

GLA UNIVERSITY, MATHURA-2020

MINI PROJECT-I (2020-21) SYNOPSIS REPORT



"FITNESS FREAK"

TEAM DETAILS

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Supervised By:
Dr. Anand Prakash Gupta

CERTIFICATE OF APPROVAL

We hereby certify that the proposal for the project entitled **"FITNESSFREAK"** will be prepared in the future with the guidance of our mentor.

This Idea of our project has been approved and we will be doing our level best in the completion of this mini-project name "Fitness Freak" with full enthusiasm.

Signature of Supervisor:

Name:





Designation:

Mobile no.:

Address:

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Introduction:

As we all heard the quote "**Health is wealth**" from our childhood, and the word health is mentioned in the quote symbolizes the maintenance of ones health. From the generations, we heard that being healthy is the key to live longer. One can get this by doing proper exercise in our daily routine and consuming a proper diet.

One can maintain it with the help of a Gymnasium commonly known as "Gym", as it is a place for doing proper exercise.

Gym – A place where physical exercises and activities are performed,often using the equipment. A gymnasium is a large room where people do exercises and get fit.The Gym workout includes a holistic approach to stay fit with a set of multiple physical exercises to build physical strength, enhance cardiovascular activity ,increase flexibility, build endurance.

We,in this project, will make a fully developed User Interface(UI) using the front end technologies of **HTML,CSS,JAVASCRIPT**. Basically, This **FITNESS-FREAK** portal will help gymers. This will give information about their daily diet plans and daily exercises So that they can mentally prepare themselves.This portal will also give information about the gym charges.

So, here are some features given below:

- We will create a large number of customer login.
- With a Userid and password for every customer automatically.
- The Userid and password is sent to their email id or message them on their contact number.
- Provide suitable exercises and balance a customized diet for beginner, mediocre, and advanced gymers.
- We will be providing a gym membership in various cities.

TECHNOLOGY USED:



HTML



CSS



JAVASCRIPT



PHP



BOOTSTRAP

Objective:

Our main objective is to help people to have a healthy and cheerful life . In to-day's life, many people are not able to do normal exercise daily. So here we are going to help people by providing an Online Personal Trainer. We will be providing a good amount of facilities to users to maintain weight, lose fat, gain muscles, and many more required by the user and providing proper diet plans, exercise to target particular muscles, or the exercise which helps to gain muscles.

The objectives of this study are summarized below:

1. The main objective of the project is to design and develop a user friendly
2. Efficient computerized Gym Management System.
3. An accurate system without any data redundancy.
4. Secured data storage for Authority ends.
5. Secure the user ends data by providing each user's credentials.

6. A flexible system which can maneuver the customer-staff relationship in an Effective manner.
7. To provide a better graphical user interface.
8. Computerization can be helpful as a means of saving time & money.

FUTURE SCOPE:

Constant technological leads to a rapid expansion of the assessment industry. The Gym management system web portal has a wide scope that covers the following perspectives.

- To remove the manual or paperwork in the Fitness club.
- Provide a platform with an interactive user interface for both customer and admin.
- Save the time of both admin and customer.
- Get online Plans in an efficient manner.
- To save costs for each user.
- User-friendly environment.
- The admin can register and view the Customers Profile Data.
- Admin can mark the attendance of customers.
- The admin can announce anything.

- Admin will update the evaluation report of the customer , update the diet plan,update and exercising schedule,answer to questions made by customers and email automatically will be sent to customers by the system.
- Customers can view the Profile data and can update it by using his account.

References:

- ❖ <https://www.w3schools.com/html/default.asp>
- ❖ <https://www.w3schools.com/css/default.asp>
- ❖ <https://www.w3schools.com/js/default.asp>
- ❖ <https://www.wikipedia.org/>
- ❖ <https://www.youtube.com/>
- ❖ <https://www.google.com/>

AGREEMENT CONTRACT

We hereby declare that all the information given in this report is correct and is written by me or a team member. We acknowledge that the contents of this report are not plagiarized, and if it is found otherwise the project mentor has the right to cancel our team's project at any time and could waive our rights to warrant a justification.

We also acknowledge that all the future work done in this project would be sincere, honest and would be held to proper standards explained throughout this project, to me or my team (members) or my team leader by the project mentor.

We recognize that this project is a huge learning opportunity for me as well as my team members and we would do my utmost to not put any stakeholders in a position of jeopardy or cause problems/worries/delays, with/without justifiable intent or reason from our side for that matter.

We understand that the stakeholders in this project would be putting in a lot of effort and time that would ultimately benefit everyone. We agree to acknowledge and respect the virtues of our team and our mentor and understand that they would as well in return.