Project Report

Database Management System

Fit Me

Group Members:

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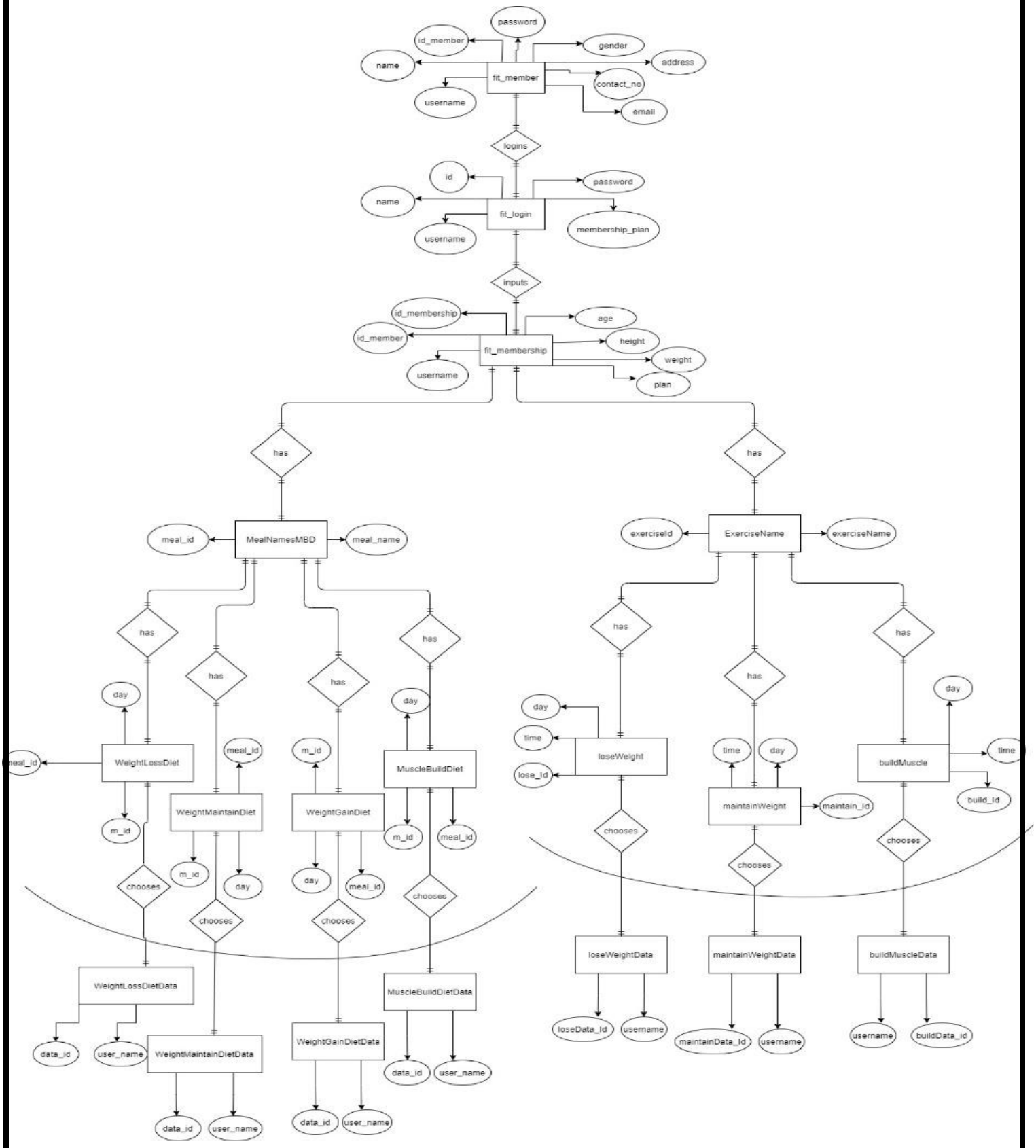
PROBLEM STATEMENT:

We were assigned to create a website including its database for a gym owner with the name “FIT ME”. This website creates user accounts and takes personal information such as age, height weight etc. and provides options for different programs and their specific diets and exercises.

This task was completed using HTML, CSS, JS, Bootstrap, SQL Plus and PHP.

