** passwordToChange represent String with new password.

\* **@return** if user's data was updated successfully.

\* **@throws** ExceptionGymDAO if update failed.

\*/

**public** **boolean** updatePassword(User userToUpdate,String passwordToChange) **throws** ExceptionGymDAO;

/\*\*

\* Update Weight And Height weight and height in the DataBase(User table).

\* **@param** userToUpdate represent User that we want to update his password,weight and height.

\* **@param** weightToChange represent int with new weight.

\* **@param** heightToChange represent int with new height.

\* **@return** if user's data was updated successfully.

\* **@throws** ExceptionGymDAO if update failed.

\*/

**public** **boolean** updateWeightAndHeight(User userToUpdate,**int** weightToChange,**int** heightToChange) **throws** ExceptionGymDAO;

/\*\*

\* Return all users from the DataBase(User table).

\* **@return** list of all Users.

\* **@throws** ExceptionGymDAO if getting the list from DataBase failed.

\*/

**public** List<User> findAllUsers() **throws** ExceptionGymDAO;

/\*\*

\* Return true or false if user is exsit.

\* **@param** user represent user that we want to look for in the User table.

\* **@return** True or False if user exsit.

\* **@throws** ExceptionGymDAO if user dont found.

\*/

**public** **boolean** isUserExist(User user) **throws** ExceptionGymDAO;

/\*\*

\* Find user from the DataBase(User table).

\* **@param** userName represent user that we look for.

\* **@return** the User if he exsit.

\* **@throws** ExceptionGymDAO if searching failed.

\*/

**public** User searchUser(String userName) **throws** ExceptionGymDAO;

/\*\*

\* return true or false if user is exsit in the gymActive list user table.

\* **@param** userName is a string that represent user name.

\* **@param** password is a string that represent password.

\* **@return** true or false if user is exsit.

\* **@throws** ExceptionGymDAO if searching failed.

\*/

**public** **boolean** searchUserBool(String userName,String password) **throws** ExceptionGymDAO;

/\*\*

\* Return true or false if login successful.

\* **@param** userName represent user that we want to look for in the User table.

\* **@param** password represent a password for user.

\* **@return** True or False if login successful.

\* **@throws** ExceptionGymDAO if login failed.

\*/

**public** **boolean** login(String userName,String password) **throws** ExceptionGymDAO;

/\*\*

\* Return activity from DataBase(Activity table) ,with user's activity.

\* **@param** userId represent user that we want to get his activity form the DataBase.

\* **@return** list of user's activity.

\* **@throws** ExceptionGymDAO if getting user's activity from DataBase failed.

\*/

**public** List<Activity> findUserActivity(User user) **throws** ExceptionGymDAO;

/\*\*

\* Activity API function

\*/

/\*\*

\* Add Activity to the DataBase(Activity table).

\* **@param** activityToAdd represent activity that we want to add.

\* **@return** if activity was added successfully.

\* **@throws** ExceptionGymDAO if adding failed.

\*/

**public** **boolean** addActivity(Activity activityToAdd) **throws** ExceptionGymDAO;

/\*\*

\* Delete Activity from the DataBase(Activity table).

\* **@param** activityToDelelte represent activity that we want to delete.

\* **@return** if activity was deleted successfully.

\* **@throws** ExceptionGymDAO if the delete failed.

\*/

**public** **boolean** deleteActivity(Activity activityToDelelte) **throws** ExceptionGymDAO;

/\*\*

\* Update activity in the Activity table.

\* **@param** activityToUpdate represent activity that we want to update.

\* **@param** changeSets is a int that represent the new sets.

\* **@param** changeReps is a int that represent the new repeats.

\* **@param** changeTrainingDay is a string that represent the new day.

\* **@return** if activity's data was updated successfully.

\* **@throws** ExceptionGymDAO if update failed.

\*/

**public** **boolean** updateActivity(Activity activityToUpdate,String changeTrainingDay, **int** changeSets,**int** changeReps) **throws** ExceptionGymDAO;

/\*\*

\* Return true or false if user is activity.

\* **@param** activity represent activity that we want to look for in the Activity table.

\* **@return** True or False if activity exsit.

\* **@throws** ExceptionGymDAO if activity dont found.

\*/

**public** **boolean** isActivityExist(Activity activity) **throws** ExceptionGymDAO;

/\*\*

\* Return list from DataBase(Activity table) with all activity.

\* **@return** list of all activity.

\* **@throws** ExceptionGymDAO if getting all activity from DataBase failed.

\*/

**public** List<Activity> findAllActivity() **throws** ExceptionGymDAO;

/\*\*

\* Search activity in the DataBase(Activity table).

\* **@param** id represent id of activity that we want to look for.

\* **@return** activity that we look for by id.

\* **@throws** ExceptionGymDAO if searching failed.

\*/

**public** Activity searchActivity(**int** id) **throws** ExceptionGymDAO;

}

**HibernateGymDAO.java**

**package com.hit.model;**

**import java.util.ArrayList;**

**import java.util.List;**

**import org.hibernate.HibernateException;**

**import org.hibernate.Query;**

**import org.hibernate.Session;**

**import org.hibernate.SessionFactory;**

**import org.hibernate.Transaction;**

**import org.hibernate.cfg.Configuration;**

**/\*\***

**\* HibernateGymDAO - implements IGymDAO interface,represent the methods for users and activity action.**

**\*/**

**public class HibernateGymDAO implements IGymDAO {**

**private static final HibernateGymDAO INSTANCE = new HibernateGymDAO();**

**private SessionFactory factory;**

**private HibernateGymDAO()**

**{**

**if(INSTANCE != null){**

**throw new IllegalStateException("HibernateGymDAO was already instantiated");**

**}**

**try {**

**Configuration configuration = new Configuration().configure();**

**factory = configuration.buildSessionFactory();**

**}**

**catch(Exception e) {**

**System.out.println("HibernateGymDAO Error: "+e.getMessage());**

**}**

**}**

**public static HibernateGymDAO getInstance()**

**{**

**return INSTANCE;**

**}**

**/\*\***

**\*Checks whether a user has been added successfully**

**\*/**

**@Override**

**public boolean addUser(User userToAdd) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if(!isUserExist(userToAdd)){**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**session.save(userToAdd);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether user deletion was successful**

**\*/**

**@Override**

**public boolean deleteUser(User UserNameToDelete) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isUserExist(UserNameToDelete)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**List<Activity> listOfActivities = findUserActivity(UserNameToDelete);**

**for (Activity activity : listOfActivities) {**

**session.delete(activity);**

**}**

**session.delete(UserNameToDelete);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether a user(password&weight&height) update was successful**

**\*/**

**@Override**

**public boolean updateUser(User userToUpdate, String passwordToChange, int weightToChange, int heightToChange)**

**throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isUserExist(userToUpdate)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**userToUpdate.setPassword(passwordToChange);**

**userToUpdate.setWeight(weightToChange);**

**userToUpdate.setHeight(heightToChange);**

**session.update(userToUpdate);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether the user password update was successful**

**\*/**

**@Override**

**public boolean updatePassword(User userToUpdate,String passwordToChange) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isUserExist(userToUpdate)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**userToUpdate.setPassword(passwordToChange);**

**session.update(userToUpdate);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether the user weight&height update was successful**

**\*/**

**@Override**

**public boolean updateWeightAndHeight(User userToUpdate,int weightToChange,int heightToChange) throws ExceptionGymDAO{**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isUserExist(userToUpdate)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**userToUpdate.setWeight(weightToChange);**

**userToUpdate.setHeight(heightToChange);**

**session.update(userToUpdate);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Returns a list of all users**

**\*/**

**@Override**

**public List<User> findAllUsers() throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**List users = new ArrayList<User>();**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**users = session.createQuery("from User").list();**

**transaction.commit();**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return users;**

**}**

**/\*\***

**\* Checks if the user exists**

**\*/**

**@Override**

**public boolean isUserExist(User user) throws ExceptionGymDAO {**

**Session session = null;**

**boolean exist = false;**

**try {**

**session = factory.openSession();**

**Object object = session.get(user.getClass(), user.getUserName());**

**exist = object != null ;**

**}**

**catch(HibernateException exception) {**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return exist;**

**}**

**/\*\***

**\* Searching for user by username**

**\*/**

**@Override**

**public User searchUser(String userName) throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**User user = null ;**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**user = (User)session.get(User.class, userName);**

**if(user != null) {**

**transaction.commit();**

**}**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return user;**

**}**

**/\*\***

**\* Checks if the password is correct for the correct user**

**\*/**

**@Override**

**public boolean searchUserBool(String userName,String password) throws ExceptionGymDAO{**

**boolean userExist = false;**

**User user = searchUser(userName);**

**if(user != null) {**

**if(user.getPassword().equals(password)) {**

**userExist = true;**

**}**

**}**

**return userExist;**

**}**

**/\*\***

**\* Checks integrity of login**

**\*/**

**@Override**

**public boolean login(String userName, String password) throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**Query query = session.createQuery("from User user where user.userName= :userName AND user.password= :password");**

**query.setParameter("userName", userName);**

**query.setParameter("password", password);**

**transaction.commit();**

**List<User> users = query.list();**

**return (users != null && !users.isEmpty());**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**/\*\***

**\* Returns a list of all user activities**

**\*/**

**@Override**

**public List<Activity> findUserActivity(User user) throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**List<Activity> listOfActivities = new ArrayList<Activity>();**

**if(isUserExist(user)) {**

**try {**

**session=factory.openSession();**

**transaction = session.beginTransaction();**

**Query query = session.createQuery("From Activity WHERE userName = :userName ");**

**query.setParameter("userName", user.getUserName() );**

**listOfActivities = query.list();**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return listOfActivities;**

**}**

**/\*\***

**\* Checks whether a new activity added successful**

**\*/**

**@Override**

**public boolean addActivity(Activity activityToAdd) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if(!isActivityExist(activityToAdd)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**session.save(activityToAdd);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether activity deleted successful**

**\*/**

**@Override**

**public boolean deleteActivity(Activity activityToDelelte) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isActivityExist(activityToDelelte)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**session.delete(activityToDelelte);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether an activity(trainingDay,sets,reps) update was successful**

**\*/**

**@Override**

**public boolean updateActivity(Activity activityToUpdate,String changeTrainingDay, int changeSets, int changeReps) throws ExceptionGymDAO {**

**Session session = null;**

**boolean result = false;**

**Transaction transaction = null;**

**if (isActivityExist(activityToUpdate)) {**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**activityToUpdate.setTrainingDay(changeTrainingDay);**

**activityToUpdate.setNumberOfSets(changeSets);**

**activityToUpdate.setNumberOfReps(changeReps);**

**session.update(activityToUpdate);**

**transaction.commit();**

**result = true;**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**}**

**return result;**

**}**

**/\*\***

**\* Checks whether the activity exists**

**\*/**

**@Override**

**public boolean isActivityExist(Activity activity) throws ExceptionGymDAO {**

**Session session = null;**

**boolean exist = false;**

**Object object = null;**

**try {**

**session = factory.openSession();**

**object = session.get(activity.getClass(), activity.getActivityId());**

**exist = object != null;**

**}**

**catch(HibernateException exception) {**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return exist;**

**}**

**/\*\***

**\* Returns a list of all activities**

**\*/**

**@Override**

**public List<Activity> findAllActivity() throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**List activitys = new ArrayList<Activity>();**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**activitys = session.createQuery("from Activity").list();**

**transaction.commit();**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return activitys;**

**}**

**/\*\***

**\* searches for activity by ID**

**\*/**

**@Override**

**public Activity searchActivity(int id) throws ExceptionGymDAO {**

**Session session = null;**

**Transaction transaction = null;**

**Activity activity = null;**

**try {**

**session = factory.openSession();**

**transaction = session.beginTransaction();**

**activity = (Activity)session.get(Activity.class, id);**

**}**

**catch(HibernateException exception) {**

**rollbackTrasaction(transaction);**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**finally {**

**closeSession(session);**

**}**

**return activity;**

**}**

**/\*\***

**\* roll back Trasaction**

**\* @param transaction**

**\*/**

**private void rollbackTrasaction(Transaction transaction) {**

**if(transaction != null) {**

**transaction.rollback();**

**}**

**}**

**/\*\***

**\* close Session**

**\* @param session**

**\* @throws ExceptionGymDAO**

**\*/**

**private void closeSession(Session session) throws ExceptionGymDAO {**

**if(session != null && session.isOpen()) {**

**try {**

**session.close();**

**}**

**catch(HibernateException exception) {**

**throw new ExceptionGymDAO(exception.getMessage(), exception.getCause());**

**}**

**}**

**}**

**}**

**HibernateGymDAOTest.java**

**package** com.hit.model;

**import** java.util.List;

/\*\*

\* Testing done to IGymDAO & HibernateGymDAO

\* **@param** args

\* **@throws** ExceptionGymDAO

\*/

**public** **class** HibernateGymDAOTest {

**public** **static** **void** main(String[] args) **throws** ExceptionGymDAO {

User user1 = **new** User("AlexeySh","a12345",72,177);

System.***out***.println(user1.getUserName());

Activity activ1 = **new** Activity("AlexeySh", "benst","Monday", 3, 8);

Activity activ2 = **new** Activity("AlexeySh", "legs","Sunday", 4, 7);

HibernateGymDAO hibernate = HibernateGymDAO.*getInstance*();

hibernate.addUser(user1);

hibernate.addActivity(activ1);

hibernate.addActivity(activ2);

List<Activity> usersActivity = hibernate.findUserActivity(user1);

System.***out***.println(user1);

**for**(Activity activity : usersActivity)

{

System.***out***.println(activity.toString());

}

System.***out***.println(123);

}

}

**com.hit.controller  
GymTrackingController.java**

**package com.hit.controller;**

**import java.io.IOException;**

**import java.util.Iterator;**

**import java.util.Iterator;**

**import java.util.List;**

**import javax.servlet.RequestDispatcher;**

**import javax.servlet.RequestDispatcher;**

**import javax.servlet.ServletException;**

**import javax.servlet.annotation.WebServlet;**

**import javax.servlet.http.HttpServlet;**

**import javax.servlet.http.HttpServletRequest;**

**import javax.servlet.http.HttpServletResponse;**

**import javax.servlet.http.HttpSession;**

**import com.hit.model.Activity;**

**import com.hit.model.ExceptionGymDAO;**

**import com.hit.model.HibernateGymDAO;**

**import com.hit.model.IGymDAO;**

**import com.hit.model.User;**

**/\*\***

**\* Servlet implementation class GymTrackingController**

**\*/**

**@WebServlet("/GymTrackingController/\*")**

**public class GymTrackingController extends HttpServlet {**

**private static final long serialVersionUID = 1L;**

**private IGymDAO gymTracking = HibernateGymDAO.getInstance();**

**/\*\***

**\* @see HttpServlet#HttpServlet()**

**\*/**

**public GymTrackingController() {**

**super();**

**}**

**/\*\***

**\* @see HttpServlet#doGet(HttpServletRequest request, HttpServletResponse response)**

**\*/**

**protected void doGet(HttpServletRequest request, HttpServletResponse response) throws ServletException, IOException {**

**String path = request.getPathInfo();**

**String theCommand = request.getParameter("command");**

**List<Activity> userActivity = null;**

**//RequestDispatcher dispatcher = null;**

**User newUser = null;**

**HttpSession session = request.getSession();**

**String activityID,newTrainingDay;**

**int intActivityID,newNumberOfSets,newNumberOfReps;**

**switch(theCommand)**

**{**

**//delete activity**

**case "delete":**

**activityID = request.getParameter("activityId");**

**intActivityID = Integer.parseInt(activityID);**

**try {**

**Activity activityToDelete = gymTracking.searchActivity(intActivityID);**

**gymTracking.deleteActivity(activityToDelete);**

**newUser = (User)session.getAttribute("loginUser");**

**userActivity = gymTracking.findUserActivity(newUser);**

**session.setAttribute("userActivity" , userActivity);**

**request.setAttribute("message", "YOUR ACTIVITY HAS BEEN SUCCSEFULLY DELETED!");**

**request.getRequestDispatcher("/userActivities.jsp").forward(request,response);**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**break;**

**//send activity id to update**

**case "sendToUpdate":**

**activityID = request.getParameter("activityId");**

**session.setAttribute("activityId", activityID);**

**request.getRequestDispatcher("/updateActivity.jsp").forward(request, response);**

**break;**

**//update activity**

**case "updateActivity":**

**newTrainingDay = request.getParameter("myRadio");**

**newNumberOfSets = Integer.parseInt(request.getParameter("newNumberOfSets"));**

**newNumberOfReps = Integer.parseInt(request.getParameter("newNumberOfReps"));**

**intActivityID = Integer.parseInt((String)session.getAttribute("activityId"));**

**try {**

**newUser = (User) session.getAttribute("loginUser");**

**Activity activityToUpdate = gymTracking.searchActivity(intActivityID);**

**gymTracking.updateActivity(activityToUpdate,newTrainingDay,newNumberOfSets, newNumberOfReps);**

**userActivity = gymTracking.findUserActivity(newUser);**

**session.setAttribute("userActivity", userActivity);**

**request.setAttribute("message", "YOUR ACTIVITY HAS BEEN SUCCSEFULLY UPDATED!");**

**request.getRequestDispatcher("/userActivities.jsp").forward(request, response);**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**break;**

**//logout**

**case "logout":**

**session.invalidate();**

**request.setAttribute("message", "LOGOUT SUCCESSFUL!");**

**request.getRequestDispatcher("/logout.jsp").forward(request, response);**

**break;**

**}**

**//response.getWriter().append("Served at: ").append(request.getContextPath());**

**}**

**/\*\***

**\* @see HttpServlet#doPost(HttpServletRequest request, HttpServletResponse response)**

**\*/**

**protected void doPost(HttpServletRequest request, HttpServletResponse response) throws ServletException, IOException {**

**String userName,password,rePassword;**

**String oldPassword,newPassword,repPassword;**

**String activityName,trainingDay;**

**int weight,height;**

**int numberOfSets,numberOfReps;**

**int newWeight,newHeight;**

**List<Activity> userActivity = null;**

**User newUser = null;**

**String theCommand = request.getParameter("command");**

**HttpSession session = request.getSession();**

**switch(theCommand)**

**{**

**//login**

**case "login":**

**userName = request.getParameter("userName");**

**password = request.getParameter("password");**

**try {**

**if(userName.equals("") || password.equals("")) {**

**request.setAttribute("message","You forgot to fill password/username");**

**request.getRequestDispatcher("/login.jsp").forward(request, response);**

**}**

**else if(password.length() < 6) {**

**request.setAttribute("message","The Password less than 6 characters");**

**request.getRequestDispatcher("/login.jsp").forward(request, response);**

**}**

**boolean userExist = gymTracking.searchUserBool(userName,password);**

**if(userExist) {**

**User user = gymTracking.searchUser(userName);**

**userActivity = gymTracking.findUserActivity(user);**

**session.setAttribute("userActivity", userActivity);**

**session.setAttribute("loginUser", user);**

**request.getRequestDispatcher("/userMain.jsp").forward(request, response);**

**}**

**else {**

**request.setAttribute("message","User/Password incorrect");**

**request.getRequestDispatcher("/login.jsp").forward(request, response);**

**}**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**break;**

**//registration**

**case "registration":**

**Iterator<User> iterator = null;**

**userName = request.getParameter("userName");**

**password = request.getParameter("password");**

**rePassword = request.getParameter("rePassword");**

**weight = Integer.parseInt(request.getParameter("weight"));**

**height = Integer.parseInt(request.getParameter("height"));**

**if(password.length() < 6) {**

**request.setAttribute("message","The Password less than 6 characters");**

**request.getRequestDispatcher("/registration.jsp").forward(request, response);**

**}**

**else if(!(password.equals(rePassword))) {**

**request.setAttribute("message", "Passwords are not the same, please try agian");**

**request.getRequestDispatcher("/registration.jsp").forward(request, response);**

**}**

**else if (password.equals("") || userName.equals("")) {**

**request.setAttribute("message", "You need to fill both User name and Password");**

**request.getRequestDispatcher("/registration.jsp").forward(request, response);**

**}**

**else {**

**try {**

**User user = gymTracking.searchUser(userName);**

**if(user != null) {**

**request.setAttribute("message","The username is already exist");**

**request.getRequestDispatcher("/registration.jsp").forward(request, response);**

**}**

**else {**

**user = new User(userName,password,weight,height);**

**gymTracking.addUser(user);**

**session.setAttribute("loginUser", user);**

**request.setAttribute("message", "WELCOME TO OUR GymTracking WEB! PLEASE ENTER YOUR DETAILS");**

**request.getRequestDispatcher("/login.jsp").forward(request, response);**

**}**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**}**

**break;**

**//update user when he change password, weight and height.**

**case "updateUser" :**

**newUser = (User)session.getAttribute("loginUser");**

**oldPassword = request.getParameter("oldPassword");**

**newPassword = request.getParameter("newPassword");**

**repPassword = request.getParameter("rePassword");**

**newWeight = Integer.parseInt(request.getParameter("newWeight"));**

**newHeight = Integer.parseInt(request.getParameter("newHeight"));**

**if((oldPassword == "") || (newPassword == "") || (repPassword == "")) {**

**request.setAttribute("message", "Your need to fill all the fields");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**if((oldPassword == "") || (newPassword == "") || (repPassword == "")) {**