ERD: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name
address
fit_member
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username
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id
password
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fit_login
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membership_plan
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WeightMaintainDiet
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MuscleBuildDietData
loseWeightData
maintainWeightData
buildMuscleData
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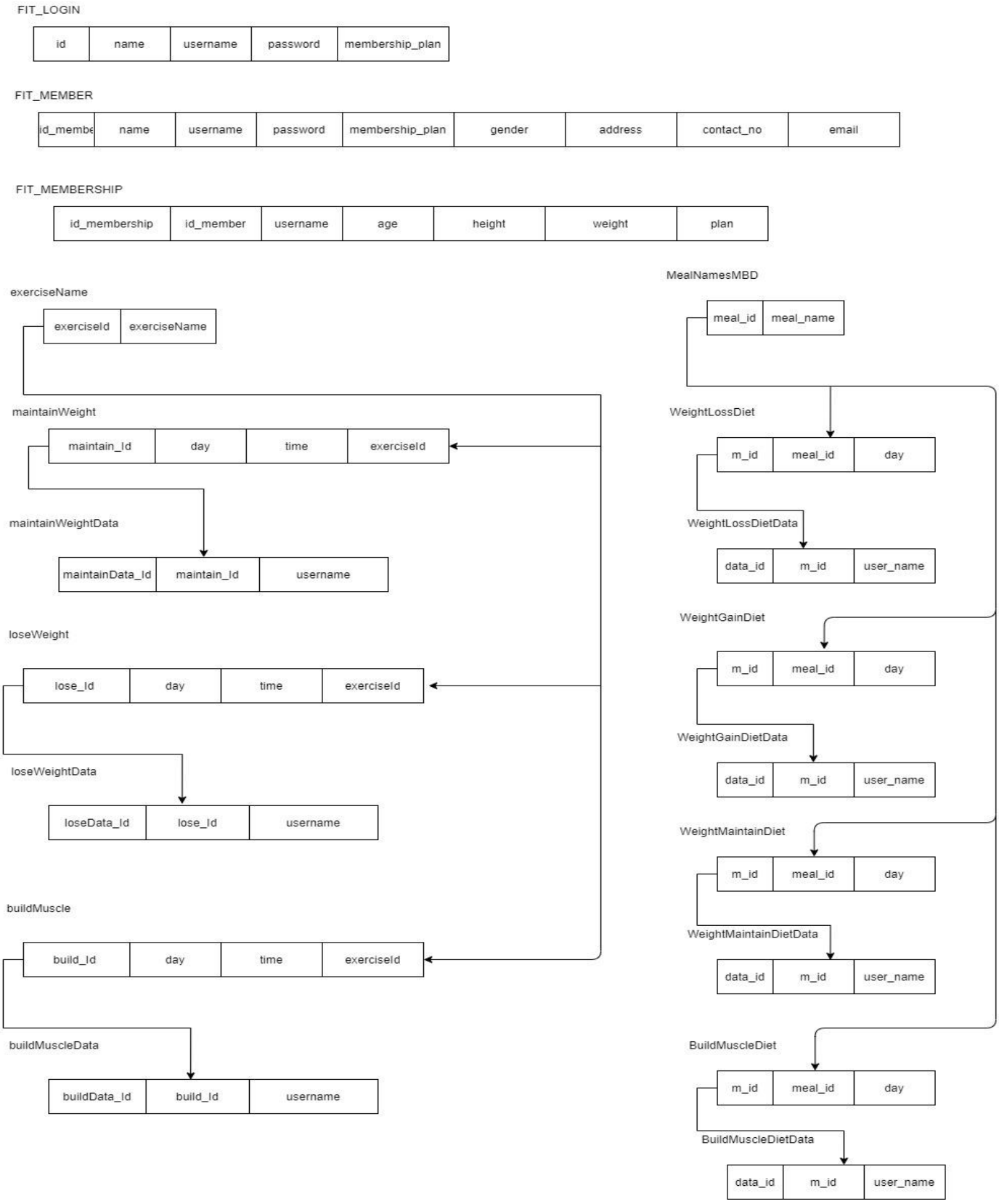
WeightGainDietData
data_id
user_name
loseData_Id
username
maintainData_Id
username
username
buildData_id
data_id
user_name
data_id
user_name

Schema Diagram



Tables Description:

Login/RegistrationTables:

- Fit Login Table:

    - **fit_login(id,name,username,password,membership_plan)**
    - id = primary key for unique entries of id for login
    - name = name of user i.e. person original name
    - user_name = name of user i.e. person nick name
    - password = int type password of user
    - membership_plan = different plans available for user

- Fit Member Table:

    - **fit_member(id_member,name,username,password,gender,address, contact_no,email)**
    - id = primary key for unique entries of id for member
    - name = name of user i.e. person original name
    - user_name = name of user i.e. person nick name
    - password = int type password of user
    - gender = gender of user
    - address = current address of user
    - contact_no = phone number of user
    - email = user email

- Fit Membership Table:
    - **fit_membership(id_membership,id_member,username,age,height, weight,plan)**
    - id_membership = primary key for unique entries of id for membership
    - id_member = foreign key referencing fit_member table to get corresponding data
    - age = user age
    - height = height of user
    - weight = weight of user
    - plan = Different plans for user

Diet Plan Tables:

- Meals Table

    - **MealNamesMBD(meal_id,meal_name)**
    - meal_id = primary key for unique entries of id for meals
    - meal_name = names of the meals listed in diet plan

- Muscle Build Diet Table

    - **MuscleBuildDiet (m_id,meal_id,day)**
    - m_id = primary key for unique entries of id for muscle build diet
    - meal_id = foreign key referencing meals table to get meals on corresponding meal id's
    - day = meal taken which day i.e. ranging from 1 to 30

- Muscle Build Diet Data Table

    - **MuscleBuildDietData (data_id,m_id,user_name)**
    - data_id = primary key for unique entries of id for user
    - m_id = foreign key referencing Muscle Build Diet table to get meals taken at specific day
    - user_name = name of user i.e. person taking diet

- Weight Maintain Diet Table

    - **WeightMaintainDiet (m_id,meal_id,day)**
    - m_id = primary key for unique entries of id for weight maintain diet
    - meal_id = foreign key referencing meals table to get meals on corresponding meal id's
    - day = meal taken which day i.e. ranging from 1 to 30

- Weight Maintain Diet Data Table

    - **WeightMaintainDietData (data_id,m_id,user_name)**
    - data_id = primary key for unique entries of id for user
    - m_id = foreign key referencing Weight Maintain Diet table to get meals taken at specific day
    - user_name = name of user i.e. person taking diet

- Weight Gain Diet Table

    - **WeightGainDiet (m_id,meal_id,day)**
    - m_id = primary key for unique entries of id for weight gain diet
    - meal_id = foreign key referencing meals table to get meals on corresponding meal id's
    - day = meal taken which day i.e. ranging from 1 to 30

- Weight Gain Diet Data Table
    - **WeightGainDietData (data_id,m_id,user_name)**
    - data_id = primary key for unique entries of id for user
    - m_id = foreign key referencing Weight Maintain Diet table to get meals taken at specific day
    - user_name = name of user i.e. person taking diet

- Weight Loss Diet Table

    - **WeightLossDiet (m_id,meal_id,day)**
    - m_id = primary key for unique entries of id for weight loss diet
    - meal_id = foreign key referencing meals table to get meals on corresponding meal id's
    - day = meal taken which day i.e. ranging from 1 to 30

- Weight Loss Diet Data Table

    - **WeightLossDietData (data_id,m_id,user_name)**
    - data_id = primary key for unique entries of id for user
    - m_id = foreign key referencing Weight Loss Diet table to get meals taken at specific day
    - user_name = name of user i.e. person taking diet

Exercise Plan Tables:

- Exercise Name Table

    - **exerciseName(exerciseId, exerciseName)**
    - excerciseId = primary key for unique entries of id for user
    - exerciseName = name of exercise

- Maintain Weight Table

    - **maintainWeight(maintain_Id , day, time, exerciseId)**
    - maintain_Id = primary key for unique entries of id for user
    - day = which day i.e. ranging from 1 to 30
    - exerciseId = foreign key referencing Exercise Name table to get corresponding data

- Maintain Weight Data Table

    - **maintainWeightData(maintainData_Id, maintain_Id, username)**
    - maintainData_Id = primary key for unique entries of id for user
    - maintain_Id = foreign key referencing Maintain Weight table to get corresponding data
    - user_name = name of user i.e. person exercising

- Lose Weight Table

    - **loseWeight(lose_Id , day, time, exerciseId)**
    - lose_Id = primary key for unique entries of id for user
    - day = which day i.e. ranging from 1 to 30
    - time = time taken to exercise
    - exerciseId = foreign key referencing Exercise Name table to get corresponding data