**request.setAttribute("message", "Your need to fill all the fields");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**else if(oldPassword.length()<6 || newPassword.length() <6) {**

**request.setAttribute("message","The Passwords less than 6 characters");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**else if (!(oldPassword.equals(newUser.getPassword()))) {**

**request.setAttribute("message", "Your old password is incorrect");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**else if(!(newPassword.equals(repPassword))) {**

**request.setAttribute("message", "Your password repeat dosent match to your new password");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**else if(newPassword.equals(newUser.getPassword())) {**

**request.setAttribute("message", "You entered your current password, please enter a different one");**

**request.getRequestDispatcher("/updateUser.jsp").forward(request, response);**

**}**

**else {**

**try {**

**gymTracking.updateUser(newUser,newPassword,newWeight,newHeight);**

**request.setAttribute("message", "YOUR PASSWORD & WEIGHT & HEIGHT SUCCSEFULLY CHANGED!");**

**request.getRequestDispatcher("/userMain.jsp").forward(request, response);**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**}**

**break;**

**//add new activity**

**case "addActive" :**

**newUser = (User)session.getAttribute("loginUser");**

**activityName = request.getParameter("mySelect");**

**trainingDay = request.getParameter("myRadio");**

**numberOfSets = Integer.parseInt(request.getParameter("numberOfSets"));**

**numberOfReps = Integer.parseInt(request.getParameter("numberOfReps"));**

**try {**

**List<Activity> userActivityCheck= gymTracking.findUserActivity(newUser);**

**boolean flag = true;**

**for(Activity activity : userActivityCheck) {**

**String nameActivityTOCheck = activity.getActivityName();**

**String dayCheck = activity.getTrainingDay();**

**if(nameActivityTOCheck.equals(activityName))**

**{**

**if(dayCheck.equals(trainingDay))**

**{**

**flag = false;**

**}**

**}**

**}**

**if(flag) {**

**Activity newActivity = new Activity(newUser.getUserName(),activityName,trainingDay,numberOfSets,numberOfReps);**

**gymTracking.addActivity(newActivity);**

**userActivity = gymTracking.findUserActivity(newUser);**

**session.setAttribute("userActivity", userActivity);**

**request.setAttribute("message", "ACTIVITY SUCCSEFULLY ADDED!");**

**request.getRequestDispatcher("/userActivities.jsp").forward(request, response);**

**}**

**else {**

**request.setAttribute("message", "You have this activity in your Training Table!");**

**request.getRequestDispatcher("/addActive.jsp").forward(request, response);**

**}**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**break;**

**//when user change password**

**case "updatePassword" :**

**newUser = (User)session.getAttribute("loginUser");**

**oldPassword = request.getParameter("oldPassword");**

**newPassword = request.getParameter("newPassword");**

**repPassword = request.getParameter("rePassword");**

**if((oldPassword == "") || (newPassword == "") || (repPassword == "")) {**

**request.setAttribute("message", "Your need to fill all the fields");**

**request.getRequestDispatcher("/updatePassword.jsp").forward(request, response);**

**}**

**else if(oldPassword.length()<6 || newPassword.length() <6) {**

**request.setAttribute("message","The Passwords less than 6 characters");**

**request.getRequestDispatcher("/updatePassword.jsp").forward(request, response);**

**}**

**else if (!(oldPassword.equals(newUser.getPassword()))) {**

**request.setAttribute("message", "Your old password is incorrect");**

**request.getRequestDispatcher("/updatePassword.jsp").forward(request, response);**

**}**

**else if(!(newPassword.equals(repPassword))) {**

**request.setAttribute("message", "Your password repeat dosent match to your new password");**

**request.getRequestDispatcher("/updatePassword.jsp").forward(request, response);**

**}**

**else if(newPassword.equals(newUser.getPassword())) {**

**request.setAttribute("message", "You entered your current password, please enter a different one");**

**request.getRequestDispatcher("/updatePassword.jsp").forward(request, response);**

**}**

**else {**

**try {**

**gymTracking.updatePassword(newUser, newPassword);**

**request.setAttribute("message", "YOUR PASSWORD SUCCSEFULLY CHANGEDED!");**

**request.getRequestDispatcher("/userMain.jsp").forward(request, response);**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**}**

**break;**

**//user change weight and height**

**case "updateWeightAndHeight" :**

**newUser = (User)session.getAttribute("loginUser");**

**newWeight = Integer.parseInt(request.getParameter("newWeight"));**

**newHeight = Integer.parseInt(request.getParameter("newHeight"));**

**try {**

**gymTracking.updateWeightAndHeight(newUser, newWeight, newHeight);**

**request.setAttribute("message", "YOUR WEIGHT & HEIGHT SUCCSEFULLY CHANGED!");**

**request.getRequestDispatcher("/userMain.jsp").forward(request, response);**

**}**

**catch (ExceptionGymDAO e) {**

**e.printStackTrace();**

**request.getRequestDispatcher("/error.jsp").forward(request, response);**

**}**

**break;**

**}**

**//doGet(request, response);**

**}**

**}**

**ServletListenerCounter.java**

**package com.hit.controller;**

**import javax.servlet.annotation.WebListener;**

**import javax.servlet.http.HttpSessionEvent;**

**import javax.servlet.http.HttpSessionListener;**

**/\*\***

**\* Application Lifecycle Listener implementation class ServletListenerCounter**

**\***

**\*/**

**@WebListener**

**public class ServletListenerCounter implements HttpSessionListener {**

**private static int sessionCounter = 0;**

**public static int getSessionCounter() {**

**return sessionCounter;**

**}**

**/\*\***

**\* @see HttpSessionListener#sessionCreated(HttpSessionEvent)**

**\*/**

**@Override**

**public void sessionCreated(HttpSessionEvent se) {**

**sessionCounter++;**

**}**

**/\*\***

**\* @see HttpSessionListener#sessionDestroyed(HttpSessionEvent)**

**\*/**

**@Override**

**public void sessionDestroyed(HttpSessionEvent se) {**

**sessionCounter--;**

**}**

**}**

**com.hit.tag  
HelloUserTag.java**

**package com.hit.tag;**

**import javax.servlet.jsp.tagext.\*;**

**import javax.servlet.jsp.\*;**

**import java.io.\*;**

**public class HelloUserTag extends SimpleTagSupport {**

**private String nameOfUser;**

**/\*\***

**\* Get name of user**

**\* @return name of user**

**\*/**

**public String getNameOfUser() {**

**return nameOfUser;**

**}**

**/\*\***

**\* Set name of user**

**\* @param nameOfUser of set**

**\*/**

**public void setNameOfUser(String nameOfUser) {**

**this.nameOfUser = nameOfUser;**

**}**

**/\*\***

**\* prints the name of the user if he connected**

**\*/**

**public void doTag() throws JspException, IOException {**

**JspWriter out = getJspContext().getOut();**

**if(nameOfUser != null)**

**{**

**out.println("Hello and welcome!"+ nameOfUser);**

**}**

**else**

**{**

**out.println("Hello,you are not logged yet");**

**}**

**}**

**}**

**com.hit.wp.model  
BGBean.java**

**package** com.hit.wp.model;

**public** **class** BGBean {

**int** r,g,p;

/\*\*

\* get color r

\* **@return** r color

\*/

**public** **int** getR() {

**return** r;

}

/\*\*

\* set color r

\* **@param** r to set

\*/

**public** **void** setR(**int** r) {

**this**.r=r;

}

/\*\*

\* get color g

\* **@return** g color

\*/

**public** **int** getG() {

**return** g;

}

/\*\*

\* set color g

\* **@param** g to set

\*/

**public** **void** setG(**int** g) {

**this**.g=g;

}

/\*\*

\* get color p

\* **@return** p color

\*/

**public** **int** getP() {

**return** r;

}

/\*\*

\* set color p

\* **@param** p to set

\*/

**public** **void** setP(**int** p) {

**this**.p=p;

}

**public** BGBean() {

r=255;

g=255;

p=255;

}

}

**WebContent**

**styleForTable.css**

**table** {

width: *100%*;

border-collapse: *collapse*;

}

/\* Zebra striping \*/

**tr***:nth-of-type(odd)* {

background: *#eee*;

}

**th** {

background: *#333*;

color: *white*;

font-weight: *bold*;

}

**td,** **th** {

padding: *6px*;

border: *1px* *solid* *#ccc*;

text-align: *left*;

}

@media

only screen and (max-width: 760px),

(min-device-width: 768px) and (max-device-width: 1024px) {

/\* Force table to not be like tables anymore \*/

**table,** **thead,** **tbody,** **th,** **td,** **tr** {

display: *block*;

}

/\* Hide table headers (but not display: none;, for accessibility) \*/

**thead** **tr** {

position: *absolute*;

top: *-9999px*;

left: *-9999px*;

}

**tr** { border: *1px* *solid* *#ccc*; }

**td** {

/\* Behave like a "row" \*/

border: *none*;

border-bottom: *1px* *solid* *#eee*;

position: *relative*;

padding-left: *50%*;

}

**td***:before* {

/\* Now like a table header \*/

position: *absolute*;

/\* Top/left values mimic padding \*/

top: *6px*;

left: *6px*;

width: *45%*;

padding-right: *10px*;

white-space: *nowrap*;