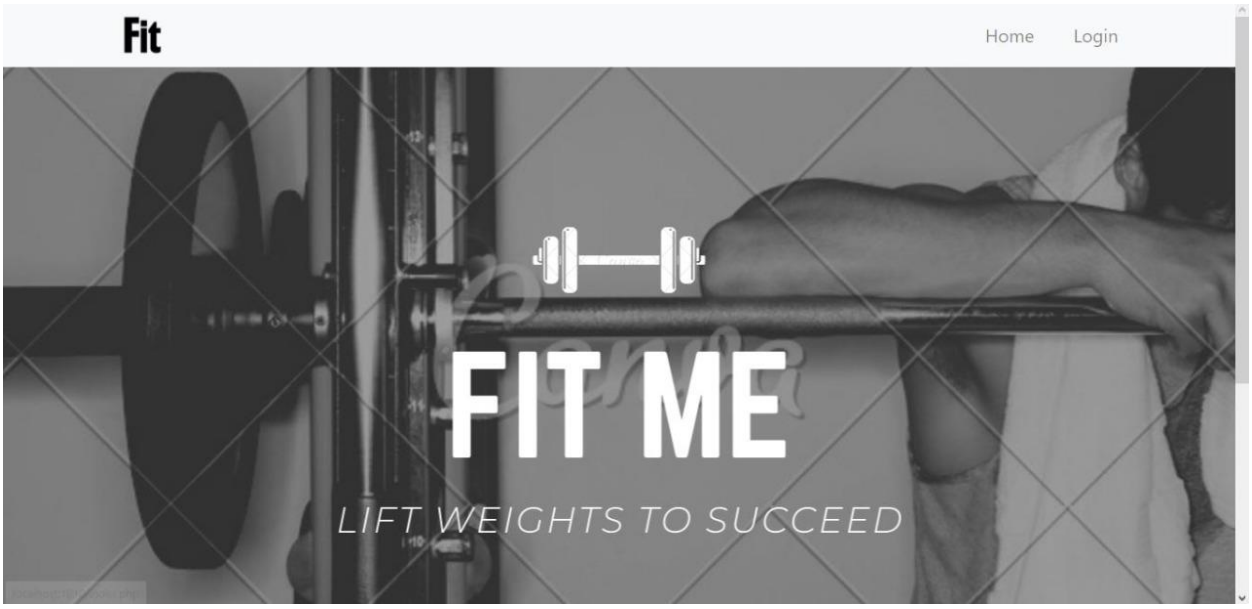
- Lose Weight Data Table
    - **loseWeightData(loseData_Id, lose_Id, username)**
    - loseData_Id = primary key for unique entries of id for user
    - lose_Id = foreign key referencing Lose Weight table to get corresponding data
    - user_name = name of user i.e. person exercising

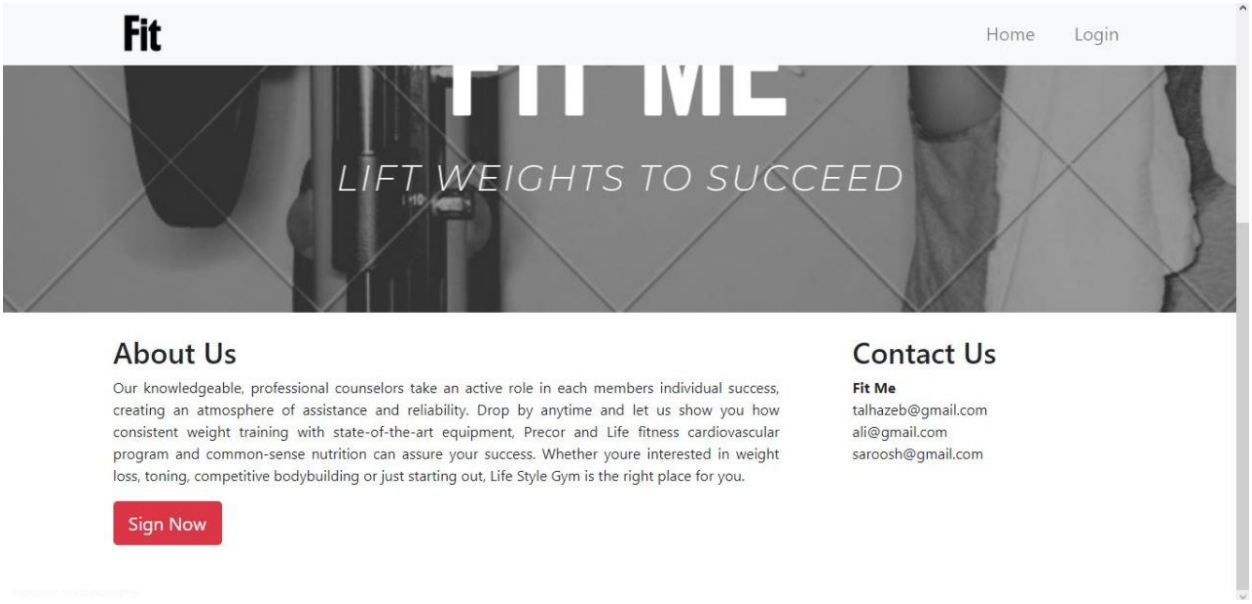
- Build Muscle Table
    - **buildMuscle(build_Id , day, time, exerciseId)**