}

/\*

Label the data

\*/

**td***:nth-of-type(1):before* { content: *"Type"*; }

**td***:nth-of-type(2):before* { content: *"Sets"*; }

**td***:nth-of-type(3):before* { content: *"Reps"*; }

**td***:nth-of-type(4):before* { content: *"Day"*; }

**td***:nth-of-type(5):before* { content: *""*; }

**td***:nth-of-type(6):before* { content: *""*; }

}

**tag.tld**

<?xml version=*"1.0"* encoding=*"UTF-8"*?>

<taglib xmlns=*"http://java.sun.com/xml/ns/j2ee"*

xmlns:xsi=*"http://www.w3.org/2001/XMLSchema-instance"*

xsi:schemaLocation=*"http://java.sun.com/xml/ns/j2ee*

*http://java.sun.com/xml/ns/j2ee/web-jsptaglibrary\_2\_0.xsd"*

version=*"2.0"*>

<tlib-version>1.0</tlib-version>

<short-name>tag</short-name>

<tag>

<description>My Hello Tag</description>

<name>helloTag</name>

<tag-class>com.hit.tag.HelloUserTag</tag-class>

<body-content>empty</body-content>

<attribute>

<description>name of user</description>

<name>nameOfUser</name>

<required>false</required>

</attribute>

</tag>

</taglib>

**login.jsp**

<%@ page language=*"java"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Login</title>

</head>

<body>

<%-- Content of the login --%>

<div class=*"container"* align=*"center"*>

<div>

<h1>Sign In</h1>

</div>

<div>

<%-- Form of login --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<br>

<img class=*"mb-4"* src=*"icon/iconLogin.svg"* alt=*""* width=*"72"* height=*"72"*>

<h4 style="color:*red*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h4>

<input type=*"hidden"* name=*"command"* value=*"login"*>

<%-- Using JSP TAG --%>

<%@ taglib uri =*"/WEB-INF/tag.tld"* prefix=*"test"* %>

<test:helloTag/>

<br>

<h2>Please sign in</h2>

<br>

<%-- UserName input --%>

<div class=*"input-group mb-3"*>

<div class=*"input-group-append"*>

<img class=*"mb-4"* src=*"icon/userIcon.svg"* alt=*""* width=*"32"* height=*"32"*>

</div>

<input type=*"text"* class=*"form-control"* name=*"userName"* placeholder=*"Username"*>

</div>

<%-- Password input --%>

<div class=*"input-group mb-2"*>

<div class=*"input-group-append"*>

<img class=*"mb-4"* src=*"icon/keyIcon.svg"* alt=*""* width=*"32"* height=*"32"*>

</div>

<input type=*"password"* class=*"form-control"* name=*"password"* placeholder=*"Password"*>

</div>

<br>

<input type=*"submit"* name=*"command"* value=*"login"* class=*"btn btn-success"*><br>

<a href=*"registration.jsp"* class=*"badge badge-warning"* role=*"button"* aria-pressed=*"true"*>Creat your GymTracking account</a><br>

</form>

</div>

</div>

</body>

</html>

**registration.jsp**

<%@ page language=*"java"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Registration</title>

</head>

<body>

<%-- Registration content --%>

<div class=*"container"* align=*"center"*>

<div>

<h2>Registration</h2>

<img class=*"mb-4"* src=*"icon/regIcon.svg"* alt=*""* width=*"72"* height=*"72"*>

</div>

<div>

<h3>Enter your details:</h3>

</div>

<div>

<%-- Form of registration --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<h4 style="color:*red*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h4>

<input type=*"hidden"* name=*"command"* value=*"registration"*>

<%-- Input to UserName --%>

<div class=*"form-group"*>

<label for=*"userName"*>Username:</label>

<input type=*"text"* class=*"form-control"* name=*"userName"* placeholder=*"Enter username"*>

</div>

<%-- Input to Password --%>

<div class=*"form-group"*>

<label for=*"password"*>Password:</label>

<input type=*"password"* class=*"form-control"* name=*"password"* placeholder=*"Enter password"*>

</div>

<%-- Input to Re-Password --%>

<div class=*"form-group"*>

<label for=*"rePassword"*>Re-Password:</label>

<input type=*"password"* class=*"form-control"* name=*"rePassword"* placeholder=*"Enter password"*>

</div>

<%-- Input to Weight --%>

<div class=*"form-group"*>

<label for=*"weight"*>Weight:</label>

<div align=*"center"*>

<input type=*"number"* size=*"3"* step=*"1"* min=*"30"* max=*"150"* placeholder=*"90"* id=*"inputWeight"* >

</div>

<input type=*"range"* id=*"sliderWeight"* class=*"custom-range"* name=*"weight"* value=*"90"* min=*"30"* max=*"150"* />

</div>

<%-- Input to Height --%>

<div class=*"form-group"*>

<label for=*"height"*>Height:</label>

<div align=*"center"*>

<input type=*"number"* size=*"3"* step=*"1"* min=*"100"* max=*"250"* placeholder=*"150"* id=*"inputHeight"* >

</div>

<input type=*"range"* id=*"sliderHeight"* class=*"custom-range"* name=*"height"* value=*"150"* min=*"100"* max=*"250"* />

</div>

<input type=*"submit"* class=*"btn btn-outline-warning"* name=*"command"* value=*"registration"* ><br>

<a href=*"login.jsp"* class=*"badge badge-light"* role=*"button"* aria-pressed=*"true"*>Back to login</a><br>

</form>

<script>

**var** sliderWeight = document.getElementById("sliderWeight");

**var** sliderHeight = document.getElementById("sliderHeight");

**var** inputWeight = document.getElementById("inputWeight");

**var** inputHeight = document.getElementById("inputHeight");

///value updation from input to slider

//function input update to slider

**function** sliderWeightInput(){//input udate slider Weight

sliderWeight.value = inputWeight.value;

}

**function** sliderHeightInput(){//input update slider Height

sliderHeight.value = (inputHeight.value);

}

//calling function on change of inputs to update in slider

inputWeight.addEventListener("change",sliderWeightInput);

inputHeight.addEventListener("change",sliderHeightInput);

///value updation from slider to input

//functions to update from slider to inputs

**function** inputWeightSliderWeight(){//slider update inputs

inputWeight.value = sliderWeight.value;

}

**function** inputHeightSliderHeight(){//slider update inputs

inputHeight.value = sliderHeight.value;

}

sliderWeight.addEventListener("change",inputWeightSliderWeight);

sliderHeight.addEventListener("change",inputHeightSliderHeight);

</script>

</div>

</div>

</body>

</html>

**userMain.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*,com.hit.controller.\*"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>User Main</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<%-- MAIN content --%>

<div align=*"center"*>

<br>

<h4 style="color:*green*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h4>

<br>

<%-- Select options --%>

<a href=*"addActive.jsp"* class=*"btn btn-outline-primary btn-lg btn-block"* role=*"button"* aria-pressed=*"true"*>Add New Activity</a><br>

<a href=*"userActivities.jsp"* class=*"btn btn-outline-info btn-lg btn-block"* role=*"button"* aria-pressed=*"true"*>My Activities Table</a><br>

<a href=*"BMICalculator.jsp"* class=*"btn btn-outline-warning btn-lg btn-block"* role=*"button"* aria-pressed=*"true"*>BMI Calculator</a><br>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-outline-danger btn-lg btn-block"* type=*"submit"* value=*"logout"*>

</form>

<br>

<%-- Share a site to that user Facebook page --%>

<iframe src=*"https://www.facebook.com/plugins/share\_button.php?href=http://www.WebGymTracking.com/&layout=button&size=small&mobile\_iframe=true&width=60&height=20&appId"* width=*"60"* height=*"20"* style="border:*none*;overflow:*hidden*" scrolling=*"no"* frameborder=*"0"* allowTransparency=*"true"*></iframe>

</div>

</body>

</html>

**addActive.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*,com.hit.controller.\*,java.util.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Add Activity</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<%-- The content of the Add Active page --%>

<div class=*"container"*>

<br>

<div align=*"center"*>

<img class=*"mb-4"* src=*"icon/iconAddActives.svg"* alt=*""* width=*"72"* height=*"72"*>

</div>

<p>Here you can add your activity, you must choose several sets and reps.</p>

<h5 style="color:*red*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h5>

<h4>add new Activity:</h4>

<%-- Form of adding --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<div>

<%-- Select type --%>

<label for=*"mySelect"*>Select a new active from the list:</label>

<select class=*"selectpicker"* data-style=*"btn-primary"* id=*"mySelect"* name=*"mySelect"*>

<optgroup label=*"Back"*>

<option value=*"Deadlift with rod"*>Deadlift with rod</option>

<option value=*"Narrow rowing in the machine"*>Narrow rowing in the machine</option>

<option value=*"Horizontal bar"*>Horizontal bar</option>

</optgroup>

<optgroup label=*"Shoulders"*>

<option value=*"A standing shoulder press with a rod"*>A standing shoulder press with a rod</option>

<option value=*"A shrug of the shoulders with weights"*>A shrug of the shoulders with weights</option>

</optgroup>

<optgroup label=*"Chest"*>

<option value=*"Bench press"*>Bench press</option>

<option value=*"Breast butterfly with weights"*>Breast butterfly with weights</option>

<option value=*"Pushups"*>Pushups</option>

</optgroup>

<optgroup label=*"Hands"*>

<option value=*"Bends and elbow"*>Bending the elbows with standing rod</option>

<option value=*"One-Arm Dumbbell Row"*>One-Arm Dumbbell Row</option>

<option value=*"Kick Back"*>Kick Back</option>

<option value=*"Pulling elbows in sitting with weights"*>Pulling elbows in sitting with weights</option>

</optgroup>

<optgroup label=*"Stomach"*>

<option value=*"Static stomach/Plank"*>Static stomach/Plank</option>

<option value=*"Crunches"*>Crunches</option>

</optgroup>

<optgroup label=*"Legs"*>

<option value=*"Deadlift"*>Deadlift</option>

<option value=*"Squat"*>Squat</option>

<option value=*"Foot-pressing exercise against a machine"*>Foot-pressing exercise against a machine</option>

</optgroup>

</select>

</div>

<br>

<%-- Choose a day --%>

<div class=*"radio"*>

<label for=*"myRadio"*>Choose the day you want to practice:</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Sunday"* checked><label>Sunday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Monday"*><label>Monday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Tuesday"*><label>Tuesday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Wednesday"*><label>Wednesday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Thursday"*><label>Thursday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Friday"*><label>Friday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Saturday"*><label>Saturday</label><br>

</div>

<br>

<%-- Quantity Sets --%>

<div class=*"form-group"*>

<label for=*"numberOfSets"*>Sets:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"1"* max=*"50"* placeholder=*"5"* id=*"inputSets"* >

</div>

<input type=*"range"* id=*"sliderSets"* class=*"custom-range"* name=*"numberOfSets"* value=*"5"* min=*"1"* max=*"50"*/>