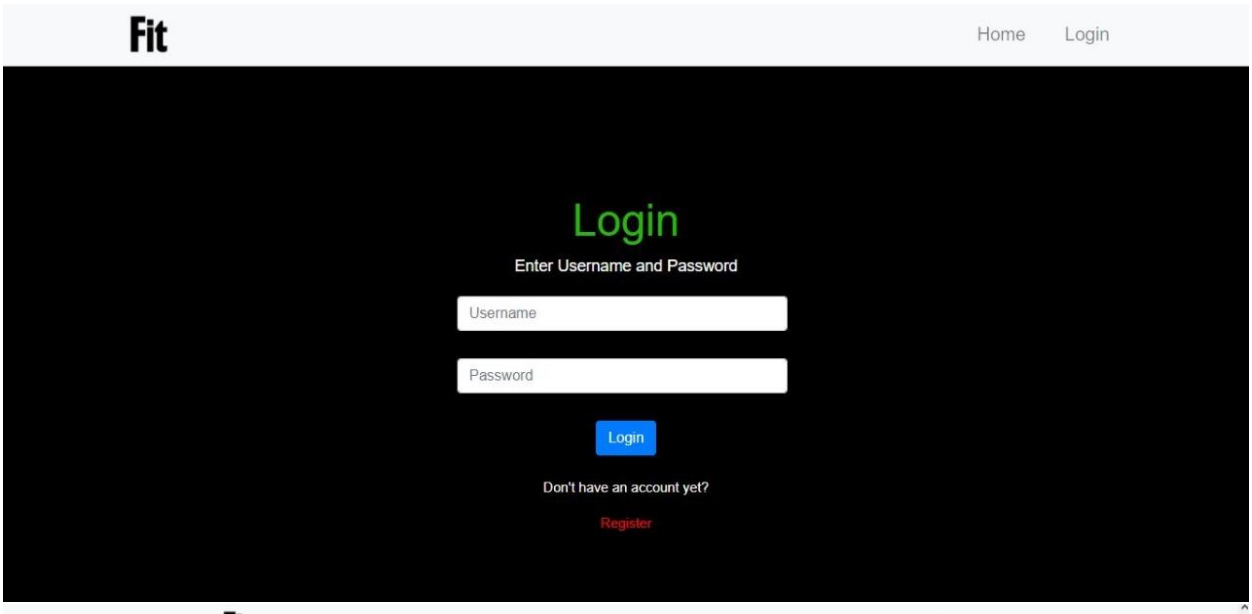
- build_Id = primary key for unique entries of id for user
- day = which day i.e. ranging from 1 to 30
- time = time taken to exercise
- exerciseId = foreign key referencing Exercise Name table to get corresponding data

- Build Muscle Data Table
  - **buildMuscleData(buildData_Id, build_Id, username)**
  - buildData_Id = primary key for unique entries of id for user
  - build_Id = foreign key referencing Build Muscle table to get corresponding data
  - user_name = name of user i.e. person exercising