</div>

<%-- Quantity Reps --%>

<div class=*"form-group"*>

<label for=*"numberOfReps"*>Reps:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"5"* max=*"100"* placeholder=*"20"* id=*"inputRets"* >

</div>

<input type=*"range"* id=*"sliderReps"* class=*"custom-range"* name=*"numberOfReps"* value=*"20"* min=*"5"* max=*"100"* />

</div>

<div align=*"center"*>

<input type=*"submit"* class=*"btn btn-primary"* name=*"command"* value=*"addActive"*><br>

<a href=*"userMain.jsp"* class=*"badge badge-info"* role=*"button"* aria-pressed=*"true"*>Back to Main</a>

</div>

</form>

<script>

**var** sliderSets = document.getElementById("sliderSets");

**var** sliderReps = document.getElementById("sliderReps");

**var** inputSets = document.getElementById("inputSets");

**var** inputReps = document.getElementById("inputRets");

///value updation from input to slider

//function input update to slider

**function** sliderSetsInput(){//input udate slider Sets

sliderSets.value = inputSets.value;

}

**function** sliderRepsInput(){//input update slider Reps

sliderReps.value = (inputReps.value);

}

//calling function on change of inputs to update in slider

inputSets.addEventListener("change",sliderSetsInput);

inputReps.addEventListener("change",sliderRepsInput);

///value updation from slider to input

//functions to update from slider to inputs

**function** inputSetsSliderSets(){//slider update inputs

inputSets.value = sliderSets.value;

}

**function** inputRepsSliderReps(){//slider update inputs

inputReps.value = sliderReps.value;

}

sliderSets.addEventListener("change",inputSetsSliderSets);

sliderReps.addEventListener("change",inputRepsSliderReps);

</script>

</div>

</body>

</html>

**userActivities.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*,com.hit.controller.\*,java.util.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<link rel=*"stylesheet"* href=*"css/styleForTable.css"*>

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>User Activity</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"jumbotron"* align=*"center"*>

<h2 class=*"display-4"*>Training Table</h2>

<img class=*"mb-4"* src=*"icon/iconUserActivities.svg"* alt=*""* width=*"72"* height=*"72"*>

<p class=*"lead"*>Here you can see all your activities, <b><% out.println(user.getUserName()); %></b>.

<br>You can update or delete your activities.

<br>Number of sessions are: <b><% out.println(ServletListenerCounter.getSessionCounter()); %></b></p>

<hr class=*"my-4"*>

<h5 style="color:*green*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h5>

<a class=*"btn btn-primary btn-lg"* href=*"addActive.jsp"* role=*"button"*>Add Activity</a>

<a class=*"btn btn-info btn-lg"* href=*"userMain.jsp"* role=*"button"*>Back to Main</a>

<br>

<a class=*"btn btn-outline-warning btn-lg"* href=*"trainingTableByDay.jsp"* role=*"button"*>Show my training table by day</a>

</div>

<%-- Table contents --%>

<div class=*"container"*>

<table>

<thead class=*"thead-dark"*>

<tr>

<th scope=*"col"*>#</th>

<th scope=*"col"*>Type</th>

<th scope=*"col"*>Sets</th>

<th scope=*"col"*>Reps</th>

<th scope=*"col"*>Day</th>

<th scope=*"col"*></th>

<th scope=*"col"*></th>

</tr>

</thead>

<%

List<Activity> userActivity = (List<Activity>)session.getAttribute("userActivity");//Gets activity list of user

request.setAttribute("activityList", userActivity);

**if**(userActivity.isEmpty()) {

out.println("<tbody><tr><th scope='row'></th><td colspan='6'><b>You have no activities, start adding.</b></td></tr></tbody>");

}

**else** {

**int** i=1;

**for**(Activity activity : userActivity)//Prints the user's activities

{

out.println(

"<tbody><tr><th scope='row'>"+i+"</th>"+

"<td>"+activity.getActivityName() +

"</td><td>"+activity.getNumberOfSets()+

"</td><td>"+activity.getNumberOfReps()+

"</td><td>"+activity.getTrainingDay()+

"</td><td>" +

"<form action='/WebGymTracking/GymTrackingController' method='get'><input type='hidden' name='command' value='sendToUpdate'><input type ='hidden' value='"+activity.getActivityId()+

"' name='activityId'><input type ='submit' value ='update' class='btn btn-success'></form>"+

"</td><td>"+

"<form action='/WebGymTracking/GymTrackingController' method='get'><input type='hidden' name='command' value='delete'><input type ='hidden' value='"+activity.getActivityId()+

"' name='activityId'><input type ='submit' value ='delete' class='btn btn-danger'></form>"+

"</td></tr><tbody>");

i++;

}

}

%>

</table>

<br>

</div>

</body>

</html>

**BMICalculator.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html>

<head>

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

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<script type=*"text/javascript"* src=*"js/fusioncharts/fusioncharts.js"*></script>

<script type=*"text/javascript"* src=*"js/fusioncharts/fusioncharts.theme.fusion.js"*></script>

<title>BMI Calculator</title>

<style>

*#checkbox-container* {

margin-top: *10px*;

width: *400px*;

}

**b** {

font-weight: *bold*;

color : *blue*;

}

</style>

<%-- Calculation and presentation of a BMI graph --%>

<script type=*"text/javascript"*>

<%User user = (User)session.getAttribute("loginUser");%>

**var** w = <%=user.getWeight()%>;

**var** h = <%=user.getHeight()%>;

**var** bmiValue = Math.round(w / Math.pow(h, 2) \* 10000);

FusionCharts.ready(**function**() {

**var** showCheckBox = document.getElementById('showCB'),

posCheckBox = document.getElementById('positionCB'),

cpuGauge = **new** FusionCharts({

type: 'hlineargauge',

renderAt: 'chart-container',

width: '270',

height: '150',

dataFormat: 'json',

dataSource: {

"chart": {

"theme": "fusion",

"caption": "Your BMI",

"subcaptionFontBold": "0",

"lowerLimit": "0",

"upperLimit": "100",

"chartBottomMargin": "20",

"captionPadding": "10",

"valueAbovePointer": "0",

"valueFontSize": "13",

"valueFontBold": "0",

"gaugeFillMix": "{light-10},{light-70},{dark-10}",

"gaugeFillRatio": "40,20,40"

},

"colorRange": {

"color": [{

"minValue": "0",

"maxValue": "18.5",

"code": "#66e6f0"

},

{

"minValue": "18.9",

"maxValue": "24.9",

"code": "#62B58F"

},

{

"minValue": "25",

"maxValue": "29.9",

"code": "#FFC533"

},

{

"minValue": "30",

"maxValue": "100",

"code": "#F2726F"

}

]

},

"pointers": {

"pointer": [{

"value": bmiValue

}]

}

}

})

.render();

//Set event listener for check boxes

showCheckBox.addEventListener && showCheckBox.addEventListener("click", showValue);

posCheckBox.addEventListener && posCheckBox.addEventListener("click", setPosition);

//Function to show hide value

**function** showValue(evt, obj) {

//Using showValue attribute to show hide pointer value

**if** (showCB.checked) {

cpuGauge.setChartAttribute('showValue', 1);

posCheckBox.disabled = **false**;

}

**else** {

cpuGauge.setChartAttribute('showValue', 0);

posCheckBox.disabled = **true**;

}

}

//Function to change value pointer

**function** setPosition(evt, obj) {

//Using valueAbovePointer attribute to toggle position of pointer value

(posCheckBox.checked) ? cpuGauge.setChartAttribute('valueAbovePointer', 1):

cpuGauge.setChartAttribute('valueAbovePointer', 0);

}

});

</script>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<%-- User profile and graph content --%>

<div align=*"center"*>

<h1>BMI Coalculator</h1>

<img class=*"mb-4"* src=*"icon/iconBMI.svg"* alt=*""* width=*"72"* height=*"72"*>

<div>

<h2><b style="color:*black*">Your profile is: </b></h2>

<br>

<%//out.println(bmiValue);%>

<h4>UserName: <b><% out.println(user.getUserName()); %></b></h4>

<h4>Weight: <b><% out.println(user.getWeight()); %>Kg</b></h4>

<h4>Height: <b><% out.println(user.getHeight()); %>Cm</b></h4>

<br>

<%-- Graph using with FusionCharts --%>

<div id=*"chart-container"*>FusionCharts will render here</div>

<div id=*"checkbox-container"*>

<span style="color:*#66e6f0*">Low </span><span style="color:*#62B58F*">Normal </span>

<span style="color:*#FFC533*">Overweight </span><span style="color:*#F2726F*">Obese</span><br>

<input type=*"checkbox"* id=*"showCB"* name=*"padding"* value=*"1"* checked>Show Value<br>

<input type=*"checkbox"* id=*"positionCB"* name=*"padding"* value=*"2"*>Place Value Above Pointer

</div>

<br>

<a href=*"userMain.jsp"* class=*"badge badge-info"*>Back To Main</a>

</div>

</div>

</body>

</html>

**trainingTableByDay.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*,com.hit.controller.\*,java.util.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Training Table By Day</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"jumbotron"* align=*"center"*>

<h2 class=*"display-4"*>Training Table</h2>

<img class=*"mb-4"* src=*"icon/iconUserActivities.svg"* alt=*""* width=*"72"* height=*"72"*>

<p class=*"lead"*>Here you can see all your activities, <b><% out.println(user.getUserName()); %></b>.

<br>You can update or delete your activities.

<br>Number of sessions are: <b><% out.println(ServletListenerCounter.getSessionCounter()); %></b></p>

<hr class=*"my-4"*>

<h5 style="color:*green*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h5>

<a class=*"btn btn-primary btn-lg"* href=*"addActive.jsp"* role=*"button"*>Add Activity</a>

<a class=*"btn btn-info btn-lg"* href=*"userMain.jsp"* role=*"button"*>Back to Main</a>

<br>

<a class=*"btn btn-outline-warning btn-lg"* href=*"userActivities.jsp"* role=*"button"*>Show my training table</a>

</div>

<%-- Table contents --%>

<div class=*"container"*>

<table class=*"table"*>

<thead class=*"thead-dark"*>

<tr>

<th scope=*"col"*>Days</th>

<th scope=*"col"*>Quantity</th>

</tr>

</thead>

<%

List<Activity> userActivity = (List<Activity>)session.getAttribute("userActivity");//Gets activity list of user

request.setAttribute("activityList", userActivity);

**if**(userActivity.isEmpty()) {

out.println("<tbody><tr><th scope='row'></th><td colspan='2'><b>You have no activities, start adding.</b></td></tr></tbody>");

}

**else** {

String nameOfDays[] = {"Sunday","Monday","Tuesday","Wednesday","Thursday","Friday","Saturday"};

**int** days[] = **new** **int**[7];//An array of days

**for**(Activity activity : userActivity)//Count of days

{

String day = activity.getTrainingDay();

**if**(day.equals("Sunday"))

days[0]++;

**else** **if**(day.equals("Monday"))

days[1]++;

**else** **if**(day.equals("Tuesday"))

days[2]++;

**else** **if**(day.equals("Wednesday"))

days[3]++;

**else** **if**(day.equals("Thursday"))

days[4]++;

**else** **if**(day.equals("Friday"))

days[5]++;

**else** **if**(day.equals("Saturday"))

days[6]++;

}

**for**(**int** j=0 ; j < 7 ; j++)//Prints the amount of training on any given day

{

out.println(

"<tbody><tr><th scope='row'>"+nameOfDays[j]+"</th>"+

"<td>"+ days[j] +

"</td></tr><tbody>");

}

}

%>

</table>

<br>

<div align=*"center"*>

<a class=*"btn btn-warning btn-lg"* href=*"graphActivity.jsp"* role=*"button"*>To show graph activity order by days</a>

</div>

<br>

</div>

</body>

</html>

**graphActivity.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*,com.hit.controller.\*,java.util.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html>

<head>

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

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<script type=*"text/javascript"* src=*"js/fusioncharts/fusioncharts.js"*></script>

<script type=*"text/javascript"* src=*"js/fusioncharts/fusioncharts.theme.fusion.js"*></script>

<title>Graph Activity</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<script type=*"text/javascript"*>

<%List<Activity> userActivity = (List<Activity>)session.getAttribute("userActivity");//Gets activity list of user

request.setAttribute("activityList", userActivity);

**int** days[] = **new** **int**[7];//An array of days

**for**(Activity activity : userActivity)//Count of days

{

String day = activity.getTrainingDay();

**if**(day.equals("Sunday"))

days[0]++;

**else** **if**(day.equals("Monday"))

days[1]++;

**else** **if**(day.equals("Tuesday"))

days[2]++;

**else** **if**(day.equals("Wednesday"))

days[3]++;

**else** **if**(day.equals("Thursday"))

days[4]++;

**else** **if**(day.equals("Friday"))

days[5]++;

**else** **if**(day.equals("Saturday"))

days[6]++;

}

%>

**var** sunday = <%=days[0] %>,

monday = <%=days[1] %>,

tuesday = <%=days[2] %>,

wednesday = <%=days[3] %>,

thursday = <%=days[4] %>,

friday = <%=days[5] %>

saturday = <%=days[6] %>;

FusionCharts.ready(**function**(){//function of the graph

**var** fusioncharts = **new** FusionCharts({

type: 'column2d',

renderAt: 'chart-container',

width: '100%',

height: '100%',

dataFormat: 'json',

dataSource: {

// Chart Configuration

"chart": {

"caption": "Activity Graph",

"subCaption": "Order by days",

"xAxisName": "Days",

"yAxisName": "Quantity Activity",

"numberSuffix":"",

"theme": "fusion",

},

// Chart Data

"data": [{

"label": "Sun",

"value": sunday

}, {

"label": "Mon",

"value": monday

}, {

"label": "Tue",

"value": tuesday

}, {

"label": "Wed",

"value": wednesday

}, {

"label": "Thu",

"value": thursday

}, {

"label": "Fri",

"value": friday

}, {

"label": "Sat",

"value": saturday

}]

}

});

fusioncharts.render();

});

</script>

<%-- Displays the graph by days --%>

<div align=*"center"*>

<h3>Your graph :</h3>

<img class=*"mb-4"* src=*"icon/iconGraph.svg"* alt=*""* width=*"72"* height=*"72"*>

<br>

<p> Here you can see your graph activity order by days:</p>

<%-- Graph using with FusionCharts --%>

<div id=*"chart-container"*>FusionCharts XT will load here!</div>

<br>

<a href=*"userActivities.jsp"* class=*"badge badge-secondary"*>Back To User Activities</a>

</div>

</body>

</html>

**search.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Search</title>

<style>

**h4**{

color:*red*

}

**em** {

font-style: *normal*; /\* Removes italics \*/

text-decoration: *underline*; /\* Makes underline \*/

}

</style>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div align=*"center"*>

<img class=*"mb-4"* src=*"icon/iconSearch.svg"* alt=*""* width=*"72"* height=*"72"*><br>

<%-- Button trigger modal --%>

<h4><em>Back</em></h4>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#DeadliftWithRod"*>Deadlift with rod</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#NarrowRowingInTheMachine"*>Narrow rowing in the machine</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#HorizontalBar"*>Horizontal bar</button><br><br>

<h4><em>Shoulders</em></h4><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#AStandingShoulderPressWithARod"*>A standing shoulder press with a rod</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#AShrugOfTheShouldersWithWeights"*>A shrug of the shoulders with weights</button><br><br>

<h4><em>Chest</em></h4><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#BenchPress"*>Bench press</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#BreastButterfly with weights"*>Breast butterfly with weights</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#Pushups"*>Pushups</button><br><br>

<h4><em>Hands</em></h4><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#BendingTheElbowsWithStandingRod"*>Bending the elbows with standing rod</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#One-ArmDumbbellRow"*>One-Arm Dumbbell Row</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#KickBack"*>Kick Back</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#PullingElbowsInSittingWithWeights"*>Pulling elbows in sitting with weights</button><br><br>

<h4><em>Stomach</em></h4><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#StaticStomachPlank"*>Static stomach/Plank</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#Crunches"*>Crunches</button><br><br>

<h4><em>Legs</em></h4><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#Deadlift"*>Deadlift</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#Squat"*>Squat</button><br><br>

<button type=*"button"* class=*"btn btn-outline-light text-dark"* data-toggle=*"modal"* data-target=*"#Foot-pressingExerciseAgainstAMachine"*>Foot-pressing exercise against a machine</button><br><br>

<a href=*"userMain.jsp"* class=*"badge badge-info"* role=*"button"* aria-pressed=*"true"*>Back to Main</a>

</div>

<%-- Explanations of the Modals --%>

<div class=*"modal fade"* id=*"DeadliftWithRod"* tabindex=*"-1"* role=*"dialog"* aria-labelledby=*"DeadliftWithRod"* aria-hidden=*"true"*>

<div class=*"modal-dialog modal-dialog-centered"* role=*"document"*>

<div class=*"modal-content"*>

<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"DeadliftWithRod"*>Deadlift with rod</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

Deadlift is a weight training exercise in which an Olympic pole is lifted from

the floor in a position where the legs are bent and the back straight.

Deadlift is a complex exercise that improves the grip of the hands, and works mainly on the muscles of the

back of the back,the large buttock muscle, the large mitochondrial muscle, the muscles of the hamstring,

the quadriceps and the soles of the sole.

<br> <br> <b> Tip: </b> 1 set of 5 reps once a week.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

<a class=*"btn btn-primary"* href=*"addActive.jsp"* role=*"button"*>Add Active</a>

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<div class=*"modal-content"*>

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<h5 class=*"modal-title"* id=*"NarrowRowingInTheMachine"*>Narrow rowing in the machine</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

One of the base exercises whose primary purpose is to work on the broad top (Latissimus Dorsi).

The rowing begins and ends on the floor at each repetition [like deadlift]

and does not end when the weight is suspended in the air with the hands straight.

<br> <br> <b> Tip:</b> Perform 6-1 high intensity repetitions, with 3-5 minutes rest between the sets.

<br> <b> Note: </b>Stretching is recommended at the end of the exercise.

</div>

<div class=*"modal-footer"*>

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<h5 class=*"modal-title"* id=*"HorizontalBar"*>Horizontal bar</h5>

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<div class=*"modal-body"*>

Stress is a fitness facility consisting of a horizontal bar that is far from the ground.

The purpose of the facility is to allow the user to hang on it and lift it with his help,

while activating the muscles of the hands, back and abdomen.

The accepted style of tension is to hang on to it while holding on to

the hands and without touching the ground,and making ups and downs without the legs' help, so that

the chin's lift passes the rod, and the descent is up to the alignment of the hands.

<br> <br> <b> Tip:</b> 3 sets of 6 reps with a minute to 2 minutes rest with maximum weight.

<br> <b>Perform 6 repetitions of tension and feel easy for you? </b>

<br>Add weight in the form of a handweight between your legs.

</div>

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<div class=*"modal-content"*>

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<h5 class=*"modal-title"* id=*"AStandingShoulderPressWithARod"*>A standing shoulder press with a rod</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

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<div class=*"modal-body"*>

A shoulder press is designed for deep work on the front and middle heads of the delta muscle.

Through it you increase the mass and strength of all the muscles around the shoulder joint.

<br> <br> <b> Tip:</b> Perform 2-4 sets of 7-12 repetitions.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<div class=*"modal-content"*>

<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"AShrugOfTheShouldersWithWeights"*>A shrug of the shoulders with weights</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

A shoulder press is designed for deep work on the front and middle heads of the delta muscle.

Through it you increase the mass and strength of all the muscles around the shoulder joint.

<br> <br> <b> Tip:</b> Perform 2-4 sets of 7-12 repetitions.

</div>

<div class=*"modal-footer"*>

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<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"BenchPress"*>Bench press</h5>

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</button>

</div>

<div class=*"modal-body"*>

The bench press is a great exercise for anyone looking to gain muscle size and strength in the upper body.

This exercise is known as a compound exercise, meaning it involves multiple joints, and therefore

multiple major muscle groups to execute.

<br> <br> <b> Tip:</b> Perform 3-5 sets of 7-12 repetitions.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<h5 class=*"modal-title"* id=*"BreastButterflyWithWeights"*>Breast butterfly with weights</h5>

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<span aria-hidden=*"true"*>&times;</span>

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<div class=*"modal-body"*>

A breast butterfly in the machine is an effective exercise to sharpen the chest muscles.

Exercise contributes to the chest appearance "rough".

<br> <br> <b> Tip:</b> Perform 3-4 sets of 8-15 repetitions.

<br>Before that, regular breast training should be performed.

<br>The exercise is suitable for trainees at all levels.

</div>

<div class=*"modal-footer"*>

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<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

Push-ups is a physical exercise exercise, based on applying the entire body's strength to the elbows and legs.