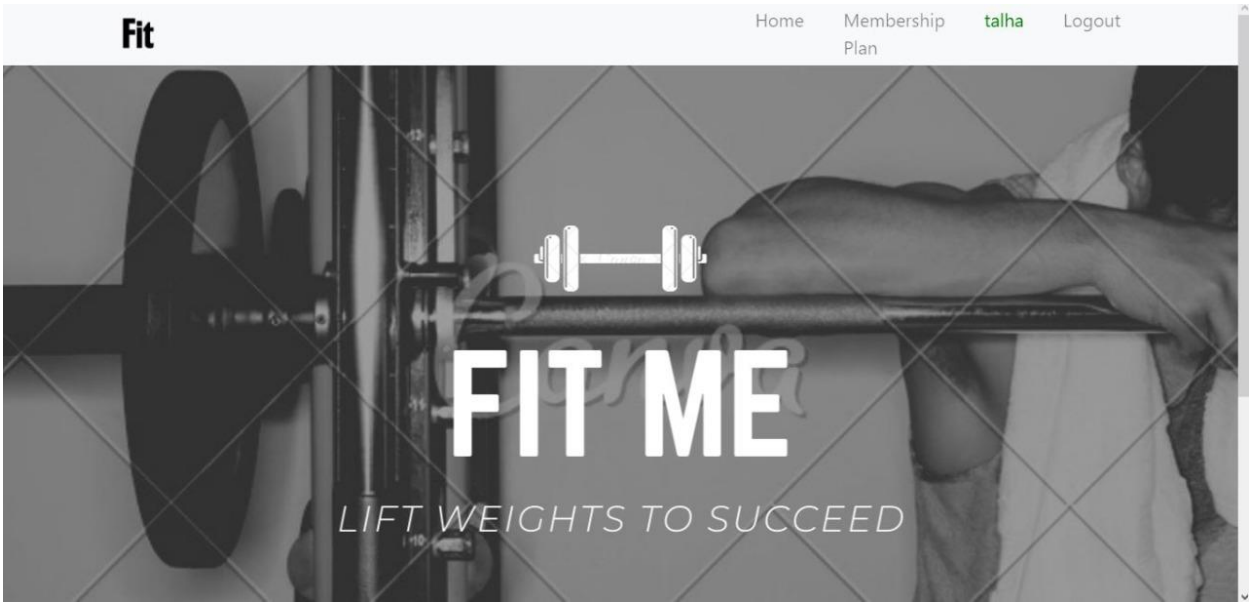
Interface via screen shots

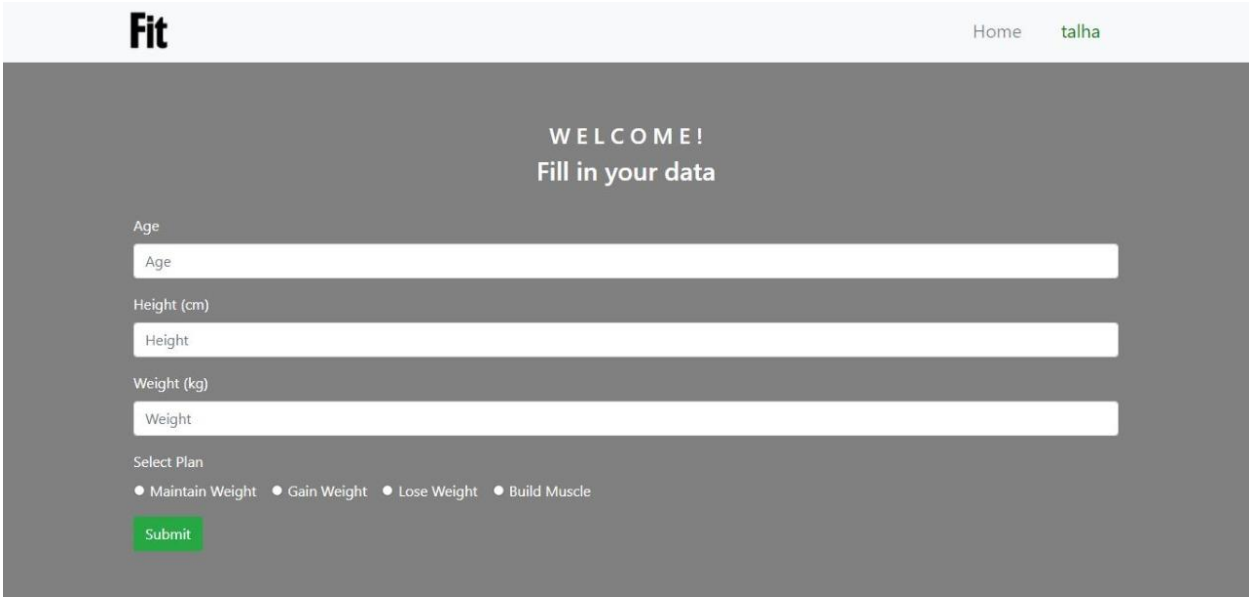


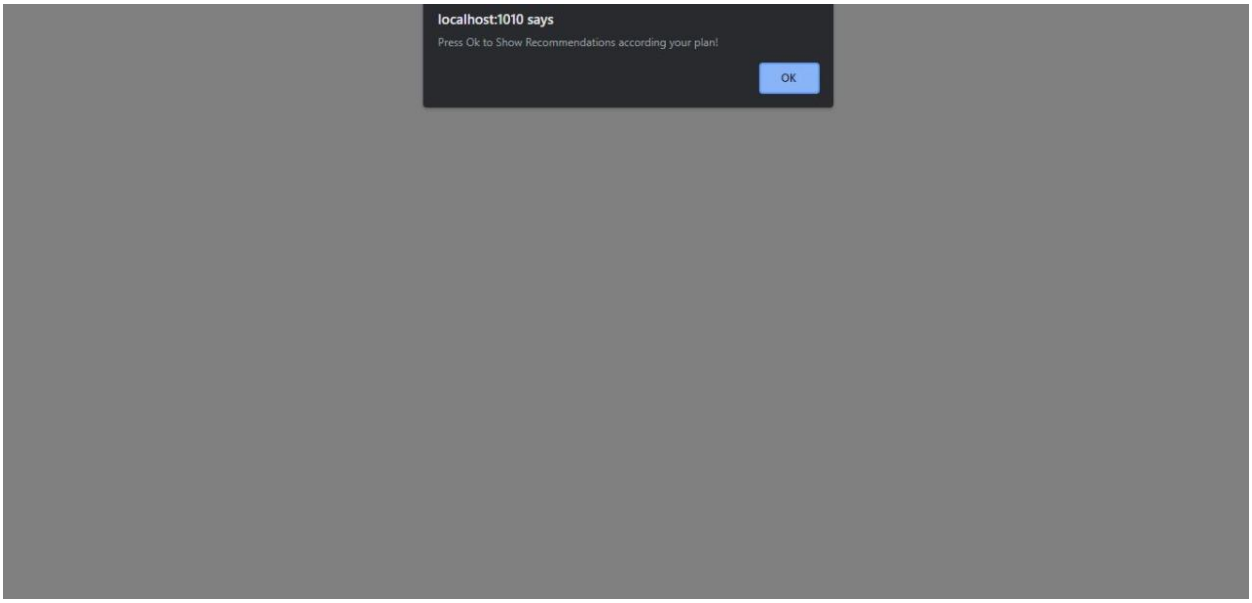


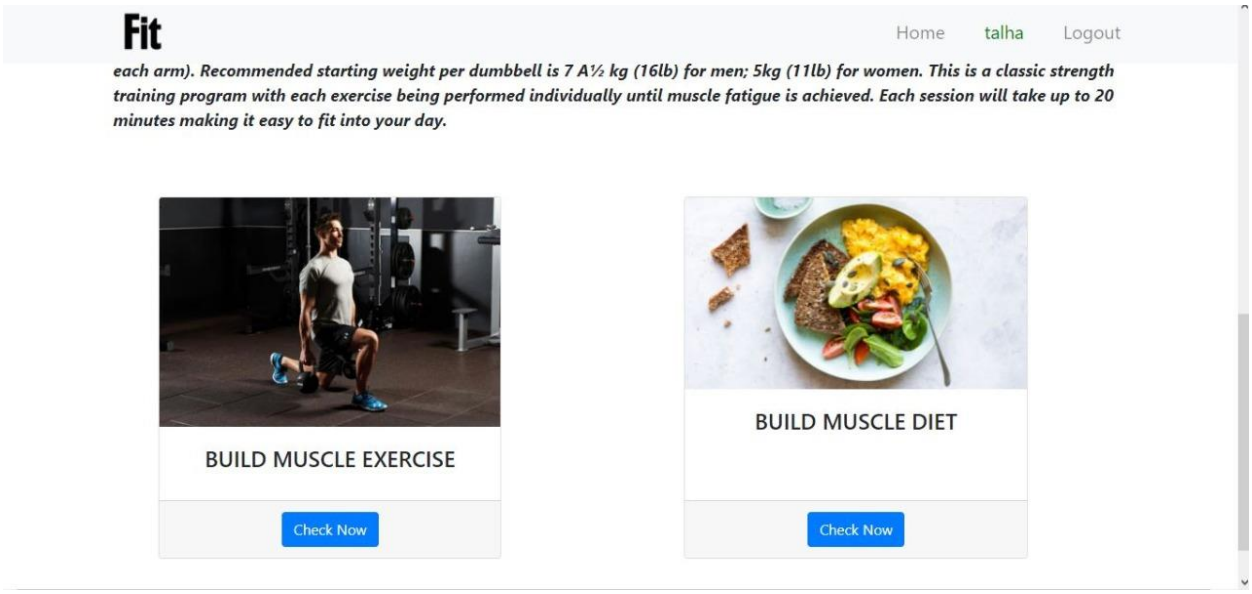

Fit
Home
Login
Login
Enter Username and Password
Username
Password
Login
Don't have an account yet?
Register


Fit
Home
Login
WELCOME!
Fill in your data
Full name
Full Name
Username
Username
Password
Password
Gender
Female
Male
Address
Address
Contact No
Contact No
E-mail
Email
Submit


Fit
Home
Membership Plan
talha
Logout
FIT ME
LIFT WEIGHTS TO SUCCEED


Fit
Home
talha
WELCOME!
Fill in your data
Age
Age
Height (cm)
Height
Weight (kg)
Weight
Select Plan
Maintain Weight
Gain Weight
Lose Weight
Build Muscle
Submit


localhost:1010 says
Press Ok to Show Recommendations according your plan!
OK


Fit
Home
talha
Logout
each arm). Recommended starting weight per dumbbell is 7 A½ kg (16lb) for men; 5kg (11lb) for women. This is a classic strength training program with each exercise being performed individually until muscle fatigue is achieved. Each session will take up to 20 minutes making it easy to fit into your day.
BUILD MUSCLE EXERCISE
Check Now
BUILD MUSCLE DIET
Check Now

Fit

Home talha Logout

BUILD MUSCLE PROGRAM

Fit

Home talha Logout

○ Day 28 | ABS

4 sets sit ups
reps: 16,16,14,14

4 sets sitting twists
reps: 10,8,7,7

4 sets leg raises
reps: 18,18,14,12

4 sets side jackknives
reps: 12,10,8,6

○ Day 29 | SHOULDER, CHEST & TRICEPS

4 sets arnold press
reps: 12,12,10,8

4 sets push ups
reps: 14,12,10,10

4 sets lateral raises
reps: 8,8,7,5

4 sets tricep extensions
reps: 6,6,4,4

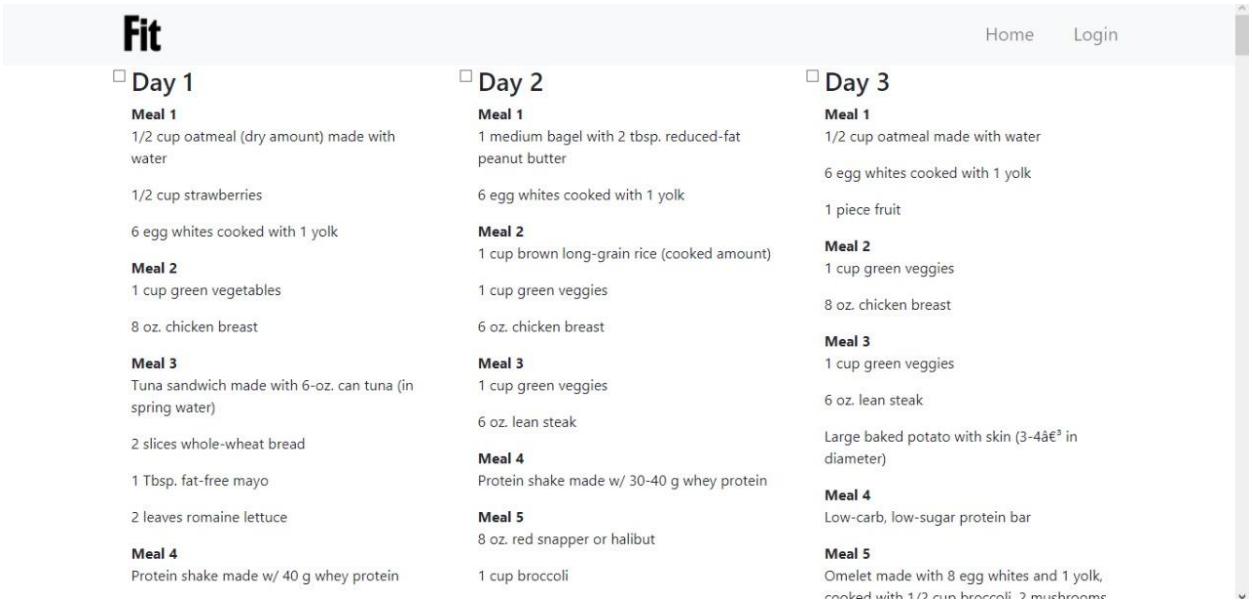
○ Day 30 | BACK & BICEPS

4 sets bicep curls
reps: 12,10,10,8

4 sets bent over rows
reps: 12,10,8,6

4 sets farmer's walk
reps: 14,14,12,12

Submit


Fit
Home
Login
Day 1
Meal 1
1/2 cup oatmeal (dry amount) made with water
1/2 cup strawberries
6 egg whites cooked with 1 yolk
Meal 2
1 cup green vegetables
8 oz. chicken breast
Meal 3
Tuna sandwich made with 6-oz. can tuna (in spring water)
2 slices whole-wheat bread
1 Tbsp. fat-free mayo
2 leaves romaine lettuce
Meal 4
Protein shake made w/ 40 g whey protein
Day 2
Meal 1
1 medium bagel with 2 tbsp. reduced-fat peanut butter
6 egg whites cooked with 1 yolk
Meal 2
1 cup brown long-grain rice (cooked amount)
1 cup green veggies
6 oz. chicken breast
Meal 3
1 cup green veggies
6 oz. lean steak
Meal 4
Protein shake made w/ 30-40 g whey protein
Meal 5
8 oz. red snapper or halibut
1 cup broccoli
Day 3
Meal 1
1/2 cup oatmeal made with water
6 egg whites cooked with 1 yolk
1 piece fruit
Meal 2
1 cup green veggies
8 oz. chicken breast
Meal 3
1 cup green veggies
6 oz. lean steak
Large baked potato with skin (3-4â€³ in diameter)
Meal 4
Low-carb, low-sugar protein bar
Meal 5
Omelet made with 8 egg whites and 1 yolk,