The gymnast straightens his elbows while pushing the body upwards.Push-ups are designed to strengthen

the muscles of the hands (triceps), back, shoulder (delta muscle) and chest (large chest muscle).

<br> <br> <b> Tip:</b> Perform 3 sets of 15 repetitions. rest of 30-60 seconds between each set.

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<h5 class=*"modal-title"* id=*"BendingTheElbowsWithStandingRod"*>Bending the elbows with standing rod</h5>

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<span aria-hidden=*"true"*>&times;</span>

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<div class=*"modal-body"*>

his exercise works on the biceps of the hand. The muscle participates in all

movements that combine hand-pulling towards the body.

In addition, this is the most effective exercise toincrease the strength and volume of the hand.

<br> <br> <b> Tip: </b> 2-3 set of 8-12 reps.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<div class=*"modal-content"*>

<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"One-ArmDumbbellRow"*>One-Arm Dumbbell Row</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

his exercise targets the upper and lower back, shoulders, biceps, and hips while improving core stability.

Five different joint actions take place in this compound exercise.Beginners can use light weights as they build strength.

This is also a good exercise to do as part of a circuit training routine.

<br> <br> <b> Tip: </b> 2-3 set of 8-12 reps.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<h5 class=*"modal-title"* id=*"KickBack"*>Kick Back</h5>

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<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

Purpose of the exercise: Strengthening The triceps muscle (the back of the arm).

The rear hand muscle is a very large muscle in the hand and it assembles most of the hand mass.

It is located at the back of the hand and is responsible for the movement of the elbow alignment.

<br> <br> <b> Tip: </b> 3 set of 20 reps once a week.

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<div class=*"modal-footer"*>

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<h5 class=*"modal-title"* id=*"PullingElbowsInSittingWithWeights"*>Pulling elbows in sitting with weights</h5>

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<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

The best aim of the exercise is tosharpen it and increase the strength of the biceps muscle.

Full shoulder flexion should beallowed to allow full hand pulling. It should be noted that the brace

(if any) will not be too high and will prevent the weight of the hand from being fully lowered.

<br> <br> <b> Tip: </b> 3-4 set of 8-12 reps once a week.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<div class=*"modal fade"* id=*"StaticStomachPlank"* tabindex=*"-1"* role=*"dialog"* aria-labelledby=*"StaticStomachPlank"* aria-hidden=*"true"*>

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<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"StaticStomachPlank"*>Static stomach/Plank</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

</button>

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<div class=*"modal-body"*>

A static stomach is a power exercise that involves staying in a static position.

The most common plank is a front plank, which stays in a push-up position when the body weight is carried on the arms, elbows and toes.

The plank strengthens the abdominal muscles, back and shoulders.

<br> <br> <b> Tip:</b> Perform 4 sets. 60 seconds in the first set, 50 seconds in the second, 40 seconds in the third,

30 seconds in the fourth. rest of 45 seconds between each set.

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<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"Crunches"*>Crunches</h5>

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<div class=*"modal-body"*>

Crunches is a physical exercise exercise, based on activating the mass of the upper body on the abdominal muscle.

Crunches are designed to strengthenthe abdominal muscles. Exercise is one of the popular

exercises because it can be done anywhere and without special equipment.

<br> <br> <b> Tip:</b> Perform 55 sets of 40 repetitions. rest of 30-60 seconds between each set.

</div>

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<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"Deadlift"*>Deadlift</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

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</div>

<div class=*"modal-body"*>

Deadlift is a weight training exercise in which an Olympic pole is lifted from the floor in a position where the legs

are bent and the back straight.Deadlift is a complex exercise that improves the grip of the hands, and

works mainly on the muscles of the back of the back, the large buttock muscle, the large mitochondrial muscle,

the muscles of the hamstring, the quadriceps and the soles of the sole.

<br> <br> <b> Tip: </b> 1 set of 5 reps once a week.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"Squat"*>Squat</h5>

<button type=*"button"* class=*"close"* data-dismiss=*"modal"* aria-label=*"Close"*>

<span aria-hidden=*"true"*>&times;</span>

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</div>

<div class=*"modal-body"*>

A squat is a complex multi-joint exercise that, when performed, activates the ankle joint, knee, and thigh.

As a result of this activity, the body mobilizes a large number of muscles, in fact, almost all

the muscles in the body . The exercise shapes the muscles of the legs and buttocks.

<br> <br> <b> Tip: </b> 4 set of 6 reps.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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<div class=*"modal fade"* id=*"Foot-pressingExerciseAgainstAMachine"* tabindex=*"-1"* role=*"dialog"* aria-labelledby=*"Foot-pressingExerciseAgainstAMachine"* aria-hidden=*"true"*>

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<div class=*"modal-content"*>

<div class=*"modal-header"*>

<h5 class=*"modal-title"* id=*"Foot-pressingExerciseAgainstAMachine"*>Foot-pressing exercise against a machine</h5>

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<span aria-hidden=*"true"*>&times;</span>

</button>

</div>

<div class=*"modal-body"*>

The exercise is performed using power machines. In this exercise there are three agonists, the buttocks, the quadriceps and

the sinus muscles, and three joints involved in the exercise,the hip joint, the knee joint, and the ankle joint.

<br> <br> <b> Tip: </b> 4 set of 15 reps.

</div>

<div class=*"modal-footer"*>

<button type=*"button"* class=*"btn btn-secondary"* data-dismiss=*"modal"*>Close</button>

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**about.jsp**

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<jsp:useBean id=*"bg"* class=*"com.hit.wp.model.BGBean"* scope=*"session"*/>

<jsp:setProperty property=*"\*"* name=*"bg"* />

<title>About</title>

</head>

<%-- Using jsp:useBean and jsp:getProperty --%>

<body style=*"background: rgb(*<jsp:getProperty name=*"bg"* property=*"r"*/>*,*

<jsp:getProperty name=*"bg"* property=*"g"*/>*,*

<jsp:getProperty name=*"bg"* property=*"p"*/>*)"*>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<%-- Information about developers --%>

<div align=*"center"*>

<img class=*"mb-4"* src=*"icon/iconAbout.svg"* alt=*""* width=*"72"* height=*"72"*><br>

<h3>This page created and desinged by : </h3>

<br><h5>&#169;<a class=*"btn btn-link"* href=*"https://www.linkedin.com/in/sapir-abuksis/"* role=*"button"*>Sapir Abukasis</a> &#38;

<a class=*"btn btn-link"* href=*"https://www.linkedin.com/in/alexey-shpigelman/"* role=*"button"*>Alexey Shpigelman</a></h5>

<br>

<a href=*"userMain.jsp"* class=*"badge badge-info"*>Back To Main</a>

</div>

</body>

</html>

**updateActivity.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Update Activity</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"container"*>

<%-- Active update form --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<h4>Updating the training</h4>

<br>

<%-- Choose a day to change --%>

<div class=*"radio"*>

<label for=*"myRadio"*>Choose the day you want to practice:</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Sunday"* checked><label>Sunday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Monday"*><label>Monday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Tuesday"*><label>Tuesday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Wednesday"*><label>Wednesday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Thursday"*><label>Thursday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Friday"*><label>Friday</label><br>

<input type=*"radio"* name=*"myRadio"* id=*"myRadio"* value=*"Saturday"*><label>Saturday</label><br>

</div>

<br>

<%-- Change the quantity of sets --%>

<div class=*"form-group"*>

<label for=*"numberOfSets"*>Sets:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"1"* max=*"50"* placeholder=*"5"* id=*"inputSets"* >

</div>

<input type=*"range"* id=*"sliderSets"* class=*"custom-range"* name=*"newNumberOfSets"* value=*"5"* min=*"1"* max=*"50"*/>

</div>

<%-- Change the quantity of reps --%>

<div class=*"form-group"*>

<label for=*"numberOfReps"*>Reps:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"5"* max=*"100"* placeholder=*"20"* id=*"inputRets"* >

</div>

<input type=*"range"* id=*"sliderReps"* class=*"custom-range"* name=*"newNumberOfReps"* value=*"20"* min=*"5"* max=*"100"* />

</div>

<input class=*"btn btn-primary"* type=*"submit"* name=*"command"* value=*"updateActivity"*><br>

<a href=*"userActivities.jsp"* class=*"badge badge-light"* role=*"button"* aria-pressed=*"true"*>Return to table</a><br>

</form>

<script>

**var** sliderSets = document.getElementById("sliderSets");

**var** sliderReps = document.getElementById("sliderReps");

**var** inputSets = document.getElementById("inputSets");

**var** inputReps = document.getElementById("inputRets");

///value updation from input to slider

//function input update to slider

**function** sliderSetsInput(){//input udate slider Sets

sliderSets.value = inputSets.value;

}

**function** sliderRepsInput(){//input update slider Reps

sliderReps.value = (inputReps.value);

}

//calling function on change of inputs to update in slider

inputSets.addEventListener("change",sliderSetsInput);

inputReps.addEventListener("change",sliderRepsInput);

///value updation from slider to input

//functions to update from slider to inputs

**function** inputSetsSliderSets(){//slider update inputs

inputSets.value = sliderSets.value;

}

**function** inputRepsSliderReps(){//slider update inputs

inputReps.value = sliderReps.value;

}

sliderSets.addEventListener("change",inputSetsSliderSets);

sliderReps.addEventListener("change",inputRepsSliderReps);

</script>

</div>

</body>

</html>

**updatePassword.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Update Password</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"container"*>

<h4>Please update your Password:</h4>

<%-- Password update form --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<h4 style="color:*red*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h4>

<input type=*"hidden"* name=*"command"* value=*"updatePassword"*>

<%-- Input for old password --%>

<div class=*"form-group"*>

<label for=*"password"*>Old Password:</label>

<input type=*"password"* class=*"form-control"* name=*"oldPassword"* placeholder=*"Enter your old password"*>

</div>

<%-- Input for new password --%>

<div class=*"form-group"*>

<label for=*"newPassword"*>New Password:</label>

<input type=*"password"* class=*"form-control"* name=*"newPassword"* placeholder=*"Enter your new password"*>

</div>

<%-- Input for new re-password --%>

<div class=*"form-group"*>

<label for=*"rePassword"*>Re-Password:</label>

<input type=*"password"* class=*"form-control"* name=*"rePassword"* placeholder=*"Re-enter your new password"*>

<br>

</div>

<div align=*"center"*>

<input type=*"submit"* class=*"btn btn-light"* name=*"command"* value=*"updatePassword"* ><br>

<a href=*"userMain.jsp"* class=*"badge badge-info"* role=*"button"* aria-pressed=*"true"*>Back to Main</a>

</div>

</form>

</div>

</body>

</html>

**updateWeightAndHeight.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Update Weight And Height</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"container"*>

<h3>Please update your Weight and Height:</h3>

<%-- Form of update the weight and height of the user --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<%

**int** valueWeight = user.getWeight();//The weight of the user

**int** valueHeight = user.getHeight();//The height of the user

%>

<%-- Input to change weight --%>

<div class=*"form-group"*>

<label for=*"weight"*>Weight:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"30"* max=*"150"* placeholder=*"*<%= valueWeight %>*"* id=*"inputWeight"* >

</div>

<input type=*"range"* id=*"sliderWeight"* class=*"custom-range"* name=*"newWeight"* value=*"*<%= valueWeight %>*"* min=*"30"* max=*"150"* />

</div>

<%-- Input to change height --%>

<div class=*"form-group"*>

<label for=*"height"*>Height:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"100"* max=*"250"* placeholder=*"*<%= valueHeight %>*"* id=*"inputHeight"* >

</div>

<input type=*"range"* id=*"sliderHeight"* class=*"custom-range"* name=*"newHeight"* value=*"*<%= valueHeight %>*"* min=*"100"* max=*"250"* />

</div>

<div align=*"center"*>

<input type=*"submit"* class=*"btn btn-light"* name=*"command"* value=*"updateWeightAndHeight"* ><br>

<a href=*"userMain.jsp"* class=*"badge badge-info"* role=*"button"* aria-pressed=*"true"*>Back to Main</a>

</div>

</form>

<script>

**var** sliderWeight = document.getElementById("sliderWeight");

**var** sliderHeight = document.getElementById("sliderHeight");

**var** inputWeight = document.getElementById("inputWeight");

**var** inputHeight = document.getElementById("inputHeight");

///value updation from input to slider

//function input update to slider

**function** sliderWeightInput(){//input udate slider Weight

sliderWeight.value = inputWeight.value;

}

**function** sliderHeightInput(){//input update slider Height

sliderHeight.value = (inputHeight.value);

}

//calling function on change of inputs to update in slider

inputWeight.addEventListener("change",sliderWeightInput);

inputHeight.addEventListener("change",sliderHeightInput);

///value updation from slider to input

//functions to update from slider to inputs

**function** inputWeightSliderWeight(){//slider update inputs

inputWeight.value = sliderWeight.value;

}

**function** inputHeightSliderHeight(){//slider update inputs

inputHeight.value = sliderHeight.value;

}

sliderWeight.addEventListener("change",inputWeightSliderWeight);

sliderHeight.addEventListener("change",inputHeightSliderHeight);

</script>

</div>

</body>

</html>

**updateUser.jsp**

<%@ page language=*"java"* import=*"com.hit.model.\*"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<script type=*"text/javascript"* src=*"js/sliderUser.js"*></script>

<title>Update User</title>

</head>

<body>

<%-- toolbar of user --%>

<nav class=*"navbar navbar-dark bg-dark"*>

<img src=*"icon/navbarIcon.svg"* width=*"30"* height=*"30"* class=*"d-inline-block align-top"* alt=*""*><h3 style="color:*white*;">GymTracking</h3>

<button class=*"navbar-toggler"* type=*"button"* data-toggle=*"collapse"* data-target=*"#navbarNav"* aria-controls=*"navbarNav"* aria-expanded=*"true"* aria-label=*"Toggle navigation"*>

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

</button>

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

<ul class=*"navbar-nav"*>

<li class=*"nav-item active"*>

<a class=*"nav-link"* href=*"userMain.jsp"*>Home<span class=*"sr-only"*>(current)</span></a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"userActivities.jsp"*>MyActivity</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"search.jsp"*>Search</a>

</li>

<li class=*"nav-item"*>

<a class=*"nav-link"* href=*"about.jsp"*>About</a>

</li>

<li class=*"nav-item dropdown"*>

<a class=*"nav-link dropdown-toggle"* href=*"#"* id=*"navbarDropdownMenuLink"* role=*"button"* data-toggle=*"dropdown"* aria-haspopup=*"true"* aria-expanded=*"false"*>

<%User user = (User)session.getAttribute("loginUser");

out.println(user.getUserName()); %>

</a>

<div class=*"dropdown-menu"* aria-labelledby=*"navbarDropdownMenuLink"*>

<a class=*"dropdown-item"* href=*"updateUser.jsp"*>Update User</a>

<a class=*"dropdown-item"* href=*"updateWeightAndHeight.jsp"*>Update Weight And Height</a>

<a class=*"dropdown-item"* href=*"updatePassword.jsp"*>Update Password</a>

</div>

</li>

<li class=*"nav-item"*>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"get"*>

<input type=*"hidden"* name=*"command"* value=*"logout"* >

<input class=*"btn btn-danger"* type=*"submit"* value=*"logout"*>

</form>

</li>

</ul>

</div>

</nav>

<div class=*"container"*>

<h2>Please update your information:</h2>

<%-- User update form --%>

<form action=*"/WebGymTracking/GymTrackingController"* method=*"post"*>

<%

**int** valueWeight = user.getWeight();//The weight of the user

**int** valueHeight = user.getHeight();//The height of the user

%>

<h4 style="color:*red*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h4>

<input type=*"hidden"* name=*"command"* value=*"updateUser"*>

<%-- Input for old password --%>

<div class=*"form-group"*>

<label for=*"password"*>Old Password:</label>

<input type=*"password"* class=*"form-control"* name=*"oldPassword"* placeholder=*"Enter your old password"*>

</div>

<%-- Input for new password --%>

<div class=*"form-group"*>

<label for=*"newPassword"*>New Password:</label>

<input type=*"password"* class=*"form-control"* name=*"newPassword"* placeholder=*"Enter your new password"*>

</div>

<%-- Input for new re-password --%>

<div class=*"form-group"*>

<label for=*"rePassword"*>Re-Password:</label>

<input type=*"password"* class=*"form-control"* name=*"rePassword"* placeholder=*"Re-enter your new password"*>

</div>

<br>

<%-- Input to change weight --%>

<div class=*"form-group"*>

<label for=*"weight"*>Weight:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"30"* max=*"150"* placeholder=*"*<%= valueWeight %>*"* id=*"inputWeight"* >

</div>

<input type=*"range"* id=*"sliderWeight"* class=*"custom-range"* name=*"newWeight"* value=*"*<%= valueWeight %>*"* min=*"30"* max=*"150"* />

</div>

<%-- Input to change height --%>

<div class=*"form-group"*>

<label for=*"height"*>Height:</label>

<div align=*"center"*>

<input type=*"number"* size=*"2"* step=*"1"* min=*"100"* max=*"250"* placeholder=*"*<%= valueHeight %>*"* id=*"inputHeight"* >

</div>

<input type=*"range"* id=*"sliderHeight"* class=*"custom-range"* name=*"newHeight"* value=*"*<%= valueHeight %>*"* min=*"100"* max=*"250"* />

</div>

<div align=*"center"*>

<input type=*"submit"* class=*"btn btn-light"* name=*"command"* value=*"updateUser"* ><br>

<a href=*"userMain.jsp"* class=*"badge badge-info"* role=*"button"* aria-pressed=*"true"*>Back to Main</a>

</div>

</form>

<script>

**var** sliderWeight = document.getElementById("sliderWeight");

**var** sliderHeight = document.getElementById("sliderHeight");

**var** inputWeight = document.getElementById("inputWeight");

**var** inputHeight = document.getElementById("inputHeight");

///value updation from input to slider

//function input update to slider

**function** sliderWeightInput(){//input udate slider Weight

sliderWeight.value = inputWeight.value;

}

**function** sliderHeightInput(){//input update slider Height

sliderHeight.value = (inputHeight.value);

}

//calling function on change of inputs to update in slider

inputWeight.addEventListener("change",sliderWeightInput);

inputHeight.addEventListener("change",sliderHeightInput);

///value updation from slider to input

//functions to update from slider to inputs

**function** inputWeightSliderWeight(){//slider update inputs

inputWeight.value = sliderWeight.value;

}

**function** inputHeightSliderHeight(){//slider update inputs

inputHeight.value = sliderHeight.value;

}

sliderWeight.addEventListener("change",inputWeightSliderWeight);

sliderHeight.addEventListener("change",inputHeightSliderHeight);

</script>

</div>

</body>

</html>

**error.jsp**

<%@ page language=*"java"* contentType=*"text/html; charset=windows-1255"*

pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

<meta http-equiv=*"X-UA-Compatible"* content=*"IE=edge"*>

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1"*>

<link href=*"https://fonts.googleapis.com/css?family=Montserrat:200,400,700"* rel=*"stylesheet"*>

<link type=*"text/css"* rel=*"stylesheet"* href=*"css/style.css"* />

<script src=*"js/error/html5shiv.min.js"*></script>

<script src=*"js/error/respond.min.js"*></script>

<title>404 Error</title>

</head>

<%-- Body error --%>

<body>

<div id=*"notfound"*>

<div class=*"notfound"*>

<div class=*"notfound-404"*>

<h1>Oops!</h1>

<h2>404 - The Page can't be found</h2>

</div>

</div>

</div>

</body>

</html>

**logout.jsp**

<%@ page language=*"java"* contentType=*"text/html; charset=windows-1255"* pageEncoding=*"windows-1255"*%>

<!DOCTYPE html>

<html lang=*"en"*>

<head>

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

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

<script src=*"js/view/jquery/jquery-3.3.1.slim.min.js"*></script>

<script src=*"js/view/popper/popper.min.js"*></script>

<script src=*"js/view/bootstrap/bootstrap.min.js"*></script>

<title>Add Active</title>

</head>

<body>

<%-- A body of logout --%>

<div align=*"center"*>

<img class=*"mb-4"* src=*"icon/iconLogout.svg"* alt=*""* width=*"72"* height=*"72"*>

<h1 style="color:*green*; font-weight:*bold*;"><%**if**(request.getAttribute("message") != **null**)

out.write((String)request.getAttribute("message")); %></h1>

<h3>We hope you've had a good workout, and look forward to seeing you here in the next workout.</h3>

<br>

<a class=*"btn btn-outline-success"* href=*"login.jsp"* role=*"button"*>Login again</a>

</div>

</body>

</html>